



EDITOR: Gary Franchi

# FOOTPRINTS

Purveyor of high-quality fiction.

A 2001 edition to read until the cows come home



## Happy Birthday!

Aaron Lopez celebrated his 17th birthday in fine style by turning in a super 37:20 10K time on a hilly and tough Beulah Challenge course earlier this month. Aaron was the second overall finisher in a strong field. Results and photos are on Page 7 and 8 inside this edition.

*Photo by Gary Franchi*



## True Pioneers

The overall and age-division winners in both the walk and run divisions of the Pioneer 5K Run/Walk were happy campers after being honored for their sterling performances. The race held in Colorado City south of Pueblo, attracted more than 90 competitors. Race results and photos are on Page 6.

*Photo by Diana Reno*





**Ringer sez:**

"I love running in parks and grassy knolls, but my friend at PCC says that runners like to run on dirt and soft-surface trails. He was real happy to learn recently that this group called Great Outdoors Colorado has awarded funds to Pueblo for a Fountain Creek project. It will allow a deteriorated section of asphalt trail along the Fountain Creek to be replaced with a concrete one (ugh!) to withstand the flood conditions along the creek. The good part, he says, is that a soft-surface trail will be built adjacent to the concrete trail where space and environment will allow. Also, he said SCR member **Len Gregory** has been appointed to the GOCO Board. Cool! 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](http://www.rrca.org)

# SCR runners make their marks elsewhere

By The Editor

In case you've been too busy watching re-runs of *The Honeymooners* on the tube and haven't been able to keep up with the racing scene lately, here's a little update for you:

**The Peak Ascent**

**Maddy Tormoen** wrapped up the Triple Crown title for females with a 2:48:29 second-place time in the Ascent. **Paul Koch** of the Springs was 4th overall with a 2:27 Ascent time. **Jessie Quintana**, 57, was 4th in her age division with a 4:21.

**Georgetown**

While Mr. Hren had to settle for 5th (out of 69) in his bracket at the Georgetown to Idaho Springs Half-Marathon with his 1:38 time, others from this area did well there, too. **Calley Till**, 29, of Pueblo West was 19th overall and 4th in her division with a 1:29 time. **Ben Valdez** also ran a 1:29, and **Liz Ross**, 24, ran a 1:43.

**WDF up north**

SCR members who live in Colorado Springs did quite well in the Women's Distance Festival 5K held July 21 in the Springs. Taking first in their age divisions were **Laura Kelecy** (formerly Landes) 38, 20:13), **Carol Lyndell** (53, 23:01) and **Martha Kinsinger** (67, 29:29). **Jackie Allen** of Cañon City was 2nd her division (30-34, 23:50). Keep an eye on Pueblo's young **Renee Opferman**, a 15-year-old who was 5th overall with her 20:17 time. She'll be running for South High this fall.

**Classic 10K**

The SCR's **Maddy Tormoen** was 2nd overall among females at the Colorado Springs Classic 10K in late July. Maddy's time was 38:16. In the same race, **Rich Hadley** of Florence won the 45-49 division in 37:51 and the above-mentioned **Kinsinger**, 67, dominated hers in 54:52. **Calley Till** of Pueblo West was 3rd in the 25-29 in 42:05.

**Grand Prix series**

After 3 races in the Grand Prix of Running, **Mark Stinchcomb** of Pueblo is 1st in the male

45-49 division of the short-course series and **Liz Ross** of Pueblo is 2nd in the female 20-24 division and 6th overall in the long-course series.

**North to Alaska**

**Carla Braddy** had to go to Anchorage, Alaska to find a good 5-mile race and took 3rd in the 30-39 division of the Arctic Valley Race, besting many Army troopers and probably many others in her age division.

**Stan's The Man**

No doubt **Stan Hren**, 59, of Las Animas will be as dominant in his age division when he turns 60 as he has been in his current age division. Stan, third from left and wearing the striped shirt in the big Pioneer 5K photo on Page 1, has placed in his age division in these races since April: He was 2nd in the Cherry Creek Sneak (5M), 1st in the Armed Forces Day 10K, 1st in the River Run Classic in Cañon City, 1st in the Safehouse 5K in Denver and then 1st in that Pioneer Run.



## 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. 238**

"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
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Secretary	Diana Reno	561-3343
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**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 take in some true lunacy.

**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.

Be "Fair" - Come in to the  
Gold Dust for a beer



217 South Union Avenue

About the Editorial consultant - Angelo Siciliano was the original Charles Atlas.



# Great (& so-so) Stuff

by Gary Franchi



## Equality and the “ultimate challenge”

Thought for today’s lunch, compliments of Jeanne Phillips: “You know you’re old when you notice how young the derilects are getting.”

### Musings on running, fitness, life, etc.:

Some runners just can’t get enough.

As if marathons and “ultra” runs and Pikes Peak round trips weren’t enough, I recently was reading in *The Gazette* newspaper from Colorado Springs about these runners who signed up this year to run both the Pikes Peak Ascent and then the Pikes Peak Marathon the next day. Sixty-four of them registered to take such masochism to the next level.

Notice that I referred to them as “runners” and not “people.” That’s because the jury is still out on whether they’re human, although you can probably guess which direction I’m leaning on this.

The really scary thing, as far as our civilization is concerned, is that 6 of these 64 runners are women. While men have the reputation for such things as, say, their scratching tendencies or mooning from car windows during their adolescent years, aren’t women supposed to be more rational and level-headed about things in this life? Well, I guess they aren’t.

**Carlos:** “Gee, Betty, why the heck would you want to do the round trip the day after the Ascent? Isn’t the Ascent enough?”

**Betty:** “Doing both is the ultimate challenge.”

**Carlos:** “And how will you celebrate if you actually do it?”

**Betty:** “I’m gonna get wasted and smash beer cans on my head.”

Ah, yet another strike for equality.

That’s just another of the truly great things about the multi-sport world – it gives women the same opportunities as men to test themselves to their limits of physical and mental endurance. They get to do the same exhausting long runs and speedwork drills, suffer the same leg and foot injuries, experience the same oxygen debt in races, and take part in the the same “ultimate challenges,” regardless of how outlandish they might seem.

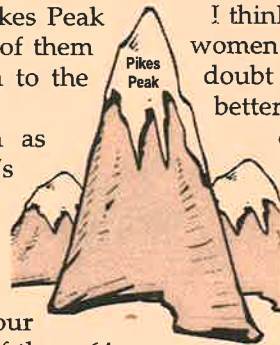
Hence, women are toe to toe with men at the start of the Boston Marathon. They train

for and compete in Ironmans. They do the Leadville 100. They race mountain bikes up and down rugged, dangerous trails, scratches and smashes be damned.

**Sadie:** “Wow, what happened to your leg, Yolanda?”

**Yolanda:** “Uh, I crashed on one of those 90-degree turns on the bike leg of the Monument Triathlon.”

**Sadie:** “You go, girl!”



I think this is wonderful. With men and women sharing such experiences, they no doubt will be able to relate to each other better in all facets of life. Basically, you could say that the world of multi-sportdom is breaking down the barriers that exist between the sexes.

So when are women going to start mooning people from moving cars?

### Ten things I was just wondering:

- Why don’t they call the lead pack of runners in a race the pedoton?
- Can there really be any planning that isn’t strategic?
- How come *Popular Mechanics* magazine doesn’t have a running shoe survey?
- Why don’t they take the special ingredient in sensitive teeth toothpaste and use it in all toothpastes?
- How come the leader in a race never slows up to let the next runner win just for sportmanship purposes like Lance Armstrong in the Tour de France?
- Why can’t you get free refills on milk shakes?
- Why can’t someone invent a computer chip that would make your finish time faster?
- How come there are no seedless cantaloupes?
- Has anyone scientifically proved that it makes any difference when a pitcher rubs up a baseball?
- Is there a way to determine by visual observation if someone is human?

Till next month, remember that by reading this to the end, you have accomplished the true “ultimate challenge.”



### Ultimate in idiocy item of the month

This month’s *Lights are Dim Award* goes to the organization – the Food and Drug Administration? – that approves drugs to be put on the market. In this case, it’s for letting creatine be sold to kids 18 and under without any kind of knowledge of its long-term effects. A recent study in a state of New York school district found that 44% of high school seniors use creatine. Yet all kinds of folks are warning that it’s long-term effects on kids are not known. Something’s wrong here.



### Movie Line of the month:

“One minute you’re chewing on a burger and the next minute you’re dead meat.”

I’m sure I’ve used a line from this movie in the past. Maybe a couple of them. Here’s all the hints you’ll need: It’s a slapstick comedy from just a couple or so years ago, and it’s about 2 really stupid guys who go to Aspen.

Answers below.

Answers:  
Jim Carrey in “Dumb and Dumber”



## SCR birthdays

### AUGUST

- 24 Neal L. Kinsinger  
George D. Slaughter  
Cheryl McCoy  
Lou Huie
- 27 Grant Schemmel
- 29 John C. Vukich
- 31 Don Smith  
Henry Hund

### SEPTEMBER

- 2 Maria Elena Weaver  
Lillian Rivera
- 5 Cassie Berndt
- 7 Kylie Ottersberg
- 8 Leigh Ann Trujillo
- 9 Jim Martinez
- 10 M. Edmund Vallejo
- 11 Aaron Berndt
- 14 Tiffany Reno
- 15 Matthew Diaz
- 18 Brian Cathcart
- 20 Andres Flores
- 21 Tomas Duran  
William Van Buskirk  
Stacey Diaz
- 22 Michael Orendorff
- 23 Gary Franchi  
Rodge Rodgers
- 25 Jennifer Sherman
- 26 Jo Lukezic  
Christian G. Hulett
- 27 Stacie Taravella  
Robin Krueger  
Debra Hadley
- 30 Stan Hren  
Joseph Allen

## Quoteworthy

*"We fought for equality, and now we have to face the responsibility of getting exhausted in public."*

*- Kathrine Switzer, who became famous in 1967 after her "K. Switzer" entry in the then men-only Boston Marathon.*

# Rocky on Fitness

by Rocky Khosla, M.D.



## Keep these football-related things in mind

It's the time of the year when training camps get under way and all across the country and you can hear the yell, "Let's play football!" If you or someone you know will be playing football, I would like to address three areas that are medically important.

First is the matter of heat illness and the importance of fluids. As was most tragically demonstrated recently with the death of Korey Stringer, even the strongest athletes can become victims of heat-related illness. Please encourage your football players and other athletes to drink plenty of water frequently, and to not exercise when the temperature gets too hot. What's too hot? It turns out that there is not any one temperature that is going to predictably be safe or unsafe. A heat-trained athlete may be able to tolerate 95 degree heat with 80% humidity just fine, whereas the same conditions could kill another non-heat-trained athlete. In general, drink enough so that when you urinate, the urine is clear with little hint of yellow. It turns out that the better hydrated you are, the better you will be able to deal with the heat.

The second issue to mention is concus-

sions. A concussion is any change in mentation caused by trauma to the head, either directly or indirectly. According to the Colorado Medical Society guidelines, a grade 1 concussion is where the athlete feels dazed, but has had no loss of consciousness and has no amnesia. A grade 2 concussion involves having amnesia and being dazed, and a grade 3 concussion involves any loss of consciousness. If any athlete has a concussion, it is important for that athlete not to play until he or she is cleared to do so by a physician who feels comfortable with the management of concussions.

The third issue is the idea of injuries and "no pain no gain." I believe pain is usually a signal of something amiss, and to ignore pain is usually not smart. This is especially true for the younger athlete. So if your high schooler has a painful injury, please have this looked at and don't tell him/her to tough it out.

Till the next time, GO BRONCOS! And I don't care what the suits want to call it, but I am calling the stadium the new MILE HIGH STADIUM!




**"The Rock" had a pretty salty 51:25 10K time in his first race since undergoing knee surgery.**

*Photo by Gary Franchi*

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# Trail Notes

by Shaun Gogarty



## Lead disappears fast while injury drags on

Gary, our beloved editor, cursed me!! I've been running for about 5 years on a fairly regular basis - most of my injuries have been to my ego and the occasionally head injury from tree limbs and falls. Generally, I've been able to run in spite of those injuries, and in some cases I've run because of the injuries (i.e. the tree limb to the head).

But when I read that article by Gary about injuries last month, it must have put a seed of doubt or poison in my sole and whammy - I'm injured. The real bummer is that it happened on a dinky little 5K race and it's a stupid little (but hugely annoying) injury. I would really prefer a more visible injury, sustained during a bigger race - like the Wasatch 100.

There are a lot of advantages to getting big injuries during big races. First of all, you get to quit running without looking like a quitter. You didn't quit because you're an overweight couch potato who trained 3 hours per month - you're an injured athlete, forced to quit! Secondly, you saved face by at least starting the race - just bad luck that you can't finish due to an injury. Finally, big injuries - fractures, amputations, deep lacerations - provide you with casts, crutches, and sutures that make for a great supporting cast in your dramatic stories.

Yes, with the proper injury in the proper setting, you can actually sound better than a finisher. Standing with cast and crutches, you can humbly describe your faultless defeat.

*"Yeah, I was at mile 67 when a rock rolled down the cliff and hit my leg, causing an open fracture of my tibia. I took two Advil with some Gatorade and then splinted my leg with a branch. I had to run without a shirt because I used it as a pressure dressing on the blood pumping out of my leg, but it was warm that day. It hurt some, but I was able to slowly run to the next aid station at mile 69. Unfortunately,*

*they wouldn't let me go on because of the bone sticking through the skin and my cold, discolored foot."*

But for me, I'm injured with nothing to show and little to tell - that really hurts!!

Things felt good the morning of the cursed 5K even though I had been up since the wee hours trying to put the finishing touches on the race course. Being the race director, I was able to start the race and accordingly was actually in first place -- for about 2 seconds. I couldn't convince everyone to follow me around the course; they just stampeded by me.

The first 2 miles went well and I felt strong running about 7 minutes per-mile pace -- not a winning pace but good for me. Running out to the last turn, I watched the winners coming back on their last leg. I still felt great when suddenly there was a sudden sharp pain in the bottom of my right foot. Could I have stepped on something sharp? Was this just a stone bruise? No such luck.

The pain didn't get better, but being the "tree branch to the head" kind of guy that I am, I ran on into the finish by rolling my foot to the outside. The pain just got worse and worse through the day and I was barely walking on it by night. I knew I had torn something and it wasn't good! My podiatrist confirmed my suspicions of torn plantar fascia and proceeded to crush my running plans by putting me in a walking cast. Now three weeks later, he says it is about half repaired but needs some more time without running.

Now I don't get to run, people are confusing me with the Pillsbury Doughboy, I don't even have a cast anymore and only have a stupid story to tell - what a rip-off!! I shouldn't even be thinking of running Wasatch, but I can't quite shake the hope of at least starting the race.

Maybe my luck will finally change and I'll get seriously injured early in the race.



**Shaun Gogarty was injured while recording a 22:12 time in the Pioneer 5K Run.**

*Photo by Diana Reno*

## Tri-geeks swim with sharks

There aren't a whole lot of competitive triathletes in the SCR, but the small core of regulars continue to excel. Here's a brief look at their recent accomplishments.

**Blake Ottersberg, 19**, finished first in his age division at the Boulder Peaks Tri and was 40th overall in a field of 1,198 finishers that included male and female pro divisions. His time of 2 hours and 10 minutes was 10 minutes faster than last year. Distances were 1.5K swim, 42K bike and 10K run. Blake was 17th overall in the swim (20:17). Last year, he was ranked 1st in the 2000 Rocky Mountain regional junior standings.

Also at Boulder, **Woody Noleen** of the Springs was 1st out of 38 in the 45-49 age division with his 2:18 time. **Hector Leyba** of Penrose and **Mike Archuleta** of Pueblo did the duathlon (5K-42K-5K), and Hector was 5th in his age division with a 2:10 time. Tomas Duran was unable to do the "du" because of a broken collarbone.

**Mike Orendorff, 49**, and **Gerald Puls, 75**, of Pueblo took firsts in their age divisions at the Rocky Mountain Regional Championships held on an Olympic-distance course in Las Vegas, NM. Both qualified for national championships to be held Sept. 1 in Coeur d'Alene, Idaho. Mike's time was 2:15; Gerald's 4:32.

**For the soul ...**

**"The active life proves to all of us what it means to be human: To celebrate life by participating rather than watching." - Adam Hodges**

# Pioneer 5K Run/Walk

5K (3.1 miles) run/walk held on Saturday, July 21, 2001 in Colorado City.

Results provided by Rich Hadley, Nick Leyva, and Marijane Martinez.



## SCR's Hadley brings it home

You may get some song-and-dance chat from him to the contrary, but it sure seems to me that Rich Hadley (pictured above) of Florence is running as good as ever. Rich was 3rd overall with a salty 18:44 time in the Pioneer 5K Run last month, and he followed that by taking 4th overall in the tough Beulah Challenge 10K with a 40:00 time. This from a guy who is 45 years young. Further illustrating Rich's racing prowess was his 1st-place age-division placing in the 45-49 bracket of the Colorado Springs Classic 10K with a 37:51 clocking in late July. (Ed. Note: Can you tell from those times that the Beulah course is just a tad more difficult than the Classic course?)

## 5K Run

### Overall winners:

Male – Aaron Lopez, 17:44

Female – Jennifer Alvarado, 23:57

Name	Age	Time
1, Aaron Lopez	16	17:44
2, Kyle Reno	19	18:40
3, Rich Hadley	45	18:44
4, Mike Orendorff	49	18:59
5, Steve Kirkendall	17	19:28
6, John Montoya	44	19:54
7, Nathan Comden	15	20:31
8, Robert Santoyo	39	21:40
9, Mark Stinchcomb	45	21:48
10, Jared Vasquez	21	21:54
11, Shaun Gogarty	42	22:12
12, Stan Hren	59	22:22
13, Andrew Comden	16	22:27
14, Bob Gassen	54	22:52
15, Daniel Johnson	26	23:07
16, Gerald Ure	43	23:48
17, Jennifer Alvarado	30	23:57
18, Thomas Alvarado	39	24:01
19, Michael D. Sanchez	40	24:09
20, Logan Gogarty	12	24:10
21, Cody Carter	12	24:29
22, John Castanha	41	24:34
23, Raul San-Miguel	51	24:39
24, Nick Leyva	47	24:46
25, Desiree Dallaguardia	14	24:51
26, Chief Reno	39	24:53
27, Robert Luna-Llanes	28	25:12
28, Jon Ambler	38	25:13
29, Marijane Martinez	49	25:36



Desiree Dallaguardia set the pace for Chief Reno as both finished under 25 minutes.



Jennifer Alvarado was the first female finisher and also 17th overall with her 23:57 time.

30, Sara Sheehan	14	25:59
31, Rourk Sheehan	44	26:00
32, Paul Dallaguardia	43	26:17
33, John Neumeister	57	26:21
34, Rose Mary Wentling	47	26:38
35, Matthew Comden	15	26:39
36, Dennis Noonan	57	26:39
37, George Dominguez	61	26:46
38, Aaron Berndt	12	26:56
39, Maggie Di Matteo	24	27:00
40, Rick Brazell	47	27:04
41, Jim Hadley	49	27:09
42, Jim Martinez	56	27:12
43, Bruce Batting	64	27:21
44, Barbara Hadley	47	27:23
45, Gloria Gogarty	45	27:39
46, Jessie Quintana	57	27:51
47, Matt Cox	13	28:05
48, Larry Fortier	30	28:18
49, Susan Fortier	29	28:21
50, Carla Braddy	34	28:23
51, Diane Lopez	43	28:52
52, Susan Dallaguardia	42	29:08
53, Dan Comden	47	29:12
54, Ben Comden	9	30:12
55, Cory Rose	13	30:23
56, Francie Osmundson	33	30:24
57, Janelle Rodriguez	31	30:39
58, Troy Davenport	36	30:53
59, Dick Greet	62	31:08
60, Sydne Cox	12	31:24
61, Al Jaramillo	40	31:43
62, Jill Ambler	36	32:19
63, Kristen Sapp	33	32:32
64, Paul M. Dallaguardia	12	34:06
65, Ellie Carter	9	35:35
66, Pat Berndt	47	35:53
67, Melinda Orendorff	49	37:41
68, Trevor Kennymore	10	49:00
69, Nick Highberger	7	49:04

## 5K Walk

### Overall winners:

Female – Vicki Granato, 35:42

Male – Brian Tafoya, 47:23

Name	Age	Time
1, Vicki Granato	39	35:42
2, Mary Dee Carter	36	39:50
3, Christy Hyatt	28	39:51
4, Cathryn Sanchez	39	39:55
5, Kendra Oyen	32	41:21
6, Pearl Chavez	54	41:21
7, Betty Filpi	66	42:16
8, Tana Rocco	54	42:43
9, Hillary Sheehan	11	45:22
10, Danielle Golladay	11	45:22
11, Dolly Salameno	51	45:45
12, Nancy Martinez	53	46:41
13, Marcy Tafoya	35	47:22
14, Brian Tafoya	37	47:23
15, Randy Comden	48	47:51
16, Alison Comden	18	47:52
17, Pam Barton	38	48:33
18, Lori Holladay	41	48:37
19, B. Highberger	47	48:47
20, Joann Serracino	42	48:48
21, Becky Carter	7	49:05
22, Becky Brazell	45	51:32
23, Charlotte Kennymore	43	53:02
24, Brandi Kennymore	15	53:03
25, (name unavailable)	x	54:40

## Volunteers

- Race Directors – Gloria and Shaun Gogarty
- Results – Rich Hadley, Nick Leyva and Marijane Martinez
- Finish Line, etc. – Diana Reno, Emily Gogarty, Kent Shiflett and the Green horn Valley's Boy Scout troop



Michael Sanchez had to use everything he had to hold off Logan Gogarty at the finish.

Photos by Diana Reno

# Beulah Challenge - 10K Run

10K Run & 5K Walk held on Saturday August 4, in Beulah.  
 Results provided by Paul Barela, Dave Diaz,  
 Misti Frey and Nick Leyva.

## 10K Run

### Overall winners:

**Male** - Randall Scherer, 36:41

**Female** - Heather Loeske, 45:01

Runner	From	Age	Sex	Time
1 Randall Scherer	Pueblo	19	M	36:41
2 Aaron Lopez	Pueblo	17	M	37:20
3 David Pressgrove	Pueblo	21	M	38:30
4 Richard Hadley	Florence	45	M	40:00
5 Larry Volk	Pueblo	37	M	40:13
6 Kyle Reno	Pueblo	19	M	42:36
7 Art Long	Florence	x	M	42:56
8 Gus Appenzeller	Pueblo West	38	M	43:12
9 Randy Joyal	Pueblo	23	M	43:54
10 Shawn Borton	Pueblo	18	M	45:00
11 Heather Loeske	Pueblo	15	F	45:01
12 Robert Santoyo	Pueblo	39	M	45:18
13 Renee Opferman	Pueblo	15	F	45:21
14 Dirk Kettelkamp	Pueblo	31	M	46:57
15 Sam McClure	Canon City	47	M	47:26
16 Mark Stinchcomb	Pueblo	45	M	47:35
17 Rochelle Garcia	Pueblo	29	F	47:57
18 Humbert Paredes	Pueblo West	44	M	48:16
19 Tracy Gunn	Wetmore	44	M	48:28
20 Lorraine Hoyle	Pueblo	54	F	48:56
21 Crystal Berndt	Rye	16	F	49:03
22 Briana Ropp	Pueblo West	37	M	49:04
23 Dave Schmaltz	Boulder	51	M	49:05
24 Robin Krueger	Pueblo	32	F	49:21
25 Troy Chacon	Pueblo	33	M	49:30
26 Marv Bradley	Canon City	62	M	49:35
27 Damon Rundell	Colo. City	30	M	49:44
28 Maria Appenzeller	Pueblo West	39	F	49:57
29 Daniel Johnson	Pueblo	26	M	50:05
30 Wayne Thomas	Pueblo	21	F	50:11
31 Mike Borton	Pueblo	45	M	50:15
32 Gil Romero	Beulah	48	M	50:17
33 LaDonna Gunn	Wetmore	39	F	50:19
34 Deborah Trotter	Golden	49	F	50:21
35 Todd Duncan	Pueblo	28	M	51:20
36 Rocky Khosla	Pueblo	42	M	51:25
37 Heather Birch	Pueblo	16	F	51:29
38 Gerald Ure	Pueblo West	43	M	51:30
39 Michael Sanchez	Pueblo West	40	M	51:52
40 Barbara Byrne	Pueblo	37	F	52:14
41 Stacey Diaz	Pueblo	40	F	52:19
42 Drew Turner	Pueblo	28	M	52:26
43 Allen Weaver	Canon City	48	M	52:27
44 Jill Montero	Pueblo West	35	F	52:55
45 Connie Ahrnsbrak	Lakewood	61	F	53:02
46 Stacie Taravella	Pueblo West	35	F	53:20
47 Kristi Sprague	Pueblo	32	F	53:20
48 Steve Minnich	Pueblo	52	M	54:07
49 Tim Brumage	Wetmore	62	M	54:09
50 Raul San Miguel	Pueblo	51	M	54:18
51 MariJane Martinez	Pueblo	49	F	54:18
52 Len Horan	Pueblo West	32	M	54:28
53 Cathie Bonham	Pueblo West	32	F	54:30
54 David Crockenberg	Pueblo West	54	M	54:35
55 Howard Stringert	Pueblo	45	M	54:35
56 Tom Sprague	Pueblo	36	M	54:41
57 Frieda Parker	Beulah	40	F	55:34
58 Martha Kettelkamp	Pueblo	27	F	55:36
59 Dennis Noonan	Rye	57	M	56:03



Larry Volk was 5th overall in the field while Rochelle Garcia finished a splended 17th.

Photos by Gary Franchi

60 Jack Rink	Pueblo	47	M	56:19
61 Leonard Benegas	Northglenn	35	M	56:59
62 Terry Zittel	Pueblo West	43	F	57:16
63 Stephanie Pugh	Pueblo	19	F	57:24
64 Mike Pugh	Pueblo	52	M	57:25
65 Anthony Diaz	Pueblo	42	M	57:28
66 Kent Stringer	Pueblo	47	M	58:33
67 Diana Reno	Pueblo	39	F	59:06
68 Boney Cosyleon	Pueblo	52	M	59:44
69 Michelle Olson	Pueblo	32	F	59:46
70 Malcolm Singer	California	61	M	60:20
71 Beth Ehrhardt	Beulah	33	F	60:34
72 Loryn Anderson	Utah	21	F	1:00:38
73 Gary Skul	Pueblo	48	M	1:01:08
74 Steve Sewell	Colo. Sprgs.	58	M	1:01:13
75 Jessie Quintana	Pueblo West	53	F	1:01:20
76 Joe Ruppert	Pueblo West	50	M	1:01:32
77 Sara Sheehan	Colorado City	14	F	1:01:49
78 Rourk Sheehan	Colorado City	44	M	1:01:49
79 Patrick Swank	Pueblo	53	M	1:02:28
80 Diane Lopez	Pueblo	43	F	1:02:37
81 Michelle Potts	Divide	30	F	1:02:45
82 Daryl Della Rossa	Pueblo	39	M	1:02:59
83 Roche	Canon City	54	M	1:03:50
84 John Freyta	Canon City	34	M	1:04:47
85 Carla Braddy	Canon City	34	F	1:04:53
86 John Holiman	Pueblo	74	M	1:05:48
87 Joan Harrell	Wetmore	47	F	1:05:48
88 Will Johnson	Pueblo	53	M	1:05:48
89 Cory Rose	Beulah	13	M	1:05:50
90 Trent Braddy	Canon City	12	M	1:05:50
91 Meg Thams	Denver	42	F	1:09:16
92 Alan Nealy	Denver	48	M	1:09:17
93 Rae Hartmann	Colo. Sprgs.	42	F	1:09:46
94 Kathleen Spencer	Pueblo West	50	F	1:10:26
95 Charles Hildebrant	Las Vegas	22	M	1:10:59
96 Brenda Deigado	Pueblo	33	F	1:15:00
97 Deaver Wood	Denver	68	M	1:15:12
98 Beth Bryant	Arvada	61	F	1:15:26
99 Annabelle Corboy	Ft. Worth	53	M	1:19:40
100 Robert Hamilton	Wetmore	54	M	1:33:13
101 Rick Hough	Pueblo	36	M	???
102 Arthur Martinez	Pueblo	38	M	???

## Notes from the Beulah

The official starter for the Beulah Challenge this year was Ward Stryker, who is 71 years young. Ward moved to Beulah 55 years ago.

Stryker is just a kid next to the oldest competitor in the race - 84-year-old Helen Shmoldas.

The fine Beulah awards were made by Gary Skul of Beulah, and they were purchased by Gil Romero and donated as awards.

Some photos of the race have been posted on the SCR web site under "Photos 1." There will be more if Mr. Editor ever scans them and sends them to webmaster Ken Raich. Don't hold your breath waiting, though.

With 217 entrants, this is the biggest Beulah Challenge thus far.



Sam McClure had a great 10K race in Beulah, finishing 15th overall with his time of 47:26.



## Training to do your best

### Use energy bars for endurance, not as snacks

#### Baylor School of Medicine

Now that they are available in flavors such as double-fudge crunch and peanut butter parfait, energy bars are tempting the taste buds of serious athletes and couch potatoes. But while the bars are a good source of quick energy for endurance athletes, they don't always make the best snack, says Dr. Rebecca Reeves, a professor of medicine and a nutritionist at Baylor College of Medicine.

"The average energy bar contains between 200 and 300 calories and is not a low-calorie snack," Reeves said.

She added that energy bars are ideal for athletes who exercise for long periods of time, such as long-distance runners and bicyclists. The average week-end warrior who works out for 2 or less hours at a time does not need the extra calories to keep him or her going. If you exercise for only an hour or so, eat energy bars and drink energy drinks, you may be taking in too many calories.

# Beulah Challenge - 5K Walk

## 5K Walk

### Overall winners:

Male - Paul Reyes & Richard Reyes, 37:02

Female - Linda Youlios, 37:59

Walker	From	Age	Sex	Time
1 Paul Reyes	Denver	40	M	37:02
(tie) Richard Reyes	Beulah	50	M	37:02
3 Rich Riesner	Pueblo	56	M	37:21
4 Linda Youlios	Pueblo	36	F	37:59
5 Karla Arrieta	Aurora	31	F	38:45
6 Rob Imes	Del Norte	43	M	38:45
7 Cathryn Sanchez	Pueblo West	39	F	38:48
8 Alan Craik	Pueblo	40	M	39:22
9 Liana Winan	Wetmore	53	F	39:42
10 Katherine Singer	California	60	F	39:59
11 Kayla Blanchard	Pueblo	35	F	40:04
12 Roxanne Sigman	Beulah	42	F	40:31
13 Carolyn Ulery	Pueblo West	42	F	40:31
14 Sylvia Clair	Beulah	49	F	40:59
15 Molly Roupsh	Pueblo West	37	F	41:20
16 Tina Kyte	Littleton	37	F	41:25
17 Andrea Shirley	Pueblo	29	F	41:27
18 Carol Kyte	Beulah	59	F	41:48
19 Scott Cale	Denver	34	M	42:11
20 Michaela Martinez	Pueblo	12	F	42:29
21 Andy Wagner	Beulah	13	M	42:36
22 Amanda Kyte	Littleton	12	F	42:45
23 Reg Landrum	Pueblo West	64	M	42:50
24 Tim Anderson	Florida	49	M	42:51
25 Phillis Riesner	Pueblo	56	F	43:13
26 Valerie Bodmer	Pueblo West	39	F	43:26
27 Pam Barton	Pueblo	38	F	43:45
28 Jennifer Landrum	Pueblo	37	F	44:00
29 Lonna Brozek	Florence	23	F	44:31
30 Deb Hadley	Florence	44	F	44:32
31 Monica Martinez	Pueblo	30	F	44:40
32 Rachelle LeybaCale	Denver	37	F	44:51
33 Cherith Imes	Del Norte	40	F	45:14
34 Earlene Jones	Beulah	37	F	45:16
35 Bob Cramer	Pueblo	46	M	45:24
36 Trisha Ferguson	Pueblo	49	F	45:33
37 Rebecah Stringer	Pueblo	48	F	45:34
38 Dick Johnson	Beulah	56	M	46:01
39 Maurita Casper	Pueblo	39	F	46:01
40 Mark Balsick	Pueblo	47	M	47:36
41 Nancy Martinez	Trinidad	53	F	47:47
42 Sue Landrum	Pueblo West	60	F	48:49
43 Bob Thompson	Pueblo	54	M	48:49
44 Debi Geller	Beulah	51	F	48:49
45 Michelle Anderson	Nebraska	30	F	48:52
46 Wendy Reed	Denver	21	F	48:53
47 Vera Bauman	Aurora	27	F	49:39
48 Marsha Nunn	Pueblo	46	F	49:50
49 Kathy Wilson	Pueblo West	33	F	50:01
50 Berta Harty	Denver	39	F	50:01
51 Beth Cady	Arizona	47	F	50:02
52 Marie Lansford	Aurora	39	F	51:29
53 Jill Hubbard	Pueblo	47	F	51:34
54 Kayla Romero	Beulah	13	F	51:57
55 Debbie Rose	Beulah	48	F	51:59
56 Rich Romero	Beulah	53	M	52:01
57 Carol Romero	Beulah	54	F	52:16
58 Thaines Arulandy	North Dakota	44	M	52:37
59 Audrey Rupnow	Beulah	54	F	52:39



Brothers Richard (left) and Paul Reyes shared overall honors by crossing the line together.

60 Lorrie Scott	Beulah	44	F	52:40
61 Fran Cosyleon	Pueblo	51	F	53:44
62 Jerry Stuckhoff	Beulah	48	M	53:44
63 Kerry Kramer	Pueblo	54	F	53:46
64 Anne Whitfield	Beulah	56	F	54:18
65 Rosie Schiffer	Pueblo	69	F	54:18
66 Pat Jones	Pueblo	69	F	54:18
67 Karen Rasterelli	Pueblo	41	F	54:19
68 Paul Rasterelli	Pueblo	7	M	54:22
69 Camille Rasterelli	Pueblo	8	F	54:31
70 Briana Martinez	Pueblo	7	F	54:46
71 DeDe Eisert	Wetmore	24	F	54:47
72 Pam Fitz	Nevada	43	F	54:48
73 Martin Eisert	Wetmore	53	F	54:49
74 Judy VanAcker	Florence	41	F	54:50
75 Barb Ferrero	Pueblo	49	F	54:52
76 Carol Rooney	Pueblo	50	F	54:55
77 Colleen Ross	Beulah	51	F	54:56
78 Anne Bennett	Loveland	30	F	55:02
79 Susan Black	Arvada	40	F	55:03
80 Guy Scott	Beulah	41	M	55:35
81 Cliff Highmaen	Broomfield	41	M	55:37
82 Leigh Thaller	Peublo	45	F	55:44
83 Christine Sims	Beulah	36	F	55:45
84 Nancy Johnson	Beulah	54	F	58:22
85 Vicki Scott	Beulah	54	F	58:24
86 Denyce Vandiver	Thornton	40	F	58:27
87 Jeff Geller	Beulah	56	M	58:28
88 Helen Shmoldas	Beulah	84	F	58:45
89 Ted Clair	Beulah	55	M	58:46
90 Taylor Humphreys	Beulah	6	M	60:09
91 Kobie Kyte	Littleton	12	F	???
92 Hank Humphreys	Beulah	55	M	???

### Volunteer Support

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

- Race Director - Karin Romero
- Results - Nick Leyva, Dave Diaz, Misti Frey & Paul Barela
- Finish Line - Doug Leyva, Chief Reno, Tiffany Reno, Terry Cathcart, Gary Franchi, Pat Berndt, Aaron Berndt
- Mile Marker Clocks - Ken Raich

## Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, Sept. 4, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.



# 2001 Racing Calendar



## Pueblo County & nearby locales

### August

25 Sat 8:00AM Little Run on Prairie, 5K run & 2K walk ..... Lovell Park  
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

### October

27 Sat 5:00PM Harvest Poker Run, 5M ..... Lovell Park  
Pueblo West (719) 564-9303

## Other marginally nearby areas

### August

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

15 Sat Hispanic Chamber Run, 13.1M/5K .. Raton, NM (877) 684-2055

15 Sat Color Run, 5K & 10K run/walk ..... Buena Vista (719) 395-6612

16 Sun Pony Express Trail Run, 15M ..... Ramparta Rsrv, Wood. Park (719) 598-2953

22 Sat Clean Air Challenge, 5K run/walk .... Lowry Center, Denver (303) 388-4327

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

30 Sun Races at USAFA (1/2, 10K, 5K) ..... Air Force Academy (719) 635-8803

### October

14 Sun Fall Series II, 4.5M & kids races ..... Bear Creek Park, CO Spgs. (719) 590-7086

27 Sat Mayor's Cup, 5K & kids .5K ..... Manitou Springs (719) 473-7848

28 Sun Fall Series III, 5.5M & kids 1M ..... Ute Valley Park, CO Springs (719) 590-7086

## Regional Marathons (& others of interest)

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 Turtle – 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 Seattle, Washington ..... (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 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 Governor's Cup – Denver

November 10 Mayor's Cup - Springs

November 10 Rim Rock Run – GJ

November 11 Fall Series IV – Springs

November 17 Turkey Trot – Springs

November 24 Temple Canyon Prediction Series Run

December 1 Jingle Bell Run – Springs

December 2 Rock Canyon Half

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

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**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**

- Health club membership by seniors 55 and over increased 380% from 1987 to 2000. – *Survey by International Health, Racquet & Sportsclub Association*
- While asthma occurs in just 1% of the population, 6% of the competitors at the Sydney Olympics were registered as asthmatics. - *Inside Triathlon*
- Lance Armstrong has a resting pulse rate in the 30s. – *Lance on the David Letterman Show*
- Regular "Footprints" readers are 98.5% more likely to develop asthma and alarmingly high pulse rates. – *Pollsters Ultd.*

**Racing info. discarded on the Peak**

by Mr. Editor

**Racing aftermath**

While some of us were sitting around a lot convalescing, the rest of the area racing world was having a jovial time enjoying the **Pioneer Run** in Colorado City last month and the **Beulah Challenge** at the top of August. Great turnouts. Close to 100 at the Pioneer and 217 registered runners and walkers in Beulah. Gee, and Karin Romero was whining about the small number of entries about 2 weeks beforehand.

But then I got on the horn and starting randomly picking out names in the national telephone book I have at home and – voila! – tons of people decided to fly to Colorado to run the Beulah race. It's true! There were entrants from California, Illinois, Nevada, Texas, Florida, Nebraska, and North Dakota. There also were 4 entrants from Florence, Italy – 2 of them named Hadley – who must have read about the race in webmaster Ken Raich's race calendar that's included on our home page. Good job, Ken!

Meanwhile, I heard the Pioneer 5K went 3-deep in awards for the first time and had a fabulous pancake breakfast afterward. Cool!

**Little Run on the Prairie - Aug. 25**

I'd like to tell you that the State Fair Run has returned to the calendar, but I can't. However, the **Little Run on the Prairie** is making its inaugural journey in Pueblo West in the same time slot. It's based at Lovell Park, home of many infamous great Harvest Runs/bonfires over the years.

The Little Run will be a 5K run and 2K walk, and it will start at 8 a.m. The St. Paul Parish's annual festival will follow the race. Race Director Ron Dehn has been scurrying around taking care of race details, and the SCR will handle the finish line and results.

**Hot to Trot 5K - Sept. 23**

As we speak, Laurie Valdez of the Chamber is placing packets of entry forms in the mail to go to running stores throughout the Front Range, and probably the Back Range as well. There she goes now, placing an envelope in a mail box at a drive-through slot at the Midtown Post Office.

Jeff Arnold, fresh off a vacation to the Northwest, has things well in hand for this race. Entry forms are included in this issue. This is a nice course in the HARP/Union Avenue area.

7th Annual

# Chile & Frijoles Festival

## Hot to Trot

# 5k Fun Run



**THE GREATER™  
PUEBLO CHAMBER**  
**We Mean Business®**

## Sunday, September 23, 2001 - 8:30am

### COURSE

The race will take place primarily along the Historic Arkansas Riverwalk of Pueblo. The course will start on Union Avenue north of the HARP bridge, to D Street, to Victoria, to HARP, then will finish on Victoria north of the Vail Hotel.

### RACE INFORMATION

There will be one water stop on the course for Runners. All entrants receive a colorfully designed T-shirt, Pueblo Salsa and refreshments at the finish line. Restrooms and water are also available at the start and finish lines.

### AGE DIVISIONS

19/under; 20-29; 30-39; 40-49; 50-59; 60/over.  
Prizes will be awarded to overall male & female and 1st, 2nd, & 3rd place for all age divisions - male & female.

### REGISTRATION

Registration prior to September 17, 2001  
\$13.00 SCR Members  
\$15.00 Non-Members  
Registration after September 17th  
\$18.00 SCR Members  
\$20.00 Non-Members  
Race Day Registration-\$25.00

All entrants pick up race bib and T-shirt at the registration table on race day between 7:15-8:15 am. Registration will take place at the El Pueblo Plaza located at the foot of the Union Avenue Historic District, accessible from the 1st Street exit off I-25.



The Hot to Trot 5k Fun Run is sponsored by Loaf & Jug and hosted by the Greater Pueblo Chamber of Commerce. Join in the fun at the 7th Annual Chile & Frijoles Festival September 22 & 23, 2001. Send or Bring entry form to Gold Dust Saloon, 217 S. Union Ave., 81003. Make checks payable to the Greater Pueblo Chamber of Commerce. For more info call 719-542-1704.



### Waiver Statement

In consideration of your accepting my entry, I for myself, my heirs and personal representatives, waive and release the Greater Pueblo Chamber of Commerce, the Southern Colorado Runners, its principals, all sponsors and their representatives from any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participating in the Hot to Trot 5K race. I attest and verify that I am physically fit and have sufficiently trained to complete this event. I understand that my entry fee is non-refundable and my bib number is nontransferable. I further understand that I will run on race course as laid out and I will be eliminated from competition if I am not on the prescribed race course.

Signature (parent and guardian if under 18)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Birth date \_\_\_\_\_ Sex circle one M F

Phone \_\_\_\_\_ T shirt size circle one S M L XL

