



Editor: Ron Dehn

FOOTPRINTS

Caution: Some fact—some fiction—you choose what to believe

Ward says it is time for June, 2002*

Great Turnout at the OMT

They came from nearby, they came from afar, they came from all over the state, and some from out of state. There were nearly 400 finishers in the 2 day Ordinary Mortals Triathlon held May 18th (women) and May 19th (men) in Pueblo West. Participants hailed from Pueblo, Pueblo West, Boulder, Colorado Springs, Idledale, Aurora, Golden, Denver, Longmont, Monument, Littleton, Greeley, Crested Butte, Divide, Evergreen, Del Norte, Lakewood, Arvada, USAFA, Parker, Falcon, Centennial, Lafayette, Westminster, Louisville, Sedalia, Avondale, Wheatridge, Colorado City, San Jose, Superior, Firststone, Salida, Canon City, Alamosa, Englewood, Brighton, Castle Rock, Indian Hills, Peyton, Creede, Erie, Butte, Thornton, Highlands Ranch, Steamboat Springs, Glendale, Ft. Collins, Carbondale, Manitou Springs, Gunnison, Rye, Morrison, Broomfield, Loveland, Security, Westcliffe, Northglenn, Larkspur, the far side of the moon, and probably a few others places as well. Wow! Christopher Valenti of Boulder was the first overall male finisher with a total time of 56:38 and Shannon Prince of Denver paced the ladies with a 1:03 finish. Congratulations to Ben Valdez who has got to be one of the most organized race directors ever. Part of Ben's secret is that he recruits a gazillion volunteers and that he has directed the event since he was 12 (or so it seems). Hats off to Ben and his supporting "cast of thousands" for an outstanding event! For complete results, see page 7.

* In case this made no sense—it is a somewhat obscure reference to Ward and June Cleaver of *Leave it to Beaver*—a very popular sit com in the 1950's. Groan.. Warning, this is just the front page—wait 'till you look inside.

From 7 to 77

Well—actually from 7 to 76, but 77 sounded better. That is the age range for participants in the 5K race sponsored by A Caring Pregnancy Center held on June 1st at City Park. Max Berry at 7 was the youngest runner and Gerald Puls at 76 represented the other end of the spectrum. For race results, see page 9.



Mike and Max Berry prepare for the 5K at City Park



SCR Notes

**SCR Meeting Mini-Minutes
June 4, 2002**

This is the ultra-condensed version of what happened. If you want the full version – see Janelle Rodriguez, aka Sgt. Joe Friday for just the facts or better yet – be there on July 9th for next month’s version.

Ron reported that the PaperWorks Inc. charges less than the previous printer of the newsletter. This is partially due to the fact that they accept an electronic version and do not have to work with hardcopy pages and photos. The photo quality is improved as a side benefit.

Dave Diaz indicated that copies of the proof of insurance will be kept in the SCR box at the YMCA front desk.

A discussion followed about insurance. Race Directors **MUST** take care to make sure that they have insurance on their races. Races can be added to the insurance for a \$65 fee. Check the Race Director’s Kit for more information.

The group discussed the web site and decided to keep it free of advertisements.

Manuel Aguilera from St. Anne’s Parish asked questions about putting on a race in conjunction with the parish festival on July 20. His committee was going to make a go / no-go decision.

Several recent and upcoming races were discussed.

The G-Man (aka Gary Franchi) predicted the Nirvana Predict Run will be held at 7:00pm on Saturday, August 31. This will also be a pot luck event. More later.

The annual SCR picnic will be held at noon (food served at 1:00) on August 11 at Greenhorn Meadows Park in Colorado City.

The change in graduation requirements for School District 60 was discussed. The District dropped the swim requirement and changed the total number of PE credits required from 2 to 1.5. Most in attendance indicated concern that our youth are not getting enough exercise.

One by one, those in attendance blended with the night.

Help Wanted

Can you help with the finish line or results at the Beulah challenge? If so, call Karin at 485-3820 or e - m a i l 12kyte@fone.net

Marijane in the News

In case you did not catch it, Dave Socier wrote a great article in the Sunday, June 16th issue of the Pueblo Chieftain, about SCR’s Marijane Martinez. The title of the article was “Marathon Runners are a Different Breed Altogether”. Socier talked about Marijane’s training regimen, her diet, and her love for running in general. I’m not sure exactly how Socier knew, but he claimed that MJ weighs slightly less than his left leg.



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



Southern Colorado Runners

*A member of the
Road Runners Club of America*

SCR Mailing Address:

700 N. Albany Avenue
Pueblo, CO 81003

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 holds its monthly meetings.

“Footprints” Issue No. 245

“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	Katherine Frank	549-2236
Vice President	Diana Reno	676-7343
Secretary	Janelle Rodriguez	543-8200
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

Membership Chair	Ken Raich	564-0847
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi & Tom & Jerry*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

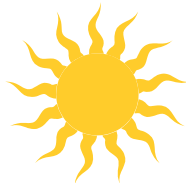
Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi

SCR meetings generally are held the first Tuesday of each month at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend and bring family, relatives, and pets, as long as he/she also brings treats for all members.

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.

* Tom & Jerry—the original stage names of Art Garfunkel (Tom) and Paul Simon (Jerry) Their first single was “Hey Schoolgirl” and sounded much like an Everly Brothers song..



**Beat the
HEAT**

**Get a cold one at the
Gold Dust**

217 South Union Ave



Great (& so-so) Stuff

By Gary Franchi



The triathlete's changing checklist

Thought for today's lunch, compliments of Fran Lebowitz: "If you're in your 40s or 50s and you think your life will change because of a nose job, you're a moron."

Musings on running, fitness, life, etc.:

So when did this triathlon checklist get out of hand?

A day or two ago, it was bad enough trying to assemble all the stuff needed just to go into combat in the three disciplines the next morning. There were all the usual items like swim goggles and wetsuit, bike helmet and shoes, tank top, shorts, etc. Novice triathletes either learned by trial and error what they needed ("You got an extra towel I can use?") or could refer in advance to some book or magazine for help.

When I started out, I never used a list. Like the disdain for asking location directions, my mode of attack was to just clear out floor space and line up everything in order of usage, adding where needed as I mentally walked through the triathlon. As time went on and hardships mounted from items that were not "mentally walked through," the checklist was formed.

Now, the checklist has grown and suddenly – seemingly overnight actually – it has begun to resemble a restaurant menu. On it now are all these weird little things that I never would have thought about a few days ago.

But I'm thinking about them now. For instance, in order to take part in those humbling experiences today, I need to remember such things as:

- * Metatarsal pads for the bike shoes and the running shoes.
- * High-tech, well-cushioned insoles for the bike shoes and running shoes.
- * Tape, in order to stick those metatarsal pads in the extra pair of insoles I'm putting in my bike shoes and running shoes.
- * Extra thick socks to help soften the impact to my feet.
- * Biofreeze for those sensitive, cortisone-laced feet.
- * Sunblock lotion. Optional in the past but a

necessity today as the time spent on the run and bike courses increases.

* Bike and run course maps. Ignored in the past, these are now studied to ensure not going off course in case the gap between myself and other competitors widens.

* Pre-race fuel like bananas, Powerbars, etc. The theory is, any boost helps.

* Personalized liquid fuel for the bike. While Gatorade used to be fine, a Gatorade/HydraFuel mixture is used today. The theory is, any boost helps.

* Gels and/or energy bars for the bike leg. The theory is ... well, you know.

* A mental note to open the gels and energy bars and insert them in the bike carrier BEFORE the race begins, saving time and aggravation when they are needed.

* Another mental note to keep the opened gel packets top side up. This is a toughie.

* Ibuprofen. Once reserved for rare moments, it's become as common a post-race item as All Sport, bagels and fruit.

* Blanket and pillow. In case I can't make it back to the car.

There you have it. A winner's triathlon checklist. And by "winner," I mean surviving to plan the next triathlon, including all the additions to its checklist.

Ten things I was just wondering:

* Why must some muscle heads insist on providing us with audio of their weightlifting experience?

* If you've got a Cool-Max shirt, why would you want to run in anything else?

* Wouldn't life be easier if lithium batteries had never been invented?

* Is it not a sign of age when you spend more on medical stuff than on food?

* Read a stat that said 44,372 people registered for the Bolder Boulder last year and 41,117 finished. So, like, what happened to the other 3,255 registrants?

* When a Miller moth sits still on a wall a few feet from your face, how can you NOT

(Continued on page 10)

Steamboat Notes

Ben Valdez placed 7th out of 42 in his division in the recent Steamboat Marathon. Ben posted a 3:43 time. Staci and Dave Diaz ran the half marathon in 1:57, giving Staci 18th out of 70 in her division and Dave 15th out of 42 in his. Len Horan of Pueblo West finished 26th out of 75 in his division with a 1:49.

Potpourri

Gary Franchi's unabridged monthly Pueblo Chieftain columns can be found at SCR's web site:

www.socorunners.org/garycols.htm

Shaun Gogarty is organizing a humanitarian expedition to Bermejillo, Mexico to put in a cement floor, septic system, and bathroom in a local family home. The \$950 participation fee includes airfare, living expenses, and project costs. This will take place August 13-20. If you are interested, contact Shaun at 719-676-3353 or wsgogarty@hotmail.com.



A society grows great when old men plant trees whose shade they know they shall never sit in. - Greek proverb



SCR Birthdays

June

- 20 Donna Nicholas-Griesel
Melissa Babcock
- 22 Lorraine Hoyle
- 24 Laurice Lopez-Cepero
Rick Ruggles
- 26 Jesse Stommel
- 27 Robert Hamilton
Tracy W. Gunn
- 27 Emily Gogarty
- 30 Barry Benjamin Loseke
Todd Hund

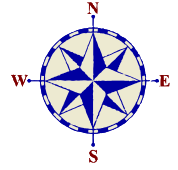
July

- 1 Phillip Quattlebaum
Marijane Martinez
Meyhann Rae Loseke
 - 2 Don Pfost
Paul Willumstad
Maxi L. Sandoval
 - 3 Bernie V. Braddy
David L. Jobe
 - 4 Doris J. Dembrosky
 - 7 Suzanne Hough
Jill Montera
 - 8 Gloria Gogarty
 - 9 Frank J Jaquez
 - 10 Christine M Oberndorfer
 - 11 Aaron J. Ure
Stephanie Pugh
Mark A Dembrosky
 - 13 Jack T Janney
Heather Van Buskirk
 - 14 Doug Leyva
Paula Deanne Loseke
Brenda Koch
Sherry Koski
 - 15 Kent Stringer
 - 16 Jessica Driscoll
 - 17 Regie Marquez
 - 18 Susan Dallam
George Dallam
 - 20 Bill Jr. Veges Jr.
Matt Stommel
Marcia Hughes
Kayla Shellenberger
 - 21 Michelle L. Olson
 - 27 Hector Leyba
 - 28 Richard T Hogan
Kendra Snow
 - 29 Diana Reno
Roy Hughes
- *honorary SCR member



Trail Notes

by Shaun Gogarty



Blazing a New Trail

If it weren't for my quest to make the Greenhorn Mountain 50 I definitely would not have run Millset Trail again. Hopefully someone, other than me, will appreciate my efforts and willingness to sacrifice myself in the development of this great trail run - otherwise being on Millset again just wouldn't be worth it. But wanting to check out everything for possible routes I had to run Millset.

Getting off to my usual early start I had my wife drop me off at noon. Within about 100 feet of the trailhead I remembered why I hadn't run this one for a couple of years. It was made for horses and motorcycles - no humans and especially not runners. Even though the forest service came in and made a new start it still is too steep.

After sneaking past the YMCA camp it still continues upward in a very direct manner - in other words straight up. It does climb through some beautiful pine and aspen forests, but most of the time my head was to hung forward to notice. Eventually it drops a few hundred feet down to the North fork of Greenhorn River home of greenback cutthroats.

Rather than top out on the road by following Millset I tried some cross-country up a tributary to the south. It eventually brought me to an old jeep road, which cut toward blue lakes, and the road across the top of the mountain. Miraculously I arrived just where I wanted to be - about 1 mile North of Blue Lakes. Perhaps it was worth bringing a map and compass for once - although definitely not as adventurous.

The next leg was a little scarier - bushwhack down the western slope of the mountain and hopefully run into a trail marked on the map, but one I'd never heard anyone using. I began descending crashing through pine and aspen, slightly concerned about the loss of elevation, but elated by just covering new country on Greenhorn. At the bottom of the descent I hit a beautiful creek and a barely worn, but perceptible trail - yippee.

According to the map the trail would take me a few miles north and east eventually connecting with Cisneros on the west side of the mountain. It was a fantastic trail as it paralleled the creek and cut across pine and aspen slopes at a perfect grade for running. I was having a great time when I suddenly ran into a sign/fence on the trail saying something about trespassing and shooting. It went by in a blur so I figured I couldn't be held responsible for its contents. Besides wasn't this a forest service trail on the map!

Eventually I came across the "sign" owner's cabins. Being the middle of the week I wasn't too worried, but still stayed close to the forest and far from the homes in hopes of making a more difficult target while maintaining an escape route into the trees. They weren't home and that was fine with me as I connected with Cisneros Trail on the other side of the property and began the climb back to the top of the mountain. Half way up I ran into a herd of elk and got within about 75 feet before they noticed me and ran off.

After connecting with the Blue Lakes road again I followed it a short distance to the North and caught the Cisneros trail heading to San Isabel. I was getting a little tired, but it was all down hill and this was one of my favorite trails on the mountain. I could also see that I was going to be about 20 minutes late for my pick up time, so I hassled onward. However, I still enjoyed the descent through the aspens as I parallel the creek and eventually arrived at the Cisneros Trailhead at the top of San Isabel Lake.

There were definitely some parts of the run I'd be able to incorporate in the GMT 50, but some others that were not going to be included. I was getting some idea of how to connect things, but it still wasn't coming together completely - darn it I'd just have to go on another long run through the woods next week!



Rocky on Fitness

By Rocky Khosla, M.D.



Looking for a Grant?

Letter to the Pueblo Chieftain

Note: The following letter was submitted to, and printed by the Pueblo Chieftain in the Letters to the Editor Section. It seemed worth repeating in *Footprints*.

I was appalled to read in the May 29th issue of the Chieftain that the district 60 school board had agreed to drop the requirement that high school students learn to swim, and the board in the same meeting had also decreased the requirement for physical education credits needed to graduate from 2 to 1.5. I am a family physician with added qualifications in sports medicine and feel that both of these actions are terrible, and I wish both could be reconsidered.

First, swimming is an excellent sport and not knowing how to swim really puts a person at a great disadvantage. If you don't know how to swim, you are most likely not going to be able to scuba dive, wind surf, or feel comfortable doing anything that involves spending time around water. One of the biggest bodies of water in Colorado happens to be in our own backyard, so for Pueblo high schoolers to not be required to know how to swim seems absurd. The article in the Chieftain mentioned that the board characterized the swimming mandate "as a big headache" because each year "hundreds of students and parents complain about the requirement". I'm sorry, but if the criteria for getting rid of a good program is simply students and parents complaining

about it, then maybe we should also get rid of the requirement for immunizations. We would never do the later because immunizations have been one of the biggest reasons for the reduction in childhood mortality.

Second, there is an epidemic of childhood obesity in this country. Studies suggest that 25 to 30% of our children are obese, and childhood obesity has increased by 54% in children between 6 and 11 years of age, and by 39% in children between ages 12 and 17 years of age in studies done since the 1960s. A lot of us think that this increase may in part be due to fewer mandated physical education programs in school, along with other factors such as "supersizing" of meals and watching too much television.

In conclusion, I hope that it is not too late for the district 60 school board to reconsider re-instating the swimming requirement, and to increasing the PE requirement. Doing so is in the best interest of our children. Sincerely,

Rocky Khosla, M.D.

Footprints Editor's Note: Many of today's kids spend a significant amount of "free time" playing video games, surfing the net, and watching TV. While not necessarily harmful in themselves, a balance with physical activity seems appropriate, desirable, and necessary. Thanks Rocky!

Pat Berndt of South-eastern Colorado Area Health Education Center (SECAHEC) is the coordinator for some grant funds to be given out through the Colorado Trust (Colorado Health People 2010 initiative). The grant funds are for diabetes prevention, and Pat suggests that one approach to do this is by increasing physical activity. It might be an excellent way to fund some running or walking programs for children or adults. Nonprofit or for-profit groups or organizations may apply. The funding is for up to \$50,000 per year for a three year period. There are 10 of these grants to a ward in the southeast corner of the state. Information can be found at the website, www.secahec.org or you may contact Pat at 544-7833.

Wrestling News

Former Puebloan Chris James was recently named head coach of the men's World University Games Team in Greco Roman wrestling. Chris is a former Assistant Coach of the year in Colorado at Pueblo South High and a former elite Greco Roman wrestler and member of the U.S. Army Elite team. Chris is a 2000 gradu-



Ramblin'

by Ron Dehn

20

Happy Anniversary (to me)

This month is my anniversary. Not my wedding anniversary. That is April 30th. As a side note – I'll never forget that date because it is literally carved in stone. For a wedding gift to my wife, I commissioned one of my artist friends to create a clay carving of our names and the wedding date and it sits on a shelf in our bedroom. June, 2002 is my 20 year anniversary of (consistent) running. I had actually run some in the '70's, but it was here and there and mostly there.

My good friend Dan Sullivan got me started as a regular in June of 1982. I worked at USC, and our lunchtime exercise group took on a variety of activities through the years – volleyball, basketball, racquetball, tennis, and some of that inconsistent running I mentioned. At the time we were in our tennis phase. I had a minor wrist injury and mentioned that to Dan. He invited me to go running instead, and I got hooked. That was 4 days prior to one of the old SCR runs – the Midnight Madness Run. It was a 4 mile race on the very hilly USC roads, and was held each year at quarter till midnight on a Saturday night in June. Dan did not run the race, but my brother Dave and I did. Dave was already a runner at the time and I could not keep up with him. I remember the last hill. Helen Robinson was probably 20 yards ahead of me. I decided that I should catch her, and when the gap was about 10 yards, I suddenly wondered if I might throw up. That was my first case of psyching myself out. I did not throw up, and I did not catch Helen, but I still have my shirt.

Through the years there are tons of great memories. I've done the Bolder Boulder many times. That is such a kick - the entertainment on the corners and in the drive-ways from brass bands and one-man bands to the belly dancers. On warm days the Boulderites have the hoses spraying and provide relief. That jet flyover reverberates from head to toe. Then, the world-class runners. What a thrill it is to run "with" such truly elite athletes. The Garden of the Gods is a great run. The hills will test your quads. Speaking of quads – I did the Westcliffe Silver Streak a couple times. Hills and 8,000 feet. Whew! The Beulah Challenge is something like that—and a great run. Pueblo's own Spring Runoff is one of my favorites. Remember the early days? Andy Ballou was the race director for about 50 years. And lately this race is really growing. I've run a few half marathons. Dave Diaz' Rock Canyon which I thoroughly enjoy, and Frank Arteaga held a Father's Day half marathon in '92.

There weren't many runners and I got lost (sort of). I was on the river trail, and was running hard and getting a bit light headed. Somewhere about 8 miles, I strayed off the river trail to one of the access trails. I got back on the main trail and slowed down until the blood got back to my brain. (some would say that I'm still waiting) I've run the Frostbite Five a few times, and still have a tyvek jacket from the '92 Dam Run. (I wish that run would come back – my jacket is pretty worn) I ran the Jingle Bell run just before the Parade of Lights 4 or 5 years ago, and it was *ccccold!* In August, I'll be doing my 2nd Pikes Peak Ascent. For more on the Pikes Peak experience – dig out the February '02 issue of Ramblin'. I truly will never look at that mountain the same way again. In '96 my cousin Geri was dying of cancer and I dedicated a race to her. I was 47 at the time, and ran the Jose' Muldoon's 10K in 46 something. That was fast for me. And dedicating a race may sound a bit corny, but in some strange way, I felt like I was making a contribution. I've saved my racing bibs through the years, and have a collage hanging in the garage. Last year, I decided to try out the race director "hat", and with a lot of help, The Little Run on the Prairie made its debut. (June 29th this year). Race directing is lots of fun, and lots more work. The Corporate Cup was almost a passion for several years. With Marijane and Paula as partners, I've co-captained the USC team for 11 of our many years of participation. Tons of fun and camaraderie.

There have been a few critters through the years. A snarling dog here and there. There was the "Stealth Dog" in Telluride who came out of nowhere just to snag a tooth in my running shorts, and scare the #\$*& out of me. Most of my running is on trails, so there have been a few red racers, bull snakes, and only 2 or 3 rattlers. Never had a close call that I know of. Had a stare down contest with a skunk on the river trail once. Luckily, he decided I wasn't worth the trouble.

And the friendships. I've mentioned this most important side benefit in previous columns. Perhaps a topic for a whole column on another day.

Yes – 20 years of training and running in races (notice I did not say racing). Lots of fun and friendships. I'm extremely grateful that I'm able to do it –at any speed. Thanks Dan for getting me started. Let's celebrate by going for a run. p.s. Happy Birthday to my daughter Melissa, who turns 20 on June 20th.

OMT (Ordinary Mortals Triathlon) Results

Female 19 & Under	Age	Swim	Bike	Run	Tot										
1 MAYNE, SARAH	15	9:43	47:56	28:17	1:25:55	11 SMITH, TATJANA	30	11:50	43:55	26:01	1:21:46				
2 FEAR, ALEXIS	19	10:58	45:57	31:12	1:28:07	12 KIMBEL, JENN	32	9:03	42:25	30:45	1:22:13				
3 VENNER, LAURA	19	10:45	53:48	23:57	1:28:30	13 HAND, MIKYONG	33	11:31	42:38	29:19	1:23:28				
4 DAVENPORT, SAMANTHA	13	9:19	51:10	28:19	1:28:48	14 HUNTINGTON, MARTY	32	11:12	47:00	27:18	1:25:30				
5 CHENOWETH, ANNA	19	13:03	51:37	28:52	1:33:31	15 MYERS, KARA	30	11:27	41:29	33:47	1:26:42				
6 WRIGHT, REBECCA	17	8:40	1:06	31:54	1:46:49	16 HICKOK, ALLISON	31	11:55	44:54	30:00	1:26:50				
Female 20 to 24															
1 HUCK, ERIN	20	8:54	34:48	20:36	1:04:18	17 DUKES, MONICA	30	10:41	45:35	30:34	1:26:50				
2 SMITH, KELLY C.S.	20	8:07	40:31	19:33	1:08:10	18 MITCHELL, BONNIE	31	12:05	47:52	27:20	1:27:17				
3 ORENDORFF, PATRICIA	21	9:05	40:09	27:22	1:16:36	19 LEIVIAN, KATHY	32	12:19	49:05	26:24	1:27:49				
4 SUSZEK, NAIA	20	12:09	44:27	23:29	1:20:05	20 STEITZ, NATALIE	33	8:56	48:38	30:23	1:27:57				
5 WESTRICH, KATIE	23	10:57	46:27	28:10	1:25:34	21 GONZALES, NANCY	31	15:29	46:25	27:13	1:29:07				
6 SULLIVAN, DEIRDRE	23	11:20	48:33	26:10	1:26:03	22 WISE, TRACEY	33	10:11	44:45	34:12	1:29:08				
7 CARBONE, NIKI	20	8:19	51:21	26:34	1:26:14	23 STANDERFER, CHRISTINE	32	11:36	52:18	25:31	1:29:25				
8 ANDREWS, JODI	23	12:04	47:54	27:45	1:27:42	24 WHITMORE, LAURA	33	10:56	54:56	24:07	1:29:59				
9 ARENS, AMY	24	9:31	50:42	27:34	1:27:46	25 SIGRIST, LORI	34	12:28	50:51	26:51	1:30:10				
10 DIMATTEO, MARGARET	24	9:01	50:48	29:15	1:29:04	26 WINSKI, SHANNON	34	11:53	45:39	32:51	1:30:23				
11 CRAIG, LIBBY	22	11:44	56:44	27:04	1:35:32	27 HUNNICUTT, LORI	34	10:32	47:56	33:09	1:31:37				
12 ANDREWS, JENNIFER	22	13:56	1:00	29:20	1:43:35	28 JERMYN, JULIE	32	17:31	48:01	26:15	1:31:47				
13 MAHONEY, MARY	20	16:28	59:30	33:03	1:49:02	29 MOLENAAR, JACQUE	34	10:54	48:34	32:24	1:31:52				
14 DONOVAN, LEAH	24	13:54	1:09	31:22	1:54:30	30 PACHECO-GACH, CAMILLE	34	10:22	49:50	31:48	1:31:60				
Female 25 to 29															
1 FRANKLIN, DARCY	29	9:19	37:23	21:19	1:08:01	31 COE, KELLIE	34	9:47	49:43	32:46	1:32:15				
2 MOYERS, JULIE	27	8:14	37:39	24:54	1:10:48	32 WELCH, LISA	34	11:41	47:50	33:21	1:32:52				
3 SEDBROOK, WENDY	27	9:39	39:41	25:36	1:14:55	33 SAPP, KRISTEN	34	13:20	50:08	29:40	1:33:08				
4 MURPHY, STEPHANIE	25	9:51	38:47	27:19	1:15:57	34 CROWN, KRISTEN	33	10:08	55:11	28:18	1:33:37				
5 VAN AMBURG, LISA	29	9:46	39:18	26:59	1:16:03	35 CORDERO, CARMEN A.	33	13:02	49:07	33:09	1:35:19				
6 REDMAN, NICKI	29	9:40	40:39	26:29	1:16:49	36 BROWN, BETSY	32	12:30	54:15	30:13	1:36:58				
7 PARKER, DONNA	29	11:05	42:20	24:13	1:17:38	37 SAUNDERS, JANACE	31	9:49	0:00	0:00	1:38:39				
8 GRAMANN, ALICIA	26	10:14	44:51	24:33	1:19:37	38 ALLEY, JULIE	33	12:46	54:58	32:40	1:40:24				
9 CLARK, KRISTEN	26	9:42	46:43	23:34	1:19:59	39 KOEHN, STEPHANIE	31	14:41	58:40	28:54	1:42:15				
10 HILARION, SANDRINE	26	11:04	44:32	26:43	1:22:19	40 SMITH, STEPHANIE	34	13:29	53:40	36:01	1:43:10				
11 BOSS, KELLI	28	12:55	44:59	25:41	1:23:36	41 WILLIX, MICHELLE	33	12:02	50:37	40:40	1:43:18				
12 CARTER, BETH	25	9:49	49:10	25:08	1:24:07	42 ABEYTA, SHERYL	34	13:21	51:45	38:51	1:43:57				
13 BRADLEY, AMBER	27	11:45	54:01	21:43	1:27:29	43 ERICKSON, SUSAN	31	11:56	59:17	35:11	1:46:24				
14 STANLEY, LAURA	27	12:24	46:19	28:47	1:27:30	44 DUBLER, NICOLE	31	12:52	1:00	33:41	1:46:57				
15 KELL, CHARMAINE	29	9:24	46:31	31:43	1:27:38	45 SHIPLEY, ALICIA	31	10:15	51:26	45:40	1:47:21				
16 CHANEY, WENDY	26	10:53	47:34	29:20	1:27:47	46 ALLEN, AMY	33	11:52	59:33	37:29	1:48:54				
17 WEITZ, TAMARA	25	11:60	47:33	28:26	1:27:58	47 FRIEDRICH, MICHELLE	31	13:22	1:00	38:10	1:52:18				
18 CARBOL, LISA	25	11:04	48:42	28:50	1:28:36	48 O'BRIEN, TAMMIE	32	13:10	1:06	33:00	1:52:33				
19 CORDO, JOAN	25	12:53	46:30	29:31	1:28:55	49 STRATMAN, PAULA	34	13:20	1:00	38:25	1:52:37				
20 CHAMBERS, ALISON	26	13:09	50:58	25:09	1:29:16	50 WILLIAMS, JENNIFER	32	14:58	1:01	37:48	1:54:33				
21 KRAMER, MICHELLE	26	11:47	50:17	27:17	1:29:21	51 CARDENAS, DEANNE	31	12:24	1:01	44:25	1:58:15				
22 ATHEARN, PRUDENCE	28	12:01	51:19	28:08	1:31:28	52 BABINSKI, KRISTEN	31	14:14	1:02	45:02	2:01:17				
23 FINCH, MAIDA	27	9:12	49:21	32:56	1:31:30	53 MILLER, LISA	32	22:35	1:05	37:49	2:05:39				
24 KELLOGG, WHITNEY	26	10:05	50:09	31:27	1:31:41	54 CARTER, VIRGINIA	34	14:29	1:26	1:14	2:55:34				
25 KOCHIS, TIFFANY	27	10:02	50:09	32:04	1:32:15	Female 35 to 39									
26 MYERS, LAURA	29	10:47	50:14	32:14	1:33:15	1 HOPP, MARIA	37	11:19	38:27	21:42	1:11:27				
27 HAFER, HEATHER	25	11:43	46:30	35:51	1:34:04	2 LOVE, SANDY	36	9:01	41:33	26:44	1:17:18				
28 SULLIVAN, SHAWNA	28	13:56	50:26	30:04	1:34:26	3 RODRIGUEZ, CATHERINE	38	12:19	42:06	24:05	1:18:30				
29 BASON, BETH	28	10:55	51:04	35:35	1:37:34	4 GEHRETT, JUSTINE	37	12:58	43:17	22:53	1:19:08				
30 BROSS, JUDY	28	12:02	56:01	29:43	1:37:46	5 KELLETT, JOSEPHINE	37	10:60	40:35	28:44	1:20:19				
31 STEWART, TRACY	27	12:48	52:50	32:21	1:37:59	6 DURAN, VIOLA	39	11:48	44:40	25:16	1:21:45				
32 KENISON, MELISSA	26	13:03	52:60	32:12	1:38:15	7 CANADAY, KRISTEN	35	9:25	45:39	26:54	1:21:58				
33 GRUBBS, HEATHER	27	13:01	50:40	35:01	1:38:43	8 JENKINS, TRACY	38	9:47	46:23	26:41	1:22:51				
34 OSBORNE, REAGAN	25	9:37	53:29	39:02	1:42:08	9 SEIDMAN, KATHY	38	9:08	42:18	32:01	1:23:28				
35 JOHNSON, MELISA K.W.	28	13:60	1:05	33:00	1:52:31	10 HAAS, MARY BETH	37	12:11	44:28	28:56	1:25:36				
36 RICHARDSON, MARGIE	27	15:15	1:00	38:09	1:54:15	11 HERDELIN-DOHERTY, LISA	36	11:35	44:06	30:24	1:26:05				
37 HAGLUND, MCKENZIE	25	11:29	1:02	42:05	1:55:51	12 HOBBS, ALLISON	36	11:36	47:19	27:11	1:26:06				
38 REEDER, LISA	28	14:55	1:07	35:12	1:57:48	13 JOYCE, ANN	37	10:20	49:36	27:35	1:27:31				
Female 30 to 34															
1 PRINCE, SHANNON	34	7:58	34:02	21:25	1:03:24	14 FLEET, REBECCA	37	12:22	48:27	28:30	1:29:19				
2 HOOGSTRATE, SARA	33	7:23	34:42	24:28	1:06:33	15 CUNNINGHAM, KARAH	36	10:56	47:43	30:56	1:29:35				
3 DUNN, BRIDGET	34	7:56	37:48	21:34	1:07:18	16 KERZEE, JANE	35	13:58	49:39	26:02	1:29:39				
4 CASE, TRACI L.	33	8:41	37:46	23:54	1:10:22	17 MARIN-TAYLOR, GINA	35	11:31	52:24	26:04	1:29:60				
5 OEHMEN, AMY	31	8:29	38:23	26:09	1:13:01	18 LINDEBURG, EDIE	35	12:08	48:21	30:27	1:30:55				
6 LAYCHAK, HEATHER	33	9:44	41:16	24:13	1:15:12	19 PENA, THERESA	39	13:12	49:22	29:15	1:31:49				
7 MILLER, SUSAN	31	9:33	42:15	24:38	1:16:26	20 HICKOK, JEANNETE	39	11:41	47:12	33:33	1:32:26				
8 ORLINSKI, BEV	33	12:23	39:39	25:20	1:17:22	21 GUALBERTO, EILEEN	38	12:38	48:35	31:31	1:32:44				
9 SEMMENS, CHRISTINA	33	10:28	41:25	27:06	1:18:59	22 JOHNSON, CAREN	37	12:27	49:13	31:59	1:33:40				
10 HOWARD, JILL	31	12:00	43:22	25:49	1:21:11	23 SMITH, GWEN	39	11:08	51:17	31:52	1:34:17				
						24 HACK, JENNIFER	39	10:30	48:34	35:20	1:34:25				
						25 CHAMBLISS, ANGELA	35	11:32	48:55	34:06	1:34:33				
						26 JOHNSON, TONYA	35	13:18	46:08	35:07	1:34:34				

(Continued on page 8)

OMT (Ordinary Mortals Triathlon) Results

(Continued from page 7)

						Male 19 & Under	Age	Swim	Bike	Run	Tot
27 SHARRAR, LAURIA	35	11:55	54:41	31:01	1:37:38	1 FALCONE, JEFF	19	9:23	39:16	26:25	1:15:04
28 DOWDY, CARRIE	38	14:53	53:56	31:02	1:39:51	2 SILVER, PAUL	18	10:06	43:53	27:08	1:21:07
29 FULLER, SHANNON	38	17:36	55:14	33:18	1:46:08	3 BROOKS, ANDREW	19	12:16	43:05	27:18	1:22:39
30 PETERS, BECKY	35	13:47	57:21	38:43	1:49:52	4 DRISCOLL, GABRIEL	17	9:19	46:07	37:31	1:32:58
31 PARDO, ROSALIE	39	16:03	1:00	36:32	1:52:54	5 ROUKEMA, THOMAS	18	14:21	49:49	31:19	1:35:28
32 JOYCE, JACKIE	39	17:08	59:53	36:10	1:53:12	Male 20 to 24					
33 TOURTILLOT, SIMONE	37	16:21	1:05	33:57	1:55:54	1 VALENTI, CHRIS	23	6:48	32:19	17:30	56:38
34 CROSS, SANDI	37	10:35	1:07	42:02	2:00:33	2 IGNATZ, RYAN	23	7:52	32:18	18:38	58:48
35 HOFFMAN, MARICLARE	35	14:34	1:08	39:14	2:01:57	3 NIEMUTH, JOE	24	7:50	33:01	19:23	1:00:15
Female 40 to 44						4 FEENEY, ANDREW	24	6:57	32:42	20:46	1:00:26
1 HARPER, HOLLI	42	7:36	34:49	23:07	1:05:32	5 OTTERSBERG, BLAKE	20	7:14	33:21	20:31	1:01:06
2 RYAN, MONICA	41	9:04	35:13	22:25	1:06:42	6 MASTERSON, BROOKS	21	6:05	37:31	21:45	1:05:21
3 CHILDERS, ALICE	42	8:10	38:38	25:10	1:11:58	7 CARROLL, WARREN	22	9:13	35:05	21:35	1:05:53
4 WRIGHT, DIANE	40	8:19	43:13	23:01	1:14:33	8 SCHUMACHER, PHILLIP	21	8:27	38:26	19:20	1:06:13
5 EGGERT, KIM	40	9:43	41:28	23:59	1:15:11	9 ROMERO, TED	21	6:56	35:58	23:52	1:06:47
6 SIEDERS, LISA	41	10:46	45:14	22:48	1:18:49	10 ROMERO, GIOVANNY	22	9:26	42:45	24:44	1:16:55
7 DAVIDSON, SUSAN	41	10:01	41:00	28:08	1:19:09	Male 25 to 29					
8 NICKEL, EILEEN	42	11:42	41:19	27:49	1:20:50	1 RODRIQUEZ, JORGE	28	9:44	32:29	19:51	1:02:04
9 KELLY, KERRI	40	15:10	42:07	26:35	1:23:52	2 HILL, CODY M.	29	8:47	34:47	18:51	1:02:25
10 LUNDBERG, KAREN	41	11:45	44:10	29:06	1:25:00	3 McDONALD, JASON	25	8:13	34:23	21:37	1:04:14
11 MCKELVEY, CHRIS	43	9:06	42:52	34:46	1:26:44	4 HOLT, TEDDY	29	8:30	34:26	21:45	1:04:41
12 MCCLURE, HEIDI M.	40	9:57	45:56	35:52	1:31:46	5 DAVILA, JAIME R.	27	9:42	34:58	23:28	1:08:08
13 ACRYGIG, CHARLOTTE	44	16:16	52:18	24:08	1:32:42	6 HOUGHTON, KEVIN	28	8:21	35:31	25:43	1:09:35
14 BRAA, GIGI	40	9:55	49:51	33:59	1:33:45	7 ROCCO, MARK	25	10:20	38:39	22:19	1:11:18
15 DRISCOLL, KAREN	41	11:05	49:23	34:53	1:35:21	8 WALTERS, SETH	29	10:12	43:13	23:33	1:16:58
16 GRICIUS, VICKI L.	44	15:24	50:36	30:06	1:36:06	9 SCHUBACH, AARON	29	9:30	43:25	24:20	1:17:15
17 FIEMAN, NAOMI	41	14:17	54:15	29:60	1:38:32	10 DRAPER, ROBERT	29	8:43	40:45	29:42	1:19:10
18 DIPADOVA, REGINA	42	11:58	0:00	0:00	1:40:27	11 SPRING, DAREK	25	9:53	42:32	28:17	1:20:41
19 VORCE, KATY	40	13:47	54:20	32:42	1:40:49	12 FRANKLIN, MATTHEW	29	10:36	44:12	26:32	1:21:20
20 LUTHY, SUSAN	41	11:32	55:45	33:37	1:40:54	13 ANDERSON, NATHAN	26	10:19	44:03	27:09	1:21:31
21 ROPER, JILL	43	10:21	57:21	40:05	1:47:47	14 HARMON, HEATH	29	11:15	43:05	27:33	1:21:52
Female 45 to 49						15 LONG, CHRIS	29	13:43	42:50	25:31	1:22:05
1 GRIFFIN-KAKLIKIAN, SUSAN	47	7:59	35:26	21:05	1:04:31	16 TUAZON, JOSEPH	27	9:14	42:20	32:40	1:24:14
2 KERN, NANCY	49	11:46	41:21	28:07	1:21:15	17 CARBOL, BRYAN	26	11:26	44:23	30:26	1:26:15
3 CASNER, LINDA	49	9:37	45:16	27:03	1:21:56	18 COTE, SCOTT	27	11:34	47:49	27:42	1:27:05
4 CLEMENT, KAREN	46	11:22	46:24	29:41	1:27:27	19 SEMRAD, SCOTT	27	12:17	46:34	29:04	1:27:55
5 MARTINEZ, MARIJANE	49	14:33	47:40	26:19	1:28:32	20 BELICH, JESS	26	13:09	50:31	39:39	1:43:19
6 SNYDER, LISA	45	10:42	50:40	28:48	1:30:09	Male 30 to 34					
7 KRAMER, MARTHA	47	14:30	48:03	30:58	1:33:31	1 PETERSON, ERIC	30	6:03	32:28	19:54	58:25
8 STEVENS, JANET	45	11:51	53:28	28:19	1:33:38	2 FRYDENLUND, JEFFREY	30	6:59	33:23	19:13	59:35
9 POTTOFF, LYDIA	46	13:37	49:60	30:04	1:33:41	3 BURTON, CHRISTIAN	32	7:09	33:01	19:35	59:46
10 PETERSON, ROBIN	45	10:27	53:30	31:30	1:35:27	4 HACKBARTH, PHIL	33	7:29	34:34	20:20	1:02:23
11 CAPERTON, DEBBIE	49	12:54	47:31	35:57	1:36:22	5 GEISER, GARY A.	30	10:01	32:34	22:11	1:04:46
12 ANDREWS, SHELLY L.	46	16:56	57:21	29:19	1:43:36	6 HACKLER, ANDREW	34	10:53	36:39	20:06	1:07:37
13 MOORE-IWATA, JUDY	49	15:56	52:47	35:24	1:44:07	7 OLIVER, EDWARD	33	9:23	33:48	25:10	1:08:21
14 WEICHERS, KARILYN	45	16:54	55:45	39:33	1:52:11	8 CONDIT, TIM	32	9:47	37:28	24:02	1:11:17
15 SHAPIRO, MARA	48	15:25	1:01	40:31	1:57:05	9 MONTESI, DAVID	31	10:15	40:06	21:08	1:11:29
Female 50 to 54						10 KISER, NATHANIEL	32	9:16	39:42	23:20	1:12:18
1 ROYCE, GAIL	50	14:38	48:05	30:26	1:33:09	11 ORLINSKI, DAN	31	8:26	38:24	26:47	1:13:36
2 BUCKLEY, LUCY	50	12:51	50:17	31:05	1:34:13	12 MCKIBBON, JOHN JR.	33	8:48	38:48	27:17	1:14:54
3 BROZ, SUSAN	51	10:52	48:11	37:10	1:36:14	13 LEDESMA, TY	32	10:08	40:43	25:02	1:15:53
4 MALLOY, BARBARA	53	13:14	53:04	32:20	1:38:37	14 SPANGLER, JOHN	30	11:42	39:31	25:57	1:17:10
5 BELTZ, MARY	53	15:32	50:35	36:45	1:42:52	15 PARTSCH, JOE	32	10:48	40:06	26:24	1:17:19
6 NOBLE, ANN	54	12:19	57:57	42:13	1:52:28	16 GRAY, BILL	33	10:44	42:26	26:13	1:19:22
7 STEVENSON, DIANE M.	50	16:23	1:00	44:40	2:01:11	17 DOHNER, PETE	31	8:23	44:57	26:24	1:19:43
Female 55 to 59						18 BRISTOL, BRIAN	30	12:13	39:44	27:51	1:19:49
1 RUSSELL, JUDITH	55	10:10	47:01	29:04	1:26:15	19 GUYTON, TIMOTHY	32	10:04	43:19	27:02	1:20:25
2 FADY, KAREN	59	11:25	45:22	31:02	1:27:48	20 PARKER, JEREMY	30	12:47	40:03	27:42	1:20:31
3 KOWALSKI, KARREN	58	21:20	1:07	49:15	2:18:07	21 MAHER, MATT	33	9:41	40:40	30:26	1:20:47
Female 60 to 64						22 GRUBBS, JOHN	31	12:02	44:54	24:35	1:21:31
1 OLINER, FERN	61	17:15	1:03	31:07	1:51:44	23 MULLANE, MICHAEL	30	10:19	42:01	29:32	1:21:52
2 FAABORG, BARBARA	64	16:12	56:00	42:55	1:55:08	24 RUSSELL, CHRIS	32	10:06	43:54	28:35	1:22:35
3 FRANKLIN, BEVERLY J.	60	9:32	0:00	0:00	1:59:39	25 MATTOX, DAX	31	12:17	45:31	26:44	1:24:32
4 WICKARD, ANNABELLE	63	17:57	1:13	48:33	2:20:13	26 WRIGHT, PATRICK	34	14:11	45:26	27:17	1:26:53
5 PERKINS, CATHY	63	24:59	1:09	55:01	2:29:36	27 KELLY, STEPHEN	31	11:42	48:42	26:34	1:26:59
						28 ALLEY, BRANT	32	14:41	47:07	26:58	1:28:45
						29 BENIOT, PAUL	31	11:42	47:11	30:49	1:29:41
						30 TARR, RANDALL	30	12:19	47:21	31:42	1:31:22
						31 O'HEARN, WILLIAM T.	34	11:01	53:24	29:46	1:34:10
						32 PEEK, MIKE	30	20:39	58:49	34:48	1:54:16

(Continued on page 9)

OMT / A Caring Pregnancy Ctr 5K Results

(Continued from page 8)

										4	ALLEN, WILLIAM	54	10:33	37:02	23:11	1:10:46			
										5	LADEWIG, ROB	53	10:17	38:38	22:15	1:11:09			
										6	MYERS, ROGER	53	9:08	39:07	25:28	1:13:44			
										7	BAILEY, KENT	51	10:41	44:26	25:05	1:20:11			
										8	TOWNSEND, CECIL	54	8:26	43:36	28:12	1:20:13			
										9	STOMMEL, JOE	52	12:51	46:60	22:29	1:22:20			
										10	FRANCHI, GARY	53	8:47	48:11	26:08	1:23:06			
										11	ALLEN, RANDY	53	11:52	41:48	30:33	1:24:13			
										12	STAUSS, JIM	52	12:09	46:39	25:57	1:24:45			
										13	GRAY, ROB	51	11:40	50:11	24:13	1:26:05			
										14	CLARK, STEVEN A.	50	13:11	45:25	29:55	1:28:31			
										15	SHEEHY, PATRICK	51	12:09	48:52	28:13	1:29:13			
										16	NELSON, TOM	50	10:31	45:32	35:08	1:31:10			
										17	SCOLES, MICHAEL	54	13:31	52:07	32:39	1:38:18			
										18	OTTERSBERG, MARTIN	50	10:43	52:35	39:28	1:42:46			
										Male 55 to 59									
										1	MORRISON, ANGUS	59	10:04	39:45	24:25	1:14:15			
										2	SPRING, ALLAN	57	10:06	40:08	29:15	1:19:28			
										3	WICK, BARRY	55	9:39	41:18	29:12	1:20:08			
										4	MOORE, MICKEY	56	10:00	44:33	26:42	1:21:16			
										5	PHILLIPS, CRAIG	58	12:52	42:36	30:15	1:25:43			
										6	ALMON, JOHN	58	13:06	42:14	30:24	1:25:43			
										7	ORLINSKI, BOB	58	11:50	51:38	28:55	1:32:23			
										8	KNOSHAUG, RONALD N.	58	19:11	45:32	28:45	1:33:28			
										Male 60 to 64									
										1	CHAPIN, JOHNNY	61	10:28	40:12	24:34	1:15:14			
										2	WHITFORD, DON	64	12:13	44:15	25:20	1:21:48			
										3	YOST, BOB	60	12:48	58:43	35:39	1:47:10			
										Male 65 to 69									
										1	STURTEVANT, JOHN	68	13:06	45:09	28:47	1:27:02			
										Male 70 and Older									
										1	PULS, GERALD	76	22:08	54:14	38:49	1:55:11			
										Male 35 to 39									
1	MARTINEZ, STEVE	35	9:34	35:01	21:53	1:06:28													
2	HOPP, DAVID	39	10:37	37:19	21:28	1:09:25													
3	MCCRAY, JOHN	35	9:43	36:55	23:09	1:09:47													
4	LEE, RANDALL	38	10:37	36:10	23:33	1:10:20													
5	SMOKER, DANIEL	37	8:55	39:26	24:10	1:12:30													
6	BERGMANN, JON	38	7:16	39:55	26:20	1:13:31													
7	MENZER, TOM	35	14:24	38:59	21:41	1:15:04													
8	PARKER, DOUG	36	8:53	39:25	27:20	1:15:38													
9	FLORMAN, CHRISTOPHER	35	9:32	40:28	25:49	1:15:49													
10	SEARCY, PAUL	35	13:33	38:28	24:13	1:16:14													
11	FOWLER, ANDREW	37	8:41	41:38	26:32	1:16:51													
12	BAILES, ALEX	36	8:51	41:58	26:25	1:17:15													
13	NICKLESS, STEVE	39	10:53	42:57	24:52	1:18:43													
14	RETTGER, MATTHEW	35	9:17	43:15	26:48	1:19:20													
15	LOVELESS, BRYN	35	12:11	40:54	26:24	1:19:29													
16	BAINBRIDGE, RICHARD	39	12:56	45:24	21:45	1:20:05													
17	GACH, DENNIS	35	13:04	42:51	25:02	1:20:57													
18	LAMBERSON, RON	37	13:39	42:43	26:22	1:22:44													
19	DAVENPORT, TROY D.	37	11:17	47:48	28:07	1:27:12													
20	EDWARDS, JASON	36	11:10	43:55	34:52	1:29:57													
21	JOHNSON, BRIAN	39	10:15	52:48	36:31	1:39:33													
22	MAYER, RICHARD	35	10:54	55:10	36:54	1:42:59													
23	KISER, MARTIN	35	14:60	1:02:3	36:38	1:54:12													
										Male 40 to 44									
1	HERDELIN-DOHERTY, BARON	42	8:12	33:04	19:51	1:01:07													
2	SIGLEY, GUY	44	8:48	32:06	23:44	1:04:38													
3	BREEDLOVE, LUKE	40	8:22	34:33	22:49	1:05:43													
4	MITCHELL, STEPHEN	41	10:16	34:54	21:07	1:06:17													
5	SHERWOOD, JEFF	40	10:49	35:17	21:25	1:07:31													
6	HAEFNER, JEREMY	44	8:37	37:29	22:10	1:08:16													
7	KRETZMANN, DOUGLAS	41	8:18	38:01	22:03	1:08:21													
8	OLIVER, BOB	44	7:13	38:03	24:19	1:09:35													
9	LOEFFLER, HOLT	40	9:03	39:45	22:03	1:10:50													
10	BRIGHAM, STEPHEN J.	43	10:46	39:24	23:04	1:13:14													
11	TOOLE, MIKE	41	7:09	39:52	26:48	1:13:49													
12	SHUMWAY, STEPHEN	42	10:09	37:57	28:00	1:16:07													
13	KHOSLA, ROCKY	43	9:41	42:51	23:44	1:16:17													
14	GRAVES, RONALD	40	11:35	41:42	24:25	1:17:42													
15	ARCHULETA, MIKE	43	12:23	40:34	27:46	1:20:44													
16	HACK, MICHAEL	43	8:11	43:46	29:09	1:21:06													
17	DELLA GUARDIA, PAUL	44	11:33	42:19	27:20	1:21:12													
18	HILL, SHAWN	40	12:48	43:45	26:44	1:23:17													
19	KUNAU, TROY	40	12:42	46:07	29:06	1:27:55													
20	HICKOK, ED	41	12:58	46:27	29:24	1:28:49													
21	JUNGE, ROBERT	43	13:45	46:41	29:18	1:29:43													
22	LANE, BOB	41	13:07	52:16	26:14	1:31:38													
23	VLCEK, GEORGE	42	11:27	50:60	30:19	1:32:46													
24	FLEET, BRUCE	41	11:50	47:47	33:57	1:33:33													
25	DRISCOLL, DAN	44	13:10	45:43	35:13	1:34:07													
26	HILL, TOD	41	16:03	50:23	32:34	1:39:01													
										Male 45 to 49									
1	NOLEEN, WOODY	46	7:36	35:04	20:42	1:03:23													
2	BETHKE, THOMAS	49	10:03	37:18	26:10	1:13:31													
3	AGUILAR, FERNANDO	47	12:07	40:12	25:43	1:18:02													
4	ROUKEMA, JAMES E.	49	9:31	40:02	28:38	1:18:11													
5	BYERS, DON	46	9:15	39:12	29:48	1:18:15													
6	KAZMIERSKI, STEFAN	46	12:24	43:12	23:35	1:19:11													
7	LEYVA, NICK	48	12:47	42:36	23:60	1:19:23													
8	STRASBURGER, TOM	45	12:44	44:33	25:24	1:22:41													
9	DALTON, TIMOTHY	47	9:27	43:38	30:50	1:23:55													
10	ENGLISH, JIM	48	13:20	43:26	27:52	1:24:38													
11	SARGENT, NEAL	49	11:19	49:35	25:53	1:26:47													
12	AZLEIN, SAM	49	15:14	50:22	33:26	1:39:02													
13	BOOMER, PAUL	45	9:24	54:14	42:28	1:46:06													
										Male 50 to 54									
1	ORENDORFF, MICHAEL	50	8:45	33:33	20:45	1:03:03													
2	MOORE, FRANK	53	8:30	34:02	20:36	1:03:07													
3	COOMBS, DENNIS	50	8:60	36:18	21:10	1:06:28													

Results for A Caring Pregnancy Center 5K

1	Jim Kasic	M	35	18:11
2	George Greco	M	54	20:35
3	Mike Berry	M	35	21:59
4	Rocky Khosla	M	43	22:33
5	Bob Gassen	M	55	22:46
6	Bonni Gearhart	F	42	22:51
7	Patrick Cordova	M	34	23:34
8	Kim Kasic	F	36	24:19
9	Sara Sheehan	F	14	24:42
10	Mike Archuleta	M	41	25:22
11	Terri Tibbs	F	38	25:47
12	Kathryn Treit	F	20	26:14
13	Mike Schloss	M	20	26:14
14	Abby Cordova	F	29	27:28
15	Dan Comden	M	48	28:31
16	Gregg Graham	M	23	28:31
17	Rogen Graham	M	27	28:31
18	Max Berry	M	7	29:07
19	Cori Gregory	F	53	32:57
20	Dennis Coyle	M	41	34:02
21	Gerald Puls	M	76	37:31
22	Kristyn Truan	F	41	40:47
23	John Stiehl	M	54	40:47

Race Director: Pete Godinez,
 Volunteers: Diana Reno, Jeff Arnold,
 Tiffany Reno, Chief Reno, Ken Raich,
 Ron Dehn

This Month's Contest



The photo to the left is SCR's very own vice president, Diana Reno.

This month's contest involves putting a caption to the photo. Please send entries to dehn@uscolo.edu

Winning entries will be judged by an impartial panel of national celebrities who have asked to remain anonymous.

All entries will be screened, however, this is a family newsletter, so only "suitable" entries will be printed next month. Tiffany, Kyle, and Chief (Diana's kids and hubby) ARE eligible to enter the "contest".

(Continued from page 3)

give it a good whack?

* When a TV promo says "Lotto drawing – seen in its entirety after the game," what do you really want to see besides the winning numbers?

* What did the world do before ibuprofen?

* Is anyone really inspired to travel to a city that's featured in a running magazine?

* Wouldn't it be cool if TV networks hired lip readers to provide reports on what coaches and players are saying during games?

Until next month, remember: It's all in your head.

Other Notes from the G-Man

Bike to Work Day slated in Colorado

I guess there's a reason why Colorado has so many biking events during June. It's because June is Bike Month in our state.

And Colorado celebrates this designation with a month that is full of events and rides. Hence, the Elephant Ride was held June 2 in Castle Rock, the Tour de Cure took place in Loveland on June 8, the Ride the Rockies runs from June 16-22, and the Fat Tire Classic is scheduled

for June 29-30 in Winter Park.

All kinds of great stuff!

What's more, Wednesday, June 26, has been designated Bike to Work Day by the Bicycle Colorado organization, and you are encouraged to participate by riding your bike to work and, hopefully, following that by showering somewhere before settling into your workstation around work cohorts. In fact, make sure you shower before work even if you DON'T ride your bike to work.

The purpose of Bike to Work Day is to encourage people to enjoy the benefits of bicycling as a means of transportation.

From Gary's June 11 column in the Pueblo Chieftain...

History will be made next month when the first known off-road Ironman distance event—the Off-Road Endurance Challenge—will take place July 20-21 in Rifle. The bike and run legs will be on trails, taking the term "challenge" to a whole new dimension. (The Ironman distances are: 2.4-mile swim, 112-mile bike, and 26.2-mile run.) SCR's own Michael Orendorff is one of 200 registrants.

The next SCR meeting will be held at 7pm Tuesday, July 9 at the Pueblo YMCA. All SCR members are welcome!!!

Pueblo (& close by) Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Jun 29	Little Run on the Prairie (a)	5K/2K 8:00 am	Lovell Park, Pueblo West Ron Dehn - (719)547-9273
Jul 6	Women's Distance Festival (c)	5K Walk/Run 8:00 am	City Park, Pueblo Marijane Martinez - (719)564-6043
Jul 13	Pioneer Run (a)	5K 7:00 am	Hollydot Golf Course, Colorado City Shaun Gogarty - (719)676-3353
Jul 27	Moonlight Madness Prediction Run (c)	5M 8:30 pm	3685 Verde Rd (take exit 87 off I25), south of Pueblo Diane Reno - (719)561-3343
Aug 3	Beulah Challenge (a)	10K/5K walk 8:00 am	Beulah School Karin - (719)485-3820
Aug 18	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Aug 31	Nirvana Prediction Prediction Run (c)	4M 7:00 pm	The Franchi House Gary Franchi—(719) 676-4100
Sep 21	Corporate Cup (a) (corporate teams only)	5K 8:00 am	USC Library, Pueblo Ben Valdez - (719)543-5151
Oct 26	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 23	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514
Dec 8	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo David Diaz - (719)564-9303
Dec 15	Marijane & Nick's Prediction Run (c)	8M 9:00 am	117 Regency, Pueblo Marijane Martinez - (719)564-6043

(c) indicates SCR Club event, (a) indicates SCR Club assisted event

*Mark your calendars. However, keep in mind that some of this could change.

The 2002 Beulah Challenge

The 7th Annual Beulah Challenge will take place on August 3, 2002, at 8 a.m. This is a 10K Run and 5K Walk and has been professionally marked by SCR. The course takes you through the beautiful mountains of Beulah, Colorado, starting and finishing at the Beulah School. The purpose of this race, is first of all to give runners a chance for something out of the ordinary street race, but it also raises funds for non-profit organizations in the Beulah Community. There are two water stops on the course for runners, and one for walkers, with restrooms and water at the start/finish. The age divisions are 19/under; 20-29; 30-39; 40-49; 50-59; 60+ and prizes are awarded in 1st, 2nd, and 3rd places for both male and female in both the walk and run. Overall prizes are also awarded, and these prizes are usually a nice piece of artwork or craft, ranging in the \$25 range. The prizes are sponsored by Capitol Success (Gil Romero) and the race is sponsored by the Beulah Valley Arts Council. All participants receive a designed T-shirt and there are refreshments at the finish. Following the race, is the Annual Beulah Valley Arts Show with a free shuttle from the race. This race had over 200 participants last year and is becoming quite well known as one of the finest races around these parts. Serious runners from around the country have entered, as well as local participants. Kids and dogs (on leashes) are welcome. For any more information, please call Karin at 485-3820 or 12kyte@fone.net

Race Directors The "Footprints staff" is happy to publicize your race. Please send promotional information to dehn@uscolo.edu preferably two months prior to the event. If you wish to have fliers inserted in the newsletter, please contact me or one of the SCR officers. We generally stuff newsletters the 2nd or 3rd Wednesday of each month, but this does vary. After the race, if you provide results to Ken Raich, he will post them to the web and I will download results for newsletter publication. I will gladly accept a write-up from Race Directors about your event. Photos are great also. Thanks Much!!! -Ed.

**Summer
Roundup 12K**
July 7

**Pikes Peak Ascent
And Marathon**
August 17 – 18

Run for the Summit
The Fifth Run for the Summit will be held on July 4th at 7 a.m. at Lovell Park in Pueblo West. The 5K race will feature prizes for 1st and 2nd place finishers in all divisions, and each participant will receive a race t-shirt. Entry fee is \$15 if received before June 28, or \$20 thereafter. Proceeds from the race will benefit Summit Christian School. Race day registration will begin at 6:30. For more information, contact Summit at 547-4125.

The Nirvana Predict
The Nirvana Run is a 4-mile predicted walk/run that is based at the home of Gary and Cathy Franchi at 5017 Vigil Drive, which overlooks Lake Beckwith in Colorado City. Directions will be provided next month. It does indeed include a potluck dinner, and the whole show will start at 7 pm on August 31. For Colorado City, it's a pretty flat course. Those attending are asked to spend some time schmoozing during and after dinner, under the stars at 6,000 feet.



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.

Upcoming Events

Little Run on the Prairie

The 2nd annual Little Run on the Prairie will take place at 8 am at Lovell Park in Pueblo West on June 29th. This is a 5K run and 2K walk. Prizes will be awarded for the top 3 places in all age brackets for both the run and the walk. Race directors Chris and Ron Dehn have been busy making clay medallions for the awards. Breakfast burritos will be available for purchase and door prizes will also be given. The t-shirt design is "way cool". See www.saintpaulapostle.org/festival.htm for an entry form and directions.

The WDF

Attention all SCR females!!! The RRCA Women's Distance Festival annual 5k walk/run will be held on Saturday, July 6, 2002. This event is unique in that it is for **women**

only (this means Kyle Reno can not participate!). The event will begin with the walk at 7:15 a.m. and the run at 7:30 a.m. at the City Park Pavilion. The reason for the early start is to attempt to beat the heat. This is an excellent event for first time walkers or runners as well as a fast course for the more competitive females. Kathy Arwood will once again be designing awards for the event and there will be prize drawings following the event as well. Another plus to this event is that the finish line and results will be handled by the SCR "Guys". In addition to being included in this newsletter, entry forms will be available at the Gold Dust Saloon, the YMCA and the Great Divide. For more information contact Marijane Martinez at 564-6043.

The Pioneer Run

The Pioneer 5K (July 13) is the best 5K course in Southern Colo-

rado!! It isn't on pavement or streets, just a beautiful golf course. It isn't for wimps however, because it the loop course does involve a few hills. The higher elevation can also be challenging, but it makes things a little cooler. After the race across the Holydot Golf Course you can stay around for Greenhorn Valley Days and a Pancake Breakfast put on by the Lion's Club or you can continue on up the road to enjoy a beautiful day around San Isabel. Whatever you choose, to do the race will be a great start to a great day in the Greenhorn Valley.

The Final Thought

Seven blunders of the world that lead to violence: wealth without work, pleasure without conscience, knowledge without character, commerce without morality, science without humanity, worship without sacrifice, politics without principle.
-Mahatma Gandhi (1869-1948)