

EDITOR: Gary Franchi



FOOTPRINTS

Purveyor of high-quality fiction.



A frightful October 2001 edition



The Chase Is On

Early in the Hot to Trot 5K race held last month, Cory Rose of Beulah is shown leading a small secondary pack that includes Michael Sanchez (left) and Andrew Hackler pushing his 9-month-old son Grant in a baby jogger. Andrew went on to navigate the HARP steps well enough to place 4th overall while Michael was 9th and Cory 20th. Hot to Trot results and photos are on Page 6.

Photo by Gary Franchi

Renew your membership at the Harvest Poker Run

Coming up on Saturday, Oct. 27, is your big chance to play a game of poker in which you won't be able to draw any new cards. How can you resist such an opportunity?

This game falls under the name of the Harvest Poker Run, a 5-mile race that will begin at 5 p.m. at Lovell Park in Pueblo West. In this race, each runner will receive a playing card at each mile mark. The best male and female poker hands will split race proceeds.

This race also is part of the Predic-

tion Race Series, meaning runners will predict their finish times and run without watches. It also is a potluck event, meaning all participants are asked to bring some kind of covered dish or side dish food item that can be shared. The club will provide chicken and liquid refreshment.

Following the dinner, we will have a giant bonfire to sit and kibbitz around. Also, you will be able to renew your SCR membership for 2002.

Please be there! And bring wood!





Furry sez:

"My friend at the college keeps belly-aching about not being able to see any high school cross country meets this year at some place called City Park. But I overheard some runners along Marilyn Street saying that they were planning to attend the state meet later this month in Denver, wherever that is. The way they were talking, they planned to watch the state meet, then hustle on back to Pueblo and run in the Harvest Run in Pueblo West at 5 o'clock and have an outdoor dinner with all these other runners. He planned to bring some wood for a bonfire. So what's the big deal about eating outdoors? I do that all the time, and I really like to feast off the feeder that the college guy put up on a tree near this building he works in. Well, enough gibberish for now. See ya 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

Thanks for helping make Corporate Cup a success

The YMCA of Pueblo would like to thank the following club members for their time, effort and expertise in providing finish line assistance in the YMCA Corporate Cup. We had nearly 2,000 entrants in this year's Corporate Cup. The event was extremely successful, and we could not have pulled it off if weren't for the following Individuals:

The 3.1-mile walk/run volunteers were Ross Barnhart, Anthony Diaz, Dave Diaz, Stacey Diaz, Misti Frey, Ken Raich, Matt Sherman and Bill Veges.

The 1-mile run volunteers were Jeff Arnold, Gary Franchi, Nick Leyva, Matt Sherman, Chief Reno and Diana Reno.

The 9-mile bike volunteers were Diana Reno and Tiffany Reno.

Your help and support is greatly appreciated by all of us here at the YMCA.

– Ben Valdez

At all of the above events, the SCR had a team recording finishers, pulling bib tags and keeping finishers in order at the finish line. And the SCR's Mike Orendorff, using his own computer system, tabulated all the results.

There were 976 registered runners and walkers in the 3.1-mile event.

– The Editor

For the soul ... "The runner appreciates the chemistry of a group but loves the transcendental quality of a solitary run."
– Jeff Galloway

Club News

Equipment fund

If you are renewing your membership anytime soon, you'll notice there is a line on the form for donating to the SCR equipment fund. This is optional, but we always appreciate those who donate to this fund. It's especially important now since the SCR is looking into getting some new finish line poles and banners, and our stereo system that is used to provide music and other audio at races, blew out and needs to be replaced. Plus, we just bought a new chronomix for races.

SCR membership


Speaking of renewing memberships, as the year winds down the SCR has 172 "household" members which includes 316 individual members. That probably includes someone's cat "Tigger," who, as a club member, qualifies for discounts at all club-produced races. Life is like that.

**TRICK OR TREAT
AT THE
GOLD DUST ...
... MOSTLY TRICK**



217 South Union Avenue

About the Editorial consultant – Dusty Beard is the name of the beardless drummer in the ZZ Top band.



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
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 Consultants	Nick Nasch, Dusty Beard*	
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 have a truly memorable slice of heaven.

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



Low tech is sometimes better

Thought for today's lunch, compliments of Red Green: *"The advantage of exercising every day is that you die healthier."*

Musings on running, fitness, life, etc.:

Never having been nominated for Certified Handyman designation, I've always appreciated running and the world of fitness for its true low-tech qualities. Generally, the entire world of fitness doesn't normally require a lot of mechanical acumen, which is probably the main reason for its universal acceptance for many.

If you're a runner, you usually don't need to know such things as, say, how to weld or how to use a circular saw. It's just shoes and socks, a top, bottom of some kind, and out the door. Figuring out the watches available today is somewhat of a challenge, but I've solved this by purchasing the simplest – and, yes, cheapest – Casio watch on the market. No multiple splits, no underwater faculties that I know of – just a watch, stopwatch, alarm and nightlight. Perfect.

Swimming's pretty cool, too, 'cause all you really have to figure out is how to keep the fog out of your goggles and when to replace the swim suit before the material gets so thin that it no longer hides all the skin. For the most part, lifeguards probably appreciate good timing on this latter point, although they've never thanked me. Yet.

It gets a little more complicated after that.

Cycling has never been my favorite, basically because things can break. You've got to deal with stuff like flat tires, chain problems and, really, just the scary thought that you might crash into something when you forget where the brake lever is. This can become a problem as you age and have so many more thoughts filling your mind. Or you can poke an eye if you attach the mirror on your helmet the wrong way. There are endless possibilities for disaster when you're dealing with parts.

One key in cycling is to buy the most indestructible tires on the market. Forget weight – think steel-belted radials and go from there. And don't forget the thorn-resistant tubes and the tire liners. Also, always carry an extra tube in case you are cycling with someone who actually knows how to change the stinkin' thing.

Then there's weightlifting. Such a simple activity, right? So little can break. So little mechanical expertise is needed – just load the necessary weight and do your thing.

Well, unfortunately someone had to go and invent weight machines. Now you have to input

things like intensity level, heart rate, seat level, weather pattern, planetary alignment and other data before you can begin. And if you rotate between machines, the chances are someone else will change all the settings by the time you return to that machine again. This is why you always see so many people sitting at machines instead of using them – they're resting between sets, afraid to let someone else sneak in and force them to figure out how to redo all the settings again.

What's worse is all the indoor substitutes for running and biking. After spending weeks getting up the courage to learn the intricacies of the treadmills and stationary bikes I now use, I don't dare switch to any that I'm not familiar with. It could lead to disaster.

TV newscaster: *"A Colorado City man was killed in a Pueblo health club this evening when he slipped off a treadmill he had improperly programmed and ..."*

So what's the point of all this?

Well, I've learned that the world of fitness is a lot like life in that simpler is usually better. Hence, always think "low tech" regarding your workouts. Oh, and in terms of life, find a spouse or significant other who knows how to fix things.

Better THEY deal with the inevitable disasters than you.

Ten things I was just wondering:

- If a negative times a negative equals a positive, why doesn't a positive times a positive equal a negative?
- Wouldn't you like to watch an outdoor triathlon, including a lake swim, during the winter?
- To make things easier for the world, why don't they have standardized spellings for female names?
- Wouldn't it be fun to watch a snowshoe race in the summer?
- Other than a kid, who doesn't know better, who would order a hamburger at a Mexican food restaurant?
- How come you never hear about lightning striking a cow?
- Why do they make some car radios with a mute switch?
- Wouldn't the word "treadmiler" be more descriptive than "treadmill"?
- Don't you wish someone would invent coffee filters that were easy to pull apart?
- Aren't you glad you live in the state that has the greatest number of fit people?

Till next month, keep it simple.



Ultimate in idiocy item of the month

This actually happened recently. A guy named Takeru Kobayashi of Japan ate 50 hot dogs (and buns) in just 12 minutes to win the annual Nathan's frankfurter eating contest. Only 5-foot-7 and 131 pounds, Takeru easily broke the previous record of 25 hot dogs in 5 minutes, 13 seconds, chewing his way to this month's *Lights are Dim Award*. Oh, and for dessert, he ate 2 more hot dogs while posing for pictures and camera crews.



Movie Line of the month:

"What do you think of me, mommy? You think I'm a freak?"

This is a 1999 chiller of a movie that stars Demi Moore's ex, but it's actually a kid who is the real star and who was responsible for the line that appears above. Great flick that features the color red. You're pretty lame if you still can't identify it.

Answers below.

Answers:
"Sixth Sense"
Halley Joel Osmont in



SCR birthdays

OCTOBER

- 21 Jody Ottersberg
- 22 Mike Crepeau
- 23 Jaclyn McCluskey
- 27 Trevor Hadley
- Chantelle Gallegos
- 30 Rosa Navarro
- Betty Duran

NOVEMBER

- 1 Mark Robinson
- 2 Eric R. Ure
- 3 Barbara J. Hadley
- Julie Arellano
- 4 Sean Bryan
- 5 Jessie Quintana
- 11 Drenda King
- Jed Balestrieri
- George E. Balles
- 14 Lauren Dorsey-Spitz
- Ryan Dorsey-Spitz
- 17 Scot Montoya
- Larry Volk
- Tom Kelecy
- Cynthia A. Dreiling
- Rocky Khosla M.D.
- 22 Alexander M. Trujillo
- 23 Robin Van Buskirk
- Mary Trujillo
- 25 Rob Huie
- Lenore Raich
- 26 Mike Borton
- 27 Gerald J. Ure
- Franses Cosyleon
- Jean Halfpop
- 28 Nancy Aguirre
- Andrea Crockenberg
- 29 Robert J. Quintana
- 20 Dave Allen

Single runners form own club

Only in America.

I read where there is a **Jammin' Joggers** singles running club in Colorado Springs that meets every other Saturday for runs/walks/jogs. Children and friendly pets are welcome. The theme of the meetings changes each month. It even has an e-mail address: ciring@hotmail.com

Rocky on Fitness

by Rocky Khosla, M.D.

We need to both take care of ourselves, help others

After the incredible tragedies of September 11, 2001, how can any of us even think about trivial issues like watching our diets or exercising? How can any of us really worry about being healthy when quite a few of our friends, our families or our fellow countrymen and women have been murdered by blood-thirsty madmen? If the world is coming to an end soon, what's the point of taking care of ourselves? Isn't it a little like rearranging the furniture on the deck of the Titanic?

I have seen a lot of patients in my office and talked to a lot of people on the street, and the above sentiments have been repeated very often. I think these feelings are natural when such a catastrophe occurs.

But let me throw in my two cents worth: I do not believe for one second that the world is anywhere close to ending. And I believe that we as a country will find a way to deal with the misguided cowards who did this,

Here's your chance to win a Thanksgiving turkey

Runners in these parts have the chance to win a turkey just before Thanksgiving. That's because the Pikes Peak Road Runners will conduct a Turkey Trot Predict 5K on Sunday, Nov. 11, at Memorial Park in Colorado Springs.

The six runners who finish closest to their predicted times will win a turkey. This is a staggered-start race, with starting times based on predicted race times.

This is a prediction 5K, and no watches or

and I believe wholeheartedly that the twin towers will return to the Manhattan skyline within the next two years.

I think a lot of people will use this tragedy as an excuse to fall off all sorts of wagons: start smoking, drink excessively, use drugs, eat terribly, give up any kind of exercise program.

Unfortunately, all of these are the worst possible choices you could make. In fact, regular exercise may be very therapeutic, since it allows us all to blow off steam and seems to generate all sorts of natural antidepressant compounds in the brain that may help us all cope with all of

the surrounding despair. As far as drinking, drugging, smoking and eating poorly, we all know where that will lead, and it isn't a good place.

So I say that the best way to deal with the aftermath of September 11, 2001 may be to take care of ourselves mentally and physically, to love each other and help those in need.

Till next time, I wish us all well.

radios or pacers are allowed.

The course is flat. It starts off on the bicycle criterium course and then does 2 laps around Prospect Lake before finishing back on the bicycle criterium course.

Runners are encouraged to bring baked goodies to be given out during a post-race drawing. This is a low-key event with no T-shirt. Entry is free for Pikes Peak Road Runner members and \$3 for non-members. There is only race-day sign-up.



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SCR runners make their marks elsewhere

Maddy Tormoen was the overall winner of the female division and 5th overall in the field of 636 finishers in the Boulder Backroads Marathon with her time of 2:59:50.

After the first race of the Fall Series up in the Springs area, many runners with local ties were in the top 3 of their age division. Leading their divisions were **Chris Borton** (6th overall), **Rich Hadley**, **Mike Orendorff** and **Martha Kinsinger** (Springs). Also from the Springs, **Traci Dworshak** and **Carol Lyndell** were 2nd, and **Woody Noleen** was 3rd.

I may have missed someone, but the only names I recognized from the Pony Express 15-mile trail run in the Rampart Reservoir area last month were **Carol Lyndell** (2:48) from the Springs and **Susan Gebhart** (2:31) of Penrose.

Matt Sherman of Pueblo, our Prez, and **Ben Valdez** of Pueblo West were pretty much awestruck by the scenery in the Golden Leaf Half-Marathon they ran in the Aspen area. The course was a killer, but the scenery was so great the runners didn't care that their times were a good half-hour or so slower than normal. Ben ran a 2:06:48 and Matt a 2:16:50.

We had a few representatives in the Grand Prix Races that were moved to Monument Valley Park from the Air Force Academy. Puebloans **Victor Olguin** and **Liz Ross** ran the half-marathon together in 1:52, with Liz taking 29th overall among females and Victor 54th among males. In the 5K, **Mark Stinchcomb** of Pueblo took 1st among Clydesdales with a 21:07 time and was 2nd in the 45-49 division. **Woody Noleen** of the Springs was 1st in the 45-49 division and 4th overall in the 10K with a 39:36 time.

Mark Koch of Pueblo and **Marcia** and **Roy Hughes** of Cañon City ran the Imogene Pass Run, a brutal race that goes up the Pass and then down, with huge temperature changes. I think it's an 18-mile race, but it's like no other 18-mile race. Mark was 14th overall with an excellent 2:43 time, while Roy finished in 3:26 and Marcia in 3:54.



← **Victor Olguin** and **Liz Ross** were quite happy campers after they had represented Pueblo in fine style at the Georgetown to Idaho Springs Half-Marathon recently. The two ran the race together and finished in 1 hour and 44 minutes plus change.

Bob Gassen, shown below in the Hot to Trot 5K, moved to Cañon City recently from Kansas. Bob was 7th overall in the Hot to Trot in 21:36 after taking 8th overall in the Kiowi Labor Day 5K in 20:46, which made him 1st in his age division. ↓



Marv Bradley keeps on truckin'

Marv Bradley of Cañon City ran his 5th marathon of 2001 including his 3rd in 2 months when he won his age division in the Quad Cities Marathon in Illinois with a time of 3 hours and 56 minutes. Marv, 62, bested 164 other runners in his age division.

Marv now has run a marathon in 32 states, and has run one in every state west of the Mississippi River with the exception of Hawaii. His next marathon will be the Marine Corps Marathon in Washington, D.C. on Oct. 28. He tuned up for that recently by running the Roaring Fork Half-Marathon in Glenwood Springs with **Dean Sandoval**.



Good stuff to know

A taste of honey

A study involving a small research group found that honey proved quite successful as an energy source for cyclists who biked in a series of 40-mile endurance tests over a 3-week span. Dr. Richard Kreider, director of the University of Memphis Exercise and Sport Nutrition Laboratory, said, "Any endurance athlete who exercises more than an hour will benefit from taking honey as a carbohydrate source."

Exercise can outweigh weight

Steven Blair, director at the Cooper Institute for Aerobics Research, says that obese people who exercise have half the death rate of those who are not obese but don't exercise. Blair said studies linking obesity and death from heart disease and other major killers have missed the important influence of exercise. Still, other experts point out that maintaining a normal weight is still advisable for preventing other complications related to obesity.

Great stuff

Hooters is one of the major sponsors of the Rocky Mountain Road Runners.

Hot to Trot 5K

Race held Sept. 23 in Downtown Pueblo.

Results provided by Jeff Arnold.

Overall winners:

Male - Gerald Romero, 16:08

Female - Rennie Silverstein, 23:15

Runner	Sex	Age	Time
1 Gerald Romero	M	30	16:08
2 Larry Volk	M	37	18:57
3 Vince Bucci	M	36	19:41
4 Andrew Hackler	M	33	19:44
5 Matt Sherman	M	29	20:05
6 Stan Hren	M	59	21:24
7 Bob Gassen	M	54	21:36
8 Steve Clough	M	39	21:57
9 Michael Sanchez	M	40	22:26
10 Ross Barnhart	M	37	22:28
11 Gerald Ure	M	43	22:28
12 Rennie Silverstein	F	26	23:15
13 Trin Sanchez	M	61	23:16
14 Brad Van Buskirk	M	40	23:20
15 Aaron Berndt	M	13	23:35
16 Mike Crepeau	M	40	23:38
17 Raul San Miguel	M	51	23:40
18 Craig Lopez	M	36	24:01
19 Ron Lafreniere	M	66	24:24
20 Cory Rose	M	14	24:35
21 Basil Hernandez	M	44	25:06
22 Arthur Martinez	M	38	25:22
23 Mike Archuleta	M	42	25:24
24 William VanBuskirk	M	66	25:25
25 Clare Kerr	F	42	25:30
26 Dan Camden	M	47	24:44
27 Jessie Quintana	F	57	25:47
28 Jeck Pecoraro	M	60	25:56
29 Larry Belkin	M	50	25:56
30 Denise Crepeau	M	40	26:09
31 Patrick Swank	M	53	26:28
32 Syl Giannetto	M	62	26:33
33 Jan Dudley	M	46	26:35
34 Salvador Sanchez	M	59	26:36
35 Margaret Ritter	F	37	26:57
36 Heather Baca	F	29	28:01
37 Wendy Garrison	F	34	28:01
38 Megan Hart	F	22	28:17
39 Lisa Clough	F	36	28:17
40 Pat Greer	M	50	28:18
41 Larry Walls	M	62	28:22
42 Jennie Shaydak	M	24	29:10
43 Deb Sather-Stringari	F	40	29:14
44 Carolyn Javorsky	F	43	29:16
45 Kathleen Spencer	F	50	29:54
46 John Holiman	M	74	30:02
47 Cathryn Sanchez	F	40	30:43
48 Elizabeth Perkins	F	11	32:17
49 Sheri Trahern	F	38	32:32
50 Michaela Martinez	F	12	33:18
51 Pat Berndt	F	46	33:29
52 Carmela Aragon	F	68	35:29
53 Briana Martinez	F	7	38:06
54 Datha Martinez	F	41	38:06
55 Maurina Casper	F	39	38:27
56 Cathy Perkins	F	62	40:43
57 Christopher Perkins	M	10	46:48

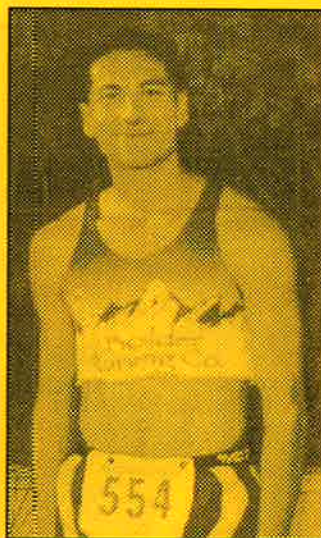


Larry Volk of Pueblo had a splendid 5K run, finishing with a time of 18:57 to take second place overall in the Hot to Trot field.

Hot to Trot race data

Some statistics from the Hot to Trot field that may (or may not) interest you:

- The age range of racers was from 7 years old (Briana Martinez) to 74 (John Holiman).
- The average age of all competitors was 40.7.
- The average age of the top 10 finishers was 39.4.
- The race included 36 males and 21 females.
- The first teenager to finish was Aaron Berndt, 13, of Rye who was 15th overall with his time of 23:35, which was a 5K PR for him.
- Matt Sherman, 29, was the only male entry in the 20-29 age division.
- There were 3 females in the 20-29 female division.



Easy Victories

Both Gerald Romero and Rennie Silverstein were relatively unchallenged as they won their respective male and female divisions for the Hot to Trot 5K.

Photos by Gary Franchi



Volunteer Support

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

- Race Director: Jeff Arnold
- Course Marshal: Aaron Berndt
- Finish Line: Dave Diaz, Ken Raich, Carol Nies, and Lora Ure
- Photographer: Gary Franchi



Family Time

Cathy Perkins and two of her grandchildren ran the Hot to Trot. With her here are 10-year-old Christopher (left) and 11-year-old Elizabeth. It was just the second race that Christopher has ever run.

Next SCR Meeting

The next SCR meeting will be held at 7 p.m. Tuesday, Nov. 6, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.



Trail Notes

by Shaun Gogarty



While the mice are asleep, the cat plays

Recently I was fortunate enough to do a fall run in Rocky Mountain National Park. RMNP is an incredible place and accordingly is visited by thousands of people every year. Being up there with the fall colors and the elk everywhere, you really can't blame everyone for coming to RMNP.

My being there was kind of an afterthought. My daughter and I had picked up a friend at the Denver airport on our way to a meeting in Loveland. We had some extra time so we went to the park on the way. Yes, if you look on a map it really isn't on the way to Loveland from Denver, but that is pretty typical of my route finding. Straight lines are boring, in my opinion.

Since the trip was unanticipated, we weren't really prepared for an outing (nothing new for me), but we took some time to walk around Bear Lake. It was late afternoon and after a cool walk, being back in the sun-warmed car put my friend and daughter almost instantly asleep.

I started driving from the park, but couldn't bring myself to leave. I studied the map as I drove down the road, trying to figure out a point-to-point or loop run that I could do without my friend and daughter waking up. Maybe that was a little unrealistic, but they were snoring and I'm forever hopeful. There were over 350 miles of trails to choose from and I still had a couple hours of daylight. Swerving down the road, I finally identified a nice little loop trail at the end of a dirt road not far from where I was driving.

My running clothes were in my bag since I had planned on running around Loveland during the weekend. I parked the car with as little jostling as possible and snuck to the outhouse to change. Once changed, I checked back in the car where two groggy people were trying to figure out where we were and why we were parked in a dirt parking lot. Being the good friend and father that I am, I told them to just go ahead and keep sleeping another 20 minutes – I didn't mind. Then I traced my route on the map with a highlighter pen so that they could find the body and my wife wouldn't have to wait for the insurance money.

Quietly I shut the car door, and their heads dropped back onto their fluffed up coats as

their foggy minds tried discern between reality and nightmare. I sprinted across the parking lot toward the trailhead, reaching the seclusion and safety of the trail before they came to their senses.

The trail up Long's Peak was one I've always wanted to do, but even as sleepy as my companions looked, I doubted they'd sleep through 20 miles of my running. So being the reasonable runner that I am I began running up a 3-mile, triangular loop that started on one side of the parking lot and ended on the other side – what could be simpler?

An interesting thing about national park maps is that pretty much everything looks like "simple little things." Since the average visitor to RMNP only goes at most 20 feet from their car, there really isn't much need for a detailed map. And, of course, being adventure-minded, I didn't need a good map anyway.

Running against the clock on an unknown loop is generally a losing proposition for me. In fact, running against the clock is a bad idea for me in general – and this run was no different. The first little warning sign came when the hill I was running up turned into a mountain. When I finally peaked out at the end of leg one, it had taken about half of the time allotted instead of an anticipated third of the time. Oh well, I'd run leg two faster.

Leg two began by traversing in the correct direction along the topside of my triangular loop. My worries were allayed by the incredible yellow and green foliage. Soon I startled a big bull elk and several cows as they fed in a meadow. They ran, not knowing what kind of creature I was, only knowing things with four wheels.

Checking my watch, I suddenly found myself even further behind schedule. This leg was – surprise, surprise – a little longer, and I was a little slower than I expected. Suddenly, I broke out of the trees on the slope of a large hill. I could see for miles. As I looked way back and down, I could just make out the car at the trailhead. Unfortunately, the direction I was going on the trail wasn't even generally in the direction of the parking lot!

At some point in any loop-type run, if you

Training to do your best

Setting goals

"Goals have good and bad sides, in running and in life. They give you something concrete to aim for, keep you focused, and provide a good reason for celebration after the race if everything goes as planned. But goals can also focus too much on performance rather than on enjoyment, can become all-consuming, and can leave you feeling disappointed if you fail to achieve them. To avoid this, always emphasize the positive aspects of goal setting over the negative. You do this by setting realistic goals."

– Amby Burfoot

Beer and chocolate

"Beer and chocolate are a dynamic duo when it comes to boosting your immune system. Both are high in copper, an important member of your immunity arsenal. (Nuts, seafood, and beans are also good sources.) Average copper intake is a tough thing to measure, but studies indicate that many of us don't get the recommended 1.5 to 5 milligrams a day. That's not good, as studies also show that a chronically low copper intake can weaken your body's disease-fighting cells."

– from Liz Applegate's book, "Eat Smart, Play Hard"

Continued on Page 8



Prediction point standings

Current standings as provided by Ken Raich.

Name	Points
Jim Robinson	367.50
Rich Hadley	345.83
Marijane Martinez	323.75
Ben Valdez	237.50
Robert Santoyo	225.00
Dave Diaz	210.00
Stacey Diaz	177.08
Matt Sherman	168.75
Diana Reno	164.58
Bill Veges	118.33
Paul DallaGuardia	110.42
Don Pfof	106.25
Logan Gogarty	100.00
Jennifer Alvarado	93.75
Chuck Moore	90.00
Crystal Berndt	87.50
Diane Lopez	87.50
Victor Olguin	83.33
Mark Rickman	79.17
Stacie Taravella	75.00
Phil Quattlebaum	70.00
Aaron Berndt	68.75
Nick Leyva	65.00
Anthony Diaz	62.50
Susan DallaGuardia	62.50
Rochelle Garcia	58.33
Gloria Gogarty	50.00
Karl Tameler	50.00
Mike Messick	45.83
Shaun Gogarty	43.75
Mike Push	41.67
Chief Reno	37.50
Liz Ross	37.50
Brian Ropp	29.17
Richard Hogan	25.00
Stan Hren	25.00
Jill Stringer	20.83
Gil Cruz	20.00
Peggy Dunn	18.75
Kyle Reno	16.67
Regie Marquez	16.67
Carla Braddy	12.50
Trisha Ferguson	8.33
Adrian Martinez	6.25
John Freyta	6.25

Upcoming Prediction Series race

- Oct. 27 – Harvest Poker Run, 5M, Lovell Park in Pueblo West, 5 p.m.

Run for America slated for Nov. 4

Fundraiser aims to raise funds for victims of terrorism

Alexandria, VA – Anyone who owns a pair of running or walking shoes is invited to "Run for America" on November 4 to raise money for the victims and heroes of the September 11 attacks on the United States.

A joint effort between the Road Runners Club of America (RRCA), the New York Road Runners Club, Inc. (NYRR), Runner's World, USA Track & Field (USATF), and Running USA, the Run for America is a "virtual run/walk," held Nov. 4 to coincide with the New York City Marathon. All proceeds from the Run for America will go to the American Red Cross, the Families of Freedom Scholarship Fund and the Twin Towers Fund.

Run for America is organized much like any road race. To take part, entrants must register at the Run for America Web site - <http://www.runforamerica.com> - and select the "race" in which they will participate on Nov. 4 and the charity to which they would like to donate. Running events offered range from 1 mile to 100K, with walking events from 1 mile to 20K.

For a \$15 donation/"entry fee," participants will be entered in the "race" and can download a special Run for America race bib. On Nov. 4, entrants will run or walk their "race" and will have the opportunity to post



essays and photos about their Run for America experience on

<http://www.runforamerica.com>.

"We are proud to be a part of this effort that will allow members of the running community to express their support and sympathy for those directly impacted by the events of September 11," said RRCA Executive Director David Dobrzynski. "We encourage all runners and walkers to sign up for and participate in this event and ask others to join us as we support those who need assistance dealing with the aftermath of such a tragedy."

Participants may also enter the times they ran on Nov. 4, to be compiled within the "official" results for various distances, allowing participants to see where they

stand against other Run for America participants around the country and the world. Entrants can use their daily run/walk, a special group event, or a race that they have already planned to compete in as their Run for America "race." Youth, high school and college cross-country runners are also encouraged to join the Run for America.

For additional donations, entrants can purchase a Run for America long-sleeved T-shirt and/or a Runner's World "Run for America" button. Several Team USA items autographed by top stars and other memorabilia will be given away in a random drawing as well.

For more information, visit the official Web site: <http://www.runforamerica.co>.

Trail Notes

Continued from Page 7

are up against the clock, you have to decide if forward is further then turning back. Unfortunately for my wife and those waiting at the trailhead, I'm not very good at making those decisions. Generally, my decision is clouded by the desire to see new rather than old country. Today was no different: new beat old.

A bit further on, the trail started veering even further from the car. It was time for a little cross-country running. I was terrified to go off the trail because I had read the many signs and assumed a ranger would shoot me or at least ticket me the minute I left the trail. Plus on my own Greenhorn Mountain, it was easy to find my way home: just go down. But in RMNP, leaving the trail might put my wife even closer to an insurance claim. However, the situation called for desperate measures -- down a steep slope I ran with great hope of running into the return leg of my "short" loop trail.

Miraculously, the trail did show up after just a few hundred yards of cross-country running. Of course, the clock hadn't ticked backwards at all. I leaped on the trail with renewed determination to quickly return to the car, my daughter and maybe my friend. At least one relationship would still be intact. That is the nice thing about being a parent. Your kids are always your kids, so at least you have some relationships that are "stable" throughout your life.

The final leg was easy, but not quite short enough. I did make it back to the car in just a little over twice as long as I had anticipated. In my usual accounting of things, that is pretty good. My wife has learned to not even think about calling search and rescue until day 2 or 3 of my adventure runs. She knows I'll be okay because I always carry toilet paper and a lighter. Fortunately, at the end of this run my friend was still my friend, my daughter still had to be my daughter, and I had been really blessed to enjoy some very beautiful mountain running.



2001 Racing Calendar



Pueblo County & nearby locales

October

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

November

17 Sat 8:45AM **Atalanta Women's Run, 5K Run/Walk ...** Pueblo (719) 543-7779
24 Sat 9:00AM **Temple Canyon Prediction Run, 4M** Cañon City (719) 784-6514

December

2 Sun 9:00AM **Rock Canyon Half-Marathon** City Park (719) 564-9303
9 Sun 9:00AM **The Excellent Adventure, 8M** 117 Regency (719) 564-6043

Other marginally nearby areas

October

20 Sat **Mayor's Cup, 5K & 10K** Pioneer Museum, CO Springs (719) 635-8803
21 Sun **Breast Cancer 10K** Salida (719) 530-9975
27 Sat **Mayor's Cup, 5K & kids .5K** Manitou Springs (719) 685-3396
28 Sun **Fall Series III, 5.5M & kids 1M** Ute Valley Park, CO Springs (719) 590-7086

November

11 Sun **Fall Series IV, 7M & Kids 1.25M** Palmer Park, CO Springs (719) 590-7086
17 Sat **Turkey Trot Predict, 5K** Prospect Lake, CO Springs (719) 575-0387
21 Wed **Frozen Turkey Trot, 10K** Fort Carson (719) 598-2953
22 Thur **Briargate YMCA Turkey Trot, 5K** ... Colorado Springs (719) -

December

1 Sat **Jingle Bell Run, 5K** Mon. Valley Park, CO Springs (719) 533-1025

Regional Marathons (& others of interest)

October

28 Silicon Valley – San Jose, Calif. (831) 477-0965

November

4 Mile High City Marathon & Half – Denver (303) 375-8121
4 New York City (212) 423-2249
4 San Antonio, TX (210) 246-9652
4 Santa Clarita, CA (888) 823-3455
11 Long Beach, CA (562) 728-8829
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) 320-0667

January

7 Walt Disney World – Florida (closed) (407) 939-7810
21 San Diego, CA (888) 792-2900

February

4 Las Vegas International – Nevada (702) 876-3870
4 Mardi Gras – New Orleans, LA (504) 454-8687
18 Valley of the Sun – Phoenix, AZ (480) 657-5373
18 Desert Classic – Phoenix, AZ (602) 954-8341
18 Motorola – Austin, TX (877) 601-6686
24 Cowtown – Fort Worth, TX (817) 735-2033



Other races in 2001

•
October 26
Scream Scram 5K
– Denver

•
October 28
Girl Scout 5K – Denver

•
November 10
Rim Rock Run
– Grand Junction

•
November 10
Turkey Trot Predict
– Leadville

•
November 18
President's Run, 7M
– Cherry Creek Park

•
November 22
United Way Turkey
Trot – Denver

•
November 24
Fellowship 5K – Aurora

•
December 10
Jingle Bell Run, 5K
– Denver

•
December 22
Kwanza 5K – Aurora

•
December 31
Resolution Run, 5K
– Denver

Mile High races moved to Nov. 4

The Mile High Marathon, originally scheduled for Sept. 16 in Denver, was postponed because of the Sept. 11 terrorist attacks and has been rescheduled for Sunday, Nov. 4. The event will consist of a marathon, half-marathon, 5K and a short-distance kids race, and there is an expo and a pasta dinner the day before the races. For more information, call (303) 375-8121.



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



***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.

Kenneth & Lenore Raich
3912 Goodnight Ave.
Pueblo, CO 81005

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Stats that rule

- 21 million Americans suffer from arthritis. – *Newsweek*
- About 12% of the U.S. population suffers from migraine headaches. – *American Council for Headache Education*
- Treadmill use has increased 255% since 1990. – *American Sports Data, Inc.*
- Matt Carpenter was hooked up to an IV for 20 minutes after winning the Pikes Peak Marathon. – *The Gazette newspaper*
- 96.4% of "Footprints" readers either suffered migraine headaches or needed to be hooked up to an IV after 1 reading. – *Pollsters Unlimited*

Racing info. delivered by Witch Hazel

by Mr. Editor

OK, let me get a note on the table first before I start talking about any upcoming races:

This is directed at any of you who will be directing a race in the future. You are asked to please forward some brief, descriptive information about your race to Ken Raich, our webmaster, so he can include such information on our web site. Ken also would like to include directions to the race site. These things are very useful to runners who haven't run a particular course before, especially if they are coming from out of town. Gee, really? Actually, it might be kinda fun to put incorrect directions on there, just to make them work a little harder to get to the race. Just trying to help.

Atalanta Women's Run - Nov. 17

Did you know that Pueblo has the distinction of being the only city in the country that has two women-only races? OK, that really might not be true, but it *sounds* pretty dynamic.

The second 2001 installment of these two races – the first was the Women's Distance Festival in July – will take place on Saturday, Nov. 17, when the Atalanta Women's 5K will be held at City Park. This has walk and run divisions, with the walkers starting first at 8:45 a.m.

Historically, this race has attracted women of all abilities. For a while there, Traci Dworshak was coming down from the Springs to take overall honors, but more recently I seem to recall Stella Heffron doing quite well in the race.

Maddy Tormoen will be directing the race for the second year, with help from newcomer Katherine Frank, a talented 30ish runner herself.

This is a nice, feel-good race. Ladies, be there!

Temple Canyon Predict - Nov. 24

This race – on Saturday, Nov. 24 in Cañon City – is Rich Hadley's attempt to wrap up the Prediction Race Series championship since he has been running this course roughly eight times a week for two months now. Heard he's got a small vacant spot in his trophy case. Last year's race was run on a fresh snowfall that gave it an idyllic atmosphere. Standings are on Page 8.

Rock Canyon Half-Marathon - Dec. 2

This tremendously popular race attracts runners from all over the state, partly because it's the last longer-distance of the year and more so because it's a great race on a great course, which this year will again head east and take in the HARP area. Starts at 9 a.m. Volunteer help is needed at the finish line and with results. Call Dave at 564-9303. Thank you.

Southern Colorado Runners present:
The 15th Annual

ROCK CANYON

HALF-MARATHON PUEBLO, COLORADO



13.1 MILES -SUNDAY-DECEMBER 2, 2001- 9 AM-PUEBLO CITY PARK-Long Sleeve SWEATSHIRT

WHEN: Sunday, December 2, 2001 at 9:00 a.m.

WHERE: Start and finish in Pueblo City Park. Pueblo City Park is located near the intersection of Pueblo Blvd and Thatcher (Hwy 96) on the southwest side of Pueblo. From I-25 take exit 101 (Canon City exit) and head west about 2 1/2 miles to Pueblo Blvd. Turn left (south) go about 3 1/2 miles and cross the Arkansas River. Turn left at the next stoplight (Goodnight). You are in City Park. The race begins by the pavilion on the east side of the park. We have access to heated facilities inside the City Park Pavilion in case of bad weather.

COURSE: Due to construction on the Pueblo River Trail System, the 2000 and 2001 Rock Canyon half marathon will have a new route. The race will run one mile in City Park then go down to the Arkansas River and head EAST about 6 1/2 miles on the river trail, to downtown Pueblo and the new RiverWalk system and return. Despite the name the course is flat. There is a one very steep hill about 12.5 miles into the race which goes from the river trail back up to City Park. In the event of snow an alternate course may be used but the race will be run, wind, rain, snow, or shine (and we've had them all).

ENTRY FEE/PACKET PICK-UP: Cost is \$20 if postmarked by Nov 28. Cost is \$25 after Nov 28 and \$30 on race day, including SCR members. Make checks payable to Southern Colorado Runners. **Sweatshirts** and bib numbers may be picked up Saturday, Dec 1 after 12 noon at The Gold Dust Saloon, 217 South Union Ave or Sunday morning inside the City Park Pavilion.

AWARDS: Awards to the top three in each age group as follows: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69 and 70 and over. Special awards to **overall male and female and masters male and female winners** (not eligible for age group awards). The awards ceremony will be held following the conclusion of the race in the City Park Pavilion. Results available at the finish line and SCR web page www.socorunners.org

REGISTRATION: Mail registrations should be sent to the Gold Dust Saloon, 217 South Union Avenue, Pueblo, CO 81003. Checks payable to Southern Colorado Runners. Runners may also register in person at the Gold Dust anytime before Dec 2 or from 8:00 am to 8:45 am on race day at Pueblo City Park pavilion.

MORE INFORMATION: Call Dave Diaz at 1-719-564-9303 or e-mail diazsd@aol.com or www.socorunners.org

Our goal is to offer a quality race at a reasonable cost. No drawings, no cash prizes-- just an accurate course, beautiful scenery, your finish time and place, music, fun, refreshments and a great looking **sweatshirt** with no advertisements, all for \$20.

SPECIAL THANKS to the crew at the Gold Dust Saloon, the City of Pueblo Parks and Recreation Department and to all the volunteers from the Southern Colorado Runners who make this race possible.

Sanctioned by Roadrunners Club of America and produced by Southern Colorado Runners

ROCK CANYON HALF-MARATHON ENTRY 2001

PLEASE PRINT CLEARLY AND COMPLETELY

NAME _____ PHONE(_____) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

AGE ON RACE DAY _____ SEX: M F (please circle) SWEATSHIRT SIZE S M L XL

ENTRY FEE: PRE-REGISTER _____=\$20.00

NOV 29-DEC 1 _____=\$25.00

DAY OF RACE _____=\$30.00

TOTAL ENCLOSED _____

CHECKS PAYABLE TO SCR

WAIVER AGREEMENT: In consideration of the foregoing, I, for myself, my heirs and personal representatives, waive and release any and all rights and claims for damages I have against the Southern Colorado Runners and its representatives of any and all claims of damages, demands, actions whatsoever in any manner, as a result of my participation in said race. I attest and verify that I am physically fit and my condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for any purpose whatsoever. I understand that my entry fee is non-refundable and numbers are non-transferable.

SIGNATURE (PARENT/GUARDIAN IF UNDER 18) _____

SOUTHERN COLORADO RUNNERS PRESENT 22nd

ATLANTA

Women's 5K

RUN / WALK

WHEN: Saturday, November 17th, 2001

TIME: 8:45 a.m. Walk Start 9:00 a.m. Run Start
Registration begins @ 7:45 a.m. race day

PLACE: PUEBLO CITY PARK PAULION (Pueblo Blvd and Thatcher)

AWARDS: *ALL PARTICIPANTS RECEIVE LONG SLEEVE T-SHIRT*

- *-Top three overall runners and walkers receive original ink drawing and mug
- *-Top three in each age group (run and walk) receive mug
(19 & under, 20-29, 30-39, 40-49, 50 and up)
- * Awards handmade by Kathie Arwood and Susan Tormoen

ENTRY FEE: \$18.00 (\$15.00 SCR members and everyone under 18) preregistered until Thursday the 15th @ noon @ Gold Dust Saloon
\$25.00 for everyone race day
PACKETS AVAILABLE RACE DAY ONLY

NOTE: Produced by Southern Colorado Runners (SCR); RRCA Sanctioned. Make checks payable to SCR; Send to: Gold Dust Saloon, 217 South Union Avenue, Pueblo, CO 81003

NAME _____ PHONE _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
AGE (on race day) _____ Circle one: RUN WALK Shirt Size: M L XL

Waiver Agreement: In consideration of your accepting my entry, I, intending to legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge Southern Colorado Runners from any and all liability arising from illness, injuries and damages I may suffer as a result of participation in this event. I also understand and agree that the sponsor may subsequently use for publicity and/or promotion purposes my name or pictures of participating in this event without obligation or liability to me. I also understand my entry fee is non-refundable.

Signature (Parent or Guardian if under 18) _____ Date: _____

