



EDITOR: Gary Franchi

FOOTPRINTS

April 1991

THE PREZ SEZ

Springtime 'High' in the Rockies

by Kathy Duran

Hello, members and friends of Southern Colorado Runners. Welcome to springtime in the Rockies. I'm writing this article on Saturday morning with the temperature outside around 80°, blue skies and sunshine aplenty and best of all - NO WIND. My faithful road bike is loaded on the bike rack waiting for me outside, so this may be a short article.

I can't imagine a better place to live today than Pueblo, Colorado. A group of friends met twice on a recent week-end to get in bicycle training rides as we prepare for the MS 150, the "Y-Bi Classic" biathlon, or a multitude of other events. If you listen closely, you may hear the crack of a baseball bat, and children squealing as they play soccer or fly kites. The golf courses will be loaded to the max, boaters and other water lovers will head for the Pueblo Reservoir, the river trails around town will abound with walkers, runners and cyclists, the critters at the zoo will have plenty of visitors, and picnic baskets rescued from closet shelves will be heaped with goodies for the first picnic of 1991. If you hurry, there is still time to get in one or two more days of heavenly Colorado snow skiing. Wow, what a life - so many sports, so little time!

For anyone who is still undecided about joining TEAM PUEBLO, the group training to complete the Multiple Sclerosis 150-Mile Bike Tour in July, I have received good news concerning transportation. The M.S. Society has committed to provide buses and trucks on Saturday morning, July 6th, from Pueblo to the starting point at Highlands Ranch, south of Denver. This service will be provided free if we have a minimum of 44 people who want to take advantage of the offer. Again, if you want information on the M.S. 150 Bike Tour, TEAM PUEBLO, or the training ride schedule we have set up, please contact me. The sooner you join, the more events you can participate in.

In closing for this month's column, I want to share with you a great reminder of what life is really all about:

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Paul Barela

MEET THE RUNNER

by Marijane Martinez

Vital Statistics

Name:	Paul Barela
Age:	36
D.O.B.:	March 12, 1955
Height:	5'6"
Weight:	165
Hair:	Brown
Eyes:	Brown
Occupation:	Psychiatric Technician at CSH

Paul Barela has been an SCR member for approximately 1 year. He was recruited into SCR by Ruth McDonald one day while he was having lunch at the Gold Dust (thanks, ladies!).

Paul is currently participating in the Handicap Series and really likes the camaraderie. He trains approximately 5 miles per day on average, mostly on the River Trail. He says when he's feeling motivated, he sometimes goes to the track.

Paul is a Pueblo native and a '73 graduate of South High (yay!). He is married to Debbie and they have two sons - Paul Jr. (16) and Michael (10). He earns his living as a Psychiatric Technician at Colorado State Hospital and works closely with fellow SCR member Teddy Quintana, whom he describes as a very positive influence.

He says he enjoys training for a race better than running it because training doesn't involve the nervousness and hype that comes on race day. His favorite race was the Gold Bar Run (which bit the dust when the ROTC program was eliminated at USC). Paul noted that his times in the Gold Bar were always good despite the difficult course. His goal now is to run a 10K in 45 minutes or less. His PR today is 49:20.

Paul trained for the Pueblo River Trail Marathon in 1988 but had to drop out at 20 miles because of a hairline fracture of a metatarsal bone. His 2 months of recuperation caused him to put on some unneeded weight that he is still trying to lose. He figures he will run a marathon again and also hopes to complete the Triple Crown in Colorado Springs this year.

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Runner

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Paul was a smoker when he started running but, realizing two didn't mix, he eventually kicked the habit. While he doesn't run to compete, he views improving a definite plus and won't turn down any place awards that may come his way.

When I asked Paul if there was anything else he wanted to add, he responded, "Only that everything I've told you is a lie!"

Get to know Paul over a beer or at an upcoming race – you won't regret it!

1991 Cinco de Mayo

Once again the SCR and the Colorado State Fair are working together to bring you the Cinco de Mayo 10K, with the race set for May 5 (unusual, eh?) at 8 a.m. at the Colorado State Fairgrounds. This course is the old Pepsi 10K course that a lot of people really enjoyed in the past. This year there will be prize money for the top 3 males and females – \$125 for 1st, \$75 for second and \$50 for third.



Word has it that 3-4 runners will be coming up from Mexico to run. We will make it a point to make sure they know the course so there won't be any mixup.

So mark your calendars and be a participant, volunteer or a spectator. If you need more information or want to volunteer, please contact Nick or Marijane at 564-6043.

O'Pueblo 5K Results

Top 10 Males

1. Steve Cathcart	16:58.0
2. Rich Hadley	19:03.8
3. Todd Madrid	19:36.9
4. Tim Nitchen	20:03.3
5. Dan Buford	20:23.5
6. Tomas Duran	20:50.8
7. Nick Leyva	21:23.4
8. Ray Leyba	21:57.7
9. Gary Maratino	22:04.6
10. Terry Baxter	22:17.0

Top 10 Females

1. Stella Heffron	21:41.5
2. Bernadette Leyba	21:49.8
3. Annette Leyba	22:05.7
4. Lorraine Hoyle	22:06.5
5. Helen Robinson	22:58.8
6. Marijane Martinez	23:38.8
7. Mandy Mendenhall	23:47.7
8. Lillian Rivera	25:25.9
9. Jessie Quintana	25:44.2
10. Melody Burns	26:31.2

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 Pfost	564-8022
Newsletter Editor	Gary Franchi	545-2603
	•	

Last Month's Guests:

SCR members who completed Pueblo triathlons in 1990.

SCR meetings are held the first Wednesday of each month at the Pueblo Family YMCA, 7th & Albany, beginning at 7:30 p.m. Any SCR member may attend club meetings.

FROM THE SOLE

by Bim Angst

Cramps, of the menstrual variety, and headaches are related, situationally and physiologically. Running helps relieve both – actually all four: cramps, headaches, and the situations and physiology which cause them.

Some of us are genetically predisposed to headaches and cramps and we can prevent them only with extreme self-awareness and learned prevention. Yet to a certain extent, headaches and cramps are also, for many of us, learned responses to a variety of stresses. I believe that running through a headache or cramps can relieve both, short-term, that is, while the headache or cramps are in progress, and long-term, over a lifetime.

Running allows us to relieve stress, which is no surprise since many of us run exactly for that reason. It also teaches us to read the signs our bodies give us. Again, no surprise. Pair those wonderful effects and you've got the making of a virtually headache-free and crampless life.

But let's say you feel a headache, even a migraine, coming on. There's that blurred vision and the vise across the temples. Or you're thinking about rolling up into fetal position and giving up life for a day to accommodate your cramps. Go for a run instead. Let somebody know your route and put a few coins in your pocket just in case you have to call for a ride. Maintain a gentle pace and a moderate distance, but don't slough off. Give your body at least half an hour of running to work its magic.

Basically, when blood is rerouted from its normal healthy courses to pool in vessels which are in the process of constricting, you get a headache or cramps, depending on where the pain occurs, of course. Running achieves two necessary functions in the relief of such pain: gently rerouting the blood on a more beneficial course and dilating the vessels.

Many drugs prescribed for severe headaches and menstrual cramps chemically achieve the same physiological effects that running can achieve in less time, with no expense, no side effects and no loss of sensation.

I can think of only one other remedy that works as well – but for that you need a partner.

Prez

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Success

To laugh often and much; to win the respect of intelligent people and affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

– Ralph Waldo Emerson

['90]

If you've got the notation ['90] on the label of this newsletter, this will be your last issue of Footprints unless you renew your membership.



RACE CALENDAR



PUEBLO AREA

April

14 Sun 9:00 AM Y-Bi Classic biathlon, 11.2M B & 5.5M R Pueblo West

May

5 Sun 8:00 AM Cinco de Mayo, 10K Colorado State Fairgrounds
 5 Sun 5:00 PM Cinco de Mayo Traditional, 5M Nature Center
 12 Sun 7:00 AM Nature Trail Handicap Series, 8K Wildhorse Park
 18 Sat 8:00 AM Corporate Cup Tuneup, 5K University of Southern Colorado
 18 Sat 8:00 AM Posada Run, 5M run & 3M walk Union Avenue Historic District

June

16 Sun 7:30 AM Jack Craddock Run, 1/2-Mara. & 5K Nature Center (turn on the faucets!)

FRONT RANGE & BACK RANGE:

April

13 Sat 9:30 AM Horsetooth Half-Marathon CSU Stadium, Fort Collins
 14 Sun 1:00 PM Run for Aids, 5M N. Valley Monument Park, Colo. Springs
 21 Sun 9:00 AM Colorado West Biathlon Grand Junction
 27 Sat 8:30 AM Panoramic Run, 5M Run, Fun Run Palmer Park, Colorado Springs
 28 Sun 9:30 AM Cherry Creek Sneak, 5M Denver

May

4 Sat ? Dog Holliday Trail Run, 35M Glenwood Springs
 5 Sun 7:00 AM Creek to Springs Relay, 62M relay Englewood to Rampart High
 11 Sat 8:00 AM Heart and Sole Run, 5M & 2M walk Broadmoor, Colorado Springs
 12 Sun 9:00 AM Trophy Series, 5M Lakewood Broadmoor, Colorado Springs
 18 Sat 9:00 AM Run With the Eagles, 5K Palmer Park, Colorado Springs
 19 Sun 8:00 AM Triple Crown Tune-Up, 10K Garden of the Gods, Colorado Springs
 27 Mon 8:00 AM Bolder Boulder, 10K Party at Folsom Field!

June

9 Sun 7:00 AM Garden of the Gods, 15K Colorado Springs

UPCOMING MARATHONS

April 15 Boston Marathon
 20 Arbor Day Festival Marathon (Aurora, Colo.)
 May 19 Revco-Cleveland Marathon
 June 2 Steamboat (Springs, CO) Marathon & 10K
 22 Grandma's - Duluth, Minn.

SOME KEY DATES IN 1991

- Colorado Springs Classic 10K - July 21
- Drag'n On In Triathlon - June 23
- Pikes Peak Ascent - August 24
- Pikes Peak Marathon - August 25
- River Trail Marathon - October 13

The Handicapper

by Don Pfost

The running of the March handicap saw the series standings tighten up a notch. Bob King, who had walked the first two handicaps and amassed 456 points, remains in the lead. However, because he ran the March handicap to set his running predict for April, Bob scored no points, and, as a result, the rest of the field closed the gap. Bobby Santos is now a mere 43 points behind Bob.

Mike Orendorff took honors for both the fastest scratch time and the winner of the handicap with a blazing 23:16 for the 4-mile run. Newcomers at the March handicap included Don and Maureen Christine, Melinda Orendorff, Brian Rusler, Robert Santoyo, Phil Smith, and Annie Yahn (and her dog).

For the benefit of the first-time runners, let me review a few of the rules that govern the handicap series. The first race that you run in the series is used to set your predict and therefore no points are scored. This is true whether your first race is in January or June. However, all subsequent races you run will earn you points, depending on whether you beat your predict or it beats you. Also, doing six races in the series will get you a free long-sleeved T-shirt. Finally, if you miss a handicap because of work or an unusual circumstance, several options are available, including a make-up or a no-run with no penalty points added to your score. The options are limited, though, so if you have questions, call me and I'll see that you get a copy of the guidelines.

Let me thank Carol Hund and Lois for their regular help at the finish line. I also appreciate the good humor and understanding of all the handicappers as they've helped me work out a few bugs with the clock.

To add a little spice to life, the 8K handicap on May 12 will start at Wildhorse Creek Park, which is located in the Westside community at Graham Avenue and 18th Street. Starting time is 7:00 a.m. Also, plans are underway to hold the June handicap at Kathy Duran's place on the St. Charles Mesa. Watch for more details in the May newsletter.

As of the March handicap, the point leaders are:

1. Bob King	456 pts.	9. Dave Diaz	156	
2. Bobby Santos	413	10. Helen Robinson	153	
3. Rick Hahn	330	11. Jeff Arnold	150	
4. Betsy Hill	256	12. Mike Borton	140	
	Reba Shiflett	256	13. Gloria Montoya	133
6. Jim Neblick	240	14. Paul Chacon	117	
7. Bim Angst	216	15. Todd Hund	113	
8. Mike Orendorff	180	16. Glen Sandusky	111	

COUPON

This coupon good for a 2-for-1 offer on a large order of French Fries during kitchen hours at the:

GOLD DUST SALOON

MARID INC.
120 S. Union. Pueblo

Offer good through the end of June.



Rocky on Fitness

by Rocky Khosla, M.D.

I wrote about exercise-induced bronchospasm in the November, 1989 issue, but I think it may be worth talking about this again since a lot of people have been complaining about their asthma recently.

As springtime hits the Rockies, you might find yourself being hit by a perennial problem – asthma made worse by allergies. Especially exercise-induced asthma or, as us white coat types call it, exercise-induced bronchospasm, or EIB. This is a very common finding in athletes. In fact, according to one article, 52 of the 667 U.S. competitors at the 1988 Summer Olympic Games had confirmed EIB, and another 50 were suspected of having it. Interestingly, the same percentage of athletes with EIB won medals as those who did not have EIB.

You can suspect EIB if you notice wheezing, shortness of breath, chest tightness or a sore throat that typically develops after 5 to 10 minutes of strenuous exercise in cool, dry weather. Most people with EIB have had a previous diagnosis of asthma or allergies, but about 9 percent of people with EIB have no history of having asthma or allergies.

There are several approaches to dealing with EIB. These include avoiding mouth breathing, avoiding exercise in cold, dry air, picking sports where there are spurts of activity of 5 minutes or less, or using medication to alleviate EIB. There are three types of inhaled medications

that may help people with EIB; these are beta agonists, cromolyn sodium and anti-cholinergic agents. I generally prescribe one of the beta agonists such as Ventolin or Proventil as my first line inhalers. I tell the athlete to take 2 puffs 20 to 30 minutes before exercising, and this usually prevents problems with EIB for up to 6 hours.

If you suspect that you have EIB, you should have the diagnosis confirmed by a health professional (which is easily done in the office by spirometry). If you have EIB and there no other complicating medical factors, then the use of the above-mentioned inhalers may help take some of the huffing and puffing out of springtime running.



Name That Tune

Jim Neblick correctly picked the song title and artist in the last game, back in February. As per the new rules, he gets to supply the lyrics for this month's game. So here goes:

"Here she comes. Here she comes. With that look in her eye. Here she comes. She plays around with every guy that goes by. Yeah, I know she's going to treat your wrong. So your heart just a better be strong."

(Name song & artist – call Marijane at 564-6043.

Got that right!

"The time you ran was too insane ..."

- "The Crystal Ship" by Jim Morrison & The Doors

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

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

April SCR Birthdays

Marty Alfonso 4/23
 Charlie Manis 4/30
 Andrew Arellano 4/25
 Frank Arteaga 4/29
 Carl E. Bartecchi 4/29
 Mary Bennett 4/27
 Joseph J. Chavez 4/16
 Maureen Christine 4/26
 Sharyll Baker, 4/30
 Bryan Dehn, 4/18
 Michael Dulude 4/20
 Joe Farra 4/13
 Gwynna Fedde 4/08
 Douglas Gonzales 4/22
 Kevin Gonzales 4/13
 Stella Hefron 4/12
 Craig Hill 4/26



Kathy Hruby 4/02
 Carol Hund 4/01
 Sarah Koch 4/03
 Kandy Learned 4/28
 Gail Megenity 4/08
 Liana Melena 4/17
 Patte Quintana 4/10
 Reba Shiflett 4/06
 Doug Simmons 4/30
 Pam Spry 4/03
 Deanna Stever 4/07
 Bill Yershin 4/12



Eggheads:

If you move, send us your change of address or your issues of Footprints will be scratched from Mr. Ed's computer forever.

