

EDITOR: Gary Franchi



FOOTPRINTS

Purveyor of high-quality fiction.

July 2001 "Tropical Storm Gary" edition



Swing & a Miss

Brianna Diaz takes a good swing but fails to connect with the swinging pinata during the annual SCR Picnic that was held last month at Greenhorn Meadows Park in Colorado City. Eventually the pinata's contents came tumbling down and satisfied the sweet tooth of the young ones. More picnic pictures are on Page 8.

Photo by Gary Franchi

SCR contracts with new list server; you, too, can join this chat group

Did you know that the Southern Colorado Runners has a chat group, or list server, that allows the membership to follow and, if they want, participate in deep spiritual discussions of the heart? It's true - with the exception of the deep spiritual discussion part.

Some of you have already belonged to it for some time. Others haven't known about it. And since we have now contracted with a new list server, I thought this would be a good time to tell you about it.

To get enrolled in it, all you have to do is sign up by going to the SCR's web site - www.socorunners.org/ - and clicking on the "Contacts" hot link. Then, just follow the directions. It must be easy because your beloved editor was able to enroll on the first crack - which is a minor miracle.

The address of the list server site is socorunners@yahoogroups.com. There's a place on there that allows you access previous discussions made since we went to the new server.



The Survivors

These tri-geeks survived a seaweedy Lake Woodmor swim and a brutally hilly bike leg and were among the finishers of the Saturn Triathlon at Monument. From left are Rich Hogan of Pueblo and the Colorado City trio of Jennifer Alvarado, Paul DallaGuardia and Gary Franchi. Photo by Susan DallaGuardia





Buddy sez:

“So what happened to that TV coverage of the Tour de France this year? Here, Lance the Pants is going for his third tour win in a row and that guy who feeds me peanuts at PCC all the time was saying he really enjoyed watching the taped highlights of every one of those daily 5,000-mile races last year. So what happens? They don’t televise the races this year, that’s what. Not good. A couple of quick 2-second highlights of each race and a week’s summary on CBS doesn’t quite cut it. Probably the most amazing part of all of this is that ESPN decided to televise the XGames but NOT the Tour de France. Now what kind of nonsense is that? Ah well, time to go search for food. Talk to you again next month.”



The SCR is a member of the Road Runners Club of America. Its membership dues includes \$1.25 per member for them to receive the RRCA’s four quarterly “FootNotes” publications. You can contact the RRCA at:

RRCA
510 N. Washington St.,
Alexandria, VA 22314
or at www.rrca.org



Lighting It Up

Pat Berndt lit the candles on the cake before SCR members sang a rousing edition of “Happy Birthday” to Don Pfof (left) and Marijane Martinez at the Moonlight Madness race.

Photo by Gary Franchi

Club Notes

SCR still seeking a web site helper

The SCR continues to seek a club member who would like to learn a bit about the mechanics of maintaining our web site while helping webmaster Ken Raich. The real purpose is to provide a backup who could post things to the web site, like race results, in case Raich is unavailable. Plus, Ken would appreciate the help. Please buzz Ken at 564-0847 if you can lend him a hand. And your brain.

Robinson shaves Prediction gap

Jim Robinson took second in the Moonlight Madness 5-mile Prediction Series race to close the lead held by Marijane Martinez. Jim now trails by 6 points. The standings are on Page 7.

The next Prediction Series race will be the Tunnel Drive 5-mile race in Cañon City on Sunday, Aug. 19. Race time is 7:30 a.m. Upcoming races will be the Harvest Run on Oct. 27 and the Temple Canyon on Nov. 24.

The heat of summer is a great time to stop in for a cold one.



217 South Union Avenue

About the Editorial consultant – Ken Solomon is the real name of Rocky, the Denver Nuggets mascot.



Southern Colorado Runners

A member of the Road Runners Club of America

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

The Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it conducts its monthly meetings.

“Footprints” Issue No. 237

“Footprints” is the newsletter produced monthly by, about and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

Current SCR Officers

President	Matt Sherman	564-3170
Vice President	Jeff Arnold	947-3682
Secretary	Diana Reno	561-3343
Treasurer	Dave Diaz	564-9303

Non-elected Officers

Membership Chair	Ken Raich	564-0847
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultant	Nick Nasch, Ken Solomon*	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla

SCR meetings generally are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend and face life’s most difficult mental challenge.

ADVERTISING POLICY: The SCR allows advertising in “Footprints” in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don’t meet its low standards.



Great (& so-so) Stuff

by Gary Franchi



Do we ever think we've trained enough?

Thought for today's lunch, compliments of Bobby Slayton: "If you can't laugh at yourself, make fun of other people."

Musings on running, fitness, life, etc.:

You know, races always sound like fun until you have to do them. And train for them, assuming that you elect to train for your races.

Of course, some elect not to train for races. At least not enough. Actually, does anyone ever really train enough? Or do they THINK they ever train enough even if they do? The exception might be the studs like that Ritzenhein kid I mentioned last month who cranked out those 32 400-meter repeats in the 70-second range in a single workout. I'll bet HE feels like he trains enough after a workout like that. Or does he?

Ritzenhein to his friend Jimmy: "You know, I think I dogged it a little in those last 10 quarters."

Jimmy: "Yeah, my watch says you did them about a half-second slower. Slacker! Get back out there and run those 10 over again."

Whatever, I have to assume that I am usually one of those who doesn't train enough because I really haven't felt too fantastic about 98% of the times I have raced. What happened the other 2% of the time remains a mystery. Must have something to do with my theory that, no matter how incompetent you are at something, you're bound to get it right if you do it enough times. Think about it.

Of course, the fact that I've been injured about 95% of my adult life might have something to do with my racing proficiency. Whether this stat is true doesn't matter. The important thing is that now that I've gotten this injury statement on the table, this gives me an excuse for all of my past and future poor racing performances. Clever, eh?

Sally, looking at race results: "Gee, Franchi had kind of a slow time for him."

Jill: "Well, I think I heard that he's been injured."

Sally, nodding: "Oh."
See how it works?

Anyway, there are certain area races you probably should avoid if you're undertrained. The Garden of the Gods 10-mile run is one. Any marathon for another. In fact, any race over a 10K if you're smart.

For you multi-sport fans, you might skip the Monument Triathlon. Unless you've trained with Lance Armstrong, you might not enjoy being humbled on the hills of the bike leg too much.



Big Gar' tries to go airborne on the run leg of the Monument "Tri."

Photo by Susan DallaGuardia

But I digress as usual. The point I'm making is this: Make sure you've trained sufficiently for your races. And if you haven't, pick some easy races with nice flat courses like the Holy Family Run or the Women's Distance Festival.

And if all else fails, make sure everyone knows about your injuries – imaginary or not.

Ten things I was just wondering:

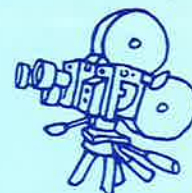
- Twisting the logic of the print ads slogan, when school is back in session this fall, does that mean we don't have to drive safely any more?
- Taking a cue from the Tour de France, what if, say, the 25th finisher in a tight pack in the Corporate Cup 5K race was credited with the "same time" as the first runner in the pack?
- Are there more "dollar" and thrift stores in Pueblo than Mexican restaurants?
- While humans often wish they could fly, do birds ever wish they could run in a road race?
- What if a swimmer in a triathlon refused to come to shore or out of the pool?
- What if every runner in a race took a wrong turn on the course and couldn't find their way to the finish line?
- How could there be a Mexican restaurant (it's in Pueblo) named "Lola's"?
- What if races refused to allow entrants with hyphenated last names?
- If they ever package honey in those gel packets, will they overcharge to the gross extent that they do for the other gel packets?
- With Colorado's hilly terrain, what if a lake also had uphill and downhill sections for swimmers?

Till next month, always walk with a limp.



Ultimate in idiocy item of the month

I just love drug claims that, up the road, turn out to be false. Hence, this month's *Lights are Dim Award* goes to the manufacturers of St. John's Wort, which was claimed to help cure depression. Not so, say the results of new research that showed St. John's Wort to have no effectiveness in fighting depression. Oh, and have a nice day.



Movie Line of the month:

"The only contact you get in here is gettin' stabbed in the back or gang-raped in the shower."

Think I used a different line from this boxing flick a few months ago. "In here" in the line is a clue, but you have to think about that and narrow down the topic of the movie. Oh, heck, if I didn't have the line written down, I wouldn't know it either. Good luck!

Answers below.

Answers:
"The Hurricane"
Denzell Washington in



SCR birthdays

JULY

- 21 Raine Nezvensky
- 23 Danielle Gallegos
- 27 Hector Leyba
- 28 Ron Arant
- 29 Diana Reno
- 31 Malcolm Singer

AUGUST

- 1 Gayle & Larry Dorsey-Spitz
- 3 David Sorenson
- 4 Jim Schwartzenberger
- Aaron Lopez
- 5 Mike Bauserman
- 6 Melissa Van Buskirk
- 8 Jeff Cleaver
- 9 Dave Diaz
- 10 Cathryn Sanchez
- Bethany J. Vigil
- 11 Sam McClure
- 12 Ross Westley
- Adena C. Hidy
- 14 Gus Appenzeller
- 16 Jeff Arnold
- 17 Carol Nies
- Len Gregory
- Paul Vorndam
- 21 Misti Frey
- 24 Neal L. Kinsinger
- George D. Slaughter
- Cheryl McCoy
- Lou Huie
- 27 Grant Schemmel
- 29 John C. Vukich
- 31 Don Smith
- Henry Hund

Quoteworthy

"I believe that every human has a finite number of heartbeats. I don't intend to waste any of mine running around doing exercises."

– Neil Armstrong

Rocky on Fitness

by Rocky Khosla, M.D.

Tips for healthy air travel

Since we are smack dab in the middle of the summer travel season, I thought that I would write about something that could happen to any of us whomay be flying for any sort of extended time. And that something is called coach class syndrome.

It has been known for quite some time that air travelers often would get blood clots in the deep veins of their legs, and occasionally, these clots would float downstream to the lungs, where they could lead to a condition called pulmonary embolism.

Pulmonary embolism is a serious medical condition with a significant chance of death if not treated aggressively and promptly. It has been noted that a disproportionately greater number of patients traveling in the coach section of airplanes had this condition develop rather than people in the business or first class section, hence the term "coach class syndrome."

It appears that sitting in pressurized cabins for extended periods of time leads to sludging of blood in the legs. This is probably due to a bunch of factors: people may get dehydrated, especially if they are consuming alcohol or caffeine. Also, keeping the calf muscles still makes the legs not move the blood back

to the heart as efficiently, which can also lead to sluggish movement of the blood. Finally, it is felt that coach class gives the least amount of leg room, and the least number of chances for hydration, so this is where problems tend to occur more often.

So what can you do to avoid this condition if you are forced to travel on a long flight in coach class? First, lay off the alcohol and caffeine. Second, drink lots of water. Third, move around the cabin whenever possible. Fourth, do exercises to contract and relax



the calf muscles throughout the flight when you are sitting in the seat.

Fifth, consider taking an aspirin if there are no reasons to not take it (325mg/day with food). And finally, if there is any past personal history or family history of blood clots, talk to your doctor and consider getting checked to see if you may have a condition that could increase your risk of clotting.

One of the most common inherited causes of increased pathologic clotting is something called the Leiden factor deficiency, and this can easily be diagnosed by doing an APC test.

Till next time, may your travels be wondrous and worry free!

Thanks for making it a great WDF

Ghostwritten for Marijane Martinez

The 2001 Women's Distance Festival held earlier this month was a great event in its 20th anniversary run in Pueblo, and as its race director I'd like to thank all those who helped make it such a big success.

I am grateful to all of the volunteers who helped with the race and for all of those women who participated in either the run or the walk division. Also, a big thanks to all of the individuals who helped with monetary sponsorships, and the local and out-of-town businesses that contributed products or gift certificates at their establishments.



In addition, the race receives national sponsorship from the Road Runners Club of America, *Runner's World* magazine, Moving Comfort running apparel and Ryker shoes.

Also, a big thank you to Kathi Arwood for making all of the pottery awards that were given to the top finishers.

Thanks, too, to all those individuals who helped with monetary sponsorships for participants from the Boy's and Girl's Club.

Overall winners this year were Stella Hefron in the run division and Jamie Bonnie in the walk division. Coverage of the race is on Page 6 of this edition of "Footprints."

For the soul ...

"Winners always want the ball when the game's on the line." – Gene Hackman in "The Replacements"

Trail Notes

by Shaun Gogarty



So then why do us "non-winners" run?

I used to think that I might actually win a race someday if I really kept at it. I've run hard and followed all sorts of different training regimens to no avail. When training didn't work, I decided to try different events. In the hopelessness of failure in 5Ks, I turned to 10Ks, then marathons and finally ultras. If I don't win an ultra, I'll probably follow Forrest across the country and be just about as smart.

Anyway, I'm like a 20-year-old kid whose parents let him live at home. I keep trying to find the right job, I mean run. I keep thinking that maybe the next distance or type of event would be mine and I might finally win! The good part is that I have run at a lot of different distances and in many types of races. The bad part is that you lose a little credibility as a runner when you enter events like the "Sing a Song Run" (found out I wasn't a good singer either) or the "Pigs Can Run" run (you got to eat your partner after the race). I can at least say that I haven't been in any "bare runs," although I've run with a lot of bears.

Unfortunately, I still can't say that I've won a race except for once, and that one I wasn't suppose to win, so everyone got mad at me and just as I was about to victoriously break the finish line tape, they lifted it over my head so it would be intact for the guy that was supposed to win - but that is another sad story I'll save for later.

Recently, I ran the Squaw Peaks 50-miler again - a "short" practice run for September. I felt terrible the first couple of miles (my dinner from the night before was running its own race) and as I ran along in the dark, feeling like I might vomit at every step, the ugly "why" question leaped to my mind. Fortunately, in terms of running, I was too stupid to answer the question quickly or cor-

rectly, and, being anal retentive, I just kept running while I pondered the answer. By mile 5, I was starting to feel better, the sun was up and it was a beautiful course, so I forgot the question. Unaware of much else, I just ran blissfully along through beautiful forests and high alpine meadows until mile 30.

At mile 30, the question popped up again. But since I was in the middle of nowhere with little more than a half-eaten GU and some warm Gatorade, I just had to keep going to the aid station at mile 33. After the aid station, I felt pretty good and forgot all about my dilemma and ran on to finish - actually feeling surprisingly good at the finish. Which can really be a bad thing if you're trying to talk yourself out of running further.

The point of all this is ... actually, there isn't a point, and that is exactly the point! As I've slogged through the miles trying to prepare for all the different races and now as I endlessly prepare for my next hope - the 100 miler - I can't help but wonder at times: why? Why keep running and why keep trying - I mean, really, the distances are kind of getting out of hand and winning isn't looking likely. Maybe I'm a type A personality. Maybe my need for Metamucil is more of a personality disorder than diet problem. Does my need for Metamucil identify me as one of them? Will I drop dead of a heart attack when I'm 57 years old because my obsessive-compulsive disorder has defeated the value of my running?

The big one is looming nearer and perhaps that is all it is - the longer the race, the sooner the jitters. I keep running (due to my disorder), but I also keep wondering. Fortunately, once on the trails I usually find myself just enjoying the place and the lack of thought - and perhaps that is enough to keep me going.



Runners shine in other locales

Maddy sets mark in Summer Roundup

Maddy Tormoen set a new women's record in the Summer Roundup 12K (7.4 miles) in the Springs by taking overall women's division honors with a time of 48 minutes and 35 seconds.

In the same race, former Puebloan **Chris Borton (25)** of Castle Rock placed 1st and **Aaron Lopez (16)** of Pueblo and **Paul Koch (33)** of the Springs placed 1st and 2nd in their respective male age divisions. In the female bracket, Springs residents **Carol Lyndell (53)** and **Martha**

Kinsinger (67) won their age divisions while **Jessie Quintana (57)** of Pueblo and **Laura Kelecyc (38)** of the Springs took 2nds.

Martha also won her age division in the Firecracker Trail Run 10K. Also winning his division at the Firecracker 10K was **Rich Hadley (45)**, while 5K division winners there were **Sydney Mondragon (18)** and **Marv Bradley (62)**.

First marathon

Diana Johnson of Pueblo went to Duluth to run her first marathon -- Grandma's, which she completed in 4:31 and change. Diana was 31st out of 109 in her age division. Cool!

LeDoux LeDoes it

Pueblo's **Dick LeDoux** placed 5th overall in the masters division of the Peachtree 10K in Atlanta with a time of 33:41.



**RRCA's 4th annual
National Run to Work Day
is Friday, September 14, 2001**



Triathlon notes

Cheyenne Mountain

Mike Orendorff of Pueblo won his age division at the Cheyenne Mountain Triathlon. He'll be heading to Las Vegas this month for the U.S. regionals.

Saturn - Monument

The SCR's **Woody Noleen** of Colorado Springs and **Gerald Puls** of Pueblo took first in their respective age divisions in the Saturn Triathlon at Monument. Noleen, Richard Hogan of Pueblo, **Dave Allen** of Cañon City, USC instructor **George Dallam** and your beloved editor can all say they beat an Olympian, as they recorded faster overall times than Olympic swimmer Amy Van Dyken.

Hawaii Ironman

Noleen barely missed out on a Hawaii Ironman spot by taking 2nd in his age division in Half-Ironman events in Maryland and Lubbock, TX. Only the top finisher in an age division earns a slot to Hawaii.

Team in training

Karen and Dan Driscoll of Pueblo are participating in the Team in Training triathlon fundraiser for leukemia patients. They are training for the Olympic distance "tri" in L.A. in September, and their current training has included doing the Ordinary Mortals and the Saturn at Monument triathlons. Boulder Peaks is next for them.

Women's Distance Festival

5K (3.1 miles) run and walk held on Saturday July 7, 2001 at City Park in Pueblo.

Results provided by Nick Leyva, Ken Raich and Matt Sherman.

5K Run

Name	Age	Time
1 Stella Heffron	34	19:01
2 Crystal Berndt	16	21:26
3 Jessica Driscoll	14	21:34
4 Rochell Garcia	29	22:18
5 Stacey Diaz	40	23:09
6 Ann Yaeger	22	23:37
7 Michelle Olson	31	24:07
8 Monica Aragon	x	24:12
9 Marijane Martinez	49	24:22
10 Stacie Taravella	35	24:32
11 Jill Montero	35	24:32
12 Kathy Kirsling	52	24:34
13 Kelly Hale	33	24:44
14 April Bennett	30	24:54
15 Mary Linxweiler	22	24:57
16 Anne Wilbar	23	25:05
17 Erin Gramstorff	17	25:55
18 Sara Ropp	12	26:06
19 Desiree DallaGuardia	14	26:07
20 Diana Reno	38	26:19
21 Gloria Gogarty	44	26:21
22 Jessie Quintanna	57	26:37
23 Ann Shelden	35	27:21
24 Kari Linkowski	35	27:21
25 Tiffany Reno	15	27:32
26 Gloria Montoya	53	27:33
27 Kathy Bergman	44	28:27
28 Cassie Berndt	9	28:46
29 Becky Medina	31	28:56
30 Dede Eisert	24	29:04
31 Janelle Rodriguez	31	29:04
32 Julie Arellano	48	29:07
33 Lisa Stanle	45	29:13
34 Rachel Gramstoraff	15	29:41
35 Donna Nicholas-Greisel	55	30:06
36 Cheryl Ammeter	38	31:15
37 Susan DallaGuardia	42	31:16
38 Barb Yaeger	49	32:06
39 Nicole Sutcliffe	15	32:55
40 Tyffanie Ammeter	16	33:13
41 Margaret Abeyta	59	33:38
42 Jacqueline Wall	30	34:45
43 Kayla Shellenberger	9	34:53
44 Marie Liams	45	35:55
45 Pat Berndt	47	36:59
46 Marty Eisert	53	40:32

Jessica Driscoll followed up her overall female victory in the World's Largest Run last month by finishing 3rd in the Women's Distance Festival with a fine 5-kilometer time of 21:34.



Overall winner Stella Heffron was in the driver's seat the entire way en route to winning the run division in 19:01.

Photos by Gary Franchi



Crystal Berndt of Rye took 2nd overall with her 21:26 time.

47 Lovesho Thomas	11	43:04
48 Christine Liams	11	46:06

5K Walk

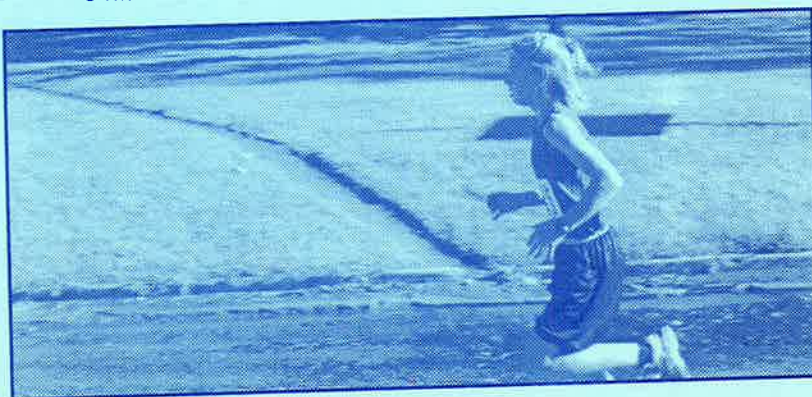
Name	Age	Time
1 Jamie Bonney	36	35:50
2 Nancie Aguirre	43	38:05
3 Ida Mae Martin	62	38:10
4 Cathryn Sanchez	39	39:00
5 Kendra Oyen	32	39:55
6 Pearl Chavez	54	40:23
7 Tana Rocco	54	40:24
8 Theresa Martinez	50	42:06

9 Lois Pfost	59	43:19
10 Tracy Bustillos	40	45:13
11 Nancy Bustillos	57	45:15
12 Teresa Tafoya	43	45:32
13 Sara Bustillos	38	45:56
14 Jennifer Sherman	28	46:12
15 Myra Cordova	25	49:21
16 Traci Vigil	19	49:21
17 Vanessa Martinez	15	49:21
18 Cynthia Pacheco	34	49:44
19 Alicia Sanchez	20	49:45
20 Valerie Bodmer	39	50:12
21 Pam Barton	38	50:13
22 Shannon McGarraugh	43	51:14
23 Tiffany Bower	x	51:39
24 Shelly Esгар	28	51:39
25 Traci Tafoya	28	53:58
26 Misty DeHerrera	31	53:58
27 Irene Grilley	53	55:58
28 Barbara Gonzales	42	1:02:28
29 Carol French	57	1:02:30

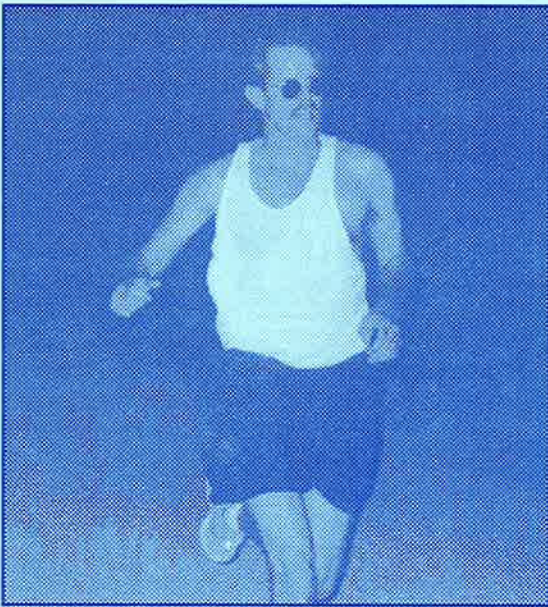
Volunteer Support

We'd like to thank the volunteers who helped make this race possible:

Marijane Martinez - Race Director
 Matt Sherman and Nick Leyva - Results
 Maddy Tormoen - Course Monitor
 Julia Martinez and Breanna Cordova - Aid Stations
 Gary Franchi, Jeff Arnold, Chief Reno, Don Pfost, Kyle Reno, and Dave Diaz - Finish Line
 Ken Raich - Mile Marker Clocks



Prediction Race Series



Jim Robinson's 2nd-place finish lifted him into 2nd place in the Prediction Series standings.

Photo by Gary Franchi

Moonlight Madness

5-mile Prediction Race held June 30 south of Pueblo.

Totals compiled by Ken Raich.

Name	Predict	Actual	Variance	Points
1 Logan Gogarty	50:00	50:18	0:18	100.00
2 Jim Robinson	34:12	33:48	0:24	93.75
3 Crystal Berndt	39:00	39:27	0:27	87.50
4 Paul DallaGuardia	44:45	45:48	1:03	81.25
5 Don Pfost	51:12	50:07	1:05	75.00
6 Aaron Berndt	49:00	50:16	1:16	68.75
7 Susan DallaGuardia	52:10	50:41	1:29	62.50
8 Robert Santoyo	32:00	33:40	1:40	56.25
9 Gloria Gogarty	53:00	50:41	2:19	50.00
10 Shaun Gogarty	45:00	42:06	2:54	43.75
11 Chief Reno	45:00	41:25	3:35	37.50
12 Marijane Martinez	47:31	43:28	4:03	31.25
13 Nick Leyva	47:30	43:27	4:03	25.00
14 Diana Reno	49:00	44:50	4:10	18.75
15 Kyle Reno	38:00	32:57	5:03	12.50
16 Adrian Martinez	60:00	65:05	5:05	6.25

Volunteer Support

We'd like to thank the volunteers who helped to make this race possible:

Diana & Chief Reno - Race Directors.

Lois Pfost - Finish Line. Gary Franchi - Results



Training to do your best

Staying hydrated

The National Athletic Trainers' Association (NATA) has established new guidelines for hydration. The organization suggests drinking 17 to 20 ounces of water or a sports drink two to three hours before exercise as well as an additional 7 to 10 ounces ten to twenty minutes before exercise. To properly hydrate after exercising, first weigh yourself before working out and then drink 16 ounces for every pound you lose.

Flush away the lactic acid

Light, cooling-down exercise after hard effort helps flush lactic acid from the muscles and the blood. As you cool down, your body gets busy refilling the muscles' oxygen stores and easing back on hormone and temperature levels. All this will eventually occur without a cool-down, but a proper one will make the process much quicker and easier.

– from the "Winning Guide to Sports Endurance"

Prediction Series standings

Name	Spring Runoff	Ben & Ramsgate Matt's	8K	Moonlight Madness	Total Points
Marijane Martinez	75	100	87.5	31.25	293.75
Jim Robinson	66.67	70.83	56.25	93.75	287.5
Rich Hadley	91.67	91.67	62.5		245.83
Ben Valdez	100	37.5	100		237.5
Robert Santoyo	33.33	54.17	81.25	56.25	225
Stacey Diaz	25	83.33	68.75		177.08
Matt Sherman	83.33	41.67	43.75		168.75
Dave Diaz	8.33	66.67	75		150
Diana Reno		95.83		18.75	114.58
Paul Dallaguardia	16.67	12.5		81.25	110.42
Bill Veges	58.33	50			108.33
Don Pfost			31.25	75	106.25
Logan Gogarty				100	100
Jennifer Alvarado			93.75		93.75
Diane Lopez		87.5			87.5
Crystal Berndt				87.5	87.5
Victor Olguin		33.33	50		83.33
Mark Rickman		79.17			79.17
Stacie Taravella		75			75
Aaron Berndt				68.75	68.75
Anthony Diaz		62.5			62.5

Name	Spring Runoff	Ben & Ramsgate Matt's	8K	Moonlight Madness	Total Points
Susan DallaGuardia				62.5	62.5
Rochelle Garcia		58.33			58.33
Karl Tameler	50				50
Gloria Gogarty				50	50
Mike Messick		45.83			45.83
Shaun Gogarty				43.75	43.75
Mike Push	41.67				41.67
Liz Ross			37.5		37.5
Chief Reno				37.5	37.5
Brian Ropp		29.17			29.17
Richard Hogan			25		25
Stan Hren		25			25
Nick Leyva				25	25
Jill Stringer		20.83			20.83
Peggy Dunn			18.75		18.75
Kyle Reno		4.17		12.5	16.67
Regie Marquez		16.67			16.67
Carla Braddy				12.5	12.5
Trisha Ferguson		8.33			8.33
John Freyta			6.25		6.25
Adrian Martinez				6.25	6.25



Pride City Printing, inc

An Offset Print Shop
Since 1984

Cary B. Biondolillo
Owner

A Union Print Shop

519 N. Santa Fe
Pueblo, CO 81003
719-543-1315
Fax 719-543-1348



New marathon in the Springs on Labor Day

The American Discovery Trail Marathon Event Management Club of Colorado Springs is organizing a new marathon event for September 3, 2001 (Labor Day). The marathon will take place on paved and unpaved urban trails beginning in Palmer Lake (7,300') and running to downtown Colorado Springs (6,000').

The course is run on part of the American Discovery Trail's trail system, which extends across the United States from Delaware to California.

There is no entry limit, and beneficiaries are the Trails and Open Spaces Coalition of the Pikes Peak Region and the Arthritis Foundation's southern Colorado branch. For more information, log onto

www.adtmarathon.com.

Additionally, interested runners can register via active.com. *Runner's World*, *Rocky Mountain Sports*, and other running publications have listed the event as well.

Have questions? Contact Roger Allison at (719) 594-6149.

XTERRA Festival

And now for something different

Contributed by XTERRA folks

On July 28 and 29, XTERRA returns to Keystone Resort for the fourth consecutive year. A supreme adventure destination, Keystone dishes out Mother Nature's finest natural beauty and toughest terrain. The altitude alone can turn a seasoned athlete into a pile of mush. If the frigid water doesn't get you on the swim, the intense trail climbs will take their toll.

The favorite course of 2000 XTERRA World Champions Kerstin Weule (from Evergreen, CO), and Michael Tobin, Keystone poses challenges for everyone - altitude, an icy swim, bone-jarring biking.

XTERRA is more than just a race. It's a series of off-road races and events spanning throughout the year that brings together both athletes and non-athletes alike in the spirit of sportsmanship and fun for the whole family.

In addition to the XTERRA (1K swim/26K mountain bike/10K trail run) and half-

distance MicroSupreme XT (750M swim/13K mountain bike/5K trail run) individual and team races, the weekend includes XTER-

RA trail runs and bike races, XTERRA University, Ned Overend mountain biking clinics, and the Paul Mitchell benefit for local charities.

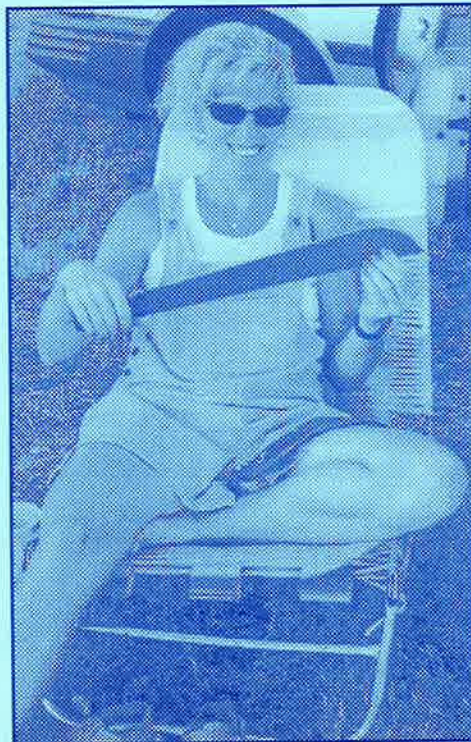


Competitors vary in character and aren't typical. Some are fathers or mothers or weekend warriors; others are elite athletes

and professional competitors. But they all share a common goal: to simply enjoy the outdoors, the camaraderie and friendly competition that is the trademark of the XTERRA experience.

For more information or to register, visit www.terraplanet.com, or call toll-free, 1-877-751-8880.

Weird scenes from annual SCR picnic



It's a Mystery

While Aaron Franchi poses with the head of Alfredo de Clowno above, many questions arise. Did the kids at the SCR picnic use sticks as planned to behead the candy-filled, clown-faced pinata? Did Stacey Diaz do the deed herself with the weapon she's holding in the photo at left? And which one has more charisma -- Aaron or Alfredo.

Photos by Gary Franchi

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, Aug. 7, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.

2001 Racing Calendar



Pueblo County & nearby locales

July

21 Sat 7:00AM Pioneer 5K Run/Walk Colorado City (719) 676-3353

August

4 Sat 8:00AM Beulah Challenge, 10K run & 5K walk Beulah (719) 485-3820

19 Sun 7:30AM Tunnel Drive, 5M (Prediction Series) Canon City (719) 784-6514

25 Sat 8:00AM Little Run on Prairie, 5K run & 2K walk Pueblo West (719) 547-9273

September

8 Sat 8:00AM Meddac 10K, 10K Fort Carson (719) 598-2953

23 Sun 8:30AM Hot to Trot, 5K Downtown Pue. (719) 542-1704

Other marginally nearby areas

July

21 Sat Women's Distance Festival, 5K North Monument Valley Park Colorado Springs (719) 570-1008

28 Sat Springs Classic 10K Colorado Springs (719) 635-8803

August

4 Sat Run Ridge @Peregrine, 5K, Kids .5M Colorado Springs (719) 574-9273

11 Sat Mayor's Cup, 5K & 10K Woodland Park (719) 596-3507

12 Sun Race for the Cure, 5K Air Force Academy (719) 476-1675

18 Sat Pikes Peak Ascent, 13.1M Manitou Springs (719) 473-2625

19 Sun Pikes Peak Marathon, 26M Manitou Springs (719) 473-2625

25 Sat Run for Excellence, 5K Fountain (719) 598-2953

25 Sat Melon Run, 10K Nat. Gd. Armory Rocky Ford (719) 254-7723

September

2 Sun Balloon Classic 5K Memorial Park, CO Springs (719) 593-2953

9 Sun Pony Express Trail Run, 15M Rampart Resv., CO Springs (719) 598-2953

23 Sun Fall Series I, 3.5M & kids race N. Mon. Valley Pk., CO Spgs. (719) 590-7086

Regional Marathons (& others of interest)

July 28 Deseret News – Salt Lake City, UT (801) 468-2299

30 Get Sky High – Telluride (719) 570-9795

August 26 Arts on the Green – Omaha, Neb. (402) 398-9807

26 Silver State – Reno, Nev. (775) 849-0419

Sept. 3 American Discovery Trail – CO Springs (719) 594-6149

4 Turle – Roswell, NM (505) 627-5507

16 Mile High – Denver (303) 415-9447

17 New Mexico – Albuquerque (505) 345-4274

23 Kokopelli Trail – Grand Junction (303) 635-2815

30 Boulder Backroads (303) 939-9661

October 1 Roaring Fork – Carbondale, CO (970) 927-4713

1 Duke City – Albuquerque, NM (505) 880-1414

6 St. George – Utah (801) 634-5850

7 Twin Cities – St. Paul, Minnesota (612) 673-0778

November 5 New York City (212) 423-2249

5 San Antonio, TX (210) 246-9652

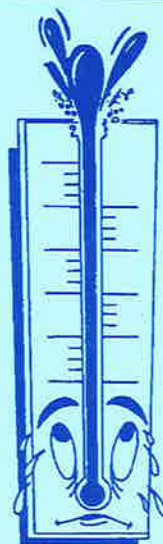
12 Long Beach, CA (562) 590-8686

26 Seattlem /wasg, (206) 729-3660

December 3 California International – Sacramento (916) 983-4622

3 White Rock – Dallas, TX (214) 467-3369

9 Tucson – Arizona (520) 326-9383



Some known 2001 races

August 11

Georgetown to Idaho Springs Half-Marathon

August 12

High Altitude Challenge – 5K, Alamosa

August 18

Leadville Trail 100M

August 26

Run the Rock – Castle Rock

September 2

Donor Dash, 5K – Wash. Park, Denver

September 3

Greater Denver Road Race, 5K – Wash. Park

September 8

Imogene Pass Run

September 8

Creede Mountain Run

September 23

Gov's Cup – Denver

September 30

Races at USAFA

October 14

Fall Series II – Springs

October 27

Harvest Poker Run

October 28

Fall Series III – Springs

November 10

Mayor's Cup - Springs

November 10

Rim Rock Run – GJ

November 24

Temple Canyon Prediction Series Run

December 9

MoJo & Nick's Excellent Adventure



Get your out-of-town race results to "Footprints" Editor Gary Franchi at:

e-mail to: gfranchi@fone.net • or Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



Non-Profit
Organization
U.S. Postage
Pueblo, Colorado
Permit #41

***If you move,
let us know!***

Issues of "Footprints" are not forwarded. Hence, if you move, please get your new address to the SCR Membership Chair in care of the YMCA at the address listed above.



Stats that rule

- In a 1999 study, one-third of 103 brands of bottled water didn't meet federal purity standards. – *National Resources Defense Council*
- Smoking accounts for 30% of all heart disease deaths. - *Dr. David Satcher*
- Tickets for the upcoming Winter Olympics in Salt Lake City range in price from \$35 for luge or curling to \$885 for the opening or closing ceremonies. – *Newsweek*
- A sample of past issues of "Footprints" showed that 100% of them did not meet human intelligence standards. – *Pollsters Unlimited*

Racing info. that washed up on shore

by Mr. Editor

Beulah Challenge - Aug. 4

Gads – it's almost August, which means it's just about time for Karin Romero's Beulah Challenge again. Karin, a world-renowned chefette (that's a female chef, isn't it?), is cooking up another fine race on Saturday, Aug. 4, in the woodsy hamlet of Beulah, home of the Beulah Valley Arts Council, lobbyist and hubby Gil Romero, Lola Spradley, and wild animals. Probably other people, too, but I don't know them.

Getting back to the race, this is an exquisite 5K walk and 10K run that live up to the "Challenge" in the race's name because of the altitude of Beulah and the hills on the courses. But, hey, when you have to work a little harder, you appreciate the accomplishment a little bit more, right?

The race always has great shirt designs, and unique, tasteful awards. Take in the art show, too – there's a free shuttle. Will Karin have some of her great creampuffs for post-race eats?

Little Run on the Prairie - Aug. 25

Ron Dehn has cooked up ... no wait, that's the same lead I used for the Beulah race. Ac-

tually, this is going to be a GREAT new race. It's a 5K run and 2K walk based at Lovell Park in Pueblo West starting at 8 a.m.

The race is a kickoff to the St. Paul Parish's annual festival, so you can stick around afterward, give the award winners their deserved applause, feel sweaty from perspiring in the race, and replenish with cotton candy or whatever else is on the menu at the festival. I hear Karin Romero will bring some of her chicken enchiladas. Be there.

Hot to Trot 5K - Sept. 23

Thanks to Jeff Arnold's great input, this race – organized by the Pueblo Chamber of Commerce – is expected to be much bigger and better this year. There is some early organization to it. For instance, race flyers are out already and will be included in next month's edition. They are being distributed along the Front Range. Karin Romero will hand out free cream puffs to finishers.

The race has a cool runner-friendly course near HARP and in the Union Avenue area, and all entrants will again be treated to a free jar of Pueblo Salsa.

By the way, just kidding about Karin Romero bringing enchiladas and creampuffs to these races. Enjoy all the events, everyone!

LITTLE RUN ON THE PRAIRIE

5K RUN AND 2K WALK

LITTLE RUN ON THE PRAIRIE
AUGUST 25, 2001

ST. PAUL THE APOSTLE CHURCH
PUEBLO WEST



"... I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH!"

ST. PAUL (2 TIMOTHY 4:7)

WHEN: SATURDAY, AUGUST 25, 2001 AT 8:00 AM SHARP

WHERE: LOVELL PARK IN PUEBLO WEST. 340 E. HAHN'S PEAK AVE.

DIRECTIONS: (FROM PUEBLO) GO WEST ON HIGHWAY 50 TO PURCELL. (1ST EXIT) TURN LEFT ON PURCELL. GO JUST OVER 1/2 MILE TO HAHN'S PEAK AVE. TURN RIGHT ON HAHN'S PEAK AVE. GO ABOUT 1.2 MILES. YOU WILL SEE THE LIGHTS FOR THE SOFTBALL FIELD AND THE PARK ON YOUR LEFT. YOU ARE THERE!!!

Entry Form for St Paul the Apostle
Little Run on the Prairie – August 25, 2001
Early registration deadline, August 12, 2001

Name _____ Phone _____ Sex _____

Address _____ City _____ State _____ Zip _____

Age on Aug 25 ____ T-shirt size S M L XL Division: 5k-run 2k-walk

Pre Registration fees: \$12 per adult, \$8 age 17 & under. After Aug 12 – all entries \$15

Waiver agreement: I knowingly & at my own risk, & in consideration of my acceptance as a participant, hereby forever waive & relieve any claims for injuries or damages that may occur as a direct result of my participation in this event against Southern Colorado Runners Club, St Paul the Apostle Catholic Church, & race directors & or sponsors.

Signature of Participant _____ parent if under 18

Make checks payable to St Paul's Church. Mail or take to the parish offices:
St Pius Church, 3130 Morris Ave, Pueblo Co 81008. You may take the form & entry fee to St. Paul's Church in Pueblo West at 142 Stardust Dr after Sunday Services. If during the week PLEASE CALL FIRST. (547-3725) Staff are generally at the St. Pius location. For more information see: www.saintpaulapostle.org or contact Ron Dehn 547-9273 Packet pickup on Race Day

WHY: THE 5K RUN & 2K WALK KICK OFF ST PAUL'S ANNUAL PARISH FESTIVAL

AWARDS: AWARDS FOR THE 5K RUNNERS AND 2K WALKERS WILL BE PRESENTED TO THE TOP 3 MEN & WOMEN IN THE FOLLOWING AGE CATEGORIES: 19 & UNDER, 20-29, 30-39, 40-49, 50-59, 60+

T-SHIRTS TO ALL PARTICIPANTS. (RACE PACKETS AVAILABLE ON RACE DAY) DRAWING FOR PRIZES AFTER THE RACE.

REMEMBER: THE RUN/WALK DOES NOT TAKE PLACE AT ST. PAUL'S CHURCH. THE RUN/WALK AND THE FESTIVAL TAKE PLACE AT LOVELL PARK IN PUEBLO WEST.

ENTRY FEES: SEE THE ENTRY FORM ABOVE.
(SAVE MONEY - REGISTER BY AUGUST 12)

"... I HAVE FINISHED THE RACE, I HAVE KEPT THE FAITH."
SAINT PAUL (2 TIMOTHY 4 : 7)