



Editor: Ron Dehn

FOOTPRINTS



Where else could you get this kind of journalism?

June Bugs, June Weddings, June Cleaver, and the Summer Solstice

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For racing schedules, results, contact info, etc—see the SCR website: www.socorunners.org

The next SCR meeting will be held at 7 pm Tuesday, July 1 at the Pueblo YMCA. All SCR members are welcome



239 ladies crossed the finish line at the 2003 OMT. For results, see pages 8 through 11.

Sandy Reinsch of Pueblo (above) finishes the run leg of the Women's Ordinary Mortals Triathlon on May 17th. To the right - Marion Higgins of Colorado Springs just before the finish line.



SCR / RRCA Notes

Correction

Please pull out your May, 2003 issue of Footprints from your 3 ring binder and turn to page 2. In the box in the right-hand column – change “Footprints” Issue No. 255 to 256. Our staff member in charge of counting the issues miscounted. The staff member is now on probation.

SCR Meeting Minutes - June 3, 2003

The Ordinary Mortals, Custer Run in the Valley, and Run for Rio all went well.

A guest from Pueblo Bank & Trust joined us and is working with downtown merchants and approached SCR on the possibility of having a run in conjunction with the Parade of Lights in November. Nick Leyva will follow up and find out more information.

Ron is working with newsletter contributors in setting up a schedule for submissions of articles to help the printer plan our newsletter printing. For June and July, all submissions are due to Ron by the 1st Tues of the month.

Hilbert Navarro presented the club a check with our share of the proceeds from the RFTR / Cinco Run. They are planning on 2004.

Marijane is looking for a replacement Race Director for the 2004 Women’s Distance Festival. Contact MJ if you are interested.

The SCR picnic is coming!!! Gary Franchi will look into the availability of a place along with the date. More news later.

With nothing else to decide - the participants went in search of higher and more noble challenges.

RRCA ANNOUNCES APPOINTMENT OF INTERIM EXECUTIVE DIRECTOR

(Announcement from the National RRCA Office). The Road Runners Club of America (RRCA) has appointed Ed Demoney of Arlington, Virginia, as its interim Executive Director (ED), replacing David Dobrzynski. The change took effect on Monday, May 19. Dobrzynski had served as the or-

ganization's ED since October 2001. Demoney will remain in the position until such time as a new ED is permanently appointed.

Mr. Demoney is currently serving in a volunteer capacity as Executive Director of Food for Others, Inc., Fairfax, VA, a nonprofit providing emergency food services throughout Northern Virginia. He was President and CEO of Food for Others from its organization in 1995 to 2000. Prior to managing Food for Others, Mr. Demoney enjoyed a 32-year

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Southern Colorado Runners
www.socorunners.org

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. 257

“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-Dvorsky	549-2236
Vice President	Diana Reno	676-7343
Secretary	Gary Franchi	676-4100
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

Membership Chair	Ken Raich	564-0847
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Steve Bosley*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Marv Bradley, Jeff Arnold, Jill Montera, Ben Valdez,
Marijane Martinez

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.

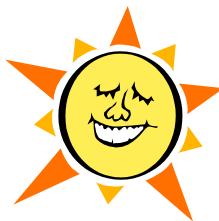
* In 1979, Steve Bosley, President of The Bank of Boulder, at the suggestion of Olympic Gold Medallist Frank Shorter, decided to host a road race in Boulder, CO. Over 2,700 runners registered. Hence - The first Bolder Boulder.



SCR is now associated with AARC, American Association of Running Clubs. See: www.huntsvilletrackclub.org/AARC/AARC.htm

Roll out those lazy, hazy, crazy days of summer

At The Gold Dust 217 South Union





Great (& so-so) Stuff

By Gary Franchi



This tri-ing lifestyle

Thought for today's lunch, compliments of Joseph Brodsky: "A substantial part of what lies ahead of you is going to be claimed by boredom." (Author's Note: And it starts here, baby!)

Musings on running, fitness, life, etc.:

The few. The proud. The crazy.

These are triathletes. And make no mistake, they are crazy.

That's probably why, especially around these parts, there are perhaps not more than a handful of serious triathletes who stick with it. Some give it a shot for a while, then slide away to a saner existence. I have to give them credit -- they have pretty good deductive reasoning ability.

Duathletes are much more abundant, and to a certain extent you can tie this to the fact that the swim leg is the "great divider." You see, swimming, especially when you are getting kicked in the face in "open water," is not usually on the list of life's comforting pleasures to many. Also, few have a 25-yard pool in their backyard for training purposes either. Besides, when you're hustling just to get in bike and run workouts regularly, what part of life gets cut out so you can fit in swimming?

Well, if the person is a triathlete, let me give you a hint:

Wife: "Dear, are you going to mow tomorrow morning so we can water the lawn?"

Husband: "Since it's Saturday, first I have to get in that long run, then I have to take my bike in for some adjustments while I get in a short swim at the club. Let's see, I'll probably need a little nap after that. But I can mow in the evening."

Wife: "Well, Monday is our next watering day so maybe we can water then."

Get the picture?

Anyway, I was certainly cheered when I called Ben Valdez at the YMCA prior to the Ordinary Mortals Triathlon and learned that there were nine women registered from Pueblo or Pueblo West. A similar number of males from this area did the OM. Many of the names I didn't recognize.

It's always nice to have some new crazies come aboard. But I'm wondering how many of them did it as a one-shot deal and how many will stay with it and make it their way of life, which is what triathloning is all about, you know. It isn't a hobby that you dabble in from time to time when you have a few minutes to kill. This is a commitment you make to a way of life.

When I sit back and think of the world of triathlon, I have images – images of the life that it is and that I've formed through the last 15 years of craziness. Here are just a few of those images:

A trunk full of different workout bags and equipment so you'll be ready for any workout, anytime.

Workouts before work, at lunch, before evening meetings or sometimes whenever you can find 20 or 30 minutes to

hit the weights.

Brick workouts.

Exorbitant race entry fees.

Cursing the wind on scheduled cycling days.

Cursing the "aliens" who have ability you can only dream about.

Becoming a "workout junkie."

Going off course in an open-water swim.

Trying to remove a wetsuit in transition.

Elastic shoe laces.

Unlimited-budget bikes that somebody else can afford.

Two-a-days.

Gel packets on your bike.

Packed-tight bicycle racks in the transition area.

Scrubbing off body number markings.

Three-a-days.

Seaweed in an open-water swim; chlorine in the pool.

Ladies who are tanned and in great shape.

A nap in the middle of a two-a-day or in the middle of a no-a-day.

Circle swimming; "snake" swimming.

Etc., etc.

The longer you are in the game, the greater are the number of images. The greater the number of images, the greater the appreciation for the sport.

Yeah, it's crazy and you probably have to be a few bricks to the left to adopt such a lifestyle. But it also means a person is active, a doer and a participant rather than a viewing bystander who spends life observing.

Sure, they may be a little crazy, but triathletes are alive, living life to the max, always challenging themselves. They're also undoubtedly in pretty decent shape with all-around endurance far surpassing what's acceptable in the rest of society.

This is one trying experience you may find worth "tri-ing."

Ten things I was just wondering:

1. With the Maple House being taken over by another restaurant, don't you hope that they'll replace the ugliest outdoor sign in Pueblo?

2. Why can't smokers understand the fact that second-hand smoke is unhealthy?

3. Why don't they have a "neurotic formula" cat food?

4. Are the pro cyclists complaining about the new hard helmet requirement related to smokers who don't believe second-hand smoke is unhealthy?

5. Don't you just wonder how some of those runners had the gall to obviously lie about the seeding time they submitted to get their Bolder Boulder wave?

6. When you're in your wave and waiting in tight quarters for the start of the Bolder Boulder, don't you just wish some of those people had taken showers beforehand?

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SCR Birthdays

June

- 24 Kevin O'Hara
Rick Ruggles
Laurice Lopez-Cepero
- 26 Joe Dvorsky
- 27 Emily Gogarty
Tracy Gunn
- 30 Brendan Dorsey-Spitz
Todd Hund
Barry Loseke

July

- 1 Marijane Martinez
Carl Lewis*
- 2 Maxi Sandoval
Chris Hruby
Paul Willumstad
Don Pfost
Halfway Point Day
- 3 Sandy Reinsch
Bernie Braddy
Dave Barry*
- 4 Independence Day
- 7 Jill Montera
Suzanne Hough
Joe Sakic*
- 8 Gloria Gogarty
Roone Arledge*
- 9 Frank Jaquez
Tom Hanks*
- 11 Aaron Ure
Mark Dembrosky
Yul Brynner*
- 13 Jack Janney
Harrison Ford*
- 14 Paula Loseke
Bastille Day
- 17 Regis Marquez
James Cagney*
- 18 Byron Beard
Red Skelton*
- 20 Bill Veges Jr
Sir Edmund Hillary*
- 22 Marian Heesaker
Don Henley*
- 27 Hector Leyba
Parent's Day
- 28 Richard Hogan
Bill Bradley*
- 31 David Clapp
J.K. Rowling*

*honorary SCR member



Trail Notes

by Shaun Gogarty



SVU Graduation & the Appalachian Trail - Part 3

PART THREE – Reality (Parts ONE and TWO were in the May issue of *Footprints*.)

The day dawned beautifully. Of course I didn't see it because I was still in bed thinking it was 6 am when really it was already 8 am. Jet lag was already killing me and it was cold and windy outside. My list of excuses was growing even before I started running. Somehow I got from the bed to the car. My wife drove me a few miles to the AT where she smiled, took a few pictures, walked a few feet with me, made sure she had a copy of the insurance policy and then said good bye. She would enjoy a leisurely breakfast in Front Royal while I climbed 14 miles and about 2500 feet of elevation gain up to rendezvous point one Gravel Springs Gap.

The first part of a long run is always easy. You feel good, your spirits are high, you're well hydrated, stomach is full, you're seeing new places and then you hit mile two. Reality strikes pretty quick on most of my runs. This might have been especially true on the Shenandoah 50 because I hadn't really run in about 6 weeks while trying to nurse a bad ankle. My cross dressing helped me look good, but I'm not sure how much the cross training helped. Good looking, but poorly trained, a lot of miles and hours (minus the two stinking hours for east coast time) stretched before me. However, the area was beautiful, my ankle wasn't hurting and aid station one was now only 12 miles away.

When you run most organized marathons you start taking for granted the aid stations. In fact they usually have so many you can even skip a few. When you set up your own 50 mile run "aid stations" (i.e. food & water in the car trunk) are 10 - 15 miles apart. Not only do you really look forward to them, you really can't go on without them. You start counting down the miles – just three more hills and two miles. You check the map again and again. Pretty soon you know it should be coming into site. Finally you can see the general location and you anticipate the food, water and reception. You run the last few hundred feet with renewed vigor and excitement, sprinting into the parking lot.....only to find it empty!

Finding no one at aid station one wasn't a really good start to the run, but it was consistent with everything else up to that point. I began to worry - had my wife taken the divorce comments during the Washington DC driving fiasco seriously, did my daughter finally convince her graduation was more important than me, did the car break down, was I lost, was she lost? Whatever the cause, the effect was the same - I was there to stay because

I didn't have supplies for the next leg. Fortunately they arrived a few minutes later after a LONG, REALLY leisurely breakfast. Finally I was restocked and running once again.

The next few miles were something of a family affair. There were several road/trail intersections so various members of my family would spend some time with me on short sections of the trail. Most notably, my father who was celebrating his 73rd birthday spent some time with me traversing Hogback Mountain. We didn't run, but walked and talked. He also had dreams as a youth of one day walking the entire AT, but would settle for a few miles at his age. It was a great way to spend his birthday for both of us. Eventually my family's interest in running/walking with me waned from minimal to zero. I was left like the newest animal at the zoo - exciting to watch at first, but quickly left alone - in my case to wander through the wilds.

For the 100 miles that the AT traverses Shenandoah National Park it parallels and crosses the famous Skyline Parkway drive. The proximity makes for easy support, but at the same time the thick eastern woods make for a very remote experience - I passed only about 10 people the entire day. In general the trail surface is perfect dirt, softened with pine needles and leaves. There were rocky sections but they weren't lengthy. The trail runs down the spine of the Blue Ridge Mountains undulating between 2200 and 4200 feet. As the trail carves through the trees it often breaks out on rocky outcrops and allows magnificent vistas west to the lush Shenandoah Valley and east toward the rolling, green hills and valleys of Virginia. At this time of year the trees and bushes at lower elevations were blossoming in an incredible array of color. For me it was mile after mile of beautiful country I had never seen before which generally kept me going. It probably sounds stupid, but it was exciting to be on a trail that stretched 100's of miles in front and behind me - if only I could have kept on going.

The next big "aid station" came at about mile 29 where the trail passes Panorama Restaurant. Again I anxiously climbed toward the rendezvous point. Both my water and Gatorade bladders had been empty for a couple of miles and my last sawdust bar, I mean cliff bar was gone. I struggled the last few feet toward the aid station and peered through the trees toward another empty parking lot. The support crew, wife and daughter, showed up about 30 minutes later. Were they trying to put me in my place? Was this a conscious slight? I couldn't say too much because they were my only hope at

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Rocky on Fitness

By Rocky Khosla, M.D.



This Article is HOT! - Be Cool

Since we seem to be jumping right into some mighty oppressive heat waves, even though it's just springtime yet, I thought that it might be a good idea to talk about heat related illnesses: what they are, how to prevent them, and what to do if you are suffering from them.

First of all, our bodies are machines that generate heat as they operate, and if we didn't have ways to get rid of this heat, we would just burn up! The four ways we get rid of the heat are by conduction, convection, radiation and evaporation. Conduction is where heat is transferred to a cooler body by a hotter body by physical contact, such as when you put an ice pack on your body. Convection is where air as it passes over a warm body can remove some heat. Radiation is where heat is released into the environment by dissipation. Finally, evaporation occurs when sweat vaporizes from the skin, and it is the major way that the body gets rid of heat. It is estimated that our temperatures would rise by one degree Celsius every minute as we are exercising if the above mechanisms weren't working.

There are essentially three degrees of heat related illness: heat cramps, heat exhaustion, and heatstroke. Heatstroke, itself, can be divided into two further categories: classic and exertional.

Heat cramps occur in muscles which are exposed to excessive heat. It appears that dehydration and sodium depletion are the two mechanisms that may be involved. Often excessive hydration can actually lead to sodium depletion, which can then cause muscle cramping. Several studies have shown that athletic training can make the body a more efficient heat dissipating machine: a poorly conditioned athlete may lose 1 to 2 liters of fluid and 65 mEq of sodium per hour in their sweat, whereas a conditioned athlete who is acclimated loses 3 to 4 liters of fluid per hour with only 5 mEq of sodium per liter. The bottom line is that if you are going to exercise in the heat, drink electrolyte solution rather than just plain water to help decrease muscle cramping.

Heat exhaustion is further along the spectrum than heat cramps because now there is also fatigue, nausea, headache, confusion and light-headedness. The core body temperature is usually between 38 degrees Celsius (100.4 degrees Fahrenheit) and 40 degrees Celsius (104 degrees Fahr-

enheit). Once again, there are two mechanisms that lead to heat exhaustion: water depletion or sodium depletion. For mild cases, stopping activity, getting into shade and having oral electrolyte fluids may be all that is needed, but more significant cases should be treated in the emergency room with careful monitoring.

Heatstroke is the deadliest of the heat related illnesses, and this is where the core body temperature rises above 40 degrees Celsius (104 degrees Fahrenheit). Heatstroke can be further divided into classic and exertional heat stroke.

Classic heatstroke occurs usually in the summer in older patients or patients with chronic medical conditions, and there are three elements present: high temperature, loss of sweating and mental status changes.

Exertional heatstroke also usually occurs in the summer, but in athletes and laborers. The big difference in this condition versus classic heatstroke is that many persons with exertional heatstroke still continue to sweat.

Heatstroke is a true medical emergency, and people with this will have more severe symptoms than folks with heat cramps or heat exhaustion, and often have delirium, arrhythmias, seizures, and may go into shock. The treatment of heatstroke involves prompt recognition, and initiation of cooling treatment. If you are out in the field and come across someone who you believe had heatstroke, call for an ambulance, then move the person to a cooler location, apply ice packs to the neck, groin and armpits and douse the patient with water while fanning them. In the emergency room, these patients are monitored for cardiac and muscle injury while they undergo rapid cooling, usually involving immersion in an ice bath.

As always, I believe preventing a problem is loads better than treating one so here are my pearls for preventing heat related illnesses:

1. Try to avoid exercise in excessive heat. For me, this translates to doing most of my longer workouts in the mornings during June, July and August
2. Drink adequate amount of fluid, and consider an electrolyte mix rather than just plain water

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SCR Members in the News



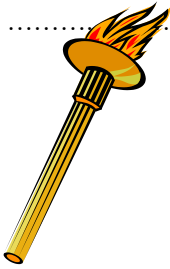
Crystal Lynn Berndt is the salutatorian of the 2003 graduating class at Rye High School. Crystal maintained a 3.9 GPA. She will be attending Abilene Christian University in the fall to study pre-veterinary medicine. Her career goal is to be a veterinarian at a zoo.

Larry Volk's photo was on the front page of the May 21st Chieftain. The photo was in conjunction with a story relating to the smoking ordinance.

Trivia

150 people are killed each year by falling coconuts.

The champion of the 34th annual World Series of poker in Las Vegas is an accountant named Chris Moneymaker. Moneymaker started with \$40 and finished with \$2.5 million.



Ramblin'

by Ron Dehn



An Interview with Maddy Tormoen

In January 2003, Jeff Arnold sent an e-mail announcing that, SCR member Maddy Tormoen qualified for the Olympic Trials at the Houston Marathon. Jeff then said, "Somebody should interview her". At *Footprints*, we had a staff meeting (yea right) – and decided that I would have that honor.

Before I tell you about Maddy – I want to say that it was not only an honor, but also a pleasure to chat with such an accomplished athlete. Her accomplishments are huge, but she was extremely down to earth. I really enjoyed our conversation. To supplement the interview, I pulled information from recent articles on Maddy in *Runner's World*, and Gary Franchi's "Fit to Be Tied" column in *the Pueblo Chieftain*.

Maddy started off as a sprinter. She came from a large family where competition among siblings was the norm. In elementary school, she sprinted faster than her brothers and most other boys in her small hometown Port Edwards, Wisconsin. In High School, she ran the 100, the 200, and hurdles. She also played basketball. Outside of cross-country at a two-year school, she did not compete in college, and earned her undergrad degree and a Masters in Counseling from the University of Oregon. During these years, she did a little rowing, but her distance running was primarily for recreation.

After grad school, Maddy hooked up with a friend, started doing intervals, and her running career began to take off. Living in Eugene, Oregon, she started training hard regularly and placing in local races, winning a few. Inspired by her results she hooked up with a local running club and trained under Mike Manley (former coach of Marla Runyon and Olympian) with a goal of qualifying for the 1988 Olympic Marathon Trials.

She qualified for the Olympic trials at the Houston marathon, and shortly before the trials developed hamstring problems. It was a condition known as compartment syndrome. It was relatively rare at the time, and Maddy went to Los Angeles to have surgery. This forced her to take time off of running, so she took up cycling. This launched her career as a duathlete.

Maddy went professional for five years and was the world's top-rated duathlete in 1995. Twice *Triathlete Magazine* awarded her the title of "Duathlete of the Year". She competed in many countries including the United States, Australia, Japan, Italy, Austria, Finland, and throughout Europe. Twice she won the extremely challenging Zofingen in Switzerland. It is an 8k run, 150k bike, and 30k run, on an excep-

tionally hilly course.

Most of us mortals would be thrilled to have but one line on Maddy's lengthy racing resume. This year marks the third time she has qualified for the Olympic trials, and at 41, she is known as one of the top masters marathoners in the country. Her marathon P.R. is 2:40:23. On a local level, Maddy is the 2001 Triple Crown champion (Garden of Gods 10 miler, Summer Roundup 12 K, and Pike's Peak Ascent), and dominates the Spring Runoff, the Atalanta Run, and nearly every event in which she participates. (SCR is fortunate to have Maddy as a member and a participant in many local runs)



She nearly died after the 2001 Garden of the Gods run. Her blood pressure dropped to 30/10, and emergency personnel got her heart back in rhythm with paddles. She has an electrical problem with her heart and since then, a defibrillator has been inserted. Her doctor has cleared her to run, and she hasn't had a problem since.

When I asked Maddy which of her many honors were most meaningful, she mentioned three. 1. She was honored as the top athlete in her high school class. 2. The Duathlete of the Year honors by *Triathlete Magazine*. 3. She was awarded a certificate of recognition by the Governor of New Mexico as the "Best Duathlete in the World". (Maddy lived in Albuquerque for several years).

Injuries are always a factor, but Maddy said she bounces back fast. She's had multiple surgeries for compartmental syndrome, and five surgeries on her left knee alone. For the most part, she has been her own coach through the years. Her training weeks vary. She will have an 80 – 90 mile week followed by a 60-mile week with speed work every week or two and some long intervals at least once a week. Then there is the occasional 100-mile week. Her running goals include: Doing well in the April, 2004 Olympic Trials, staying healthy and enjoying being a master's runner, and continuing to run marathons in the 2:40's. She would love to break the 2:40 mark for a new P.R.

The above is a capsulized version of Maddy the Athlete. The information came from our conversation, and the articles previously mentioned.

When I reviewed my notes – and thought about our conversa-

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Adventures of Cheryl & Marv

by Marv Bradley



The adventure started when Cheryl Cook-McCoy and myself travelled to Cortez, Colorado to run their 9th annual Pueblo to Pueblo 11 mile run April 26. There's also a 10k and 2 mile run/walk. For the 11 mile, they bus you out to the Anasazi Heritage Center (open before the 9 am start for a brief tour) and you run back to Cortez on gravel and paved roads, generally downhill with a few sneaky hills as you near the city. You finish downtown at the Cortez Cultural Center, also open for tours. We both set PRs (how many 11 mile races have you run?). It's a small, friendly race, three aid stations, nice t-shirt and tons of local prizes at the awards ceremony. My PR of 1:24 was good enough for the blue ribbon in the elderly age

group. Then it was off to Indianapolis for the May 3, 27th running of the Indianapolis Life 500 Festival Mini-Marathon billed as America's largest half marathons. There were over 25,000 runners this year. Their downtown start is similar to Bolder Boulder with runners assigned to corrals based on past racing times. We elected not to be seeded because of a run scheduled for the next day. Anyway, it was fun to settle back with about 1,000 similar-speed runners and enjoy the scenic, urban environment. Indianapolis is a very pretty, modern city. There was a great expo, nice finish with post race activities in a downtown park and clever finisher's medal. The highlight of the run occurs at mile 5.5 when you veer off the street and do the 2 1/2 mile lap around the Indianapolis Motor Speedway. But we couldn't linger for it was on to Cincinnati and the Flying Pig Marathon the next day, May 4. A fun, urban marathon with plenty of costumes and even a few live porkers along the route. Plenty of aid stations and quite a few spectators along the flat, fast course too although my 3:50 chip time didn't place me among the fast elders. At one point you cross the Ohio River and run a few miles in Covington, KY. Yes, they have flying pig statues at Sawyer Point Park overlooking the Ohio River. A gift to the city in 1988, the four bronze pigs commemorate Cincinnati's rich history in industry, in particular, the pork processing industry, for which Cincinnati was sometimes referred to as "Porkopolis." Need-

less to say, the finishing medal stands out with both sides of the medal reflecting both ends of the pig. Fort Collins in the old home state was next on May 11. This is a fast point-to-point marathon co-founded and directed by Steve Cathcart and Jon Sinclair. Yes, Terry was there hard at work making sure things were set up and functioning correctly. Cheryl ran the half marathon along with Dave and Stacey Diaz. All runners are bussed out (early) to starting lines on Highway 14 in the Poudre River Canyon. You finish in Old Town Plaza in downtown Ft. Collins, where the post race party and awards are held at the Coopersmith Micro-Brewery. My 3:39 earned the blue in the 60-64 category. Overall, it's a great marathon with an excellent pre-race feed at the host hotel, a very scenic, fast, rural course, and a great post race party with free pizza and a microbrew. Speaking of brews, this 3 weekend tour was highlighted by visits to nine micro-breweries; 2 in Durango (to and fro), the Main Street Brewery in Cortez, 3 in downtown Indianapolis, 1 in Cincinnati, and 2 in Ft. Collins, Lindens and the race sponsoring Coopersmith's. Great places to eat, most also brew root beer and cream soda for those like Cheryl whose taste buds prefer a sweeter brew. But make mine a dark ale please.

Addendum: Another day (May 25), another state (Wisconsin), another city (Madison), another t-shirt (nice logo but you had to finish to get one), another medal (ditto), another milestone (Cheryl's 19th state, my 75th marathon/ultra). It's a great course starting at the Capitol Square and finishing at a lakeside park. In between are rolling hills through downtown, pleasant residential neighborhoods, the University of Wisconsin campus, forested parks and never more than a looong stone's throw from Lake Mendota or Lake Monona. A great post race celebration too - but we missed Bolder Boulder.

Editor's Note: Marv sends his thanks and appreciation to SCR for the great plaque commemorating his marathons in all 50 states and D.C.



Two Photos
That apparently
have nothing to do
with each other.

Left - Larry Volk &
Ken Raich, volun-
teers at the OMT
Right - the big
screen at the
Bolder Boulder.





Ordinary Mortals Triathlon

Results



The OMT (Ordinary Mortals Triathlon) consisted of a 525-meter swim, a 12-mile bike ride, and a 3-mile run in Pueblo West. Kathleen Motylenski of Boulder led 239 ladies who competed on Saturday, May 17th. Eric Peterson of Colorado Springs took first overall honors of the 183 men finishers on the following day. Athletes came from all over the state to participate. Race Director Ben Valdez and a ton of volunteers pulled off the 2-day event in grand style.

OA	PI	AgeGrp	Name	Swim	Bike+Tr	Run	Tot
1	1	F35-39	Kathleen Motylenski	8:18	34:24	23:20	1:06:02
2	1	F30-34	Traci Case	8:23	36:24	21:35	1:06:22
3	2	F35-39	Ingrid Fatianow-Hibbitts	8:19	35:16	23:31	1:07:06
4	2	F30-34	Heather Laychak	9:09	36:53	22:57	1:08:59
5	1	F25-29	Eleanor Hodby	9:14	37:36	22:44	1:09:34
6	1	F40-44	Alice Childers	8:13	37:49	24:07	1:10:09
7	2	F25-29	Julie Moyers	8:09	37:12	24:56	1:10:17
8	3	F35-39	Sigute Andrew	9:51	37:41	23:39	1:11:11
9	2	F40-44	Judyann Cummings	8:36	41:51	21:51	1:12:18
10	3	F25-29	Melissa Neal	6:58	40:51	25:13	1:13:02
11	4	F35-39	Denise Mitchell	10:57	41:27	22:54	1:15:18
12	3	F40-44	Laura Mitchell	13:06	40:30	21:42	1:15:18
13	4	F40-44	Debbi Oleson	8:57	40:31	25:55	1:15:23
14	4	F25-29	Cynthia Withington	9:17	42:23	23:43	1:15:23
15	1	F20-24	Shannon Ullmann	8:18	41:32	25:50	1:15:40
16	5	F35-39	Sandy Love	8:46	39:55	27:00	1:15:41
17	3	F30-34	Shelley Feddersen	8:24	41:49	25:42	1:15:55
18	4	F30-34	Robin Krueger	9:07	42:42	24:08	1:15:57
19	6	F35-39	Marion Sills	9:10	40:58	25:52	1:16:00
20	5	F40-44	Carolyn Yeager	11:43	39:41	24:47	1:16:11
21	5	F25-29	Jennifer Chudy	9:21	38:25	28:30	1:16:16
22	7	F35-39	Nicole Mercer	11:24	40:36	24:32	1:16:32
23	6	F40-44	Susan Walter	10:10	40:25	26:02	1:16:37
24	7	F40-44	Diane Wright	8:16	45:10	23:20	1:16:46
25	8	F35-39	Nanci Goldsmith	10:13	38:26	28:18	1:16:57
26	1	F55-59	Kathryn Karst	11:00	39:49	26:25	1:17:14
27	6	F25-29	Beth Carter	9:11	43:31	24:55	1:17:37
28	5	F30-34	Dawn Howe	8:14	43:51	25:36	1:17:41
29	9	F35-39	Frances Chacon	11:29	41:15	25:08	1:17:52
30	8	F40-44	Patti Killian	11:21	41:37	25:23	1:18:21
31	7	F25-29	Abby Davidson	9:55	43:47	24:47	1:18:29
32	1	F45-49	Cheryl Rempel	9:01	41:32	28:28	1:19:01
33	2	F20-24	Candice Creecy	10:58	41:56	26:11	1:19:05
34	6	F30-34	Mikyong Hand	11:38	40:55	26:33	1:19:06
35	3	F20-24	Patricia Orendorff	9:04	41:52	28:11	1:19:07
36	10	F35-39	Sue Barnes	10:28	45:57	22:48	1:19:13
37	4	F20-24	Melissa Schneider	10:48	43:30	25:04	1:19:22
38	7	F30-34	Jill Howard	11:29	42:05	26:18	1:19:52
39	11	F35-39	Bonny Van Bibber	11:35	42:12	26:31	1:20:18
40	9	F40-44	Viola Duran	12:50	42:01	26:20	1:21:11
41	10	F40-44	Lynn Fleming	10:24	44:45	26:15	1:21:24
42	12	F35-39	Karen Monk	14:06	42:30	25:01	1:21:37
43	8	F25-29	Florence Bocquet	8:56	42:58	29:43	1:21:37
44	13	F35-39	Jacqueline Molenaar	11:00	41:28	29:16	1:21:44
45	5	F20-24	Malia Maunakea	8:55			1:21:47
46	8	F30-34	Holly Hudson	11:01	43:14	28:02	1:22:17
47	14	F35-39	Darlene Wamouth	12:02	42:33	27:42	1:22:17
48	9	F25-29	Amber Bradley	10:44	42:43	29:11	1:22:38
49	9	F30-34	Tracy Scholl	10:35	44:40	27:32	1:22:47
50	2	F55-59	Judith Russell	10:49	45:21	26:49	1:22:59
51	15	F35-39	Sarah Rienecker	10:56	43:54	28:10	1:23:00
52	10	F30-34	Christina Ware	11:36	47:10	24:18	1:23:04
53	16	F35-39	Dawn Kilgore	13:43	41:13	28:24	1:23:20
54	10	F25-29	Erika Echols	11:10	47:18	25:20	1:23:48
55	17	F35-39	Heidi Walker	11:14	42:01	30:34	1:23:49
56	11	F40-44	Diana Johnson	13:20	44:15	26:25	1:24:00
57	11	F25-29	Liz Liley	9:12	45:47	29:05	1:24:04
58	18	F35-39	Kathy Leedom	9:03	46:28	28:40	1:24:11
59	11	F30-34	Cindy Brandt	11:57			1:24:18
60	12	F25-29	Kelly Davidson	11:08	44:39	28:31	1:24:18
61	2	F45-49	Pat Nichols	12:22	43:14	28:46	1:24:22
62	19	F35-39	Dalynn Trujillo	12:20	42:21	29:44	1:24:25
63	12	F30-34	Teri Pinney	12:35	46:42	25:14	1:24:31
64	20	F35-39	Lisabeth Collins	10:45	43:40	30:27	1:24:52
65	21	F35-39	Kellie Coe	9:47	43:17	31:52	1:24:56
66	13	F30-34	Katie Watts	8:12	45:13	31:37	1:25:02
67	12	F40-44	Patricia Bellac	10:31	45:08	29:26	1:25:05
68	1	F60-64	Karen Fady	10:55	43:26	31:23	1:25:44
69	13	F40-44	Priscilla Dana	12:26	42:45	31:05	1:26:16
70	13	F25-29	Nicole Bowers	11:45	46:57	27:34	1:26:16
71	6	F20-24	Jenny Dean	12:48	47:26	26:03	1:26:17
72	14	F30-34	Dana Burke	10:33	44:59	30:47	1:26:19
73	15	F30-34	Tracey Wise	8:52	48:03	29:36	1:26:31
74	22	F35-39	Mary Ann Cabot	12:08	44:36	29:48	1:26:32
75	14	F25-29	Anne Wester	10:44	44:02	31:59	1:26:45
76	23	F35-39	Kathy Seidman	8:40	44:42	33:31	1:26:53
77	24	F35-39	Lori Sigrist	12:56	46:47	27:12	1:26:55
78	25	F35-39	Terri Weiss	13:13	44:16	29:27	1:26:56
79	7	F20-24	Jodi Andrews	11:20	48:06	27:35	1:27:01
80	26	F35-39	Eileen Gill	12:11	45:16	29:38	1:27:05
81	15	F25-29	Michele Bierschbach				
82	27	F35-39	Emily Borrego	11:47	47:35	27:44	1:27:06
83	16	F30-34	Laurel Hammer	13:22	51:12	22:53	1:27:27
84	3	F45-49	Karen Clement	11:14	45:12	31:07	1:27:33
85	28	F35-39	Sheryl Leary	12:01	48:05	27:37	1:27:43
86	16	F25-29	Trena Johnson	15:05	47:45	24:55	1:27:45
87	1	F10-19	Sarah Mayne	9:12	47:31	31:08	1:27:51
88	17	F25-29	Kacey Koonce	13:13	49:12	25:31	1:27:56
89	14	F40-44	Chris McKelvey	9:37	44:37	33:51	1:28:05
90	17	F30-34	Karen Gromala	9:48	47:29	30:52	1:28:09
91	4	F45-49	Jo Anne York	9:56	48:46	29:44	1:28:26
92	18	F25-29	Wendy Chaney	11:17	46:22	31:09	1:28:48
93	3	F10-19	Sarah O'Keeffe	8:23	45:27	35:05	1:28:55
94	2	F10-19	Katie Campbell	8:22	50:57	29:36	1:28:55
95	18	F30-34	Nancy Gonzales	16:24	44:07	28:25	1:28:56
96	19	F30-34	Tristen Bonacci	11:33	44:27	33:00	1:29:00
97	19	F25-29	Tamara Weitz	11:01	48:43	29:28	1:29:12
98	15	F40-44	Karen Sand	11:12	45:52	32:14	1:29:18
99	8	F20-24	Michelle Lutz	10:06	47:36	31:39	1:29:21
100	29	F35-39	Christen Costanzo	11:48	47:35	30:20	1:29:43
101	16	F40-44	Susan Wich-Rodriguez				
102	20	F25-29	Tiffany Kochis	13:46	48:38	27:20	1:29:44
103	20	F30-34	Lucinda Miller	10:29	46:03	33:12	1:29:44
104	21	F25-29	Leah Donovan	12:26	48:38	28:51	1:29:55
105	20	F25-29	Lisa Niederschmidt	13:48	47:59	28:13	1:30:00
106	30	F35-39	Jennifer Robertson	10:16	44:24	35:23	1:30:03
107	22	F25-29	Jennifer Robertson	12:14	45:39	32:13	1:30:06
108	31	F35-39	Olivia Mayer	10:16	44:24	35:23	1:30:03
109	31	F35-39	Olivia Mayer	9:29	47:23	33:23	1:30:15
110	21	F30-34	Jennifer Frey	12:30	47:40	30:07	1:30:17
111	17	F40-44	Jayne Crabb	10:03	48:42	31:38	1:30:23
112	18	F40-44	Lisa Fryman-Sacino				
113	19	F40-44	Ann Godby	12:47	48:27	29:10	1:30:24
114	19	F40-44	Ann Godby	10:44	45:56	33:49	1:30:29
115	20	F40-44	Bernadette Runtzel	13:53	46:30	30:31	1:30:54
116	23	F25-29	Tracy Stewart	12:25	47:38	30:55	1:30:58
117	22	F30-34	Jean Draper	12:46	46:54	31:25	1:31:05
118	23	F30-34	Lynn Sitzberger	9:58	53:00	28:16	1:31:14
119	23	F35-39	Cherie Spangler	10:31	46:28	34:16	1:31:15
120	33	F35-39	Nancy Sorensen	12:38	48:16	30:30	1:31:24
121	21	F40-44	Christy Math	9:46	49:37	32:01	1:31:24
122	24	F25-29	Sara Willhite	10:53	47:34	33:08	1:31:35
123	24	F30-34	Jennie Bickel	8:49	49:08	33:59	1:31:56



Ordinary Mortals Triathlon

Results



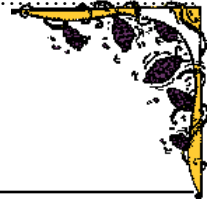
OA	PI	AgeGrp	Name	Swim	Bike+Tr	Run	Tot
134	13	M45-49	Roy Caldwell	9:08	46:17	31:49	1:27:14
135	12	M50-54	Mark Campbell	10:49	48:43	27:55	1:27:27
136	16	M25-29	Ryan Norton	12:34	40:24	34:43	1:27:41
137	3	M55-59	John Almon	13:17	43:04	31:37	1:27:58
138	30	M35-39	Dudley Delffs	12:51	46:28	28:44	1:28:03
139	29	M30-34	Chad Clark	12:13	49:45	26:12	1:28:10
140	13	M50-54	Buzz Borries	10:50	45:36	31:56	1:28:22
141	31	M35-39	William O'Hearn	11:34	46:58	30:05	1:28:37
142	21	M40-44	Mark House	13:36	48:51	26:45	1:29:12
143	22	M40-44	David Lefurge	13:07	42:59	33:29	1:29:35
144	14	M45-49	Bob Eskridge	13:36	49:23	27:03	1:30:02
145	30	M30-34	Mark Ulmer	12:38	48:05	29:23	1:30:06
146	32	M35-39	Joel Mandel	10:38	53:23	26:25	1:30:26
147	23	M40-44	Bob Lane	12:34	50:24	27:42	1:30:40
148	33	M35-39	Daniel Knight	13:34	48:19	28:56	1:30:49
149	14	M50-54	William Yoo	11:18	45:39	34:29	1:31:26
150	5	M10-19	Mike Nelson	12:10	43:25	36:05	1:31:40
151	24	M40-44	Mike Archuleta	15:32	45:56	30:51	1:32:19
152	31	M30-34	Patrick Krumholz	11:34	53:52	27:07	1:32:33
153	15	M50-54	Keith Rucker	8:59	50:55	33:15	1:33:09
154	32	M30-34	Ken Beitel	22:52	44:47	25:40	1:33:19
155	17	M25-29	David Martinez	13:59	47:22	32:05	1:33:26
156	2	M65-69	Glenn Falcon	11:29	47:01	35:01	1:33:31
157	34	M35-39	Jay Brandt	13:47	50:07	29:50	1:33:44
158	35	M35-39	Tom Raynes	12:32	50:14	31:45	1:34:31
159	3	M65-69	John Sturtevant	13:45	50:27	30:41	1:34:53
160	11	M20-24	Douglas Donaldson	12:14	58:35	24:35	1:35:24
161	2	M60-64	Don McGill	12:06	49:41	33:39	1:35:26
162	36	M35-39	Rick Martinez	14:18	52:27	28:48	1:35:33
163	4	M55-59	Robert Orlinski	12:39	49:43	33:26	1:35:48
164	25	M40-44	Brad Lind	13:45	52:21	29:48	1:35:54
165	37	M35-39	Jan McKissack	13:17	55:46	27:01	1:36:04
166	15	M45-49	Al Hanna	9:54	58:55	27:56	1:36:45
167	16	M45-49	Dan Driscoll	12:51	48:44	35:15	1:36:50
168	16	M50-54	Tom Nelson	11:44	49:04	36:15	1:37:03
169	17	M45-49	Jim Warren	15:35	52:23	30:02	1:38:00
170	17	M50-54	Jeff Parsley	14:19	55:32	29:04	1:38:55
171	5	M55-59	Morgan Edwards	9:49	52:27	37:02	1:39:18
172	26	M40-44	Ivan Walters	15:31	57:40	27:50	1:41:01
173	18	M45-49	James Davis	20:57	53:57	26:21	1:41:15
174	33	M30-34	Mike Dean	13:15	55:08	33:06	1:41:29
175	18	M50-54	Erich Meyer	10:08	54:31	40:52	1:45:31
176	38	M35-39	Kevin Fury	13:37	1:03:39	32:35	1:49:51
177	19	M45-49	Jose Gonzalez	16:27	57:24	37:23	1:51:14
178	27	M40-44	John Midgley	14:05	1:04:12	34:12	1:52:29
179	4	M65-69	Cliff Young	21:48	49:43	42:20	1:53:51
180	28	M40-44	Charles Dow	21:11	1:02:30	34:00	1:57:41
181	19	M50-54	Frank Atwood	16:46	58:24	42:49	1:57:59
182	1	M70+	Gerald Puls	21:03	58:46	43:56	2:03:45
183	29	M40-44	Jeff Cain	15:28	57:53	1:01:01	2:14:22



Above, swimmers are set to race, and to the right, an unidentified cyclist heads to the transition area. Below, Michael O. works behind the scenes compiling results. This event takes a ton of volunteers.

Volunteers for the Women's OMT were: Race Director: Ben Valdez, Registration: Kathy Stommel, Pool Lap Counters: Paul DalaGuardia, Jan Dudley, Pool Timers: Don & Lois Pfof, Transition, Timers: Priscilla Portillos, Transition Course Marshal: Larry Volk, Finish Line: Ron Dehn, Ken Raich, Chief Reno, Results: Mike Orendorff. For the Men's event: Race Director: Ben Valdez, Registration: Kathy Stommel, Jill Montera, Priscilla Portillos, Pool Lap Counters: Janelle Rodriguez, Jan Dudley, Pool Coordinators: Herb & Pat Brockman, Pool Timers: Chief & Tiffany Reno, Transition Timers: Rich & Deb Hadley, Transition Course Marshals: Nick Leyva, Sandy Reinsch, Finish Line: Diana Reno, Marijane Martinez, Results: Mike Orendorff, Tear Down & Clean Up: Larry Volk, plus a ton of others.





To Be Continued

and Again

(Ramblin' Continued from page 6)

tion, I began to read between the lines and began to have some insight into Maddy the person. She is easily, the most accomplished athlete I have ever personally met, but she came across as quite humble. When prompted to speak of her accomplishments, she did so with pride, but not arrogance. The best way I can describe it is, that she sounded grateful for the opportunities she had been given.

In addition to the non-stop travel, her other primary reason for giving up her professional athlete status was quite interesting. She said, "As a professional athlete you are somewhat limited because so much focus is on your sport. Life was pretty self-indulgent. I now have more opportunity to give back."

At one point, I asked Maddy about her heroes. She said that some of her heroes were family and friends. Of those persons who are well known, she mentioned Erin Baker and Ann Trason. Erin Baker is an exceptional athlete who won the Iron-man twice. Maddy said she admires her because of her principles. Erin Baker has continuously refused to compromise her

own values and succumb to the monetary and political pressures of her sport. Ann Trason is an ultra distance runner who also is known for her principles. She runs for personal reasons, resists outside pressures, and is less worried about being accepted, than doing what is right.

It was my understanding, that Maddy looked up to these two women, not only for what they have accomplished, but for how they have done it. Yeah!

Maddy's "day job" is with the Department of Corrections. She is an L.P.C. (Licensed Professional Counselor) and has worked with both adults and adolescents. She has found this career to be quite rewarding. Due to state budget cuts, her job status next year is uncertain.

As I re-read this article, I realized how difficult it is to capture the essence of such an exceptional person. You can find out more about Maddy the athlete by doing an Internet search. As far as Maddy the person - I hope you have the opportunity to chat with her sometime.

(Trail Notes - Continued from page 4)

the next stop, so I graciously thanked them in spite of their tardiness. At least I had time for an "excused" rest and was ready for the next leg. It was a good thing I had a little rest because the next little stretch gained 2000 feet of elevation over 1.8 miles to the high point on the AT in SNP.

One of the great things about running out east is that you look like a super star at "elevation". I could actually run up some of the mountains (ok, hills). As I bounded up the trail with my head down watching my footing I almost ran head on into an older gentleman hiking down. Startled I stopped and apologized while he told me he had done the same thing going up a hill with his head down and walked into a tree. It was a good laugh for both fools in the woods. I made it to the top without further incident and enjoyed a windy, but wonderful view in all directions.

Miraculously I was still doing a fair amount of running even after 30 miles. My legs had basically hurt since mile 2 so that was old news. Refueling and hydrating had been on going and almost constant, but the miles and the time were taking their toll. As I came up another hill I passed a family of four who asked if this trail went to Stony Mountain. I had been using the AT guide book all day but as I thumbed through the pages I couldn't make sense of it. Rather than look completely stupid I pretended to speak Spanish and then ran away. My brain was following my legs on the way to becoming mush. I realized that I probably shouldn't go too much further. Of course not being sure where I was left a lot of open questions with regards to where I'd be when "I didn't go much further". Fortunately the AT is well marked and before too long I matched trail markers with map points and realized I was still in Virginia.

The final aid station was around mile 36. The distances between aid had shortened as my strength and my family's patience waned. My time was running out as it was now after 7 pm. My family was ready for dinner and wanted me to stop running. I still wanted to run and wasn't ready to go to dinner. We compromised. They would have dinner while thinking about me running and, I would keep running while thinking about dinner. Hopefully their dinner would be a little less leisurely than their breakfast and they would pick me up at the final rendezvous sometime before pitch black. With the sun dipping lower, my chances of making 50 miles were dwindling but I would push on at least a little further and closer to my goal.

As the sun fell toward the west the horizon glowed purple and red above an incredible green carpeted landscape. I continued to run along the crest of the ridge while trying to stare at this incredible scene. I'd enjoyed it for over 11 hours and 41 miles and even though my body and brain were toast, the trail and scenery continued to entice me forward. My goal had not been realized, but what an incredible journey. As I neared the final rendezvous, miraculously I glimpsed the car through the trees. In their usual supportive and tolerant fashion my family welcomed me and assisted me into the car. We drove in the gathering dark towards Big Meadows Lodge. My family was appreciative of what I had accomplished. But really they were unable to appreciate how incredible it is to be alone, on foot in such a beautiful place for an entire day. Perhaps the entire AT isn't so long after all.



The 2003 Bolder Boulder



Over 48,000 people registered for the 2003 Bolder Boulder and unofficially there were 45,011 finishers. This breaks last year's record of 42,501. Southern Colorado was well represented. There were 98 finishers from Pueblo, 33 from Pueblo West, 1 from Rye, 4 from Colorado City, 33 from Canon City, 1 from Penrose, none from Beulah, 1,026 from Colorado Springs, and 22 from Manitou Springs. The sun was bright, and the Boulder residents were out in full force. There were the usual bands, rock music, belly dancers, an Elvis impersonator, and homeowners squirting water in the street to give runners a break from the heat. It's not a run – it's an experience. (at least for a guy like me who does a fair share of sight seeing along the route). You finish at the Buff's stadium – and the party continues. This includes watching the thousands of finishers circling the track, the opening ceremonies, and of course the elite runners. There's also a huge expo just outside the stadium. If you've not run one – there's plenty of time to

get ready for the 2004 version. See <http://www.bolderboulder.com> for results and lots of other information. There's already a countdown to next year's race. MoJo and Ron did a quick scan of results and found the following familiar names. We probably missed an SCR runner or two. Robert Quintana-53:29, Kyle Reno-35:48, Chief Reno-46:55, Maggie Dehn-57:44, Ron Dehn-57:46, Matt Sherman-43:47, Ben Valdez-40:24, Rich Barrows-52:25, Mike Archuleta-57:18, Sidney Arnold-1:11:14, Paul Barela-1:14:05, Mike Borton-57:51, Boney Cosyleon-57:51, Aaron Diaz-49:43, Anthony Diaz-53:51, Dave Diaz-44:01, Dick LeDoux-36:42, Nick Leyva-48:12, Gina Benfatti-58:32, Claire Bueno-49:53, Stacey Diaz-51:57, Marijane Martinex-51:51, Jessie Quintana-57:19, Sandy Reinsch-1:00:08, Jill Montera-44:45, Stella Hefron-40:54, Mary Rudolf-1:02:02, Robin Krueger-47:27, Rhiannon Boies-1:08:13.



In the photo to the left, Ben Martinez, Jill Montera, Matt Sherman, and Chief Reno enjoy the sun, and watching 40,000 runners finish after they did. Jill sent in the photo. Ben provided the photo to the lower left of more of the SCR gang in section 215 of the Buff's stadium. Below are Maggie, Jeremy, and Ron Dehn. Maggie & Ron ran - Jeremy provided support & transportation. We send our thanks the anonymous photographers





Run for Rio 5k

by Jeff Arnold

The 2003 edition of the Run for Rio featured a complete runaway by 22 year old Adam Rich, a Wasson High School graduate who is trying to reach national class level without benefit of college. Rich finished the 5K course in 17:10 while another Rich, Hadley was second in 19:21. Crystal Berndt ran with fellow Rio Scholarship winner Travis Tyner, at Travis' pace. With fifty meters or so to go, the competitive bug bit both at the same time and their furious sprint brought both to the finish line and Stan Hren at the same time, 22:59. Crystal was the first female winner.

Travis, an outstanding football player for Rye who had never run high school track, let alone a road race, is now looking for another. The 1999 Rio Scholarship winner, Aaron Franchi, came to cheer on dad, Gary, and got drafted into filling water jugs. The youth (12 and under) winners were Jade Berndt in 26:54 and 9 year old Dalton Jordan in 30:12. Dee Cash was the first walker in 49:36 and Jace Kirkland the first male walker in 51:21.

Results

Pl	Runner	Age	Time
1	Adam Rich	22	17:10
2	Rich Hadley	47	19:21
3	Andy Rinne	27	19:27
4	Richard Hogan	29	21:14
5	Ethan Barbieri	15	21:33
6	Cory Rose	15	21:37
7	Crystal Berndt	18	22:59
8	Travis Tyner	18	22:59
9	Stan Hren	61	22:59
10	Sam McClure	49	23:14
11	Aaron Berndt	14	23:26
12	Paul Dalla Guardia	45	23:34
13	Gary Franchi	54	23:59
14	Steve Wall	39	24:51
15	Gary Greenlief	30	25:23
16	Emily K. Bomar	22	25:28
17	Jennifer Alvarado	32	25:37
18	Jade Berndt	11	26:54
19	Pat Krumholz	30	26:58
20	John Neumeister	59	27:46
21	Dick Greet	64	28:56
22	Mick Stachler	13	29:00
23	Carol Brimmeier	50	29:48

24	Larry D Walls	64	29:58
25	Jack Stachler	55	30:21
26	Debra Wall	36	30:46
27	Dalton Jordan	9	34:12
28	Tammy Van Oort	34	34:26
29	Jeff Bailey	38	34:26
30	Jim Martinez	59	35:08
31	Tom Marquez	53	35:08
32	Peggy Jordan	27	41:02
33	John Stiehl	55	42:57
34	Jessica Stechler	11	45:35
35	Priscilla Portillos	66	48:43

Pl Walker Age Time

1	Dee Cash	47	49:36
2	Jenna Cash	23	49:40
3	Carole Walls	55	51:17
4	Linda Stachler	52	51:18
5	Ronda Neumeister	39	51:20
6	Jace Kirkland	14	51:21
7	Steffani Argyle	39	53:27
8	J. I. Hurtado	39	53:31

Thanks to: Race Director: Nancy Martinez, Results: Jeff Arnold, Finish Line: Pat Berndt & Sarah Taylor



Nick Leyva is Shorn

Nick, Principal at Highland Park Elementary School challenged his students to meet some challenging Accelerated Reader goals. He told students they could shave his head if they met their goals. They did and then they did. Nick was all smiles and felt the deal was a fair trade. Way cool Nick, Way cool!

High School Track & Field

Heather Loseke of Pueblo East the Class 4A state champ of the 3200 meter run with a time of 11:35:52. She beat the runner up by 26 seconds and some change. Heather placed 2nd in the 1600. Teammate Robbie Popp took the gold medal in the 300 meter hurdles. Several other area athletes had success at state including: Canon City: Casey McConnell third in shot put and discus, Greg Owens fifth in shot put. Centennial: Nate Shoaf, second 300 hurdles, Nate Shoaf, LeRoy Franklin, Danny Lamberson, Chris Miller second in 400 relay, Sofia Monroe fourth in 800, Beth Squires, Vanessa Blauser, Jessica Driscoll, Sofia Monroe 4th in 3200 relay. Central: Chris Pershin 4th in 200, Dylan Prijateal 6th in shot put, Audrey Rendon 5th in High Jump, Typpany Dykstra 3rd in shot put, Sandi Perko 5th in 800 relay. East: Meaghan Green 6th in discus. County: Amy Starkweather 6th in 400, Joette Ucar, Janae Hannafious, Misty Poteet, Amy Starkweather 6th in 3200 relay. Pueblo West: Matt Gersick 2nd in shot put, Brandon Trujillo 6th in high jump, Lauren Dunsmoor 3rd in 300 hurdles. South: Mike Crockenberg 4th in 110 hurdles, Kris Ducey 5th in 100, Jessie Pierson 4th in pole vault, Marcus Hohnson 5th in triple jump, Brodie White, Adam Coatney, Justin Reid, Kris Ducey 5th in 800 relay, Jamie Clark 3rd in 400, Shannon Meihaus 6th in high jump, Shanda Crowder 6th in pole vault. In 2A action, Leah Melby of Rye took 1st in both discus and shot put.

2003 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Jun 28	Little Run on the Prairie Run/Walk (a)	5K/2K 8:00 am	Lovell Park, Pueblo West Ron Dehn - (719)547-9273
Jul 5	Women's Distance Festival (c)	5K Walk/Run 7:30am Walk 7:45 am Run	City Park, Pueblo Marijane Martinez - (719)564-6043
Jul 12	Moonlight Madness Prediction Run (c)	5M 8:30 pm	3685 Verde Rd (take exit 87 off I25), south of Pueblo Diane Reno - (719)676-7343
Aug 23	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Sep 20	Corporate Cup (a) (corporate teams only)	5K 8:00 am	USC Library, Pueblo Ben Valdez - (719)543-5151
Sep 21	Hot to Trot Run (a)	5K 8:00 am	HARP on Union Ave, Pueblo Jeff Arnold - (719)947-3682
Oct 11	Soaring Eagles Run/Walk (a)	5K 8:00 am	USC, Pueblo Kristie Inman - (719)489-2605
Oct 25	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 22	Atalanta Womens' Run (Run/Walk) (c)	5K 9:00 am	City Park, Pueblo Katherine Frank - (719)549-2236
Nov 29	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514
Dec 7	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo Information - (719)564-9303
Dec 14	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

*Cut this out and put it on your fridge. However, keep in mind that some of this could change. Check *Footprints* or the SCR website again as the event nears.

(SCR Notes Continued from page 2)

career with the Federal Reserve System, followed by 6 years in the banking industry. Prior to his civilian career, Ed was a Marine. He retired with the rank of Colonel. Ed is no stranger to the running world. He began running in his forties after being inspired by Frank Shorter and Don Kardong in the 1972 Olympics. His first marathon was the initial Marine Corps Marathon in 1976. He ran his first 100-mile trail run in 1979 and plans to finish the 2003 Vermont 100 Mile Endurance Run in July. He is a member of several running clubs in the Washington DC area and was the Race Director for the 2003 Massanutten Mountain Trails 100 Mile Run, Front Royal, Virginia. Ed may be reached via telephone at (703) 836-0558, fax (703) 836-4430, or email execdir@rrca.org. For further information, contact RRCA President, Freddi Carlip, at (570) 524-9713 or email president@rrca.org.

Note From Lisa Paige (Lisa is the Western State's RRCA Representative)

In order to keep all the clubs informed, I'm posting this message that announces the next RRCA board meeting (not executive session). It's June 11. Either I fly out to Alexandria or join in on a day-long conference call. Here's the agenda, from the president:

"This will be a roll-up-your-sleeves work session. Here's some of what we will focus on: What we need to do to move the RRCA forward; to rebuild it; to restore confidence and a positive image; to bring the AARC to the table, the budget, a new ED; communication, including FN. programs and sponsorship. Take ownership of one of these and come up with ideas. This meeting will be a starting point as we begin the rebuilding process."

Wish us luck!
Lisa

A Couple SCRATCHES (from the SCR Race Calendar)

The Beulah Challenge originally scheduled for August 2 is cancelled.

The Pioneer Run originally scheduled for July 19 is also cancelled.

(Great Stuff
Continued from page 3)

7. How can you have a memorial service for armed services people who are alive?

8. Don't you sort of get a warm feeling when you hear about a crash in an auto race?

9. You know, when you see a kangaroo, don't you wonder how they could have been created to look that way?

10. Isn't it fun to register for races online so you can see what pile of new trash will start arriving in your e-mailbox?

Until next month, no matter what obstacles you face, keep tri-ing.

(Rocky,
Continued from page 5)

3. Just because a person is still sweating doesn't mean that they don't have heatstroke.

4. If you are having muscle cramping from the heat, it's time to bag the workout!

Till next time, be cool!

Sincerely,

Rocky Khosla, M.D.

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

**Non-Profit
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***If you move,
Let us know!***

Issues of "Footprints"
are not forwarded.

Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming Races

Yes – we've had a few cancellations. The 2003 versions of the Nirvana Predict, Pioneer Run, and Beulah Challenge will not take place. But there is still plenty of racing excitement on the calendar.

The Little Run on the Prairie will be held on June 28th. See last month's newsletter for a brief write-up or check the website for info and a printable entry form. See: www.saintpaulapostle.org/festival There are a few new developments. Bill Rodgers, who won the Boston and New York Marathons several times (among many other honors) donated two autographed t-shirts that will be auctioned off after the race. Also – SCR's own Maddy Tormoen will be on hand to greet runners and help with awards. If you haven't done so – read about Maddy on page 6. Maddy won first overall honors at the 2002 Little Run on the Prairie, but is recovering from surgery and will not run this year's race. And... thanks to the Colorado Lottery – there are 50 door prizes that will be given after the race. Be sure to bring some extra cash in case you want to buy a race hat or a breakfast burrito or bid on the Bill Rodgers shirts. Arrive at least 25 minutes before race time to pick up your packets.

Calling all Ladies to the Women's Distance Festival. This is a 5k walk / run event and a Pueblo tradition. Ladies of all shapes, sizes, and ages are welcome. Marijane Martinez is

again heading up this very successful race. MoJo is looking for an apprentice to direct this race in the future. If you are interested – contact Marijane and get involved in this year's event. You can learn from the expert. To beat the heat – the walk starts at 7:30 am and the run starts at 7:45 on July 5.

If you have not yet run a predict race – there is still time. To be eligible for an award, you must complete 5 races in the predict series. There are 5 runs left in the 2003 season. The Reno Family hosts the 5 mile Moonlight Madness run at 8:30 pm on July 12 in Pueblo County. It's a pot luck too, and the food is always great. Diana (the moon goddess) predicts a (near) full moon and no clouds. I predict a good time by all. (bad pun intended)

The Final Thoughts:

Age is a question of mind over matter. If you don't mind, it doesn't matter. Satchel Paige

To me, old age is always fifteen years older than I am. Bernard Baruch

When a woman tells you her age it's alright to look surprised, but don't scowl. Wilson Mizner