



EDITOR: Gary Franchi

# FOOTPRINTS

February 1991

## Kathy Duran Launches New SCR Era as President

### 100+ Rock 'n Bop at Awards Banquet

by Mr. Ed.

You had to be there -- and some 103 members of the Southern Colorado Runners, their spouses and many of their kids were just that last month when the annual club awards dinner banquet was held at the Gold Dust Saloon. It truly was a night to remember. For those of you who weren't there, here are a few things that took place:

We welcomed in a new slate of officers, among them Kathy Duran, who admitted that replacing Lois Pfof as president would be a difficult chore, and she's right. Lois' era will be remembered for a number of high points, among them the unprecedentedly popular Harvest bonfire and awards banquet, as well as the city's adoption, after input from the running club and others, of a plan to incorporate a usable river trail system surface.

Another new officer welcomed in was Susan Moore, who kept the vice presidency in the same household, having replaced husband Chuck. Other new officers are Betsy Hill and Frank Jaquez, co-secretaries; Stacey Bowman and Dave Diaz, co-treasurers; and Tony Martinet, race coordinator. In addition, Don Pfof will be the Handicap Race Series coordinator this

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### Show Stoppers

Kathy Duran (far right) introduces the Fireweed bluegrass band during SCR Banquet held at the Gold Dust Saloon.

### THE NEW PREZ SEZ

## A Whirlwind Romance

by Kathy Duran

WOW! Do things ever happen fast these days. Even though I've been a member of Southern Colorado Runners for many years, it was not until several months ago that I attended my first club meeting. Marlene Cordova and I were in the YMCA building for another meeting and, as it ended, we decided to visit our friends down the hall at the runners' club meeting.

We sat in chairs away from the table so we could just listen. Before long the meeting became of great interest, especially when talk of

the annual banquet started. Try as I might to resist the urge, the "volunteer demon" in me sprung loose and I offered to assist with the banquet, dragging Marlene along as well. A month later, and with attendance at a second club meeting under my belt, Lois Pfof asked if I would consider running for President of SCR. Again, it was that uncontrollable "volunteer demon" voice that told her I would. (Perhaps Rocky Khosla can prescribe a pill to rid me of that pesty demon.) I didn't realize that agreeing to put your name on the ballot was

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## Awards

*Continued from Page 1*

year, and Gary Franchi, who, despite hordes of competition for the position, continues as newsletter editor (the abuse continues).

A number of hard-working club members were deservedly recognized for their efforts during the past year. The plum prize – the Most Valuable Club Member – was shared by Nick Leyva and Marijane Martinez, two busybodies who have become the heart and soul of the SCR. Nick won the award the previous year as well. The **Most Improved Runners** – male and female, respectively – went to Mike Borton and Betsy Hill. Mike must be training with his kid, Chris, quite a bit because his race times have dropped dramatically. Betsy literally ran away with the Handicap Series championship in 1990. Gold Dust owners Ruth McDonald and Shelley Riddock, who did about everything but sweep the River Trail system last year, earned the Packard Friendship Trophy, an award which pays tribute to the person(s) who does the most to promote the sport of running. Andy Ballou, whose SCR membership dates back to the Babylonians and who also is the long-time membership chairman, was noted for his tireless "behind the scenes" work by being given the Dirty Sock Award. At last glance, Andy was figuring out a way to measure courses with his computer.

The club also honored non-SCR members for their contributions during the past year. They included:

- Carolyn Herzberger, who was instrumental in "saving" the River Trail system for future use by runners.
- Allen & Diane Middelkamp of Middelkamp Ambulance, long-time supporters of SCR events.
- Ben Valdez, YMCA cog who has directs a number of races, including the River Trail Marathon, and also is tireless in his support of fitness in general.
- Tom Giadone of Giadone's restaurant for his support of the Cinco de Mayo run with a substantial cash donation.
- Dave Feamster, owner of area Little Caesars restaurants, for supporting many races, especially the Moonlight Madness.
- Jerry Robbe, State Fair honcho who opened his Fairgrounds for the Cinco de Mayo race, helped give a kick to the State Fair run and has taken the stance of being a backer of road races.

There was a T-Shirt of the Year Contest but, after witnessing the unique modeling performances of Trish Ferguson & Deb Newhard (together) and Marijane (very Dolly Parton-ish), I became flustered and incoherent (some say I usually am) and failed to write down the winner. I'm sure it was a good one! By the way, the Cavalcade was seen knocking on the door of Mike Orendorff to seek his participation as a Chippendale team member following his exquisite mini-striptease that made judging his T-shirt a virtual after-thought.

What a way to welcome in a new SCR year!



**Shelly Riddock (l) & Ruth McDonald proudly raise the Packard Friendship Trophy they earned in '90**

## Prez

*Continued from Page 1*

the same as accepting office, since there was no surplus of candidates. A friend once said I should go into politics. If it were always this easy to get elected, maybe I'd reconsider.

At the February 6th meeting, the club again discussed the importance of SCR promoting running at all levels; conducting race events should not be our only function. We need to encourage people of all ages and levels of fitness to consider running or walking as an avenue to relieve stress, maintain better physical condition, and meet new friends.

In an effort to accomplish that goal, we will reinstate the "Saturday Fun Runs" on any Saturday when there is not a local race already scheduled. Between now and the first weekend in March, we will meet Saturdays at 1:00 p.m. in front of the Cavalcade and do the Spring Runoff course. After March 3rd, we'll plan to meet Saturday mornings around 9:00 a.m. at City Park Pavilion. Maybe we can have everybody run for the same amount of time, say 30-40 minutes, and return to the starting point. We'll keep this very informal and flexible. If the group wants to set up other times or locations, we can discuss those at the Saturday sessions. To make these "Fun Runs" really fun, bring a friend!

We've also selected a **Membership Committee** to research ways to bolster our membership ranks. Some things to be considered are how to increase publicity, a possible membership drive, and a youth membership package targeted for high school track or cross country athletes. If you would like input to this committee, contact Frank Artega, Andy Ballou, Gary Franchi or myself.

One thing I've learned already - Southern Colorado Runners is a positive-thinking, can-do group of people and that's exactly the kind of folks I want to be associated with. I'm looking forward to a productive year as your President, but I'll need a lot of support.

**THIS IS YOUR CLUB!**

# Rocky on Fitness

by Rocky Khosla, M.D.

Recently, I found myself getting into a rather heated argument with a group of golfers, which resulted in my calling them all "a bunch of wimps". To make a long story short, the golfers did not appreciate this comment and made me a bet. If they could show me a study that showed that golfing was good for your health, I would give a written apology to all golfers. Well, here's the rest of the story:

There was a study done in New Hampshire that compared 28 male golfers to 16 sedentary males. The golfers played golf 3 times a week and either used a pullcart or a light bag. The control group was a bunch of slugs who did no appreciable regular exercise. The study period lasted 6 months. At the end of the study, the two groups were compared and the following differences were noted:

- First, the golfers lost an average of about 6 pounds

whereas the control group gained over 7 pounds.

- Second, the golfers showed a significant decrease in their LDL cholesterol whereas the control group showed no change (the LDL cholesterol is the big bad type of cholesterol that is associated with increased risk of coronary artery disease). However, the golfers did not show any significant increase in their HDL cholesterol (the HDL cholesterol seems to be good for the heart and is increased by aerobic activity).

So, bearing in mind the above information, I will admit that golfers, if they walk the course, are partaking in a healthy exercise. But I still think that they are all aerobic wimps compared to other aerobic athletes. And if there are any readers out there who can refute this statement, come on down!

And if you can prove me wrong, I will eat my running shorts!! (Ed. Note: do you use salt?)

## Jogging:

Jogging is difficult and painful the first six weeks, hard work for the next six weeks, and as easy as walking from then on. - Dr. Larry R. Hunt

## "Eat to Compete" to be topic of Registered Dietitian's Discussion

On Friday, February 22, Jacqueline Berning, M.S., Registered Dietitian, will present a program entitled "Eat to Compete" for the Pueblo Dietetic Association. Jackie is a nutrition consultant to the University of Colorado Athletic Department, the Denver Broncos and the U.S. Swimming Team. As an exercise physiologist and author of many articles on sports nutrition, Jackie has been in demand as a speaker for professional coaching associations, as well as for nutritionists interested in her expertise.

Athletic coaches as well as interested athletes are invited to join us in the Sierra Room, on the fourth floor of the Parkview Hospital Annex located at 17th and Greenwood. A salad lunch with dessert and beverage will be served at 12 noon (\$4.75), with the program starting promptly at 12:30 p.m.

Those interested in attending the program are asked to please make reservations with Lois Pfost (564-8022) by February 20.



## Name That Tune

by Marijane

"We were out on a date in my daddy's car, we hadn't driven very far. There in the road looking straight ahead a car was stalled the engine was dead. I couldn't stop so I swerved to the right, never forget the sounds that night. The crying tires the busting glass, the painful scream that I heard last. Oh where oh where can my baby be? The lord took her away from me. She's gone to heaven so I've got to be good so I can see my baby when I leave this world."

**NOTE:** Winner of this month's quiz will choose the song lyrics for next month's contest. A grand prize awaits overall '91 champ.

(Name the SONG TITLE and ARTIST  
- Call picks to Marijane at 564-6043)

## We Need Your Help!

If you're not planning to run the Spring Runoff on Sunday, March 3, please help the Southern Colorado Runners conduct the race. With two different race distances and the high volume of runners anticipated in the Runoff field, we sure could use some assistance.

Please call **Andy Ballou, 544-2580**, if you can provide a little help.

Thanks very much.



## Poetic Justice

The following is a sampling of poetry from the pen of SCR member Bim Angst:

### Apple / Heart (for Addie at 18 months)

The first was not a yellow fruit, but one dark and red and hard as the nipple I proffered like a chicken heart that first day. You bit as certainly and the flesh was peeled and baked.

Between my fingers throbs the tender portion of your knee, and the small lobe of your ear puffs with the force of the thousand shining insect wings singing in the cage of your chest. The cricket box, big as a fist, seizes, breathes.

Yes, child, it is an apple of sorts. The chambers of your heart hide the broken starpoints of our dreams just as the common fruit of our table swells around its hard black seeds.

### Fishing the Allegheny Mountains (for my father)

Some things I remember -- the minnow swirls its threat, trout shave the edge of swollen water, ripples skirt debris. The creek is high and you explain again how to go in water. I follow where you point, the tear filling my borrowed boot, my borrowed cane sounding rocks, shearing moss from the downstream sides.

Early I lose the cane to fast water and a tree, go then alone, slowly through the vein of a mountain shedding a late and rushing spring of white water, fallen trees and seine. My feet numb then quicken, my knuckles harden on the handle of the pole.

In time, I too hear the burble of voices sifting up the creek. Father, we are walking into phrases, into our exhaled breath, like fish kissing the water's skin mouths open to whatever dreams, whatever sins, just beyond the lines.

## Random Thoughts

by Mr. Ed.

For those thinking of running the **Spring Runoff**, note that a new logo has been created for the long-sleeved T-shirts that will be given to all race entrants. The design is the creative work of *Pueblo Chieftain* artist Tim Acosta ... Congrats to **Dick LeDoux** for his fifth-place finish in the Phoenix Marathon recently with a time of 2:19.50 ... Speaking of marathons, the date of this year's River Trail Marathon is not etched in stone yet, Nike breath! That's because the old **Denver Marathon** has been resurrected and is scheduled for the same date - Oct. 13 - as the River Trail Marathon was set for. What complicates matters is that the Denver Marathon has been designated the Colorado State Marathon Championship with a prize purse of \$8,400 to the top finishers. Too, that run is a qualifying race for the Olympic marathon details. How do these things happen? ... **A thought** for your lunch tomorrow: "Idealism increases in direct proportion to one's distance from the problem" ... *Running Times* magazine offers these **tips for over-40 runners**: 1, Take more days off. 2, Take days off before speedwork, races and long runs. 3, Do cross training on non-running days. 4, Allow more rest between speed workout repetitions ... **Valentine's day birthday** wishes are extended to SCR member Randy Melcher and Judy Tucker. Randy's 30 and Judy's about 29 ... **Why I loathe stretching**: it has no character ... **Least dangerous sports**, compliments of *Men's Health* magazine: 1, Thumb wrestling. 2, Nintendo baseball. 3, Bass fishing. 4, Watching bass fishing on cable TV ... **Why do magazines put more than one subscription insert form** in an issue? ... Congratulations to **Chuck & Sue Moore** for the nice piece on their Books & Moore bookstore in *The Chieftain* ... Finally, make this a better world - wash your running gear often! Sayonara, gladiators!

### Yoo-hoo

If there is a '90 in brackets- ['90] - on the label of your newsletter, you have not yet renewed your membership for 1991. Please take the time to fill out the enclosed application form A.S.A.P. Thanks.

### SCR Officers

President	Kathy Duran	546-1569
Vice President	Susan Moore	948-4817
Secretaries	Betsy Hill	544-2836
	Frank Jaquez	269-3641
Treasurers	Stacey Bowman	545-5529
	Dave Diaz	564-9303
Membership Chair	Andy Ballou	547-3663
Race Coordinator	Tony Martinet	948-4513
Handicap Director	Don Pfof	564-8022
Newsletter Editor	Gary Franchi	545-2603

### This Month's Guests

Kate Capshaw, Sean Connery, Brian Denehy, Rutger Hauer, Kelly McGillis, River Phoenix.

### Last Month's Guests:

*Five-sixteenths of the Run for the Dream race field.*



## Race Calendar



### PUEBLO AREA

#### February

16 Sat 10:00 AM Valentine's Twosome, 1.6M each  
City Park

#### March

3 Sun 9:30 AM Spring Runoff, 10K & 10M  
Cavalcade  
(tentative) Posada Run, 5M & 5K walk  
Posada

17 Sun 10:00 AM O'Pueblo 5K  
Pueblo Ambulatory Care Center

24 Sun 8:00 AM Nature Trail Handicap Series #3, 4M  
Nature Center

#### April

7 Sun 8:00 AM Nature Trail Handicap Series #4, 5M  
Nature Center

### FRONT RANGE & BACK RANGE:

#### February

16 Sat 10:00 AM Black Forest #4, 10K & 25K  
Wolford School, Colorado Springs

16 Sat 9:00 AM Winter Race Series #2, 4MK  
Washington Park, Denver

#### March

2 Sat 9:00 AM Winter Race Series #3, 5K  
Washington Park, Denver

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

23 Sat 9:00 AM Winter Race Series #4, 5M  
Washington Park, Denver

### UPCOMING MARATHONS

March 3 Los Angeles Marathon  
10 Hellenic Cup (& 1/2-Mara. & 5K) in Denver  
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
- Pikes Peak Marathon – August 25

## Network with SCR Members

The value of networking goes beyond the business circle of one's life. Keep that in mind as you go about your chore of trying to keep fit.

For instance, as our beloved prez mentioned on Page 2, runners will be gathering near the Cavalcade at 1 p.m. each Saturday to run the Spring Runoff course in preparation for the March 3 race. However, just by networking with runners, you can learn of other groups that will be gathering at assorted times throughout the week to run the course. From experience I can tell you that it's a heckuva lot easier to tackle the Runoff course, or any other one for that matter, with a partner rather than trying to tackle it by yourself.

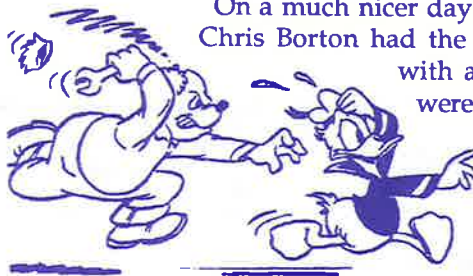
## The Handicapper

by Don Pfost

Despite the less-than-ideal conditions due to a light snowfall the night before which covered the River Trail in a pristine blanket of white, the kickoff run of the 1991 Handicap Series was ushered in by nearly 75 runners, give or take a few. Ted Quintana had the fastest scratch time (19:46), followed closely by Jim Robinson (19:54) and Mike Orendorff (20:00), with Sidney Arnold (21:06), Dave Diaz (21:25) and Paul Chacon (21:46) rounding out the top six finishers. Top female finishers included Stella Heffron (21:48), Helen Robinson (24:05) and Marijane Martinez (25:55). New faces at the handicap included Mike Orendorff, Gerald Romero, Bim Angst and SCR's own Walter Mitty – Paul "Barnburner" Barela, who blazed across the finish line in 27:56.

Bobby Santos, who started five minutes late because he was delayed by the snow plow clearing the road into the Nature Center (or so he claims), appears determined to do this year's series after taking last year off. (Next time you see Bobby, ask him if the outfit he was wearing, particularly its color, helped his time any.) Lois, Chris Borton and Carol Hund gave much appreciated help with the finish line.

On a much nicer day for February's race, Chris Borton had the fastest scratch time with a 17:09. Newcomers were Susan Moore, Frank Hill, Sandy Bliss, and Robert & Jessie Quintana. Let me encourage anyone who is interested in running



the handicap series to turn out for the next race. Changes in the handicap rules now allow any runner to miss one race and receive 0 points, rather than having penalty points assessed. So, even if you missed one of the first two races this year, you can still set your handicap at the next run and stand a good chance of placing in the series by year's end. Also, keep in mind that running at least six handicaps during the year gets you a free long-sleeved T-shirt.

### The 1991 point leaders to date are:

1. Bob King	456 pts.	6. Marijane Martinez	173.
2. Bob Santos	271.	7. Tom Barela	168.
3. Rick Hahn	238.	8. Jim Neblick	150.
4. Reba Shiflett	237.	9. Bim Angst	144.
5. Betsy Hill	222.	10. Helen Robinson	143.

### Final 1990 Handicap Series Point Leaders

1. Betsy Hill	690 pts.	6. Mike Borton	- 20.
2. Helen Robinson	516.	7. Sidney Arnold	- 25.
3. Don Pfost	320.	8. Nick Leyva	- 46.
4. Chuck Moore	180.	9. Dave Diaz	- 52.
5. Gary Franchi	140.	10. Reba Shiflett	- 67.



# MEET THE RUNNER

by Marijane

### Vital Statistics

**Name:** Bim Angst  
**Age:** 35  
**D.O.B.:** January 14, 1956  
 Lansford, Pennsylvania  
**Height:** 5' 2"  
**Weight:** 115 lbs.  
**Hair:** Light Brown  
**Eyes:** Brown



This month it is my pleasure to introduce you to Bim Angst. "Bim" is a Russian nickname; her given name is Bonnie, although she prefers Bim.

Bim is currently working part-time teaching Freshman Composition at the University of Southern Colorado (small world - I had no idea she worked at USC until the interview). Bim thinks USC students are great and considers the University one of the best places at which she has taught. She herself received her MFA in Creative Writing from Bowling Green State in Ohio.

Bim moved to Pueblo in August of this year and loves living in Colorado. She trains approximately 15 miles per week and hopes to increase that distance up to 40 - gradually, of course. Her goal is to run the Pueblo River Trail Marathon in October and she is currently looking for someone to train with. Bim runs 10-minute miles consistently, so if you are interested please contact her (545-3721).

Bim has 3 children: Addie - 9, Nellie - 5, and Charlie - 3. Nellie is looking for a partner for the Valentine's Twosome, so if you are interested or know someone who is, please contact Bim. Bim has graciously offered to babysit any and all children at the Valentine's Twosome to accommodate those parents wanting to run. Call her for details.

Bim normally does her training around Rock Canyon, so her children can play while she runs. When I asked her why she runs, her reply was not exactly what I would have expected although she did say she felt comfortable sharing it with our readers. Some time ago Bim was diagnosed as being manic-depressive. Since that time, the only thing she has changed in her life is the addition of running to her schedule. She now credits running for helping her be a productive person.

In addition to teaching, Bim is a writer. She has had articles published in such magazines as American Baby, Modern Bride and True Confessions. She also writes poetry, a piece of which can be found on Page 3 of your newsletter.

In her spare time (am I kidding??) Bim loves to watch old black and white movies and take her children to the library.

If you don't get the opportunity to see her running the Handicap races, you can be sure to see her at the Spring Runoff. Her goal is to run the 10K in under an hour. I have no doubt that she can and will do this - she is one determined and very together lady and it has been my pleasure getting to know her better. Please take a moment yourself and get to know our runner of the month - Bim Angst.

### Racing tip:

You won't have endurance for a race longer than one-third of your average weekly training mileage. - Tom Werner, management consultant

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

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

### February SCR Birthdays

Anne Baxter  
 Mrs. Clarence Cook  
 Marlene Cordova  
 Daryl Jacobs  
 Bob King  
 James G. King, Jr.  
 Pete Klos  
 Ed Lujan  
 Randy Melcher  
 Beth A. Miller  
 Gabriel E. Padilla  
 Paul McWhorter  
 Patricia Rafferty  
 Michelle Riddock



Vince Riedman  
 Tim Sheppard  
 Miranda Southerland  
 Darin Slaughter  
 Tom Tafoya  
 Dave Tonsing  
 Judy Tucker



### Cupids:

Don't risk a heartache. If you change your residence, please send us your new address or your issues of "Footprints" may not see the light of Valentine's Day.

