



EDITOR: Gary Franchi

FOOTPRINTS

Purveyor of high-quality fiction.

A really stuffed November 2001 edition

You're Invited!

All runners are equal in Prediction Series races

By Marijane Martinez

I am writing this article to encourage readers to participate in the 2002 Prediction Series. Why, you ask? Because I said so, that's why! Well, obviously that didn't work, right? If only I had the power of suggestion that our esteemed newsletter editor does. (Ed. Note: Psst, Mojo - use threats!)

I have participated in the Prediction Series since the day it was called the "Handicap Series." Back then we had staggered starts based on your predicted time, with the idea being everyone would finish at close to the same time. That is when the term "sandbagging" became a popular SCR term. Anyway, due to the sandbagging that started to occur, the format was changed to what we now do. I won't go into detail about how it is now done because you can find this all on the SCR home page. I can tell you it is fair and most of all FUN!

My reasons for participating are two-fold. I thoroughly enjoy the "schmoozing" at the various runners' homes, not to mention the great potluck eats afterward. But the main reason I enjoy the Prediction Series, and I think you would too, is because I am able to compete with better runners such as Rich Hadley, Jim Robinson and Ben Valdez, to name a few. In a regular road race this would NEVER happen. In my dreams it happens, but in real life - NEVER.

I would like to extend an invitation to you to join Nick and me at the annual "Excellent Adventure" at our home, 117 Regency Blvd. on Sunday, December 9, at 9 a.m. The course is approximately 8 miles, and following the race we will have a potluck brunch. If you would like to call to find out what you can bring or have any questions at all, please do so. Our number is 564-6043 and we would love to have you join us. A fun time is guaranteed! It's like the saying, "I'll bet you can't do just one." Or is it: "I'll bet you can't eat just one."

Whatever, just give it a try. Yeah, "Try it - you'll like it!" That's the one I was looking for.



"Capitol"-izing a Mile High

These five SCR ladies had a grand time at the Mile High City Marathon and Half-Marathon held in Denver on Nov. 4. From left are Diana Reno, Michelle Olsen, Katherine Frank, Stacey Diaz and Stacie Taravella. Katherine was the 5th overall woman in the marathon, won her age division and qualified for the Boston Marathon with a 3:21 time. The others did the half, with Diana recording a 2:08, Stacey D. and Michelle, a 1:58, and Stacie T. a 2:04.

Photo by Mom Frank





Furry sez:

"I don't know why, but that guy who feeds me peanuts at the college was telling me that some SCR members meet each Sunday morning for long runs along the River Trail. What the heck is the River Trail, anyway? Whatever, he said they meet in the parking lot of the City Park swimming pool and begin their jaunts around 7 a.m. He says YOU are invited to join them if you care to. The runs vary in length and speed, depending on whom you hook up with. If you want more information about the specific time, please call either Nick Leyva or Marijane Martinez at 564-6043. They hope you'll join them. 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

Club News

Plan now to attend SCR's banquet in January

Psst! I'm giving you the date of the SCR's annual banquet two months in advance – so you'll have no excuse for not knowing about it early enough. It's Saturday, Jan. 26, at the St. Francis Xavier Church's romper room, which is where we had it last year. It's a great place for a banquet.

The banquet is where the club pays homage to individuals who stood out during the past year. There are awards for outstanding male, female and youth runners of the year, the person who did the most for the club behind the scenes, and the announcement of the most val-

uable club member. There are other awards that I can't remember now, but they will be given out, too.

Oh, and we'll also announce the new officers for 2002. If we remember to. Last year, as I recall, Mr. Moderator forget to announce the new officers. What was cool was that no one else remembered, either. So it goes. But we'll want to remember to do so this time because we're working on a great slate of new officers.

This is a catered event with excellent entertainment. More details later.

<i>For the soul ...</i>	<p>"Music is my life, but running allows me to appreciate the music of the outdoors."</p> <p>– Gail Williams, horn player</p>
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Time to renew SCR membership

You might have noticed that a 2002 SCR membership form is enclosed in this newsletter. Of course, you might NOT have. Anyway, it's in there because the year is speeding to an end and time is drawing near for renewing your membership for 2002. Please don't dawdle – renew before your membership expires! SCR membership carries with it several benefits, some of which are listed on the form. Others can't be described.

Anybody seen our cones?

There are some thieves in our midst. We used to have a ton of cones to use as directional markers at races. No more. Our supply has dwindled and, rather than entrusting each of our members to pifler a cone on city streets, the club voted at the November meeting to purchase 30 new ones. Isn't this exciting? Still, if you see someone with some cones in their basement or garage, turn in them to the SCR police. We'll make sure that justice prevails.


Don't be a turkey!

Stop in for a cold beer during the holiday season!



217 South Union Avenue

About the Editorial consultant – Paul Hewson is the real name of U2 singer Bono.



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. 239

"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, Paul Hewson*	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Marijane Martinez

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 bring family, relatives and pets – NOT!

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



Tis the season for nervousness

Thought for today's lunch, compliments of Wes Hobson: "You are not a real triathlete until you have taken your first nervous pee in your wetsuit just before the gun goes off."

Musings on running, fitness, life, etc.:

That Hobson quote above sort of reminds me of the feeling I get around this time every year as I am forced to start thinking about having to buy Christmas gifts for people. Being one who has always ascribed to the philosophy that "It's better to give than to receive, especially when you're on the receiving end," this is a very difficult time for me.

Plus, gifts cost money. Now, I don't mind parting with a buck, but I don't like to spend money needlessly either. Unfortunately, some people I know who are married to me think I'm cheap.

I don't know why. Perhaps the fact that I am a regular Family Dollar store shopper has swayed their feeling incorrectly. Or maybe it's because I still have one of those 10-cent refill coffee cups that Loaf 'N Jug sold about 15 years ago until they stopped putting prices on refill cups after realizing that all those old farts would use them until they died. Or could it be that they have misconstrued the fact that I have been known to wash off paper plates and re-use them for feeding the cats. Several times.

But I'm really not cheap.

Anyway, I'm starting to get that "wiz in the wetsuit" feeling again. It's time to shop – and worse yet, to buy – and I've already started to look around -- first at Wal-Mart and King Soopers to get ideas about the more high-end stuff and more recently in catalogs.

You cannot insulate yourself from getting catalogs. If you've bought anything anywhere in the past 20 years – whether it's a meal at a restaurant, a Bic pen at Wal-Mart or a pair of sock at Sears – you somehow have gotten on their mailing list and receive approximately 3 catalogs a week from each of them.

To those of us who have bought any fitness items through the mail – be it running shoes or triathlon shorts or bike parts or whatever – we now get catalogs from those companies regularly. Starting about 9 months before Christmas, the catalog mailing is accelerated to pique our interest for holiday gifts. When I come home from work now, every day there are about 4 or 5 new catalogs on the counter. I'm starting to think they multiply by themselves. Is there a loaves and fishes copycatter at work here?

And as I am every year, I'm once again astounded at all the products that are available in

America. I mean, who produces this stuff? And even more, who buys it?

For instance, the catalog from *Road Runner Sports*, from whom I have not bought anything in about 55 years, sells such great stuff as little chocolate running shoes that are enclosed in an edible chocolate box. It's genius! And only \$24.99, too!

World Cycling Productions has many good offers, such as "The Real Tour de France" package that includes 10 hours of Tour de France coverage on VHS videos, a Road to Paris DVD and the 2002 Cycling Calendar, all for \$114.85. I'm not kidding. And it's on sale.

A *Star Struck* catalog offers limited-edition Cooperstown baseball bears (stuffed animals, actually), one for each major league team, made of real mohair for \$189.95 each.

Chadsworth: "Uh, *Marvellla* dear, don't you think *Chauncey* would just love one or two of those lovely things?"

Marvella: "Yes, darling, and how about if we got *Tour de France* packages for his friends *Conrad* and *Ralphmore*?"

I'm starting to ralph just thinking that someone might buy this stuff.

And that's worse than wizzing in a wetsuit.

Ten things I was just wondering:

- Regarding the new Big 5 Sporting Goods store – How can a store that just opened have items on clearance?
- Do we really need a 2-hour Broncos pre-game radio show?
- Can anyone really keep all the running shoe model numbers straight?
- How come you never see graffiti in a porta-potty?
- With the prices of some running shoes, when are mail order firms going to start accepting installment payments?
- Seriously now, even if they can get a discount, why would anyone put an "I stop at Jiffy Lube" sticker on their car?
- With the entry fees for some of the larger marathons in the U.S., when are races going to start accepting installment payments?
- Do you remember when you used to look forward to watching a marathon on TV?
- How come no one ever talks about a sequel to one of those Steve Prefontaine movies?
- Is there really a market for the \$200 New Balance 2000 Riviera running shoes? If so, why?

Until next month, remember that money's no object – if you're buying for me.



Ultimate in idiocy item of the month

Edith Hiller is the runaway winner of this month's *Lights are Dim Award*. On Oct. 23, Hiller, 84, was driving her car north of Boulder when she struck and killed a Breckenridge cyclist, then drove off without pulling over. When stopped by police a short time later, Hiller admitted that she had hit the cyclist but didn't feel she had to stop. When told she had killed the biker, she asked the officer why she was being detained.



Movie Line of the month:

"I can hear what they're thinking – all of them. It's driving me crazy. Even French poodles. I can hear them."

This flick hasn't been out on video very long. Some excellent yucks revolving around the lead character who becomes able to read the minds of a certain gender. Guess who and in what movie and earn a warm smile.

Answers below.

Answers:
Mel Gibson in "What Women Want"



SCR Birthdays

NOVEMBER

- 22 Alexander M. Trujillo
 23 Robin Van Buskirk
 Mary Trujillo
 25 Christine Cruz
 Lenore C. Raich
 Rob Huie
 26 Mike Borton
 27 Gerald J. Ure
 Franses Cosyleon
 28 Andrea Crockenberg
 29 Robert J. Quintana

DECEMBER

- 3 Karin Kyte Romero
 4 Pat Berndt
 5 Anna Rodriguez
 Peter McCarthy
 8 Ted Taylor
 Dick Greet
 9 Sandra McKenna
 Nicole Lopez
 10 Jacob Hough
 Anna Cosyleon
 12 Kathy Stommel
 Anthony L. Diaz
 15 Cathy Perkins
 18 Mark Wilkinson
 Sarah Housman
 19 Kathleen Spencer
 Terry Cathcart
 20 Charlie Hall
 John Holiman
 22 Brandt Bradbury
 23 Rick D. Hough
 Carol Kinzy
 Mark Stinchcomb
 24 Rich Hadley
 Brooke Dockter
 Kevin Donaldson
 25 Brian Housman
 28 Wayne Whitney
 29 Maddy Tormoen
 30 Jennifer Crockenberg
 31 John "Woody" Noleen

Quotacious:

*"When you
 come to a
 fork in the
 road, take it."*

-- Yogi Berra

Trail Notes

by Shaun Gogarty



Joining "The Peak" brotherhood

Mormons have to go to Salt Lake City. Muslims have to go to Mecca. Catholics go to Rome. And Southern Colorado Runners club members have to go to "The Peak."

I've only been a runner and member of the SCR club a few years, but it didn't take me long to realize that real membership meant being a veteran "Peak" runner. Not being a real runner, it took me a few SCR socials to catch on to what they were talking about. At first, I thought they were talking about a TV program. Next, I figured they were talking about a point in their training program. Finally, I realized it was Pikes Peak, the 14,000-foot peak overlooking Colorado Springs.

Anti-social is my middle name. But for some reason this was different.

I wanted to be part of this fraternity. I wanted to really belong to the SCR club. I wanted to be able to talk and boast at the SCR so-

cials. I wanted to make my pilgrimage to the sacred peak. So in December of 2000, I registered for the "Ascent." While I trained for Wasatch, I felt like I could also prepare for the "Peak" and then finally be part of the brotherhood.

When July came, rather than doing my final Peak training I injured my foot. And while it was better by the time of the Ascent, I was still hoping to do Wasatch and thought I should continue convalescing.

So for another year I stood on the sidelines. I had to listen to the stories and the boasting and not be part of the run. It was a low point in my life between the injury and the solitude. High-dose Prozac and the hope that I might someday be part of the "group" by running the sacred mountain was all that kept me going.

My foot got better but I stilled bailed out on Wasatch. However, I did start running again and began recovering my strength. I finally decided that I would do the Peak this year no matter what. Symbolically, I cashed the returned check from the Wasatch 100, filled the car with gas, my pack with Gatorade and Clif Bars and drove solemnly north on a beautiful October morning.

Being official was important, but I just couldn't see myself running down Main Street in Manitou with cars swerving around me. I resorted to starting at the parking lot, figuring that having to be self-contained and not getting the emotional support of a race crowd would sort of make up for my shorter run.

Getting an early start was important. I climbed out of the car about 11:15. With the pre-run jitters, I ran to the bathroom and found it locked for the winter. Accordingly, I registered by leaving my own personal mark on the hillside.

I was off to a great start up the "W's," as the veterans call them. It was steep, but I paced myself and enjoyed the views. There were no conga lines of people, but even on a Monday there were some older folks, struggling up the trail with canes, that I could run past. I'm not proud – I'll take my wins wherever I can get them.

In the next stretch between the experimental forest and Barr camp, I began to see why this run was loved.

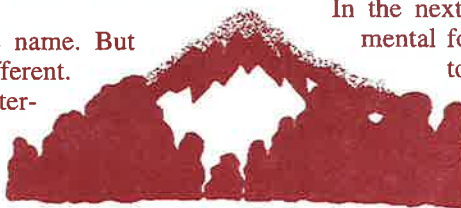
The views up toward the peak were incredible, and this stretch of trail was quite run-able through beautiful forest. There were

only two other people on the trail at this point. I dashed past both of them and then hid behind the next bend gasping for air while clutching a tree.

Barr Camp was busy with the activities of getting ready for the winter. I hustled by and continued the climb to the tree-line shelter. My watch was running faster than me, but I stopped briefly for a Clif Bar and fluids supplied by my excellent support crew – me. The shelter looked inviting, but I was trying to break 4 hours so I hurried upward.

There is something very magnificent about the stark, barren rock and talus slopes above tree line. There is also something very hypoxic. The entire East Face was my own as I wheezed and coughed up the switchbacks on the last 3-mile stretch. It was a little cool but very calm and crystal clear. I was able to run sporadically, which surprised and pleased me, more than making up for the lack of a cheering crowd at the top.

Lightheaded but generally feeling quite good, I arrived at the cog rail and gift shop at the top. Suddenly being at Wal-Mart after an incredible wilderness was a bit of a letdown. I had come to know for myself the greatness of the "Peak" and maybe qualified for real membership in the SCR club. But I have to say that I'm not sorry I missed the crowds, the early-morning start, or the heat. There will be a yearly pilgrimage for me to the Peak, but I'm not sure it will be in August.



Rocky on Fitness

by Rocky Khosla, M.D.

Worry more about influenza than anthrax

I thought that it would be helpful to talk a little bit about anthrax and the media, since I have been getting asked a lot about it, and to put some perspective on this topic.

First of all, a little clinical information on anthrax.

Anthrax is caused by a bacteria called *Bacillus anthracis* which looks like a rod under the microscope. Clinically, it can infect humans in three ways: on the skin, in the gut and in the lungs.

The last form of it, called pneumonic anthrax, is the most deadly, and may have a mortality rate of anywhere from 50 to 85%. The organism is not communicable from person to person, and prior to this most recent

spate of terrorist mailings, people would get this from contaminated soil or handling infected livestock. This bacteria is usually sensitive to all sorts of antibiotics such as penicillin, doxycycline and the celebrated Cipro. Cipro has gotten the most publicity because Bayer, the company that owns the patent on cipro, actually went to the trouble of getting the FDA indication as a drug for the treatment of anthrax.

The clinical signs of skin anthrax are a slowly expanding raised lesion that gets a blackened center. The signs of gastrointestinal anthrax are generalized belly pain with nausea, vomiting and diarrhea that is persistent. The signs of pneumonic Anthrax are variable but tend to include fever that can be low or high grade, fatigue, muscle aches,

cough, nausea and vomiting. As you can see, the last set of symptoms are very commonly seen in a bunch of conditions, the most common being viral infections such as influenza.

Having given you all the heavy news on anthrax, let me just say that the chance of anybody who is reading this column getting any form of anthrax is less likely than of them winning the grand prize in the Powerball lottery! Another way to look at this is as follows: We expect that around 20,000 people will die this year from influenza, and at the worst, about 100 people will die from anthrax. So I propose that the media should spend 2,000 times more effort talking about influenza than anthrax!

So why has anthrax become such a huge topic compared to boring old influenza which is going to cause so much more damage? I think it has to do with the fact that no one intentionally spreads influenza, but anthrax has been released intentionally as an act of terrorism to scare us.

My advice to you all is to get a flu shot (if you are not allergic to egg products) and forget about the anthrax!



Running and inhalers

Weight-bearing exercise such as running can strengthen your bones, and that's a good thing if you use an inhaler to control your asthma. A study published in *The Lancet* found that adults using steroid inhalers for 6 years lost bone density in the lower back and hip. To avoid the problem, take the lowest dose that adequately suppresses your condition, and a daily calcium supplement of 500 milligrams.



Training to do your best

Get your rest

"Without rest, even the most perfect workouts will not produce a training effect. If you take a day off from running after a stressful speed workout or long run, most of the damage your body incurred will be repaired in 48 hours. Everyday runners who develop tired legs can usually recover - and even increase weekly mileage - by simply running every other day."

– Jeff Galloway

Building speed

To build speed for a mile to 5-K running: Go to a track and warm up easily for 10 minutes. Then run 8 laps, alternating fast 200s and slow 200s. Run the fast 200s hard but not at a full sprint. You'll quickly learn how fast and slow you must go to finish the full workout. Cool down easily for 10 minutes. This is a tough workout, but it will build your ability to run hard while tired.

– Runner's World



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Triple Crown information

It's never too early to start thinking about the Triple Crown of Running, especially since the entries close so early for the PP Ascent and Marathon. Well, here's the scoop.

The race dates for 2002 are:

- Garden of the Gods 10-Mile Run – June 9
- Summer Roundup Trail Run – July 7
- PP Ascent – Aug. 17
- PP Marathon – Aug. 18

Entry forms for all of the Triple Crown races will NOT be available in late fall as they have been in the past. Instead, they will be available for downloading on Jan. 1. Go to the Pikes Peak Marathon website then to download it.

Grand Prix awards fete

For those of you who may have placed in the series or who just might want to attend, the Grand Prix of Running awards ceremony will be held at 7 p.m. Thursday, Dec. 6, at Jack Quinn's in Colorado Springs. Be ready to sing Christmas carols. And dress holiday-ish.

Race Against Drug Abuse

5-kilometer (3.1 miles) run/walk held
Oct. 13 at Pueblo City Park.
Results provided by Mark Jankelow.

Overall winners:

Male – Mario Maldonado, 22:50
Female – Abby Cordova, 26:56

Runners	Age	Time
1, Mario Maldonado	14	22:50.
2, Anthony Valdez	13	23:50
3, Aaron Diaz	13	26:16
4, Abby Cordova	29	26:56
5, Mark Dembrosky	55	27:35
6, Richard Joy	46	27:45
7, Carolyn Javorsky	43	31:06
8, Levisha Thomas	12	34:58
9, Greg Thomas	10	35:01
10, Gilbert Martinez	9	35:07
11, David Granillo	15	35:24
12, Jeremy Lovato	9	35:45
13, Jeremy Watley	7	39:06
14, Monica Diaz	13	39:30
15, Monica Alcantar	14	41:58
16, (tie) Brianna Diaz	10	43:13
Chantalle Byrd	10	43:13
18, Anthony Diaz	43	43:16
19, Anthony Martinez	8	44:13
20, Michael Martinez	12	45:22
21, Adrian Irwin	16	57:07
22, Jovanna Joe	12	57:12
23, Priscilla Alcantar	13	58:00
24, Angel Rosotes	12	58:01
25, Michael Ricardo	11	58:02
26, Lovie Thomas	13	60:37
27, Julia Hurtado	9	60:39
28, Noel Lozano	9	61:39
29, Angelica Lucero	10	61:59
30, Shante Montoya	9	62:01
31, Angelica Garcia	9	62:02
32, Deandra Washington	9	62:03
33, Monique Martinez	9	62:42
34, Isaac Delgado	9	62:48
35, Joshua Watley	7	63:11



←
Mario Maldonado, a freshman at Pueblo West High School, ran an eye-opening 22:50 in the 5K to easily take overall honors in the Race Against Drug Abuse.

A few young runners play follow the leader near the halfway point of the two-loop race held in City Park

Photos by Gary Franchi



Planning for Spring Runoff well under way

Thoughts are already turning to plans for next year's Spring Runoff, which will be held on Sunday, March 3, 2002. Last year's Runoff was a big success, with close to 500 runners participating in the 2-mile walk and the 5K, 10K and 10-mile runs. Moving the courses from the north side of Pueblo to Dutch Clair Stadium was a big success, and I'm sure most runners loved finishing on the Dutch Clark track.

Now, it's time to start forming the

committee for the next Runoff. Race Director Terry Cathcart is looking for some people who can work as coordinators of single activities, such as heading the course marshals, results, water stops, or who can work as volunteers in any capacity.

We need your help, and we're hoping to get some commitments early so we can move forward with plans.

If can help produce this great event, call Terry Cathcart at 547-2777.

Next SCR Meeting

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

Harvest Poker Prediction Run

Before the start of this race, each runner was required to predict his/her finishing time. Watches were not allowed to be worn during the event. The runner who came closest to finishing at his/her predicted time was the winner.

There were "ties" in this event where the variance time (in seconds) was equal for multiple participants. In these cases, each runner's official "100th of a second" time was used to determine the final finishing order.

A playing card was handed to each runner at every mile marker. At the end of the race, the male and female runners with the best "hand" won the "entry fee pot."

Poker Hand Winners:

Male – Robert Santoyo
Female – Stacie Taravella

Volunteer Support

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

- Race Director: Dave Diaz
- Finish Line: Don & Lois Pfost, Cindy Dreiling and Steve Rutledge
- Registration: Stacey Diaz
- Aid Station: George Slaughter, Chuck Moore, Dave Foster
- Awards: Marijane Martinez
- Dinner Arrangments: Misti Frey
- Park Reservations: Ben Valdez

5-Mile Poker Run & Prediction Race held Oct. 27 in Pueblo West.

Results provided by Dave Diaz & Ken Raich.

Prediction Race Results

Name	Sex	Predict	Actual	Variance	Points
1 Matt Sherman	M	34:30	34:37	0:07	100.00
2 Bill Veges	M	39:00	39:07	0:07	96.15
3 Ben Valdez	M	35:00	35:08	0:08	92.31
4 Marijane Martinez	F	42:30	42:14	0:16	88.46
5 Stacie Taravella	F	43:30	44:12	0:42	84.62
6 Robert Santoyo	M	33:48	34:30	0:42	80.77
7 Michael Till	M	35:56	36:41	0:45	76.92
8 Ross Barnhart	M	38:42	39:28	0:46	73.08
9 Chief Reno	M	40:00	40:52	0:52	69.23
10 Diana Reno	F	45:00	45:52	0:52	65.38
11 Jill Montera	F	43:00	42:00	1:00	61.54
12 Hector Leyba	M	38:45	37:37	1:08	57.69
13 Cally Till	F	35:14	34:02	1:12	53.85
14 Mark Koch	M	35:00	33:24	1:36	50.00
15 Jan Dudley	F	45:00	46:38	1:38	46.15
16 Mark Rickman	M	37:00	35:20	1:40	42.31
17 Nick Leyva	M	39:30	41:13	1:43	38.46
18 Jim Robinson	M	33:20	35:16	1:56	34.62
19 Kyle Reno	M	33:30	31:26	2:04	30.77
20 Laura Schilf	F	50:00	47:22	2:38	26.92
21 Todd Duncan	M	45:00	41:53	3:07	23.08
22 Michelle Olson	F	45:00	41:53	3:07	19.23
23 Katherine Frank	F	38:15	35:00	3:15	15.38
24 Bob Veges	M	39:00	33:44	5:16	11.54
25 Misti Frey	F	52:00	45:53	6:07	7.69
26 Al Weaver	M	47:20	40:20	7:00	3.85



Eating tips

Cut the fat

In the United States, prostate cancer kills nearly as many men as breast cancer kills women. A case study in Barcelona, Spain found that animal fat intake is associated with prostate cancer risk, but not total fat intake. The link is with a high intake of linolenic acid, which is found in red meats and dairy products. If your diet consists mainly of steak and eggs and little fruit and vegetables, than you are at a higher risk for the cancer. On a positive note, vitamin C was found to reduce the risk of prostate cancer.

But some fat can help runners

Trained athletes who consume a little extra fat in their diet may ensure an adequate intake of nutrients as well as have an added boost in endurance, researchers report. In their study, runners who ate a diet with about 31% of calories from fat consumed more calcium and zinc, and they appeared to have more endurance than trained runners who ate a diet including 16% of calories from fat. Intake of carbohydrates, calcium and zinc also increased with the higher fat diet.

– Journal of the American College of Nutrition

SCR runners shine in other locales

Our finest continue to have some outstanding races outside of Pueblo. Here are a few:

Terry Cathcart went with his two sons – **Brian** and **Steve** – to Ireland last month. Terry isn't a runner but his two boys certainly are. They ran the Dublin Marathon, with Steve recording a time of 3 hours and 7 minutes to qualify for Boston. Brian, a fill-in for a Joints in Motion program runner who couldn't make the trip, stepped in and had a 3:24 first marathon.

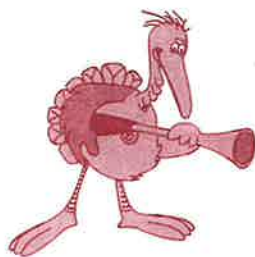
Marv Bradley, 62, of Cañon City was one of more than 16,000 runners who did the Marine Corps Marathon, and he finished 8th out of 155 in his age division with a time of 3:46:48. This newsletter went to print before Marv was to run the Tulsa Marathon on Nov. 17. He was there to attend the annual meeting of the 50 Staters organization, which is comprised of runners who are trying to run a marathon in all 50 states. Marv has 32 to his credit so far.

Katherine Frank, 30, led the way for a group

of SCR members who ran the Mile High City Marathon and Half-Marathon on Nov. 4. **Katherine** won her age division, was the 5th woman overall, was 40th overall in the entire field, and qualified for the Boston Marathon with her 3:21:49 time. Also, Pueblo's **Robert Santoyo**, 39, finished in 3:50:00.

In the half-marathon, **Carol Lyndell**, 53, of the Springs led club members with a time of 1:49:24. Others were **Stacey Diaz** (1:58:31), **Michelle Olsen** (1:58:32), **Stacie Taravella** (2:04), **Mike Archuleta** (2:08:18), **Diana Reno** (2:08:30), and **Dan Driscoll** (2:30:18).

SCR members did well in the 4-race Fall Series in the Springs area. The overall places they earned by these runners in their age divisions were **Chris Borton**, 26, 2nd; **Rich Hadley**, 45, 1st; **Woody Noleen**, 45, 3rd; **Mike Borton**, 45, 8th; **Mike Orendorff**, 50, 1st; **Traci Dworshak**, 37, 2nd; **Carol Lyndell**, 53, 1st; and **Martha Kinsinger**, 67, 1st. **Matt Carpenter** was the first overall finisher in the series.



Prediction Race Series notes

The leaders

Well, if you've looked at the standings at right you notice that Marijane Martinez is the current leader of the Prediction Series. Also, you'll notice that only Marijane and Jim Robinson have run all 6 races so far. They also are 1-2 in points, although Robert Santoyo and defending champion Rich Hadley are close behind them.

Be aware that a runner's top 5 point races figure in their total. Also, runners must run at least 5 races to be eligible for post-series awards.

Past to be relived?

There was some talk at the last SCR meeting about having a special staggered-start Prediction race in the near future. Runners' past times would be formulated to set their predicted time in such a race. For those who have been around for a few years, you remember that this system was used for the Prediction Series a few years back. The idea of a staggered start is that, optimally, all of the runners would finish close to the same time.

2001 Prediction Race Series

2001 Prediction Series Standings – Compiled by Ken Raich

Note: No value appears under the "Best 5 Races" heading if that runner has not yet completed five of the series races.

Name	Spring Runoff	Ben & Matt's	Ramsgate 8K	Moonlight Madness	Tunnel Drive	Harvest 5M	Total Points	Best 5 Races
Marijane Martinez	75.00	100.00	87.50	31.25	30.00	88.46	412.21	382.21
Jim Robinson	66.67	70.83	56.25	93.75	80.00	34.62	402.12	367.50
Robert Santoyo	33.33	54.17	81.25	56.25		80.77	305.77	305.77
Rich Hadley	91.67	91.67	62.50		100.00		345.83	
Ben Valdez	100.00	37.50	100.00			92.31	329.81	
Matt Sherman	83.33	41.67	43.75			100.00	268.75	
Diana Reno		95.83		18.75	50.00	65.38	229.97	
Bill Veges	58.33	50.00			10.00	96.15	214.49	
Dave Diaz	8.33	66.67	75.00		60.00		210.00	
Stacey Diaz	25.00	83.33	68.75				177.08	
Stacie Taravella		75.00				84.62	159.62	
Mark Rickman		79.17				42.31	121.47	
Paul Dallaguardia	16.67	12.50		81.25			110.42	
Chief Reno				37.50		69.23	106.73	
Don Pfof			31.25	75.00			106.25	
Nick Leyva				25.00	40.00	38.46	103.46	
Logan Gogarty				100.00			100.00	
Jennifer Alvarado			93.75				93.75	
Chuck Moore					90.00		90.00	
Crystal Berndt				87.50			87.50	
Diane Lopez		87.50					87.50	
Victor Olguin		33.33	50.00				83.33	
Michael Till						76.92	76.92	
Ross Barnhart						73.08	73.08	
Phil Quattlebaum					70.00		70.00	
Aaron Berndt				68.75			68.75	
Anthony Diaz		62.50					62.50	
Susan DallaGuardia				62.50			62.50	
Jill Montera						61.54	61.54	
Rochelle Garcia		58.33					58.33	
Hector Leyba						57.69	57.69	
Cally Till						53.85	53.85	
Gloria Gogarty				50.00			50.00	
Karl Tameler	50.00						50.00	
Mark Koch						50.00	50.00	
Kyle Reno		4.17		12.50		30.77	47.44	
Jan Dudley						46.15	46.15	
Mike Messick		45.83					45.83	
Shaun Gogarty				43.75			43.75	
Mike Push	41.67						41.67	
Liz Ross			37.50				37.50	
Brian Ropp		29.17					29.17	
Laura Schilf						26.92	26.92	
Richard Hogan			25.00				25.00	
Stan Hren		25.00					25.00	
Todd Duncan						23.08	23.08	
Jill Stringer		20.83					20.83	
Gil Cruz					20.00		20.00	
Michelle Olson						19.23	19.23	
Peggy Dunn			18.75				18.75	
Regie Marquez		16.67					16.67	
Katherine Frank						15.38	15.38	
Carla Braddy			12.50				12.50	
Bob Veges						11.54	11.54	
Trisha Ferguson		8.33					8.33	
Misti Frey						7.69	7.69	
John Freyta			6.25				6.25	
Adrian Martinez			6.25				6.25	
Al Weaver						3.85	3.85	

2001 Racing Calendar

Pueblo County & nearby locales



November

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

February

2 Sat 10:00AM Frostbite Five, 5M City Park (719) 543-5151

Other marginally nearby areas

November

(Note that the Nov. 21 Frozen Turkey Trot in Fort Carson was canceled for security reasons.)

22 Sat Mile High Turkey Trot, 5K Washington Park, Denver (303) 694-2202
 24 Sat Fellowship 5K run/walk Aurora (303) 739-6470

December

1 Sat Jingle Bell Run, 5K Mon. Valley Park, CO Springs (719) 533-1025
 9 Sun Jingle Bell Run, 5K Washington Park, Denver (303) 694-2030
 22 Sat Kwanza 5K Aurora (303) 739-6470
 31 Mon Resolution Run, 5K Denver (303) 635-2815

January

1 Tue Rescue Run, 5K, 10K & Kids Run Palmer Park, CO Springs (719) 473-7848

Regional Marathons (& others of interest)

November

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

6 Walt Disney World – Florida (filled) (407) 939-7810
 20 Compaq Houston – Texas (888) 792-2900
 20 San Diego, CA (888) 792-2900
 20 Lost Dutchman – Apache Junction, Ariz (480) 983-1500

February

3 Las Vegas International – Nevada (702) 876-3870
 17 Mardi Gras – New Orleans, LA (504) 454-8687
 17 Motorola Austin – Texas (877) 601-6686
 17 Desert Classic – Scottsdale, AZ (623) 362-8438
 23 Cowtown – Fort Worth, TX (817) 735-2033

March

3 Los Angeles, CA (310) 444-5544
 10 Valley of the Sun – Phoenix, AZ (480) 657-5373
 16 Marathon of the Great S'west – Abilene, TX (915) 677-8144

April

6 Rockin' K Trail – Kanopolis St. Pk. – Kansas (785) 472-5454
 15 Boston – Massachusetts (617) 236-1652



Some known 2002 races

Winter Series
in CO Springs area
Race I: Jan. 12
 Fox Run Park

Race II: Jan. 26
 Black Forest

Race III: Feb. 9
 Santa Fe Trail

Race IV: Feb. 23
 Black Forest

March 3
 Spring Runoff races
 in Pueblo

April 21
 Y-Bi Duathlon Classic
 in Pueblo West

April 28
 Cherry Creek Sneak

May 18
 Ordinary Mortals
 Triathlon for females
 – Pueblo West

May 19
 Ordinary Mortals
 Triathlon for males
 – Pueblo West

May 27
 Bolder Boulder 10K

June 1
 YMCA's World's Largest
 Race in Pueblo

June 9
 Garden of the Gods

July 7
 Summer Roundup 12K

Aug. 17-18
 Pikes Peak Ascent
 and Marathon



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

- 108 national anthems have been recorded for the medal ceremonies of the upcoming Winter Olympics. – *Sports Illustrated* magazine
- Women are 3 times more likely to suffer from osteoarthritis than men. – *Dr. Michael Ellman, rheumatologist*
- Bill Bell, at 78 the oldest official Ironman finisher, trains an average of 5 hours a day in California. – *Triathlete* magazine
- In a random survey of arthritis-free women in Pueblo, none had ever read an issue of "Footprints." – *Pollsters Unlimited*

Racing info. found stuffed in a turkey

by Mr. Editor

Well, as you read this, the Atalanta 5K is history and, other than two Prediction Series races, there is only 1 regular local race left this year – the Dave Diaz-directed Rock Canyon Half-Marathon on Sunday, Dec. 2. So, like, where did the year go?

Whatever, here's what's coming up:

Prediction Race Series

The Prediction Race Series is winding down for this year, with just 2 races left following last month's Harvest Run. Still remaining are the **Temple Canyon Run** in Cañon City on Nov. 24 and **The Excellent Adventure** on Dec. 9 at the homestead of Nick Leyva and Marijane Martinez at 117 Regency on Pueblo's south side (see Pg. 1).

The Temple Canyon race is a 4-miler. The course will go through a couple of "wet" areas, so bring dry shoes for wearing afterward. Meanwhile, the TEA is an 8-mile jaunt that will be followed by a potluck brunch. Hence, please bring a breakfast food item to share with the group. Because the area west of the subdivision has been purchased and is now private property, the old course that will be used goes down

Pennwood to Red Creek Springs Road. Call 564-6043 if you need more information on that. Ask to speak to the cat.

Rock Canyon Half-Marathon - Dec. 2

The last cool half-marathon of the year is right here in Pueblo on Sunday, Dec. 2, based at City Park. The Rock Canyon combines the ingredients of a nice course, great sweatshirts and "homey" Pueblo environment to bring an excellent event to long-distance fans from all over the state.

It will begin at 9 a.m., which is ample time to run, take in the awards presentation and do some schmoozing in time to see enough of the Donko game on the tube. The way they're playing, maybe you'll see too much of the game.

Please note that volunteers are needed at the finish line and with results. So if you can help, please call Dave at 564-9303.

Rescue Run - Jan. 1

Plan now to start off the new year right by joining bunches of local runners who will be running the Rescue Run on Jan. 1 at Palmer Park in Colorado Springs. Run the 5K or the 10K. Entry forms are enclosed in this newsletter. See ya!