

Footprints



EDITOR: Gary Franchi

December, 1990

Annual SCR Awards Banquet to be Held in January

Happy Holidays to you all! As the year winds to a close, we have begun mapping plans for the annual Southern Colorado Runners awards/dinner banquet, which this membership year will be held on a Saturday in January, either the 19th or 26th, at the Gold Dust Saloon. It will be a catered event that will include the announcement of the winners of our annual awards - Most Improved male and female runners, Most Valuable Club Member, the Packard Friendship Award (a Canon City/Pueblo alternating award which this year goes to a Pueblo person), the coveted Dirty Sock Award.

We also will announce the top finishers in the Nature Trail Handicap Series and the new slate of officers for the coming year. Those officers will officially take office that night. Too, awards will be given to

volunteers who earned points by working at races during the past year.

As an added attraction this year, we have decided to charge members and guests just \$2 each to attend the banquet. And kids get in free! Soon you will receive a banquet reservation form that you will be asked to fill out and send to or drop off at the Gold Dust. More on that next month.

In the meantime, we are trying to roust up candidates for office. If you are interested, please call our SCR president, Lois Pfost, at 564-8022. We also are interested in qualifiers for the above-mentioned awards. If you have some preferences, please either call Lois or drop her a note at 2125 Sherwood Lane, Pueblo, CO 81005. Please include a brief (I mean concise) explanation of why you feel

such and such a candidate should be considered.

An officers/awards ballot will be sent to you in the near future. Please fill it out and send it in as soon as possible to the address that will be included with the ballot.

By the way, organizers of the banquet this year are Lois, Kathy Duran and Marleen Cordova. Thanks, ladies! We look forward to another wonderful evening like all of those we have had in the past.

To those of you who haven't attended an SCR banquet before, it is a very lighthearted extravaganza that fits the casual style of the Gold Dust. We manage to poke fun at a member or two, or TEN, during the evening. Please plan to attend, for we would greatly appreciate having you and your guest and/or family join us that evening.

It Runs in the Family



Ronda Leyba is flanked by twin sisters Bernadette & Annette

By Marijane

At one time or another, I'm sure you've seen the Leyba sisters - Ronda, Annette and Bernadette - competing in one of our local races. As a matter of fact, if you came across Annette and Bernadette at about mile 5 of a 10K race, you may have thought you were seeing double since they are twins!

The Leyba sisters have compiled quite an impressive record thus far in their running careers. It's no wonder their parents, Ray & Theresa, can be found beaming at finish lines wherever their daughters compete.

Ronda (age 19) is currently a freshman at Adams State College and runs for its women's cross country team. She recently participated in the 12th NAIA National Championships in Kenosha, Wis., and earned All-America honors while assisting in a 2nd-place overall finish for her team.

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Season's Greetings From Your Footprints Staff!



Rocky on Fitness

By Rocky Khosla, M.D.

Even though most of us runners feel that running is one of the healthiest things that a person can do, there are some people who wonder how good it is for the joints. In fact, there are some people who worry that it may cause arthritis. So I thought it would be good to look at this very question.

Osteoarthritis is the most common joint disease in the U.S. and, by age 75, at least 85% of people have some form of it that can be diagnosed by examination and/or X-rays. In animal studies, there is a suggestion that exercise may lead to arthritis in certain joints. For example, osteoarthritis seems to develop in the hips and shoulders of husky dogs that pull sleds, but not in husky dogs that don't work as sled dogs. Also, race horses develop arthritis in their forelimbs, while work horses develop this in their hind limbs.

Human studies, fortunately, do not seem to show that running causes arthritis. Let me show the results from 4 separate studies. In the first, the X-rays of the hips were compared from 74 champion runners at average age 55 who had started running at age 15 and competed for an average of 21 years

with 115 controls who were non-runners. Some 4% of the runners showed evidence of arthritis, whereas 9% of the non-runners had arthritis. In another study, 17 healthy middle-aged runners and 18 sedentary males were followed for 12 years (the runners ran an average of 28 miles per week).

X-ray studies of the hips and knees showed no difference in the presence of arthritis. A third study looked at former college runners and compared them to former college swimmers regarding how they answered a questionnaire, and there was no difference reported in symptomatic arthritis between the two groups. Finally, there is an on-going study at Stanford that is comparing 498 runners to 365 non-runners. The early studies are showing that the runners have fewer physician visits and less physical disability than the non-runners.

So, runners, rejoice! Running does not appear to cause osteoarthritis!! However, in people who already have arthritis, it may worsen their symptoms - so go easy.

Happy holidays and have a great New Year!



a year ago, called the marathon "the most exciting running event" he's ever been in, partly from being in a throng of 25,000 runners and also because of the encouragement of the spectators who lined the entire course. Bill said the spectators gave him a needed boost with "high fives" along the curbs whenever his every level hit rock bottom. He called the marathon very well organized. His time was 4:29.38, about what he planned to run it in. Bill sees the

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Farewell to Race Directing



By Marijane

What a year it's been! It's amazing that my ear hasn't fallen off from having the telephone receiver practically glued to it. My supervision threatened to give me a private line for SCR business! All things considered, it's been a wonderful year - I've made many more new friends and had contacts in the community with people I never dreamed I'd have occasion to speak to.

Again, the expertise of Nick Leyva was a definite plus. What one of us may have overlooked, the other seemed to cover without having to be asked.

When I first became involved with the club, I never dreamed I'd be president or race director. Like many of you out there, I didn't feel I was knowledgeable enough about the SCR. However, with the assistance and encouragement of many good friends, I managed, and have no regrets.

I suppose you can consider this my final plea to you to attempt to get more involved with club activities. You would be thoroughly amazed at not only how much fun it is but also how relatively easy it is, too! If you and a friend offered to direct one race, our "E-Z Does It Race Director's Kit" can help you breeze right through the process. Also, Nick and I would always be available to answer any questions you might have.

In closing, I'd like to take this time to say thanks to the following people who were invaluable this past year: Nick Leyva, George Slaughter, Frank Arteaga, Bobby Santos, Lois Pfof and Gil Cruz. There were many more who assisted throughout the year, and you know who you are. These people were always there when I needed them - Thanks!

Adios, amigos. Feliz Navidad y Prospero ano Nuevo.

Famous Quote from Sanchez Claus:

"It's not that you're not stupid or anything!"

Random Thoughts:

I'm told that Santa Claus will make a personal appearance to pass out goodies at the Christmas Classic 10K that will be held at 11 a.m. Sunday, December 16. (Hopefully you have received this issue before that date) ... This from the most recent issue of Running Times - number of sub-2:20 marathon performances by U.S. men in 1983: 265; in 1989: 64 ... Speaking of marathons, club member Bill DeMoss wrote recently of his experience at the Chicago Marathon this fall. Bill, who moved to Pueblo

SCR OFFICERS

President	Lois Pfof	564-8022
Vice President	Chuck Moore	948-4817
Secretary	Pat Gonzales	543-8966
Treasurer	Gil Cruz	561-1495
Membership Chair	Andy Ballou	547-3663
CoRace Directors	Nick Leyva	564-3605
	Marijane Martinez	564-6043
Newsletter Editor	Gary Franchi	545-2603

MEMBERS AT LARGE

Jeff Arnold, Sidney Arnold, Frank Arteaga, George Balles, Stacey Bowman, Dave Diaz, Betty Duran, Tomas Duran Trish Ferguson, Lila Gradisar, Tom Guay, Frank Janquez, Bob King, Dick Marian, Patti Marian, Gloria Montoya, Don Pfof, Marty Quintana, Bob Santos, Deanna Stever, Judy Tucker. *Guests:* Gene Conley, Dave DeBusschere, Bo Jackson, Deion Sanders.

Last month's guests:

Winners of the River Trail Marathon.

Leybas

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Ronda also placed 5th in the TAC/USA Championships in Vancourtland Park, NY, on November 24.

Annette (age 15), a freshman at Florence High School, recently placed 4th at the 4A state meet in Boulder. She was the Gazette Telegraph's 4A Female Runner of the Year. Bernadette (age 15), also a freshman at Florence High, placed 27th at the 4A state meet.

Both Bernadette and Annette run for Florence High's girls' cross country team which not only placed 3rd in the Boulder Challenge 5A-6A upper division but also placed 1st in all of its nine other meets. The team took 2nd at the state meet with the assistance of the Leyba twins.

Congratulations, Ronda, Bernadette and Annette, and best of luck in your future running careers.

Race Calendar

PUEBLO AREA

December

16 Sun 11:00 AM Christmas Classic, 10K
City Park

January

12 Sat 8:30 AM Run for the Dream, 10K
YMCA
26 Sat 10:00 AM Frostbite 5, 5M
Pueblo Reservoir to City Park
20 Sun 9:00 AM Nature Trail Handicap Series #1, 5K
Nature Center

FRONT RANGE & BACK RANGE:

December

29 Sat 10:00 AM Resolution Run, 4M
Washington Park, Denver
31 Mon 4:00 PM First Night Pace Race, 5K
Currigan Hall, Denver

January

1 Tue 10:00 AM El Paso Co. Search, 5K & 10K
Penrose Stadium, Colorado Springs
12 Sat 10:00 AM Black Forest #1, 5K & 10K
Wolford School, Colorado Springs
26 Sat 10:00 AM Black Forest #2, 4M & 15K
Wolford School, Colorado Springs

February

9 Sat 10:00 AM Black Forest #3, 5M & 20K
Wolford School, Colorado Springs
16 Sat 10:00 AM Black Forest #4, 10K & 25K
Wolford School, Colorado Springs

March

16 Sat 9:00 AM St. Pat's Day Run, 5K
Old Colorado City

UPCOMING MARATHONS

January 13 Arizona Marathon, Tempe
20 Houston Tenneco Marathon
February 2 Las Vegas Marathon
March 3 Los Angeles Marathon
10 Corpus Christi (Texas) Marathon
16 Lake Powell (Utah) Marathon
April 15 Boston Marathon
20 Arbor Day Festival Marathon (Aurora, Colo.)
May 19 Revco-Cleveland Marathon

SOME KEY DATES IN 1991

- Cherry Creek Sneak – April 28
- Bolder Boulder – May 27
- Garden of the Gods 15K – June 9
- Colorado Springs Classic 10K – July 21
- Pikes Peak Ascent – August 24



The Sandbagger's bag

(A Handicap Series Report)
By Marijane Martinez

Who would of thunk I'd survive a year as director of the Handicap Series? (*Ed. Note: not me!*) Well, certainly without the help of Nick Leyva, I'm sure I wouldn't have. His expertise in race directing and equipment setup certainly saved me time and time again. Thanks, Nick!

December's race – an 8.67-miler – was an enormous success due to the participation of 24 runners along with the cooks and dishwashers (who I wish I could have kept). Thanks to everyone for a great time and great food, especially to Frank & Maria Artega who worked in a space half the size it should have been, cooked for three times the number of people they normally do, and smiled throughout the entire ordeal. Thanks also to all the behind-the-scenes kitchen helpers, too – you all know who you are!

In terms of results, the top 6 point finishers for December's Handicap were:

1, Betsy Hill 1:23.00 2, Dave Diaz 54:24. 3, Glen Sandusky 59:42. 4, Teddy Quintana 53:38. 5, Sidney Arnold 58:34. 6, Reba Shiflett 93:13. (Final standings next month)

A newcomer to the series, Hank Hund (Todd's father) crossed the finish line second with a time of 67:09. The series also has picked up a couple of new, enthusiastic runners in Paul Chacon and Glen Sandusky. It's always a pleasure having newcomers. Welcome to both!

The organizing of the 1991 series will be passed on to Don Pfof with my blessings. In looking back, I can only say that it's been a challenging experience for me overall and I'm glad I took it on. Thanks to all the participants for being patient and understanding at times when things did not go as smoothly as they should have. But most of all, thanks to all of my dedicated volunteers – there is no way I could have done it without you (and YOU know who you are!). A volunteer is someone who gives something without expecting anything in return, and that's exactly what these people did. Sometimes the most fun part of the race is shooting the bull while the runners are gone. Oh, yeah, Reba, watching your sons was really not bad (even if I did misplace them a time or two). Hopefully Don will opt to keep the Kids Race as a regular follow-up. Even though we didn't get a lot of participants, those little little guys ran their hearts out each and every time.

So, runners, farewell as director and hello as competitor – see you on the River Trail. It'll be fun to compete in the series again!

I have one 1st- and one 6th-place ribbon and would like to give them to their rightful owners, so please call me if you're one of them. Also, Rick Hahn, I have two of your ribbons, so give me a call and they will be yours.

*

EDITOR'S NOTE: There will be a meeting at 7 p.m. Thursday, Dec. 27, at the YMCA to plan the 1991 Handicap Series. All interested in the series are urged to attend and lend some thoughts. If you have any questions, call Don Pfof at 564-8022.

Random thoughts

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half-marathon portion of our Pueblo River Trail Marathon becoming a tuneup for those running Chicago. Those wanting information on Chicago should call Bill at 564-211. Congrats! ... Thanks to Mike Orendorff for building mile markers for the River Trail Marathon. I'm told they served as good hurdles for some of the tinier folks, eh Marijane? ... The Outdoor Program Director at the University of Southern Colorado notes that the Back Country Triathlon is being made an annual event ... Sources tell me the Posada is having preliminary discussions about having a series of walk/runs that would coincide with Union Avenue events.

Again this year, the Gold Dust Saloon is
Santa's Little Workshop for the

HO! HO! SHOT
2 - for - 1 Special



Try it through the end of the year!



Racing Notes What's Afoot...

By Nick Leyva

Well, the racing season for 1990 is about finished. The only remaining race is the Christmas Classic 10K slated for Dec. 16. This race replaces the old Thanksgiving Foodbasket run, with Frank Arteaga the main force behind it. Since this is the year's finale, I feel that a good turnout would be greatly appreciated.

Since Marijane and I will conclude our terms as co-race directors when the election of new officers takes place in January, I think it is time for new people to become involved with the running and directing of the Southern Colorado Runners race calendar. I really believe there are people out there who can add to the club by volunteering to direct at least one race, an idea that was suggested at the December board of directors meeting. I'm speaking from experience when I say that having one race director devote so much time just isn't fair to that person. One idea kicked around at the December meeting was to drop races from the calendar if we can't find a director for that particular race. Most people feel that being a race director involves a lot of work, but most of the time the SCR's only job is to supply the finish line personnel and results. So, if there are a few races

that you really don't want to be dropped from the calendar, my suggestion is to take a chance and volunteer to be a race director for one of them.

Looking back at the last five years of race directing and an additional one year of presidency, the most memorable experiences for me were the 1990 Cinco de Mayo and the 1990 Corporate Cup 5K Walk/Run prediction event.

The Cinco de Mayo represented the first time we had had a lot of cooperation between a sponsor (Colorado State Fair), the Pueblo Police Department and a money sponsor (Giadone's). This race only had about 100 runners but made the club about \$800, and I consider it a great success because of the way that the groups pulled together.

The Corporate Cup 5K, a time predict event, had more than 900 participants, making it the largest race the club has ever handled. But with the super volunteer group I had, the race went off without a hitch. I actually enjoyed calling up the different waves, and it made me feel like I was at the Bolder Boulder calling up wave after wave.

Each time I think of the great times and the good races, my mind keeps coming back to the volunteers who make it all happen. Without them, the Southern Colorado Runners club would be history. So, knowing that this club revolves around those volunteers, I'm sure that you will be there to make the next SCR race director feel as good as I do as I leave. Now, I plan to become a racer and super volunteer.

So until next month, stay running and keep happy.



Holiday thought:

The human body has an inherent need to nap.

- George Sheehan

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

Non-Profit Organization
U.S. Postage
Pueblo, Colorado
Permit #260

December SCR Birthdays

Jennifer Alsever
Jennifer Crockenberg
Dave Dehn
Bob Drake
Kathy Duran
Rich Hadley
Charlie Hall
Frank Hill
Brian Housman
Annette Leyba
Bernadette Leyba
Carol Muller



Patricia Orendorff
Cathy Perkins
Sean Myers
Meri Reid
Joyce Schinkel
Trinity Trout
Debra Vialpando
Mark Wilkinson



Reindeer breath:

If you move and don't send us your change of address, your issues of Footprints take a sleigh ride to the North Pole.

