



Editors: Ron Dehn & Debra Wall

FOOTPRINTS



Most of the contents are bogus. Right Lois?

Dad's Day Edition



The OMT (Ordinary Mortals Triathlon) took place in Pueblo West for the Ladies on May 15th and the Men on the 16th

Stacey Diaz and Ben Valdez are shown in the transition area

See inside for results and more photos



**OMT
Results & Photos
Pages 7 to 11**

**Fight the Bite
Page 6**

SCR PICNIC!
Food! Games! Beverages!
Pony Rides! Conversation!

Mark your calendars for
August 29th.
More info next month!



SCR Notes from May 5, 2004

Editor's Note: My apologies, but because my schedule was tight this month, the "official" SCR minutes will not be included. So, here's the "Reader's Digest" version.

Katherine Frank-Dvorsky presented information about the tremendous progress made by the Southern Colorado Trail Builders Association. There was discussion about a future SCR run on the trail.

Ken reported that AARC and RRCA will merge on January 1, 2005. The "new" group will again be named RRCA.

Ron indicated that Debra Wall will be taking a more active role in the production of the newsletter. Debra and Ron will work out some details and may ask the club to purchase some publication software.

Ben is ordering new bibs. The current supply is getting low.

The OMT was a success. The ladies event filled and the men's had around 175 participants.

Several races are on the summer calendar. The club will provide hamburger and hot dogs for the Moonlight Madness Predict at Diana Reno's house. Participants are asked to bring a side dish.

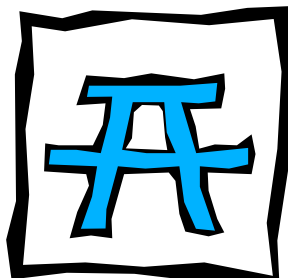
Ron reported that this may be the last year for the Little Run on the Prairie. That decision will probably be made several months from

now. He expressed his hope for lots of participants because he ordered lots of shirts and made lots of medallions.

Diana is gearing up for the WDF. She is looking for some volunteers to assist. Since guys can't run (except for Rocky in his wig), please consider volunteering.

Ben reported that the Altitude Training Camp was cancelled for this year due to lack of participation. The Y still believes this is a good idea and will plan on one in 2005. *(Editor's note: I attended a version of this at the Y camp in the '80's called the Adult Fitness Weekend, and it was great!)*

Ron passed out the results of the questionnaire. There were only 12 responses. Several comments were provided, so the board was glad to receive the input.



THE PICNIC IS COMING THE PICNIC IS COMING

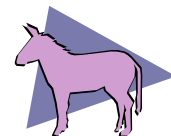
Mark your calendars for August 29. Club member Nicki Rosa will have Tony the Pony there for the kids to ride. (Kyle, your mom said you are too big to ride.)


Nick Leyva suggested that the club think about the possibility of a college scholarship. Brainstorming will take place at the July meeting.

Don't forget the PICNIC

August 29th

More info later !





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. 269

"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	Gary Franchi	676-4100
Vice President	Rich Hadley	784-6514
Co-Secretary	Sandy Reinsch	
Co-Secretary	Marijane Martinez	546-6043
Treasurer	Dave Diaz	564-9303
Non-Elected Officers		
Membership Chair	Ken Raich	564-0847
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, June & Ward Cleaver*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847
Contributing Writers / Photographers		
Shaun Gogarty Dr. Rocky Khosla Gary Franchi Chris Dehn Dave & Stacey Diaz		



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

Take Dad to the "Dust" For a burger & suds

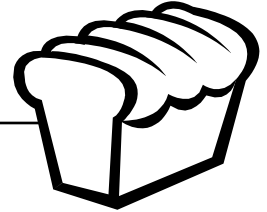
**The Gold Dust
217 South Union**





Great Stuff

by Gary Franchi



The Low Carburetor Diet

Thought for today's lunch, compliments of George Carlin: *"If I ever lose my mind, I hope some honest person will find it and take it to the Lost and Found."*

Musings on running, fitness, life, etc.:

Are you enjoying America's rush to jump on the low-carb bandwagon? It's actually kind of fun to sit back and observe it unfolding across this great country of ours.

Let's see, there's low-carb Doritos, low-carb Klondike ice cream sandwiches, low-carb Sara-Lee white bread, low-carb Bosch carburetors, low-carb Michelob beer, etc. I think Bosch berates the carbs out of its carburetors.

Meanwhile, there are some much more direct activities happening as a result of the low-carb trend. Instead of low-carbing their products, some are skipping the carbs altogether. For instance, some eateries are now giving patrons the option of ordering their hamburgers or steamburgers without buns but wrapped in lettuce instead. I would hope that salad dressing on these is optional. Either that or they should be served with plastic gloves.

I've read about some people losing incredible amounts of weight through their new low-carb diets. The May 3 issue of *Time* magazine carried a big article on the low-carb craze and featured a guy who lost 25 pounds by going on the Atkins Diet. He then started a successful low-carb specialty-food company.

Hey, now this is real cool and all, but accompanying the article was a photo of this guy. And while it was nice to see that he didn't appear to be packing much unnecessary poundage if any at all, I sensed from looking at the photo that this guy probably wasn't exactly a regular on the jogging trails of his hometown in California.

And that's the point of all this. This guy isn't regular, if you get my drift about his personal functions.

OK, OK, I was just having a little fun there. His regularity or lack of it really isn't the issue, although it's probably pretty important from his standpoint.

Anyway, the real point is that all of this low-carb stuff is great for mainstream, out-of-shape America but it isn't that wonderful for the athletes of the world. That includes us pseudo-fitness folks who like to consider ourselves "endurance athletes."

Yes, I use that term loosely. But if you are an avid and/or high-intensity runner, walker, triathlete, weightlifter, tennis player or soccer player, you probably aren't going to function in your choice of activity very well if you are a proponent of the low-carb diet.

There are reasons for this. I don't actually understand any of them, but there are reasons. Trust me. It has something to do with being able to fuel your activity. You do so by consuming enough carbs to provide your muscles with adequate glucose, which is the primary source of fuel for your muscles during and after endurance activities.

For the sake of simplicity so that I can understand what I'm writing, let's just say that not too many marathoners are going to avoid hitting the wall if they don't consume a whole lot of carbs. Unless they adopt the Rose Ruiz principle of marathoning and ride the bus for the first 23 miles or so.

So go ahead and adopt the low-carb diet if you want. Just remember one thing: Even if your running or cycling or whatever personal endurance activity

doesn't suffer, there's a good chance that you won't be regular.

Ten things I was just wondering:

1. Will Pueblo ever have a true running shoe store? (In our lifetimes, I mean.)

2. Why hasn't anyone marketed spaghetti burritos?

3. How come you never hear a country singer do a remake of "Louie, Louie" or, at this time of year, the Alice Cooper "School's Out" song?

4. All of those "xxx for the Soul" books obviously have a big audience of readers, but do we really need the "NASCAR for the Soul" book that's being peddled?

5. Isn't it fun when dental floss breaks off and gets stuck in your teeth?

6. Does anyone mute music video TV stations and just watch the videos?

7. Does anything make you more nauseous than the terms "strategic planning" or "accountability"?

8. For you coffee drinkers, is there anything worse than an expensive cup of joe that tastes scuzzy?

9. For competitive athletes, does the term "in moderation" even exist?

10. Do Tour de France riders practice "whizzing on the ride" during workouts?

Until next month, if you find a lettuce-wrap item on the menu, order something else.





SCR Birthdays (& other events)

July

- 1 Marijane Martinez
Wolfman Jack died '95
Karen Black*
- 2 Christopher Hruby
Don Pfost
Paul Willumstad
Maxi Sandoval
Thurgood Marshall*
Dan Rowan*
- 3 Sandy Reinsch
Tom Cruise*
- 7 Jill Montera
Joe Sakic*
- 8 Gloria Gogarty
Roone Arledge*
Wolfgang Puck*
- 13 Jack Janney
BB All Star Game
Julius Caesar*
- 15 Kevin Hughes
Rembrandt*
- 17 Regie Marquez
Disneyland opened '55
Phyllis Diller*
- 18 Byron Beard
Nelson Mandela*
- 20 Bill Veges Jr
Matt Stommel
Special Olympics Day
Edmund Hillary*
- 22 Zane Khosla
Marian Heesaker
Danny Glover*
- 27 Hector Leyba
Bobby Gentry*
- 29 Diana Reno
NASA established '58
Martina McBride*
- 31 David Clapp
J.K. Rowling*
Wesley Snipes*

*honorary SCR member



Trail Notes

by Shaun Gogarty



Trail Running Terror - Chapter 192

Almost every Spring I take a run (i.e. fast walk) over Greenhorn Mountain by going up Bartlett and down Greenhorn Trails. This spring was no different. Sure it was a little early in the season. Sure I hadn't really done much planning for the run. But not planning and not worrying go hand in hand. And so calmly and without hesitation I began another little jaunt in the woods. I've written about this annual run before and I'm sorry to do so again. But while this spring wasn't different the same old run that started out so calmly and pleasantly turned into another epic in the "Trail Running Terror" series.

The run began benignly enough with an 11 am start at Bartlett Trailhead (pre-noon is an early start for me). Bartlett has been the subject of several of my columns, but I have to say it again - it is the most enjoyable trail on Greenhorn Mountain. I love it for its beauty but also because I can actually run some of its wandering course to the top. Through its wanderings you are exposed to one spectacular view after another. First you enjoy the panorama of the mountain itself - untouched miles of pine and aspen. Higher up you gain vistas sequentially of the Spanish Peaks, Blanca Peak and finally the entire Sangre Range. Of course always surrounding you is constantly changing beauty: creeks, trees and flowers. Overall it was a pretty boring stretch from a terror standpoint.

At the top of this beautiful run the trail wanders onto the south shoulder of the mountain. What little planning I had done (wind breaker, winter hat and gloves) now became critical as the wind whipped across the barren, treeless slope I climbed. It might have been 90 degrees in Pueblo but it felt like 9 degrees up there. I wasn't terrified yet, but definitely shaking. In the interest of time I angled up and off the trail toward a small saddle between South Peak and Greenhorn Peak rather than take the longer 4WD road around the back to Greenhorn trail. It was a steep talus slope with scattered mountain goat and sheep trails. It should have been a simple and short part of the run - just the connection between the two trails. So it was a little exciting when I found myself defying death on this "insignificant" section of the run.

Climbing the talus I hadn't worried much about the snowfield I could see (maybe it was too early in the season) blocking the way to the saddle- no problem, I thought, with my super traction sneakers.

Soon I was on the snow and it was so easy to kick steps in the relatively loose snow that I quickly gained elevation. Unfortunately, the 60-degree angle of the snowfield wasn't truly appreciated until I had trapped myself about 300 feet up on the snowfield. It was then I suddenly realized that the loose snow, so easy to kick steps in, is also really easy to break loose from. One false step could easily send me on my fastest "run" ever down to the jagged rocks below. I began to seriously consider my predicament and trail running in general. Was trail running supposed to be death defying? Would my yellow windbreaker be spotted from the air? Could I survive a plummet to the rocks below? How far could on broken legs? Would I then freeze to death waiting to be spotted by the rescue helicopter? Was this fun or terror?

Fortunately, the wind that had chilled me on the slopes below was being funneled up and through the small notch between the mountains where I was playing Edmund Hillary in running shoes and shorts. The effect was howling winds blowing harder than any even on Everest. I held out my arms and was literally pushed up the mountain as I skipped along the snow. Unfortunately as I finally arrived on the dry slope of the saddle the wind was still blowing and I began to feel sharp stinging sensations on my legs. It took me a few minutes to finally realize that it was small rocks and chunks of ice being blown through the air! It was time to run away. I struggled to the leeward slope of the ridge and in calmer winds ascended the last stretch to the top of Greenhorn Mountain. Reaching the top I was again exposed to the blowing rocks and ice. I quickly exited off the north side down toward Greenhorn trail.

The trail was clearly visible in the tundra like gully below as I descended the snowy and rocky slope. It was easy to pick up and stay on for about half a mile and then the trail became lost in the trees. It wasn't really the trees that hid the trail it was the 5 - 6 feet of snow between the trees. I was pretty sure the fun was really over now and the terror was becoming full blown. My injured body might have been spotted on the exposed talus slopes above but I realized in the thick woods if I hurt my leg stumbling through the snow it would probably only be a body they found and that might not be until July.

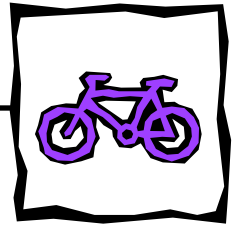
There was a steep avalanche chute nearby that I

(Continued on page 12)



Rocky on Fitness

By Rocky Khosla, M.D.



For and about Mountain Bikers And Their Injuries

Mountain biking has grown by leaps and bounds in the U.S. and worldwide. Injuries seen in mountain biking can be divided into two types: traumatic and overuse. As far as traumatic injuries are concerned, one study done in 650 mountain bikers found that 80% had traumatic injuries over the course of a year, and 20% were severe enough to require medical evaluation. Of these injuries, 70% were superficial injuries such as road rash, but 20 to 30% involved fractures or dislocations. The most common fractures seen involved the clavicle (collarbone), radius and fingers, with the shoulder being the most commonly dislocated joint. The factors most commonly associated with suffering traumatic injuries were excessive speed, riding on steep or unfamiliar terrain and riding beyond one's ability. Interestingly, one study found that the risk of injury in mountain bikers riding in competition was four times higher than in mountain bikers riding non-competitively. On a positive note, mountain bikers were four times more likely to wear helmets than other types of cyclists.

Overuse injuries in mountain biking are generally due to either training errors or poor bike fitting. As far as training errors are concerned, common errors seen include inadequate preseason training, riding in too high a gear by overusing the large ring, increasing the mileage or intensity of training too rapidly or doing to many hills. You can avoid a lot of these errors by gradually increasing your mileage and intensity (the general rule of not increasing either by more than 10% per week seems to be a good one), and by making sure to keep your cadence between 80 to 90 rpms. As far as bike fit is concerned, it is probably a good investment to have the bike shop use a fit kit on you to get you properly fitted. A few tips on fitting include making sure that when your down foot is on the pedal, the knee should be bent at a 20 to 30 degree angle ideally. Also, on the

down foot, your kneecap should be directly over the middle of the pedal.

Some commonly seen overuse injuries in cyclists include:

1. **Patellofemoral syndrome:** this is due to inflammation behind the kneecap. People with this often notice a grinding sensation often made worse by going up and down stairs, and these folks have probably been climbing too many hills on their bikes. Often you can spot these folks in the movie theatre as they choose to sit in the aisle seats as keeping the knees bent hurts (this is, I kid you not, the "theatre sign"). Often, raising the seat and moving it forward can help these folks, along with exercises to help strengthen the muscles on the inside of the thigh.

2. **Quadriceps tendonitis:** often there is pain on the top, outside edge of the kneecap, and moving the saddle up and back can often help. Also, making sure that the foot is in neutral position on the pedals can make a big difference.

3. **Pre-patellar bursitis:** people with this condition will often have had trauma to the front of the knee, and have pain and swelling over the kneecap, just under the skin. These folks often have been riding their bikes in high gear on the large ring with low cadence.

4. **Pes anserine bursitis:** the pes anserine is made up of three tendons that come together to insert on to the tibia on the inside of the leg about an 1 to 1 ½ inches below the knee. These patients often benefit by doing stretching exercises of the hamstrings, and by lowering the bike seat.

5. **Iliotibial band syndrome:** the iliotibial band starts off on the outside of the hip as the tensor fascia lata and works its way down the outside of the leg to insert on the outside of the fibula. This band can start rubbing against a knobby structure on the fibula, and patients with this condition will complain

of pain that is worse on the outside of the knee in the last 30 degrees of straightening the knee. Often these folks may have a leg length discrepancy, with the shorter leg getting the ITBS symptoms. The treatment often involves putting a lift in the shoe of the shorter leg, stretching the ITB, and adjusting the cleats and saddle to an optimal position.

As you can see, there are plenty of injuries that can plague bike riders, and I will continue in the next month's column and will discuss wrist conditions, back problems and the dreaded pudendal compression neuropathy in bikers (sometimes a better saddle can do what Viagra can't). Till next month, hope all your rides are healthy and happy.

Sincerely,

Rocky Khosla, M.D.



Every time I see an adult on a bicycle, I no longer despair for the future of the human race.
H.G. Wells, writer (1866-1946)



Ramblin'

by Ron Dehn

More snakes?

According to the Chinese calendar, 2004 is the year of the monkey. Maybe I'm in a time warp, because my experience says that 2004 is the year of the snake. (for the record, 2001 was the last official year of the snake) Two months ago, this column described my encounter with a snake on my favorite running trail during spring break week. I was not 100% sure, but think that snake was a bull snake trying very hard to impersonate his more dangerous cousin, the rattler.

About 2 weeks ago, I joined my brother Dave and nephew Jonathan, for an afternoon of climbing in the Garden of the Gods. We were bouldering, and most of the time getting no more than 5 or 6 feet off the ground. (I actually spent most of my time with both feet and gluteus maximus firmly on the ground, but I digress)

Anyway, after a couple hours of playing on the rocks, we headed back to the car. We were on a fairly well traveled trail and the wind was gusting. I was next to a bush and heard a sound. It sounded like a plastic bag was caught in the branches. I looked down, and by that time my brother was shouting, "rattlesnake". The snake was 2 or 3 feet from me and I'm grateful both he and my brother gave fair warning. I was a bit bothered that I did not see the snake before he saw me.

About a week ago, I went for a mid morning run. It had been overcast all morning and was still coolish at 9:30.

I started down my favorite trail and was admiring the Greenhorns and the great vegetation in the Pueblo West prairies. The late snows have created a green carpet and wildflowers that have been absent for the last couple years. The prickly pear were anticipating a bloom any day.

I just passed by the spot where my spring break snake encounter took place. I thought about it, but was caught up in the beauty around me.

All of a sudden, there was an all too familiar sound just off the trail. I had run right past a rattler. He was "voicing" his displeasure that I had interrupted his otherwise peaceful morning slither.

Dang! He saw me before I saw him. They blend in way too well. Adaptation, survival of the fittest, and all that stuff Darwin said must be true.

I wanted to get a closer look, but he was being quite aggressive. I backed off several feet and he still sounded his warning. I stepped forward for a closer look, but decided it would be easier to look at photos of a rattlesnake on the Internet. So, I went on.

I've run these trails for years and rarely seen snakes. Is this year unusual, or is chance simply catching up? I Don't know, but I'll be running on wider trails for a while.

Summer Tips

by Chris Dehn

Fight the Bite



In the May 23rd issue of the Sunday Chieftain, Dr. Nevin-Woods listed strategies for protecting yourself from West Nile Virus. If you missed the article, here's a summary. Runners take heed.

The "Four D's":

Drain standing water from cans, flowerpots, old tires, wading pools and puddles .

Dusk/Dawn - limit outdoor activities during this time or take precautions to prevent mosquito bites.

DEET insect repellent is effective and safe. Follow product instructions carefully.

Dress in long sleeves and pants during dawn and dusk or wherever mosquitoes are active.

- DEET can be used safely on infants older than two months with 30% concentration. Avoid putting it around hands and mouth
- A DEET product with 10% concentration is effective for a period of about 2 hours while 24% DEET is effective for about 5 hours
- Avoid using sunscreen and repellent products at the same time. If sunscreen is absolutely needed, apply it to skin first followed by the DEET product
- DEET can be used safely by pregnant women

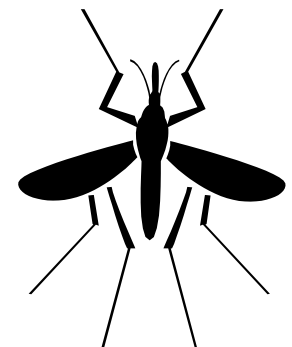
Clinical Features of West Nile Virus

- Infection occurs via a bite from an infected mosquito
- Incubation period is between 3 and 14 days
- 80% of people who get infected do not feel ill and 20% develop symptoms
- Severe symptoms leading to hospitalization could be meningitis or encephalitis

Patients often present with:

- sudden onset of tiredness, headache, fever, muscle aches and weakness or chills
- others may have: stiff neck, rash, eye pain, gland swelling, muscle tremors, seizures or paralysis

"fight the bite" and be safe this summer





OMT

Results for Ladies

Ladies

Place	Name	Age	City	Swim	Bike+Tr	Run	Total
F10-19							
1	Courtney Mitros	17	Colo Spgs	8:19	44:13	32:16	1:24:47
2	Amanda Hillenbrand	16	Colo Spgs	7:33	49:41	28:30	1:25:44
3	Rebecca Toussaint	18	Evergreen	12:05	49:04	29:18	1:30:27
F20-24							
1	Lindsay Hyman	22	Colo Spgs	7:29	36:52	21:00	1:05:20
2	Tracy #1 Stewart	24	Colo Spgs	7:42	37:31	20:08	1:05:21
3	Patricia Orendorff	23	Boulder	9:07	39:47	24:31	1:13:25
4	Alexis Fear	21	USAFA	10:29	43:11	29:12	1:22:51
5	Candice Creecy	21	Pueblo	10:13	44:00	28:54	1:23:07
6	Annie Rudisaile	24	Gunnison	12:20	46:57	27:25	1:26:42
7	Farah Christine McDill	24	Colo Spgs	8:15	47:58	32:20	1:28:33
F25-29							
1	Katie Baker	28	Colo Spgs	8:14	36:42	21:37	1:06:33
2	Melissa Neal	26	Boulder	6:52	40:02	22:26	1:09:20
3	Pamela Carver Welch	27	Colo Spgs	8:56	37:55	23:47	1:10:38
4	Emily Hanselman	29	Denver	8:38	43:05	25:15	1:16:58
5	Julie Ann Swartout	26	Denver	11:03	42:01	23:55	1:16:58
6	Kristen Maddoux	28	Denver	10:48	43:32	23:21	1:17:41
7	Amber Christopher	29	Denver	10:51	40:33	27:17	1:18:42
8	Angela Stevens	29	Denver	8:06	43:47	27:41	1:19:34
9	Trena Johnson	27	Pueblo West	12:42	46:26	23:15	1:22:24
10	Amy Marie Nissen	28	Denver	12:14	46:11	27:01	1:25:25
11	Joanna Helm	28	Parker	10:28	45:51	29:50	1:26:08
12	Wendy Lynn Chaney	28	Brighton	11:22	45:15	29:33	1:26:10
13	Nicole Bowers	29	Louisville	11:46	47:40	27:44	1:27:10
14	Brandy Kissinger	25	Littleton	11:44	49:15	27:13	1:28:12
15	Michelle Simmons	29	Salida	10:06	46:26	32:18	1:28:50
16	Elizabeth Mary Ostertag	26	Colo Spgs	9:42	49:58	29:21	1:29:02
17	Sarah Kirchmann	28	Denver	10:35	47:45	32:21	1:30:41
18	Christie Marie Cervi	29	Highlnd Rnch	9:04	47:56	34:03	1:31:04
19	Tiffany Leanne Kochis	29	Brighton	10:43	47:42	32:43	1:31:09
20	Victoria Eddy	28	Highlnd Rnch	8:58	47:07	36:15	1:32:20
21	Tracy #2 Stewart	29	Colo Spgs	11:26	49:47	31:14	1:32:27
22	Katie Bowers	27	Colo Spgs	13:45	50:22	28:55	1:33:02
23	Melissa Murray	25	Denver	14:06	51:04	27:56	1:33:06
24	Holly Sue Bonnell	29	Colo Spgs	13:22	51:37	29:25	1:34:24
25	Caroline Lual Hilk	27	Boulder	14:39	48:04	31:43	1:34:26
26	Lisa Beth Anderson	28	Colo Spgs	9:31	46:48	38:49	1:35:08
27	Julia A Longbrake	27	Littleton	13:25	53:42	29:29	1:36:37
28	Anne K. Brown	28	Arvada	10:53	48:43	37:39	1:37:15
29	Annie Truex	25	Colo Spgs	12:06	53:39	33:04	1:38:49
30	Jessica Elizabeth	27	Lafayette	14:02	51:11	34:43	1:39:55
31	Jen Adams	28	Gunnison	12:59	51:16	35:48	1:40:02
32	Lynsie M May	29	Colo Spgs	10:48	54:42	35:13	1:40:43
33	Kerri McCormick	27	Denver	16:12	56:25	30:05	1:42:43
34	Kelly J Hanosn	29	Denver	13:27	59:28	29:58	1:42:52
35	Hetal Mehta	27	Boulder	14:19	59:33	30:44	1:44:36
36	Heather Hakes	25	Colo Spgs	13:03	58:24	34:14	1:45:40
37	Vanessa Blum	27	Aurora	9:01	1:03:22	33:30	1:45:53
38	Jessica Bowden	27	Vail	12:37	58:50	36:03	1:47:30
39	Susan McMynn	29	Lafayette	13:20	1:01:20	33:15	1:47:55
40	Whitney Psinas	27	Colo Spgs	10:08	1:11:06	38:33	1:59:46
41	Jamaica Burke	28	Aurora	20:06	1:04:24	41:24	2:05:54
F30-34							
1	Colleen Cameron	30	Colo Spgs	9:21	41:24	25:06	1:15:51
2	Beka Sue Buccino	30	Arvada	11:05	41:32	23:37	1:16:14
3	Jana Bluetgen	31	Denver	11:21	40:35	25:26	1:17:22
4	Kara Myers	31	Lakewood	11:56	41:38	26:40	1:20:14
5	Kristin Abernethy	34	Colo Spgs	11:20	47:10	23:47	1:22:17
6	Katie Watts	34	Evergreen	8:23	43:53	30:30	1:22:46
7	Meg Tobler	33	Denver	11:24	45:48	27:01	1:24:13
8	C. Keske-Handley	32	Bailey	12:19	44:11	27:45	1:24:15
9	LuCinda S Miller	32	Highlnd Rnch	12:33	43:40	28:19	1:24:33
10	Kerith Marie Gray	33	Superior	11:05	46:05	28:59	1:26:09
11	Jennie Bickel	33	Lafayette	9:18	44:27	32:41	1:26:26
12	Kira Beth Jeffery	33	Colo Spgs	11:07	47:35	27:52	1:26:34
13	Portia R Vigil	33	Gunnison	9:43	49:47	29:26	1:28:55
14	Kirsten Holmberg	33	Lafayette	12:28	48:14	28:28	1:29:10
15	Lori P Ciccone	33	Nederland	15:14	47:27	26:38	1:29:20
16	Colleen R Lemmon	34	Arvada	12:31	41:19	35:46	1:29:36
17	Heather Brooks	34	Highlnd Rnch	10:11	47:18	32:10	1:29:39
18	Heather Brandon	30	Colo Spgs	10:18	45:36	34:35	1:30:29
19	Colleen Wells	34	Littleton	10:40	47:39	32:22	1:30:41
20	Janel R Zeiter	32	Crested Butte	14:05	48:49	28:23	1:31:17
21	Michele K Cushatt	32	Highlnd Rnch	11:43	52:30	28:05	1:32:17
22	Jennifer Carey	30	Denver	13:40	49:59	28:40	1:32:18
23	Lori Richkus	34	Westminster	14:12	50:13	28:43	1:33:07
24	Brett Elizabeth	34	Denver	10:27	52:38	32:59	1:36:05
25	Rebecca Tetlow	34	Littleton	12:25	48:38	36:02	1:37:06
26	A. LaMarca Vesey	30	USAFA	13:14	55:47	28:35	1:37:36
27	Nikol E. Noll	31	Denver	13:57	51:12	32:33	1:37:42
28	Stephanie McCorkle	34	Colo Spgs	12:12	58:56	28:26	1:39:34
29	Kimberly D Longbrake	30	Littleton	12:06	53:02	37:37	1:42:44
30	Michele Mogel	34	Gunnison	12:20	57:18	34:12	1:43:50
31	Amy S. Fobes	32	Boulder	12:53	59:59	31:18	1:44:09
32	Demaree Michelau	31	Boulder	16:07	58:53	32:51	1:47:52
33	Cheryl Persinger	34	Westminster	14:46	56:48	39:51	1:51:24
34	Suzanne Dreiling	34	Highlnd Rnch	12:09	57:00	43:48	1:52:56
35	Ovetta Sampson	31	Colo Spgs	13:38	56:40	45:09	1:55:26
36	Kathryn Kelly Richter	34	Colo Spgs	17:07	1:12:56	48:56	2:18:59
37	Sandra T Hohmann	31	Ft Carson	18:32			2:23:24
F35-39							
1	Siga Andrew	39	Boulder	9:19	35:33	22:20	1:07:12
2	Traci L Case	35	Golden	8:23	37:53	22:51	1:09:07
3	Nanci Goldsmith	37	Littleton	9:48	35:29	25:13	1:10:31
4	Emily Borrego	36	Pueblo	9:53	38:27	22:27	1:10:47
5	Robin Krueger	35	Pueblo West	9:06	41:38	23:41	1:14:26
6	Sandy Love	38	Salida	8:48	41:12	26:52	1:16:52
7	Bevin Orlinski	35	Denver	12:44	41:09	23:27	1:17:19
8	Darlene Warmouth	37	Colo Spgs	12:04	39:56	25:45	1:17:46
9	Dawn Kilgore	37	Conifer	10:48	40:01	26:57	1:17:46
10	Julie Daugherty	37	Littleton	10:41	42:10	25:51	1:18:42
11	Bonny Anja Van Bibber	37	Littleton	11:08	41:02	26:53	1:19:03
12	Carrie Rae Sclar	37	Evergreen	9:42	42:59	27:32	1:20:13
13	Jill Smith	38	Colo Spgs	10:43	45:24	24:41	1:20:48
14	Kristin Anderson	36	Westminster	10:56	43:27	26:54	1:21:16
15	Tracy Squires	38	Wood Park	11:32	43:19	27:01	1:21:52
16	Jacqueline Molenaar	36	Lafayette	11:18	43:50	26:48	1:21:55
17	Katherine Winski	37	Albuquerque	11:04	45:49	25:18	1:22:10
18	Kimberly Stockbauer	37	Superior	10:48	45:05	26:20	1:22:13
19	Michelle Lea Cantin	35	Arvada	11:35	43:03	27:45	1:22:23
20	Lisa Niederschmidt	36	Evergreen	10:24	43:18	29:54	1:23:35
21	Mikyong Hand	35	Golden	12:28	42:45	28:32	1:23:45
22	Laurel Hammer	35	Larkspur	14:12	48:01	22:44	1:24:58
23	Mary Ann Cabot	37	Erie	12:47	44:25	28:27	1:25:39
24	Carol Carson	37	Highlnd Rnch	12:28	43:57	29:22	1:25:47
25	Tracy N Scholl	35	Louisville	11:10	47:07	27:44	1:26:01
26	Michelle Chapman	35	Florissant	12:20	46:32	27:11	1:26:03
27	Kellie Coe	36	Boulder	9:21	44:56	32:08	1:26:25
28	Kerry Jacobs	39	Louisville	9:33	51:03	28:18	1:28:54
29	Jan Roberts	38	Englewood	14:37	46:31	28:42	1:29:50
30	Angela Hardin	38	Englewood	12:32	46:16	31:25	1:30:13
31	Tracey Twinam	36	Littleton	14:24	45:51	30:37	1:30:53
32	Julie Ann Oberto	39	Broomfield	11:52	52:50	29:17	1:33:59
33	Shannon Winski	36	Aurora	12:29	47:44	34:17	1:34:30
34	Lisa M. Welch	36	Louisville	11:28	50:54	33:39	1:36:01
35	Caroline J Douglas	39	Boulder	9:54	52:19	34:13	1:36:26
36	Debora Langer	35	Lafayette	12:33	53:28	32:14	1:38:16
37	Amy Anne Archer	36	Boulder	11:47	53:05	34:19	1:39:10

(Continued on page 8)

OMT

Results for Ladies



(Continued from page 7)

Place	Name	Age	City	Swim	Bike+Tr	Run	Total						
38	Julie Henry	39	Colo Spgs	13:36	52:23	33:31	1:39:29						
39	Maura Anne Johnson	38	Westminster	13:05	52:22	34:52	1:40:19						
40	Jill E Goeken	37	Centennial	13:51	57:20	29:51	1:41:03						
41	Diane Jones	39	Denver	15:23	53:23	32:27	1:41:14						
42	Elizabeth A LaVelle	36	Erie	15:50	56:32	33:25	1:45:47						
43	Shelley Brown	35	Lakewood	10:46	54:27	42:11	1:47:24						
44	Kris E. Dolbeare	35	Highlnd Rnch	22:03	56:51	31:57	1:50:51						
45	Nohra Medina	35	Lakewood	12:05	1:05:16	33:31	1:50:52						
46	Jeri-Sue Beabout	35	Denver	12:08	1:00:56	38:36	1:51:40						
47	Jeanette Nelson	39	Castle Rock	15:45	1:07:25	34:50	1:58:00						
48	L. Schulze Greenwald	38	Boulder	16:22	1:12:12	46:40	2:15:14						
F40-44													
1	Kathy Alfino	43	Highlnd Rnch	8:25	35:56	24:53	1:09:14						
2	Denise Mitchell	40	Centennial	10:36	37:59	21:47	1:10:21						
3	Alice Childers	44	Peyton	8:08	38:36	24:35	1:11:19						
4	Colleen Anne Jacobs	40	Dillon	9:49	39:14	22:25	1:11:28						
5	Kim Wright-Ulbert	43	Littleton	9:00	41:45	23:08	1:13:54						
6	Laurie Hadley	43	Pueblo West	8:00	42:20	25:23	1:15:43						
7	Sharon Cutler	42	Boulder	12:43	40:21	23:54	1:16:57						
8	Sonia Teissier	40	Lafayette	9:52	44:10	24:49	1:18:51						
9	Vanessa Brines	41	Pueblo West	10:56	41:31	27:09	1:19:35						
10	Susan Davidson	43	Colo Spgs	10:18	41:33	28:07	1:19:57						
11	Ann Apple	40	Erie	8:04	41:26	30:52	1:20:23						
12	Stacey Diaz	43	Pueblo	11:54	44:52	24:43	1:21:29						
13	Karen Lundberg	43	Salida	11:46	41:36	29:16	1:22:38						
14	Patricia Bellac	43	Boulder	10:50	45:31	28:16	1:24:37						
15	Sue Visser	42	Boulder	12:58	43:51	29:16	1:26:05						
16	Gail Folwell	42	Boulder	12:12			1:26:12						
17	P. Polly Dana	43	Boulder	10:50	44:55	30:46	1:26:31						
18	T L Levenson	40	Colo Spgs	11:00	42:36	33:29	1:27:05						
19	Karen Hyde Edgerly	42	Boulder	11:20	47:25	28:40	1:27:25						
20	Amy Smeester	40	Denver	12:27	47:37	30:55	1:30:58						
21	Tracy Lynn Brainard	40	Highlnd Rnch	11:47	49:13	30:45	1:31:45						
22	Lori marie Hunnicutt	40	Windsor	10:33	48:00	34:02	1:32:35						
23	Stephanie Musella	41	Arvada	9:46	48:48	34:18	1:32:52						
24	Ann Godby	41	Louisville	10:19	47:00	35:35	1:32:54						
25	Stephanie Ann Rowe	40	Louisville	11:07	50:55	31:06	1:33:09						
26	Tammy Bailey	42	Wood Park	13:03	50:57	29:26	1:33:26						
27	Amy Hancock	42	Louisville	11:27	49:59	33:50	1:35:16						
28	Bonnie Arnold	41	Englewood	12:37	52:30	30:27	1:35:34						
29	Sally J McCall	43	Lafayette	12:41	51:55	31:07	1:35:43						
30	DeAnn George	41	Greeley	12:04	48:36	35:09	1:35:50						
31	Katy Vorce	42	Colo Spgs	14:37	49:56	31:44	1:36:17						
32	Terry Jahelka	40	Colo Spgs	10:52	49:00	36:46	1:36:38						
33	Beth Ann O'Neill	44	Centennial	12:51	51:27	35:01	1:39:19						
34	Sidonie A Lee	43	Lyons	12:57	51:46	34:50	1:39:33						
35	Naomi Fieman	43	Englewood	14:04	52:59	32:48	1:39:51						
36	Laura Shiflett	40	Pueblo	14:35	57:40	28:13	1:40:29						
37	Betsy A. Thinger	40	Colo Spgs	13:24	54:10	33:33	1:41:07						
38	Heidi R Gard	43	Pueblo West	13:42	52:31	38:40	1:44:53						
39	Carmen J Porter	44	Boulder	19:54	49:30	36:43	1:46:08						
40	Robin Dean	43	Lafayette	11:54	1:01:47	33:18	1:46:59						
41	Janice Diane Phillips	44	Highlnd Rnch	16:17	55:24	38:07	1:49:48						
42	Jackie Joyce	41	Westminster	15:20	1:00:24	35:57	1:51:42						
43	Donna Tellschow	41	Littleton	13:53	58:06	40:12	1:52:10						
44	Kirstine Rohren	42	Colo Spgs	17:20	56:26	38:36	1:52:22						
45	Cheryl Coates	43	Morrison	18:06	1:03:08	33:10	1:54:25						
46	Susie Elizabeth Triem	44	Erie	10:57	1:07:59	35:55	1:54:51						
47	Rosalie I Pardo	41	Westminster	15:15	1:02:17	38:27	1:56:00						
48	Tammy McGarity	40	Boulder	16:35	59:17	43:54	1:59:46						
49	Mi Lou Trask	43	Colo Spgs	15:58	1:14:03	48:57	2:18:58						
F45-49													
1	Marti Harvey	48	Divide	9:19	39:42	28:38	1:17:39						
2	D. McClure Oleson	45	Colo Spgs	9:55	42:37	25:57	1:18:28						
3	Karen Clement	48	Gunnison	11:00	42:22	27:16	1:20:38						
4	Janie O. Acord	47	Colo Spgs	11:17	43:40	26:24	1:21:21						
5	Pat Nichols	49	Golden	12:42	43:49	28:37	1:25:09						
6	Marcia J. Barber	49	Colo Spgs	12:15	41:00	32:21	1:25:36						
7	Cassi Bailey	49	Louisville	14:09	46:30	25:10	1:25:49						
8	Audy M Leggere-Hickey	47	Boulder	14:26	44:42	27:54	1:27:02						
9	Kathryn Ann Bergman	47	Pueblo West	13:42	48:40	27:49	1:30:10						
10	Julie Lindsay	49	Littleton	16:15	51:23	27:17	1:34:55						
11	C.J. Hartman	49	Castle Rock	12:04	48:37	34:26	1:35:06						
12	Sharlene Theresa	47	Lafayette	16:15	50:06	29:16	1:35:36						
13	Kathleen Hall	47	Edwards	12:11	53:05	31:59	1:37:15						
14	Vicki Griecius	46	Colo Spgs	15:46	54:49	31:33	1:42:08						
15	Holly Perrine Shaulis	48	Ward	13:26	56:40	33:43	1:43:50						
16	Carol Jean Veigele	46	Boulder	13:38	56:11	35:51	1:45:40						
17	Michelle Cavanaugh	47	Leadville	19:58	58:00	28:19	1:46:17						
18	Jane Jackson	47	Littleton	12:21	59:16	35:27	1:47:04						
19	Diana Quattlebaum	45	Florence	20:02	1:13:33	36:23	2:09:58						
F50-54													
1	Laurie Hakala	52	Lakewood	10:49	45:57	26:09	1:22:55						
2	Marijane Martinez	51	Pueblo	14:58	48:49	25:58	1:29:45						
3	Cindy J Swits	52	Littleton	12:09	46:51	31:50	1:30:51						
4	Debbie Caperton	51	Lakewood	12:51	53:01	36:47	1:42:39						
5	Breida Geesaman	51	Boulder	13:38			1:49:16						
6	Alexis Holdman	53	Denver	15:42	1:03:15	40:50	1:59:48						
7	Cynthia Ortiz Fuentes	53	Pueblo	14:46	1:07:10	42:30	2:04:26						
F55-59													
1	Judith Russell	57	Colo Spgs	10:31	44:33	26:41	1:21:45						
2	Carol Lyndell	56	Colo Spgs	12:55	49:31	25:29	1:27:55						
3	Barbara Malloy	55	Gunnison	13:27	48:52	28:47	1:31:06						
4	Joy Miller	57	Divide	13:08	46:59	31:03	1:31:10						
5	Pam Willhite	57	Breckrdge	14:17	48:20	35:32	1:38:10						
6	Marje Clark	55	Littleton	13:59	57:57	34:46	1:46:42						
7	Ann M. Noble	56	Denver	11:17	58:07	41:31	1:50:55						
8	Janet R Madden	55	Boulder	17:33	1:00:03	35:57	1:53:33						
9	Sandra Lynn Judd	57	Breckridge	14:09	1:01:26	47:28	2:03:03						
F60-64													
1	Karen Fady	61	Colo Spgs	11:12	45:04	30:47	1:27:04						
2	Wanda Carlile	60	Littleton	13:45	57:27	37:04	1:48:16						
F65-69													
1	Barbara Faaborg	66	Colo Spgs	15:51	55:41	46:54	1:58:26						
F70+													
1	Marilyn Olen	77	Denver	19:26	1:03:43	48:03	2:11:12						



Sandy Reinsch poses in between directing traffic at the transition area.



OMT

Results - Guys



Results for the Men

Place	Name	Age	City	Swim	Bike+Tr	Run	Total
M10-19							
1	Douglas Presley	19	USAFA	9:11	33:01	19:21	1:01:33
2	Philip James Becker	19	USAFA	10:59	36:21	24:10	1:11:30
3	Brett Warner Roederer	19	USAFA	11:33	49:27	26:02	1:27:02
20-24							
1	Luke Jay	23	Littleton	8:31	31:24	18:25	58:20
2	Kent Newman	24	Colo Spgs	7:22	31:29	19:36	58:27
3	Prichard Root Keely	22	USAFA	6:27	33:12	19:44	59:22
4	Jeffrey Falcone	21	USAFA	8:21	32:04	19:16	59:41
5	Mason Jones	21	USAFA	7:41	32:15	20:07	1:00:03
6	Scott David Diehl	20	USAFA	7:34	33:05	20:49	1:01:27
7	David Nierenberg	22	USAFA	9:43	34:00	18:53	1:02:36
8	Troy Stiles	24	Colo Spgs	8:08	34:36	20:00	1:02:44
9	Eric James Forsyth	21	USAFA	8:54	34:43	19:21	1:02:58
10	Austin Morgan Pruneda	22	USAFA	9:26	39:43	21:29	1:10:38
11	David Bergman	20	Golden	10:50	36:25	23:24	1:10:40
12	Nicholas Newman	23	Loveland, CO	10:50	38:25	25:49	1:15:05
13	Serge Mettes	23	USAFA	10:00	41:15	24:10	1:15:25
14	Philip Jackson	21	USAFA	10:26	41:39	24:08	1:16:13
15	Joshua John Walton	22	USAFA	13:03	42:50	23:33	1:19:26
16	Nicholas John Beamer	22	USAFA	10:28	46:47	23:17	1:20:32
17	Michael Iwata	20	Colo Spgs	7:57	45:07	28:49	1:21:53
18	Doug Donaldson	22	Colo Spgs	11:09	48:48	24:57	1:24:55
19	Dimitrios Grillos	21	USAFA	12:54	48:23	26:36	1:27:53
20	Paul Herbert Lowe	23	Denver	8:36	53:39	25:52	1:28:07
M25-29							
1	Kevin Noleen	27	Park City, UT	9:00	34:31	20:27	1:03:57
2	Nick Thelen	26	Colo Spgs	8:58	34:30	22:46	1:06:14
3	Douglas J Shelton	28	Monument	9:48	38:22	22:01	1:10:12
4	Kent Walker	25	Frisco	7:22	38:30	25:46	1:11:38
5	Dan Khadem	27	Lafayette	10:13	40:59	21:33	1:12:45
6	Edward David Rastatter	29	Boulder,	12:32	43:07	22:37	1:18:16
7	John Van Hoven	25	Denver	9:25	50:30	34:40	1:34:35
M30-34							
1	Eric Peterson	32	Colo Spg	6:29	31:38	18:07	56:15
2	Gerald B Romero	32	Colo Spg	10:00	31:24	18:29	59:53
3	Kevin D Houghton	30	Colo Spgs	8:00	33:04	21:14	1:02:17
4	Eric Jones	32	Evergreen	8:55	34:04	22:03	1:05:02
5	Teddy Holt	31	Colo Spgs	9:02	35:04	22:02	1:06:08
6	Brian Strickland	30	Louisville	8:38	35:52	24:39	1:09:09
7	Dan Orlinski	33	Denver	8:37	36:09	24:24	1:09:09
8	Aaron McHugh	32	Colo Spgs	9:06	37:47	23:51	1:10:44
9	David Zybowski	32	Brighton	9:20	35:20	27:35	1:12:14
10	Dave Aldridge	31	Woodlnd Prk	10:51	40:25	22:06	1:13:22
11	Stephen Wisecup	33	Erie	10:48	39:05	23:41	1:13:34
12	Jory Long	30	Monument	11:03	42:29	21:43	1:15:14
13	Scott Scheff	30	Boulder	9:40	41:26	24:50	1:15:56
14	Eric Thomas Berggren	34	USAFA	10:48	41:45	23:43	1:16:16
15	Robert Conley	30	Delta	8:21	41:23	27:04	1:16:47
16	Kevin B McNeill	32	Thornton, CO	10:43	40:51	25:34	1:17:08
17	Ray Cameron	32	Colo Spgs	11:55	45:56	21:58	1:19:49
18	Steve Wolf	32	Colo Spgs	8:33	45:03	28:03	1:21:40
19	Scott Fiscus	32	Colo Spgs	9:54	45:52	26:06	1:21:52
20	Brian Perry	31	Colo Spgs	13:55	45:56	24:07	1:23:57
21	Tim Varner	30	La Junta, CO	11:53	43:40	29:23	1:24:56
22	Lawrence Bickel	32	Lafayette	13:31	42:36	29:14	1:25:21
23	Jason Maxwell	33	Liberal, K S	10:23	47:13	29:41	1:27:17
24	Aristeo Rito	34	Liberal, K S	14:21			1:29:31
25	David M. Rozelle	31	Ft Carson	10:05	44:16	35:42	1:30:03
26	Sean Henning	33	HighlndRnch	9:06	51:21	30:44	1:31:11
27	Jeffrey Allen Stivers	33	Fountain, CO	14:06	52:15	26:54	1:33:14
28	Michael Ray Friesen	32	Vail	16:20	49:06	33:17	1:38:44
29	Kieran Ken Hughes	34	Colo Spgs	15:24	59:25	27:39	1:42:28
30	Kevin Hagerman	34	Fowler	17:10	1:00:38	25:53	1:43:41
M35-39							
1	Edward Oliver	35	Littleton	8:48	32:20	20:29	1:01:37
2	Andrew C Fowler	39	Colo Spgs	8:44	34:04	21:09	1:03:57
3	Rob Andrew	39	Boulder	9:52	34:31	20:37	1:05:01
4	Scott Guenther	35	Boulder	10:11	36:29	19:34	1:06:13
5	Michael H Redman	35	Arvada	10:09	36:15	19:55	1:06:19
6	John Marosi	36	Aurora	9:27	6:06	21:17	1:06:50
7	Scott Bristol	38	Golden	8:34	34:15	25:13	1:08:01
8	Nick Sherwood	35	Evergreen	9:54	35:43	24:05	1:09:42
9	John Clarke	38	Colo Spg	12:39	35:28	22:14	1:10:21
10	James A Taylor Jr	37	Littleton	9:51	36:40	24:10	1:10:41
11	Wayne McAllister	39	Longmont	9:17	39:22	22:44	1:11:22
12	J B Brower	36	USAFA	8:05	36:47	27:55	1:12:47
13	Frank A Negley	38	Colo Spgs	9:35	38:19	25:18	1:13:12
14	Tim Cameron	35	Colo Spgs	10:34	38:21	24:50	1:13:46
15	Adam Moskowit	36	Denver	10:40	39:32	24:31	1:14:44
16	Paul Searcy	37	Golden	11:40	39:55	23:56	1:15:31
17	Pape Eckart	35	Colo Spgs	11:10	42:46	22:35	1:16:31
18	Jeff William Keers	39	Colo Spgs	11:12	45:08	22:55	1:19:15
19	Eric McGuire	37	Pueblo West	13:40	42:12	23:54	1:19:46
20	Troy D Davenport	39	Colorado City	11:31	42:11	26:54	1:20:35
21	Carlos Paine	38	Colo Spgs	12:04	44:54	23:49	1:20:47
22	Steve Isenhour	38	Loveland,	8:35	43:42	28:52	1:21:09
23	DeWayne T Arnold	36	Great Fall	12:49	44:05	25:56	1:22:50
24	Dudley Jacob Delffs	39	Colo Spgs	12:10	43:30	27:47	1:23:27
25	Stefan Mehlig	38	Littleton, CO	12:57	46:44	25:51	1:25:32
26	William T O'Hearn	36	Colo Spgs	10:55	46:24	28:44	1:26:03
27	Eric Scott Leedom	37	Pueblo West	12:40	49:42	29:55	1:32:17
28	David Tjarks	36	Arvada	15:17	46:31	30:49	1:32:37
29	Mike Dean	35	Denver	12:53	52:27	28:25	1:33:45
30	Tom McKay	39	Colo Spgs	13:29	49:48	31:24	1:34:41
31	Don A Diltz	38	Elizabeth	15:02	49:29	31:32	1:36:03
32	Rod T Schafer	37	Highlnd Rnch	12:38	56:42	29:22	1:38:42
33	Michael Claudio	39	Colo Spgs	20:40	1:16:38	25:26	2:02:45
M40-44							
1	George Dallam	44	Colo Spgs	7:37	30:45	21:41	1:00:03
2	Bruce Edward Miller	42	Colo Spgs	8:45	33:54	20:47	1:03:26
3	Douglas Kretzmann	43	Highlnd Rnch	8:14	34:47	21:24	1:04:24
4	Peter Alfino	41	Highlnd Rnch	8:15	35:12	21:45	1:05:13
5	Steve Shumway	44	Colo Spgs	10:08	36:26	24:58	1:11:32
6	Tom Morales	42	Golden	8:11	40:30	23:16	1:11:56
7	Raymond R Goure	44	Lakewood	7:23	43:34	22:03	1:13:01
8	Norman Desrochers	44	Evergreen	9:15	39:55	24:10	1:13:20
9	Robert Samuel Haimes	43	Conifer	10:53	39:02	24:03	1:13:58
10	Ben Valdez	44	Pueblo	13:35	42:13	22:02	1:17:50
11	Dennis Ray Kinder	41	Craig	13:01	41:50	22:58	1:17:50
12	Chris A Gredig	44	Pueblo	11:08	42:58	23:52	1:17:58
13	Scott Zink	40	Broomfield	10:51	41:52	25:16	1:17:59
14	Tom Ratzlaff	43	Pueblo West	10:49	42:56	24:14	1:18:00
15	Shawn Hill	42	Highlnd Rnch	10:54	41:00	26:44	1:18:38
16	Tom Tellschow	41	Littleton, CO	12:34	43:55	24:35	1:21:04
17	Scott Wolf	40	Evergreen	15:13	42:59	27:11	1:25:23
18	James R Fajt	41	Pueblo	8:22	44:38	32:34	1:25:34
19	Mark Thomas House	44	Pueblo West	13:20	46:41	26:22	1:26:22
20	Mike Archuleta	43	Pueblo	15:15	42:15	28:57	1:26:28
21	Kent Michael Bramley	42	Littleton	14:20	52:44	27:35	1:34:39
22	Jerry Witt	44	Wheat Ridge	15:32	55:14	30:15	1:41:01
23	Karl Samuel Goeken	42	Centennial	14:53	52:40	34:28	1:42:02
24	T.J. Henry	44	Colo Spgs	13:49	54:16	34:00	1:42:05
M45-49							
1	Woody Noleen	48	Colo Spgs	7:27	32:13	19:52	59:32
2	Dale Peterson	47	Thornton	8:53	33:54	19:11	1:01:58
3	Guy Sigley	46	Highlnd Rnch	8:46	33:02	22:54	1:04:42
4	Gunnar P. Paulsen	46	Colo Spgs	6:57	36:42	23:26	1:07:05
5	Robert Brotherston	45	Colo Spgs	10:33	38:45	20:20	1:09:38
6	Don Powers	47	Colo Spgs	12:40	41:37	19:42	1:13:59

(Continued on page 10)



OMT Results for Guys

(Continued from page 9)

7	Dave Amsteen	46	Colo Spgs	9:49	38:30	25:43	1:14:03
8	Paul DallaGuardia	46	Colorado City	10:37	38:56	24:42	1:14:15
9	Jim Newton	46	Colo Spgs	11:27	40:28	22:45	1:14:40
10	Jerry D Martinez	49	Pueblo	13:16	41:41	22:53	1:17:50
11	Tim Daniell	48	Denver	11:37	42:03	25:27	1:19:07
12	Howard Stringert	48	Pueblo	10:06	42:26	26:45	1:19:16
13	Jeff Koch	46	Canon City	10:59	43:44	25:48	1:20:30
14	Ross Jacobsen	45	Colo Spgs	13:06	45:16	25:53	1:24:16
15	Dan Lavender	45	Littleton	14:56	43:43	26:06	1:24:46
16	Jim Warren	48	Pueblo West	16:38	49:24	28:13	1:34:15
M50-54							
1	SinClair Orendorff	52	Pueblo	8:18	32:14	19:14	59:46
2	Dennis Coombs	52	Longmont	9:06	32:57	21:25	1:03:28
3	Mark Stephen Stecher	54	Golden	11:14	36:23	23:18	1:10:55
4	Jim W Butler	51	Monument	11:44	37:06	22:28	1:11:18
5	Richard Toussaint	52	Evergreen	9:53	37:34	24:32	1:11:59
6	Dean Myers	53	Colo Spgs	9:12	37:10	26:30	1:12:52
7	Jim English	50	Colo Spgs	13:19	39:42	21:50	1:14:52
8	Buzz Borries	51	Colo Spgs	9:49	42:10	28:54	1:20:53
9	Joe Stommel	54	Pueblo	13:33	47:53	22:58	1:24:24
10	Laurent Frost	52	Aurora	11:52	48:42	29:12	1:29:47
11	Erich Meyer	52	Evergreen	9:19	46:12	39:20	1:34:52



Above: Gary Franchi at the transition.



Far Left: Dave Diaz gets his bike



Left: Michael O had a busy weekend. He helped organize and run the event, then took part too.

Below: Debbie Caperton & Mojo ham it up

M55-59							
1	Frank Moore	55	Colo Spgs	8:46	33:33	20:10	1:02:28
2	Rob Ladewig	55	Colo Spgs	10:29	35:53	21:08	1:07:30
3	Gary Franchi	55	Colorado City	8:30	40:05	24:32	1:13:07
4	Dave M Diaz	55	Pueblo	14:16	42:11	21:47	1:18:15
5	Rob Redwine	55	Pueblo	9:44	44:47	25:41	1:20:13
6	Dana Duthie	58	Colo Spg	11:02	40:29	31:23	1:22:54
7	Joseph Giles	59	Colo Spgs	13:35	47:07	24:28	1:25:11
8	Martin Thrasher	55	Colo Spgs	13:36	45:13	27:04	1:25:53
9	Morgan Edwards	59	Parker	9:31	50:47	34:13	1:34:31
M60-64							
1	Angus R. Morrison	61	Colo Spg	10:46	40:42	23:24	1:14:52
2	Johnny Chapin	63	Boulder	11:22	38:30	25:11	1:15:04
3	Tom Chambers	61	Littleton, CO	9:24	46:16	25:21	1:21:00
4	Robert E Orlinski	60	Pueblo West	13:29	47:44	32:49	1:34:02
M65-69							
1	Don Whitford	66	Aurora	12:11	43:01	26:07	1:21:20
2	Leonard Moore	68	Nathrop	10:57	41:23	29:52	1:22:12
M70+							
1	John Sturtevant	70	Salida	13:42	52:09	30:10	1:36:00
2	Gerald E Puls	78	Pueblo	21:47	1:05:59	54:44	2:22:30



Potpourri

A letter to SCR

To SCR:

My wife and I became Family SCR Members this past year and we enjoy the monthly newsletter. I have participated in a few SCR and local races so far this year and have enjoyed them and have been impressed with the organization of each race. We moved to Pueblo a little over a year ago and having an active local running club really makes a difference.

If you wish, you may publish the following recommendation in a future Footprints issue:

The Autumn Color Run, Sept 18, 2004 - Buena Vista, CO

This excellent race consists of runs of half marathon, 10K and 5K distances. Although the 5K and 10K are also well organized runs through neighborhood and country roads in Buena Vista, I highly recommend the point-to-point half marathon that starts at 11,000 feet by Cottonwood Lake and ends at 8,000 feet in downtown Buena Vista. The first five miles of the 13.1-mile run take you on a challenging dirt and gravel forest road through thick woods and along rolling streams. The last 7 or 8 miles consist of paved and gravel country and neighborhood roads with an occasional hill but mostly flat. You finish in a downtown park with satisfying post-race refreshments. I was one of 100 runners in the half marathon last year and have it marked on my calendar for this year as well.

Sincerely,

Joseph Bulow
SCR Family Member

Questions

1. How do you catch a unique rabbit?
2. What do fish say when they hit a concrete wall?
3. What do you call Santa's helpers?
4. Why do gorillas have big nostrils?
5. What do you call a boomerang that doesn't work?

Answers on following page



A couple more OMT photos

Left: Stacey Diaz completes the run.

Above: Emily Borrego before the swim



More Potpourri

Scholarship Discussion to Take Place

At the June SCR meeting, Nick Leyva brought up the idea of an SCR scholarship. At this point, it is just an idea that may or may not gel. The potential scholarship will be on the agenda for the July 7th meeting. If you want to be part of the discussion, please be at the YMCA at 7pm.

Answers

(to questions on previous page)

1. Unique up on it.
2. Dam!
3. Subordinate Clauses
4. Because they have big fingers
5. A stick

Signs

**On a Plastic Surgeon's
Office door:**

"Hello. Can we pick your nose?"

At a Towing company:

**"We don't charge an arm and a
leg. We want tows."**

THE YEAR'S BEST ACTUAL HEADLINES!

SOMETHING WENT WRONG IN JET
CRASH, EXPERT SAYS

POLICE BEGIN CAMPAIGN TO RUN
DOWN JAYWALKERS

IS THERE A RING OF DEBRIS
AROUND URANUS

PANDA MATING FAILS;
VETERINARIAN TAKES OVER

TEACHER STRIKES IDLE KIDS

MINERS REFUSE TO WORK AFTER
DEATH

WAR DIMS HOPE FOR PEACE

IF STRIKE ISN'T SETTLED QUICKLY.
IT MAY LAST AWHILE

COLD WAVE LINKED TO TEMPERA-
TURES

COUPLE SLAIN; POLICE SUSPECT
HOMICIDE

RED TAPE HOLDS UP NEW
BRIDGES

TYPHOON RIPS THROUGH CEME-
TERY; HUNDREDS DEAD

MAN STRUCK BY LIGHTNING
FACES BATTERY CHARGE

(Trail Notes Continued from page 4)

knew cut through several of the trail switchbacks. I finally found it. Descending an avalanche chute isn't the safest course of action but neither is trying to find a trail in deep snow in thick woods and besides, most of the snow had already slid. I descended to where I could see the last switchback heading into the snow between the trees once again. Miraculously I was able to descend back and forth following the "trail" by seeing the clear cut through the trees. Unfortunately I was still in snow at this point and breaking through to my hips occasionally. At least it wasn't hurting anymore – my legs were frozen. I started wondering if I might lose enough toes to become a motivational speaker like that pathologist on Everest. But eventually the snow ended, the trail was dry and I actually started to feel my feet again.

The final few miles were almost uneventful. Usually I keep my senses pretty heightened in awareness while running the trails so I don't become a statistic for the Department of Wildlife. But as is the norm for this stage of the run my head was kind of low and my senses were pretty dull - that is until the 300 mg rapid infusion of adrenaline. No, not Red Bull it was Black Bear. For some reason almost stumbling into a bear always startles me a little (ok, a lot). We didn't notice each other until we were close enough to see eye to eye, but luckily he wasn't interested in visiting and neither was I. We parted company and I made stellar time the last couple miles to the trailhead.

It really is a great run. Probably by the time you read this it might actually be a good time to run Bartlett to Greenhorn without adding another chapter to the "Trail Running Terror" series. Good luck.



TONY THE PONY

Children's Parties

**For an extra-special party,
Invite Tony the Pony!**

**Hand-led pony rides in your backyard.
Call Nicki, 676-2573.**

Ed note: Tony will be at the SCR picnic on Aug 29th

2004 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Jun 26	Little Run on the Prairie (a) Run (5k) / Walk (2k)	5K/2K 7:30 am	Lovell Park, Pueblo West Ron Dehn - (719)547-9273
Jul 10	Women's Distance Festival (c) Run / Walk	5K 7:30 am	City Park, Pueblo Diana Reno - (719)561-3343
Jul 17	Pioneer Run (a)	5K 7:00 am	Hollydot Golf Course, Colorado City Shaun Gogarty - (719)676-3353
Jul 31	Moonlight Madness Prediction Run (c)	5M 8:00 pm	3685 Verde Rd (take exit 87 off I25), south of Pueblo Diane Reno - (719)561-3343
Aug 7	Belmont Butt Buster Predict Run (c)	5M 7:30 am	1318 Horseshoe Drive Gina Benfatti (719) 542-5148
Aug 28	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Sep 11	East High Challenge (c)	5K 7:00 am	City Park Golf Course, Pueblo David Diaz - (719)564-9303
Sep 18	Corporate Cup (a) (corporate teams only)	5K 8:00 am	CSU-Pueblo Library, Pueblo Ben Valdez - (719)543-5151
Sep 26	Hot to Trot Run (a)	5K 8:00 am	HARP on Union Ave, Pueblo Jeff Arnold - (719)947-3682
Aug 29	SCR Picnic	TBA	Games, Pony Rides (for kids), Food, Beverages
Oct 23	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 20	Atalanta Womens' Run (c) (Run / Walk)	5K 9:00 am	City Park, Pueblo Katherine Frank - (719)549-2236
Nov 27	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514
Dec 4	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo Information - (719)564-9303
Dec 12	Marijane & Nick's Prediction Run (c)	8±M 9:00 am	117 Regency, Pueblo Marijane Martinez - (719) 546-6043

*We make every effort to be accurate however, as with the rest of life, some of this is subject to change without notice.

Upcoming Races

The Little Run on the Prairie

The run / walk takes place at 7:30 am on June 26th. The event includes a 5k run and a 2k walk. See last month's Ramblin' column for more info. Door prizes will include one or more Bronco photos, courtesy of the Denver Broncos. We haven't seen the photos yet, and we don't know how many we will get. But if you are a Bronco fan, you might want to check it out. (The awards are pretty cool too.)

Run for the Summit

I'm happy to announce this year's Run for the Summit. It will take place on July 3 (Saturday), starting and ending at Lovell Park--in front

of Pueblo West Elementary School on Hahn's Peak in Pueblo West, Colorado. The race is a fast 5K course, it begins at 7:30 a.m., and will include drawings for door prizes as well as awards for 1st and 2nd place finishers in all age groups. Entry fee will be \$20 until June 30, and \$25 until race day registration, which begins at the race site at 7 a.m. For more information, please contact me at (719) 547-4125. Thanks for including us again. John Dengler

The Women's Distance Festival

Attention women runners and walkers! The Women's Distance Festival is just around the corner. (July 10th) Diana Reno has taken on the Race Director role this year. Diana is counting on a big turnout

(Continued on page 14)

Attention SCR Race Directors

If your race is missing from the list or if information about your race is incorrect, please send an e-mail to
ron.dehn@colostate-pueblo.edu
or call Ron at 547-9273

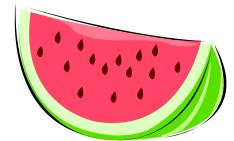
Area Races



26th Annual
Sailin' Shoes
5k / 10k
7 am June 19th
Colorado Springs



The Summer Roundup
Trail Run 12K
A beautiful course
Sunday, July 11
See:
www.pikespeakmarathon.org



Watermelon Day Run,
10K
Saturday, August 21
7 a.m. in Rocky Ford
See:
www.arkvalleyfair.com

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

**Non-Profit
Organization**
U.S. Postage Paid
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 Races Continued from page 13)

of participants, and is looking for some volunteers to help with
the race.

The Pioneer Run

Have you ever run on a golf course? Normally the golfers ob-
ject, but on July 17th, Shaun & Gloria Gogarty will host the 5k
Pioneer Run at Hollydot Golf Course in Colorado City. Great
Vistas for running or golfing. Start time is 7am.

The Moonlight Madness Predict

The start time for the Moonlight Madness Predict Run has been
changed to 8pm. This event is a potluck. The club will provide
the hamburgers and hot dogs, and participants are asked to bring
their favorite side dish. If there is one thing this club knows
how to do well (besides running), it is putting on a good meal
and enjoying each other's company. The date is July 31, and
both the moon and Diana (the moon goddess) will be there.

The Belmont Butt Buster

The start time for the Belmont Butt Buster Predict has been
changed to 7:30 am. In keeping with the tradition of "Run then
Eat", this run is a potluck. What a way to start the day! Mark
your calendar for August 7th. Bring your favorite breakfast dish.
Deja Vu all over again!

The Autumn Color Run

Be in Buena Vista on Sept 18, 2004 for this one. See the letter
on page 11 from Joseph Bulow on page 11 for more information

Visit our Web Site: For racing schedules, results,
contact info, etc, see: www.socorunners.org

The Next Meeting: The next SCR meeting will be
held at 7 pm Wednesday, June 2nd at the Pueblo
YMCA. All SCR members are welcome

The Final Thoughts...

Officer, I know I was going faster than 55MPH, but I wasn't
going to be on the road an hour. - Steven Wright

My grandfather once told me that there were two kinds of
people: those who do the work and those who take the credit.
He told me to try to be in the first group; there was much less
competition. -Indira Gandhi

Listen or thy tongue will keep thee deaf. -American Indian
Proverb

The trouble with life in the fast lane is that you get to the
other end in an awful hurry. -John Jensen