



EDITOR: Gary Franchi

FOOTPRINTS

June, 1991

Meet the Runner

by Marijane Martinez

Maureen Christine

Age: 30
D.O.B.: 4/26/61
Native of: San Jose, California
Occupation: Waitress/Bartender/
Cosmetologist

Maureen and her husband Don have resided in Pueblo for approximately 9¹/₂ years. She is currently working at Pueblo Memorial Airport as a waitress/bartender, and he is a salesman for Pepsi. A combination of family and job opportunities brought them to Pueblo from Oregon where they lived for nearly 6 years.

Maureen has been running for 10 or 11 years, mainly alone unless she can coax Don into joining her. She said she thoroughly enjoyed running on the trails in Oregon.

Being the "Curious George" that I am, I had to ask why after 10-11 years she finally decided to take part in community running events. Her response was that a friend at work has been encouraging her to do so for quite some time and she finally got a wild hair and decided 'why not'. (Why she had to wait until she moved into my age division I don't know!!) Anyway, she is very glad she did. She describes our club members as being fun and the running environment itself as exciting. (Is she a member of the same club I am???) Just kid-



Maureen Christine qualifies as a "semi-native" of Colorado

ding - at least the lady's got great taste!

She also told me that she has a lot of admiration for the women in our club who can run the times they do, especially some of the older women. She said these ladies are an inspiration to her. When I asked for names, the one on the top of her list was Gloria Montoya.

Currently, Maureen is running (although not as regularly) with a broken toe (Is there anyone out there who is running uninjured???) As a matter of fact, she ran the last handicap race that way. I had to explain to her that we didn't expect our runners to take "handicap" literally!!!

Prior to her injury, she was training 5 days a week and anywhere

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THE PREZ SEZ

Drag'n Entrants Get a Break

by Kathy Duran

I've got a lot of information to pass along for this month, so here goes:

First off, if you are entering the Cancer Society's Drag'n On In Triathlon on June 23rd, you have probably noticed the registration form did not mention the \$5 discount that SCR members have been entitled to in past years. It seems their planning committee axed our discount many months ago as a "cost-saving idea." Once Leigh of the Cancer Society was reminded of how valuable our support is at the water stations, finish line and results, she convinced the Society to reinstate the \$5 discount. Imagine that!

If you have already paid your entry fee, don't fret! I'm providing them with a copy of our membership list so they can issue a refund check to any SCR member who paid the full fee. Please let me know if you have any problem getting your discount.

I'm hoping everyone has marked Sunday, June 30th, on their calendars for the June handicap race. This 10K event will start at 9 a.m. at my house (27470 Woburn Abbey), to be followed by

See Prez on Page 2

Rocky ON FITNESS

by Rocky Khosla, M.D.

As the weather starts to get warmer, I thought that it would be a good idea to address an issue that is of importance to runners and other endurance athletes: fluids and hydration. It is important to not get dehydrated for several reasons. First, muscle performance starts to decline rapidly as dehydration increases. Initially, there may be mild weakness. If fluids are not replaced adequately at this point, severe cramps that eventually progress to tetani may result. Tetani is where the muscles start having uncontrollable, painful contractions.

Second, as we get increasingly more dehydrated, the ability of our bodies to cool off by sweating starts to break down. This, in turn, can lead to heat stress and heat stroke. The last condition is truly a medical emergency since it can lead to death very rapidly if not treated aggressively.

The best type of fluid for runners to use has been a subject of much debate recently. Even though some companies would have you believe that their product will make you into a running machine, the best fluid for runners is still probably water. For endurance athletes who compete for extended periods (probably greater than 2 hours), it may be a good idea to also include drinks that provide electrolyte replacement (such as Max, Erg, etc.).

Finally, the question comes up as to when is the best time for runners to drink fluids? There is something called hyperhydration, and it may be a good idea for most runners to try this and see if it helps. This is where the runner drinks 6 to 8 ounces of water about 10 to 15 minutes before the race. Most elite runners swear by this. A word of advice; don't try this before a race, but rather, before a training run to see if this works for you. A helpful hint here is to drink cold water since this is emptied faster than warm water from the stomach.

Finally, (yuk-yuk), never ever pass up fluids during a race. The small amount of time you take to drink will be well worth it!

Till the next time, happy trails!

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	564-9303
	Dave Diaz	(see above)
Membership Chair	Andy Ballou	547-3663
Race Coordinator	Tony Martinet	948-4513
Handicap Director	Don Pfof	544-9633
Newsletter Editor	Gary Franchi	545-2603

Last Month's Guests:

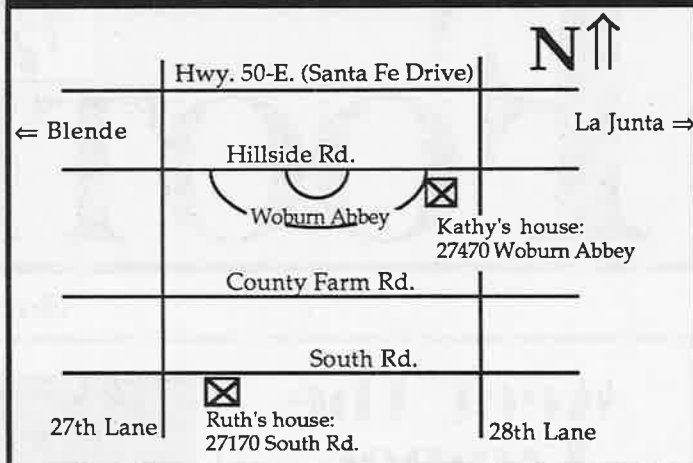
Creators of unique versions of The Star Bangled Banner.

This Month's Guests:

Sam Kinison, Roger Clemens, Andrew "Dice" Clay, Jack Walsh, Cheech & Chong, the late Billy Martin.

SCR meetings are held the 1st Wednesday of each month at the Pueblo Family YMCA, 7th & Albany, beginning at 7:30 p.m. Any SCR member may attend club meetings.

How to Get There



Prez

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a "brunch social" of fruit, juice, muffins, etc. Ruth McDonald of the Gold Dust has invited SCR members to her home at 27170 South Rd. following our brunch for their annual bash. Their party will start around Noon and will feature a volleyball tournament and a meal of hot dogs, coney sauce, salad, chips, tea, punch and, of course, BEER. The only thing you need to bring is your own beverages for the brunch at my house. A map to both my house and Ruth's is shown above.

My final topic this month is to discuss the need for an SCR Executive Committee. I suggest this committee be made up of the elected officers of the club plus approximately six other active club members. It would meet as needed outside of our regular club meetings and help me make decisions regarding club policy, expenditures, etc. Since we are not at election time, I plan to appoint the additional members to the executive committee to serve until elections are held next January. If any SCR member has nominations or wants to volunteer, please let me know. I plan to have this committee in place by the end of July. Some of the subjects we will work on first will be formulating a policy regarding when we will provide support for races put on by other groups, devising a fee schedule for such services, and solidify guidelines for the contributions made from Fund Run monies. It is important that we be consistent in handling these requests and I believe that, with the help of an Executive Committee, we can develop a method to assure this.

By the time you receive this newsletter, I'll be doing some altitude training – at zero altitude, that is – on the sunny beaches of San Diego. See you all at the triathlon or the June 30th handicap race. Maybe we'll have a tan line competition!

Thought for the day: "Almost everyone knows the difference between right and wrong; but some people just hate to make decisions."

Random Thoughts

by Mr. Ed.

While wearing my beloved headphones during recent jaunts, I've come to the conclusion that several radio stations cause the need for radio **mute switches**, some of them of the permanent variety ... According to the *Philadelphia Inquirer*, three **recreational activities** more popular than Bingo are, in order, swimming, bicycling and camping. No mention of jogging/running, walking or like activities; plus I can think of a much "funner" one that, as an added bonus, also burns a few calories ... A **thought** for tomorrow's lunch, compliments of the non-heady Neil Armstrong: "I believe every human has a finite number of heartbeats. I don't intend to waste any of mine running around doing exercises." Brilliant, Neil! ... Ever notice how the **wind** is always stronger when it's blowing in your face than when it's at your back? ... Why do ink publications bother to run results of road races and multi-sport events without including the **distances** of said events? For instance, not all Cinco de Mayo races are of the same distance. Not all triathlons have the same leg lengths. Are you reading, *Sports & Fitness* magazine and Denver newspapers? ... **Gibberish Slogan of the Month** award goes to the producers of Oakleys glasses for saying that their product gives "thermonuclear protection." Yeah, right! ... **Bumper sticker** that probably makes sense: "Winning isn't everything but losing sucks" ... **Worst sports to watch on TV**, Part II: 1, Golf. 2, Auto Racing. 3, (tie) Women's Golf and Senior's Golf ... Scott Tinley, speaking with much wisdom of **triathlon nuances** in *Triathlete* magazine: "If you are interested in learning about a triathlete's nutritional habits, go to the library and check out *The True Story Behind the Smorgasbord* ... How about if we conduct a **no-benefit bike ride** and require NO pledges. Too revolutionary? Is this allowed? ... What is an ANSI-approved helmet? What does ANSI stand for? ... I see where *Runner's World* stooped to another depth this month by including a special **Women's Section**. The power of advertising is really amazing. It undoubtedly will have its Kids Fitness progress edition later this year. And, of course, the Corporate Fitness edition. If it could peddle the advertising, I'm sure it would publish a special Pet's Running section, too ... Plan now to attend the **SCR**

Picnic this summer. It'll be held in July or August. Specific details concerning date, time, place, eats, etc., will be included in next month's newsletter ... Later, gators!



Poetic Justice



Introduction to the Lady - Part 3

by Wise Wanda

I asked the Lady	Rivulets of tears
If I could cry	Cascade down
On her shoulder.	Sponged by new growth.

The heart that	The mountain
sustained me	Holds my hope
Before daylight	Builds my courage
Needs repair.	For the descent.

Fitness may ward off ills of stress

Physical fitness can shield people from most of the health damage inflicted by stress, a new study suggests.

As life stress soars, health problems multiply, but only among those in poor aerobic condition, says psychologist Jonathon Brown of the University of Washington, Seattle.

"Fitness may confer physical or psychological benefits – or both," says Brown. His report appears in the April *Journal of Personality and Social Psychology*. Brown says it's the first study of its type to use aerobic tests and records of doctor visits, rather than self-reports on exercise and health, which can be inaccurate.

Brown's team tested 110 men and women for life stress, fitness and mental health, and checked past medical records.

Findings: Stress was linked to increased medical visits only for people who scored low in fitness. For those who scored in the upper half on aerobic tests, life stress had virtually no negative impact on health.

Brown speculates exercise strengthens the body, preparing it to fight illness. Exercise also boosts feelings of control, which cut stress, he says.

Runner

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from 15 to 25 miles per week. She complements her running with bike riding which she also does with Don.

Regarding future goals, Maureen wants to eventually run farther distances as well as faster times. Personally, I think the latter part of that goal is not too far off.

In addition to working days as a waitress/bartender at the Airport, Maureen has her free-lance license in Cosmetology and goes to her customer's homes to perform her magic. Talk about service!

Up until this interview I have referred to Maureen as the lady with two first names. I will continue to do that, but I want readers to know that, in addition to being Maureen Christine, she is a very nice, relaxed individual whom I am enjoying getting to know. I would like to personally wish her the best in her future running career. May it be long, and the memories pleasurable!



A Bigger, Better Bolder

by Mr. Ed.

Runners don't keep going up to the Bolder Boulder because it's a road race. I mean, this isn't the place to set a PR, although by some freak accident I happened to set mine there quite a few orbital revolutions ago. For some, it's a chance to get away for a couple of days, sit at poolside, catch some rays, down (quite) a few cold ones, and schmooze with friends. Others bring their bicycles and use the weekend to do some riding in one of the state's hot cycling locales. Boulder has so many bicyclists that it has had to ban bikes from certain trails.

Then there's the post-race social in Folsom Stadium. A true reveler's delight. A party animal's place to be. Let's just say that the atmosphere is certainly conducive to having a great time. (And I might have had the chance to enjoy it a tad more if my 10-year-old hadn't continued his terminal whining about being hot and sweaty until I got him out of there.)

Anyway, the dozen or so sources of musical accompaniment along the course certainly gave the hoofs some spurts of inertia. And I'll take any help I can get.

A few thoughts, observations, etc., about the extravaganza:

- One journalist came up with a good term to describe the slower Bolder runners, labeling them "velocity disadvantaged." Beautiful!

- Anybody remember the names of the elite winners? Anybody care?

- Because of the largest field ever, even the souvenirs went fast, with only medium- and small-sized shirts available by the eve of the race.

- Bolder Boulder officials say they may consider limiting the number of entrants next year. A total of 30,837 runners registered this year, and officials think the most they can handle in a field is about 35,000 to 37,000 registrants. They base that on the desire to maintain the starting time for the citizen's race and the finishing time for the elite race.

- The SCR's Dick LeDoux was 34th in the elite men's field with his time of 31:12. Your editor was about 34th in the division for 42-year-old men born on the first full day of fall.

- Biggest cheer of the day went to the parachuter who, while sporting a United States flag, landed with a perfect bulls-eye on the big yellow "X" that was taped to the middle of the Folsom Stadium turf.



Section 215 in Folsom Stadium was the place to be at the Bolder Boulder

Racing Notes

by Mr. Ed.

There will be freebies included in the race packets for competitors in the **Women's Distance Festival** set for July 20... Congrats to **Jim Robinson** on reaching his 40th year of life. Jim's racing times recently show he hasn't lost a step despite a relatively slowish (for him) 3:04.24 time April 20 in a marathon held in Aurora. His Garden time was 61 minutes plus change. Not too shabby ... **Phil Smith** led a trio of SCR members at the **Milkman Triathlon** held recently in Dexter, New Mexico. Smith took fifth in his age group while fellow Puebloans **Bob King** and **George Balles** were 7th and 8th, respectively, in their age groups. The event consisted of a 500-meter swim, 12¹/₂-mile bike and 5K run ... Good luck to our **Ride the Rockies** bikers. Wonder if they had to get pledges? ... The date of the **State Fair Run 10K** has been set for Sunday, August 18. The location will again be the Colorado State Fairgrounds, with the course the one used for the old Diet Pepsi race years ago and resurrected and modified for the **Cinco de Mayo 10K** the past two years ... I guess the **Firecracker 4-Miler**, held the past couple of years, has been left to die ... The **4-H** organization has expressed an interest in conducting a 5K race, and an early August date has been tossed around. No official word yet, though, on whether this is going to fly for this year ... I hear the weather for the **Elephant Rock Century** bike race was simply horrendous. Excellent bikers with good training bases were opting to cut their sign-up distances short because the cold and windy conditions just were too horrendous for riding a saddle for any length of time ... This training tip from Rob Mackle: "The worst thing you can do is begin a speed workout by making your first repeat the fastest. The rest of the workout is then physically and mentally impossible. The first repeat should be your slowest."



RACE CALENDAR

PUEBLO AREA

June

- 16 Sun 8:00 AM Jack Craddock Run, 1/2-Mara. & 5K
Nature Center (good brunch afterward)
- 22 Sat 8:00 AM Heritage Days 5K
Colorado City
- 23 Sun 7:30 AM Drag'n On In Triathlon: 1.5K, 40K, 10K
Lake Pueblo's North Shore Marina
- 30 Sun 9:00 AM Nature Trail Handicap Series, 10K
K. Duran's home: 27470 Woburn Abbey
Circle, St. Charles Mesa

July

- 7 Sun 7:00 AM Nature Trail Handicap Series, 5K
Nature Center
- 12-13 Fri & Sat 24-Hour Run/Walk/Crawl
- 20 Sat 8:00 AM Women's Distance Festival, 5K & walk
City Park

August

- 4 Sun 7:00 AM Nature Trail Handicap Series, 5M
Nature Center
- 18 Sun 7:30 AM State Fair Run, 10K (& 5K Walk)
City Park

FRONT RANGE & BACK RANGE

June

- 15 Sat 9:00 AM Mayor's Cup, 5K & 10K (& fun run)
Woodland Park
- 16 Sun 7:15 AM Strawberry Shortcut, 10K, 5K & 5K Fun
Glenwood Springs
- 22 Sat 7:00 AM Jose Muldoon's Sailin' Shoes, 10K
Acacia Park, Colorado Springs
- 23 Sun 8:00 AM Columbine Women's Classic, 5K & walk
Washington Park, Denver
- 29 Sat 8:00 AM Pikes Peak Hospice Run, 8K
Colorado Springs
- 29 Sat 8:30 AM Run the Rockies, 5K, 10K & 18M
Frisco
- 29 Sat 8:00 AM Supersaurus Stomp (4M, 2M Run/Walk)
Lakewood
- 29 Sat 7:30 AM Minuteman 10K & 5K Benefit Run
Eagle

July

- 13 Sat 8:00 AM Cottontail Classic, 5M
Peterson AFB
- 20 Sat 7:50 AM Human Race (5K, 10K and kids 1K)
Fort Collins
- 21 Sun 7:00 AM Colorado Springs Classic 10K
Memorial Park

UPCOMING MARATHONS

- June 22 Grandma's Marathon in Duluth, Minn.
23 San Francisco Marathon
- August 24 Pikes Peak Ascent
25 Pikes Peak Marathon
- Sept. 29 Duke City Marathon (& 1/2) in Albuquerque
- October 5 St. George (Utah) Marathon
6 Twin Cities Marathon in Minneapolis-St. Paul
13 Pueblo River Trail Marathon
13 KAZY Marathon in Denver & 10K run, 5K walk
19 Shiprock (N.M.) Marathon
19 Wichita (Kan.) Marathon
27 Chicago Marathon
- Nov. 3 New York City Marathon

The Handicapper

by Don Pfost

May's handicap featured an out-and-back course which started at Wild Horse Creek Park. The top five finishers were Jim Neblick, Reba Shiflett, Robert Santoyo, Ted Quintana, and Nick Leyva. Actually, Henry Huhn crossed the finish line first, but because this was his first run in the 1991 handicap series, he earned no points and his time will be used to set his predict for the next race.

Ted Quintana also had the best scratch time at 31:05, followed closely by Dave Diaz at 31:37. Helen Robinson led the women handicappers with a 35:37 scratch time.

As shown below, Reba Shiflett, who has climbed steadily in the series standings, took over first place, and Bobby Santos is a mere 34 points behind her. It is interesting to note that, since the start of the 1991 series, Bobby has kept a firm grip on second place, and he and Reba along with Rick Hahn and Betsy Hill have been in the top five every month. Clearly, though, no one has first place locked up, and I predict a major shakeup in the standings after this month's handicap.



Let me remind you that June's 10K handicap will start from Kathy Duran's place on the St. Charles Mesa at 9:00 a.m. sharp (see last month's issue of Footprints for directions). And it will feature a brunch after the run. Because several of you have suggested that we make the eats a bit healthier, let me propose a slight change in the menu from what was described in last month's newsletter. SCR will furnish a variety of fresh fruits and fruit juices, along with coffee. Handicappers are asked to bring their favorite breakfast bread, such as rolls, muffins or coffee cake. Or, if you have an exotic breakfast favorite, such as breakfast burritos, bring it along!

As of May's handicap, the point leaders are:

1. Reba Shiflett	476 points.	9. Frank Hill	203.
2. Bobby Santos	442.	10. Sandy Bliss	195.
3. Rick Hahn	394.	11. Helen Robinson	179.
4. Jim Neblick	349.	12. Glen Sandusky	167.
5. Betsy Hill	296.	13. Dave Diaz	152.
6. Robert Santoyo	265.	14. Jeff Arnold	145.
7. Marijane Martinez	231.	15. Nick Leyva	125.
8. Gloria Montoya	220.		

Join us for a party-filled day of

Food, Fun & Games

following the June Handicap Race!

At the home of:
Ruth McDonald,
27170 South Road.



Run/Walk/Crawl

by Lois Pfost

The Pueblo County Unit of the American Cancer Society will be producing a 24-hour run/walk/crawl on July 12 and 13 (Friday and Saturday) at the Central High School track. This is an important fund-raising event, and the SCR is asked to "field" a team. Besides awards for most team and individual money raised and greatest team distance, incentive gifts will be given for these pledges turned in by the night of the event: \$100-\$149.99 - a stopwatch; \$150-\$199.99 - an AM/FM "walkman"-type radio with headphones; \$200 or more - a 4-pocket sports bag.

Each team should consist of 10 members, with one to be on the track throughout the 24-hour period. Each participant is to solicit contributions or pledges of \$100 or more. T-shirts will be given to each participant; camping is encouraged for group support, and entertainment and food will be available at select times.

I am the SCR contact person and need 9 other people to volunteer to participate. Walkers are encouraged to take part. If you work a night shift, you might do the early Saturday morning slot.

Please call me at 544-9633 to volunteer and/or learn more about this event.

Attention: Female Walkers & Runners

The Women's Distance Festival will be held July 20 at City Park. It will consist of a 5K walk and run, with the walk beginning at 7:45 a.m. and run at 8 a.m. Please plan to attend and/or participate. Women of all running and walking levels are invited to participate. Overall awards (1st, 2nd & 3rd) will be given in each event, with age division awards also to be presented in the run. In addition, all participants will be eligible for additional prizes with names drawn following the event. **Must be present to win!** Entry forms are included in this newsletter.

If you have any questions, please contact Marijane at 564-6043.

THE LOCKHORNS by Hoest/Reiner



"Oh ... for a minute, I thought you were Jane Fonda."

"There's nothing like a little honest graft & corruption!"

- Anonymous SCR member

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

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

June SCR Birthdays

- | | |
|------------------------|-----------------------------|
| Craig Baxter 6/25 | |
| Shawn Borton 6/8 | |
| David Crockenberg 6/5 | |
| Susie Dorle 6/26 | |
| Melinda Hernandez 6/15 | |
| Mark House 6/13 | |
| Lorraine Hoyle 6/22 | Debbie Hewhard 6/16 |
| Clifford Hoyle 6/5 | Donna Nicholas-Griesel 6/20 |
| Todd Hund 6/30 | Mike Parlapiano 6/21 |
| Valentina King 6/26 | Kenneth Price 6/18 |
| Dick Marian 6/11 | Jim Robinson 6/8 |
| Traci Tafoya 6/16 | Art Shinn 6/10 |
| Mike Merlino 6/9 | Renee Shinn 6/22 |
| Royce Miller 6/2 | Matthew Vialpando 6/6 |
| Carolyn Murphy 6/21 | |



Don't be mousey!

If you move, send us your change of address or you'll be waving goodbye to your issues of Footprints.

