



EDITOR: Gary Franchi

FOOTPRINTS

September, 1991

Meet the Runner: A True Sole Brother

Name: Bill Veges
Age: 34
D.O.B.: 7/20/57
Height: 5-4
Weight: 116 lbs.
Occupation: Owner, Veges Shoe Repair

Bill Veges is a Pueblo native and a graduate of South High where he ran hurdles in track. Bill is relatively new to running, having started approximately 3 years ago due to the persistent and constant encouragement of his older brother Bob, who resides in Denver.

Bill's training consists of approximately 35 to 40 miles per week, and he is currently training to run his first marathon right here in Pueblo. His goal is to complete it in under 4 hours. He recently completed the Pikes Peak Ascent in 3:46 – not too shabby for the first time!

Bill states that the 10K is his favorite distance, with a PR of 44+ to date. I suspect we can expect to see those times improving considerably in the future.

The first-year SCR member says he is anxious to meet new people through his involvement in the SCR. He noted he looks up to Teddy Quintana, no doubt one of the SCR's finest runners.

Bill is single and, when not training, he can usually be found at his shoe repair business located on Northern Av.–Veges Shoe Repair. Bill gets assistance from his father, the second of a three-generation ownership.

Our featured runner also finds time to partake in basketball as much as possible and is an active member of Pueblo's City League.

I would like to invite all SCR members to give Bill a warm and friendly welcome to our club. He is planning on giving our handicap races a try, so make it a point to say hello and introduce yourself.



Bill Veges is currently training to run the Pueblo River Trail Marathon



Rocky ON FITNESS

by Rocky Khosla, M.D.

Well, race fans, it looks like I hit the jackpot with last month's column on patello-femoral syndrome. It seems like a lot of you have either had it yourselves, or know someone who has. I appreciate all the positive comments on the column.

Continuing on with three more conditions that may give rise to knee pain, the first condition is called patellar tendonitis or "jumper's knee". The person with this condition usually notices pain after jumping, kicking or running hills and the pain may either be just above or immediately below the kneecap. Children who develop this usually have something called patella alta, or high riding knee caps. I treat these folks by having them not do any jumping or hill running for at least 2 weeks, icing the knee three times a day for 30 minutes at a time, and working on exercises to help stretch the hamstrings and strengthen the inner part of the quadriceps muscle (I went over these exercises in last month's column). Then, I gradually will start them on low resistance stairmaster workouts and squats.

The next condition I would like to address is called plica syndrome. The plica is actually a band of tissue that covers the knee that attaches to the inside of the knee. Only 20% of adults have it, so does this mean that 80% of us should now worry about a "plica deficiency"? No, because the plica is actually something that usually disappears before birth. In those people who have a plica, it

may get irritated and give pain over the front and inside of the knee, especially after sitting with knees bent for a long time (this is called the "theatre sign"). I treat most of these folks with rest and ice, but will occasionally inject these with a short acting steroid. Rarely, some of these have to be taken to surgery.

The last condition to mention in this column is called Osgood-Schlatter's disease. I know, you think I just made up the name for giggles, but I didn't! This condition is usually seen in young folks during or just before their pubertal growth spurt. And usually these folks have high riding knee caps. These folks generally complain of pain right where the tendon that goes from the kneecap attaches to the big bone of the lower leg (the tibia). Some of these folks may even have a pretty big bump at this site. My approach in treating these is to reassure the person that this will gradually get better, to use ice and stretching exercises, and to consider using a neoprene knee brace to help avoid direct trauma to the area. I never inject these with steroids because, in my opinion, the risk of rupturing the patellar tendon is too high.

Take care, guys, and it is with great pride that I would like to announce that I'm a new pappy of twins born on August 5th - Jerica Marie and Jace Anand Khosla! Happy trails!

(Ed. Note: When will we see them on the roads?)

Club Notes

It's a month away yet, but make your plans now to attend the annual Harvest Handicap Run & Bonfire to be held on Saturday, October 26, at Lovell Park in Pueblo West. The 10K handicap race will begin at 3:30 p.m., and a bonfire will follow. I'll provide a map and more details next month. There isn't a better schmooze than I know of around these parts. If you haven't run a handicap race before, this is a good chance to run a low-key version.

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 Pfost	544-9633
Newsletter Editor	Gary Franchi	545-2603

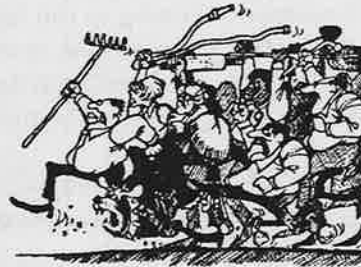
Last Month's Guests:

Poetry contributors to Footprints during the past year.

Special Guests:

Jeff Arnold, Dick Marian, Helen Robinson, Roseann Tavarozzi, Bill Banning,

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.



Right around the corner is the annual Pueblo River Trail Marathon and half-marathon, set for Oct. 13. Many, many volunteers are still needed to help conduct the two races. If you can help, please contact marathon race director

Ben Valdez at the YMCA, 543-5151.

In case you were wondering, yes, the Dam Run is history. Basically, the State Hospital lost interest in doing the race and the SCR didn't think it had the bodies nor the energy to orchestrate it. It was a great race for many years.

Thanks to Jeff Arnold, Tony Martinet, Marijane Martinez and Nick Leyva for helping make the Special Olympics a tremendous success recently. The parties involved described it as an inspiring experience.

The SCR will help at the finish line and with results at the Back Country Triathlon on Sept. 29 and will conduct the Corporate Cup 1-mile and 5K runs on Oct. 5. If you can help, please call an SCR officer (phone numbers are at left).



Peaking

by Kathy Duran

This year was my first time to do the Pikes Peak Ascent so I've decided to share some of the thoughts I had before, during and after the race.

Before

The temptation to enter the Ascent has come to me the last two years, but I've ignored the idea figuring it was more of a challenge than my body was prepared to undertake - but this will be the year. Even though my running miles have declined recently, a summer of cycling has built up my legs and endurance. I've also read that cycling and hill running are good cross-training sports since they basically work the same muscle groups. Sure hope they're right, because that's the training I'm depending on to get me up that mountain.

Two weeks before the Ascent, I travel to the "lady" with other SCR members to train. Everyone heads uphill for two hours and I'm able to reach Barr Camp still feeling good and after a short water break we run together in a pack down from Barr Camp - Wow what a feeling! Before long, though, my big toes start hurting from being pushed into the end of my shoe; I fall behind and walk/run the rest of the way down. Next day, I can still walk and climb stairs so I guess the cycling has built my quads. In ensuing days, my big toenails turn colors and blister - it's a good thing I'm only interested in the Ascent.

One week before the Ascent, I complete my first Century (100 mile) bike ride and the toes are a little tender, but getting better. As I peer into the mirror, my body looks strong - but it's not the strength you can see on the

outside that counts. In order to conquer the "lady", I'll need strength from inside my heart and soul. Do I still have that mental stamina? Am I totally out of my league by entering? To be continued . . .

Race Day

It's too early in the morning to be awake, much less think about running up Pikes Peak, but I'm starting to get anxious to go. At the starting area the panic hits - why am I here with all these people that look to be so fit? When I get my number and realize I'm placed in the first wave I really freak. BOOM - the cannon sounds and like it or not, me and about a thousand others are off. The hardest part of the race for me was the first three miles, but then gradually the rhythm feels good and believe it or not, after Barr Camp I feel strong.

Here comes A-frame and I feel great. The trail is narrow so you can't move side by side, except to pass, but it's neat how you talk to folks along the way yet never see their face. Just to keep my mind occupied, I've spied a great set of legs ahead moving about my pace, turns out it's his first time for the Ascent as well. My favorite part of the day is the last two miles when I'm one of a three-woman "convoy" who are passing people who look to be in great shape, but are sucking air.

It's imposible to explain the exhilaration of going across the finish line and being congratulated by friends from SCR and new friends made along the trail. I've made it to the top and the "lady" is now an ally who's bolstered my self-esteem and confidence. Everyone should experience this event at least once in their life.



Jockeying for Position

Racers streak down Evans early on during the annual Fiesta Day Dash that was held in early September. Puebloan Nick Laydon was the overall winner of the race that began in the Minnequa area and finished on Beulah Avenue.

Race Results

State Fair 10K

Top 10 finishers in the men's and women's divisions (course reportedly was long):

Male - 1, Steve Cathcart 34:16. 2, Larry Caffey 36:06. 3, Mark Koch 38:15. 4, Ted Quintana 38:39. 5, Mark Brockie 39:20. 6, Rich Hadley 39:21. 7, Dave Diaz 39:31. 8, Pat Hickey 39:34. 9, Tim Nichen 40:01. 10, Andy Churchill 40:04.

Female - 1, Lorraine Hoyle 45:01. 2, Lisa Brockie 46:07. 3, Karen Oberlin 46:25. 4, Helen Robinson 47:03. 5, Stacey Bowman 47:30. 6, Mia Shapiro 47:59. 7, Deb Newhard 48:11. 8, Trisha Ferguson 49:22. 9, Maureen Christine 49:44. 10, Gloria Montoya 49:59.

Fort Collins Triathlon/Biathlon

Laurie Cullen of Pueblo was second overall in the female division

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THE PREZ SEZ – by Kathy Duran

Rules is Rules

One of my priorities as President of Southern Colorado Runners is to make sure we are handling situations uniformly for everyone and not setting double standards for some individuals or groups. Case in point is late registration fees established by the individual race directors. Members of Southern Colorado Runners are entitled to a discounted entry fee if the registration is made on or before the early registration date! A little at a time, people have been stretching this deadline as far as possible and expecting the folks handling registration to accept the discounted entry fee even several days after the date established for early registration.

With very few exceptions, SCR members receive race registrations in their newsletter weeks in advance which gives everyone ample time to make plans on which races they want to enter. The Gold Dust accepts registrations six days a weeks, or for 29 cents the mailman will take care of it for you (must be postmarked prior to pre-registration date). I've instructed the registration committee to not accept discounted fees after the pre-registration cut-off, please respect the deadline dates. And what's the big deal if you have to pay a few dollars more when you can't plan in advance. We're a non-profit group - consider the extra money a donation to your favorite running club and help yourself to an extra hotdog at next year's picnic.

While I'm still on the soapbox, let's cover one other subject. Race directors do their best to estimate how many shirts and what sizes to order, but when you have to place the order two weeks or more before race day it's impossible to predict what will be needed. Shirt sizes are not guaranteed on race day. Again, take advantage of early registration and package pickup at the Gold Dust if you want to be sure to get the correct size.

Thought for the Day - Even if you are on the right track, you'll get run over if you just sit there!

This organization is not unlike most others I've been associated with, a good group of 200+ but only about 10-15% of those get involved at meetings or in planning runs and other events. Southern Colorado Runners has some decisions to make over the next several months and I'd again invite you to attend a meeting and let your thoughts be heard. Topics to be brought up soon are as follows:

- 1) Should an Executive Committee be formed?
- 2) Establish a policy on providing support for other organizations including fees, etc.
- 3) Cooperation or consolidation with Pedal Pueblo.
- 4) Recommendations to River Trail Committee representatives.

Remember the coupon contained in the newsletter a few months back that could be used for admittance to a SCR meeting? I'll let you in on a secret - you don't need a coupon. Just show up at the YMCA, 700 Albany, at 7:30 p.m. the first Wednesday of any month, PLEASE!

CROP Walk for Hunger

Runners and walkers will have the chance to show their concern for hunger in the community at 2 p.m. Sunday, Oct. 7, when the fourth annual Pueblo 10K CROP Walk for Hunger will be held in Pueblo. Participants are

PUT YOUR



asked to enlist sponsors to pledge funds on their behalf.

The 10K route will begin and finish at Mineral Palace Park and will take walkers past service agencies which help the homeless and hungry in our community.

There is a need for walkers and others who can help with registration and/or as course marshalls. Registration will take place at 1:30 p.m. the day

of the event.

Fliers for the event are enclosed in this newsletter, and more information is available by calling Bonnie Dehn at 561-1132.

Race Results

Continued from Page 3

with a time of 1:06.27. The event consisted of a 2K run, 13-mile bike and 2K run.

Pueblo finishers in the triathlon (440-yard swim, 13-mile bike and 5K run): Susie Dorle 1:07.07, Adrienne Kramer 1:09.55, Nick Leyva 1:15.51, Gary Franchi 1:16.29, Doug Gonzales 1:18.23, Gil Montez 1:19.22, Marijane Martinez 1:21.07.

Canon City River Run

Approximately 15 runners from Pueblo competed in these 5K & 10K races the first weekend of September. In the 5K, Dave Diaz was the third overall male finisher and Stacey Bowman the third overall female finisher.

Age division placers were:

5K - Gloria Montoya (1st), Nick Leyva (3rd), Marijane Martinez (3rd), Paul Chacon (3rd), Hank Hund (3rd) and Jim Robinson (4th).

10K - Todd Hund (1st), Helen Robinson (2nd) and Dave Dionese (3rd).

Kathy Duran, Bob King and Gil Cruz also ran. Several Puebloans won gift certificates for dinners at Merlino's Belvedere restaurant or raft trips down the Arkansas.

Pikes Peak Ascent results were unavailable, but Ted Quintana was 4th in his age division of the round trip with his time of 5:01 plus change.

Note New Deadline

Please note that the deadline for submitting articles to "Footprints" has been changed. In order to get things in an upcoming edition, articles must be in the hands of your editor on or before the date of the club's monthly meeting. Exceptions will be made only in extenuating circumstances. Thanks!



RACE CALENDAR

PUEBLO AREA

September

- 15 Sun 7:30 AM Nature Trail Handicap Series, 8K
Nature Center
- 16 Mon 5:00 PM Guadalupe Run, 16K & 8K (NOT miles)
Nature Center

October

- 5 Sat 8:15 AM Corporate Cup Predict, 5K
USC campus
- 26 Sat 3:30 PM Nature Trail Handicap Series, 10K
Lovell Park in Pueblo West

FRONT RANGE & BACK RANGE

September

- 14 Sat 8:00 AM Run the Ridge at Peregrine, 4M
Colorado Springs
- 15 Sun 9:00 AM Pony Express Run, 13.2M
Woodland Park
- 15 Sun 8:00 AM Harvest Run
City Park in Denver
- 21 Sat 9:00 AM No O₂ Run, 10K
Leadville
- 22 Sun 10:00 AM Gold Run, 10K
Cripple Creek

October

- 6 Sun 9:00 AM Lions Club Fun Run, 5K & 10K
Security
- 6 Sun ? Governor's Cup, 10K & 5K run/walk
Civic Center Park, Denver
- 12 Sat 9:00 AM Mayor's Cup Race, 5K
Manitou Springs
- 19 Sat 9:00 AM Manna Mile, 2M & 10K
Colorado Springs
- 20 Sun ? Run for the Zoo, 5K & 10K
City Park, Denver

UPCOMING MARATHONS

- Sept. 22 Sheep Draw Marathon (& 5K) in Greeley
- 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 & 1/2-Mara.**
- 19 Shiprock (N.M.) Marathon
- 19 Wichita (Kan.) Marathon
- 27 Chicago Marathon
- Nov. 3 New York City Marathon
- 10 Columbus Marathon
- 30 Seattle Marathon
- Dec. 1 Dallas White Rock Marathon
- 7 White Sands Marathon, Alamogordo, NM
- 8 San Diego Marathon (& Half-Marathon)
- 15 Honolulu Marathon
- Jan. 19 Tucson Marathon

UPCOMING TRIATHLON

- 29 Back Country Tri: 1,000 yards, 10M, 5M
7:30 a.m. at USC



Racing Axiom:

When competing in your target race, either you'll feel sub-par or the course distance will be inaccurate.

— Goodzky

HERMAN



"Where do you want me to wait?"

The Handicapper

We're skipping this month's Handicap Series report since no race was held between the time last month's newsletter was published and this month's newsletter. Our editorial staff thought about recycling last month's Pulitzer Prize-winning article, and we knew it would be mentally rewarding, but we figured there's one or two of you who still have last month's issue of **Footprints** laying around the house because it's buried underneath that pile of garbage in the corner of their dens. Besides, there's enough Pulitzer material in this issue already.

---COUPON---

Use this coupon to get a hamburger, order of fries, and draft beer or soft drink for

\$3.25

GOLD DUST SALOON

MARID Inc.
130 S. Union, Pueblo

Offer good indefinitely.



Random Thoughts

by Mr. Ed.

Notes while suffering through the intolerable days of high-mold count and its accompanying sneezing, wheezing, etc. Bring on that first frost – please!!!

As summer winds down, my thoughts are that I won't miss the heat a bit but that I already miss the extra hours of daylight that summer brings. If you have to wait until evening to do your cycling, you're in heap big trouble. And the darkness comes on fast. A word of advice: don't get caught too far from home before turning around. I dread the upcoming time change already ... While on the subject of cycling, I don't mean to scare anybody away from Lime Road out by the Comanche Plant, but I don't think I've ever seen such a huge pack of horseflies before as that which stalked me out there this summer. I've been afraid to return ... By the way, anybody know of a magic repellent that keeps horseflies away? Please send such information my way ... Guess who's never raced in Colorado Springs? Yep, yours truly. I've never run a Garden of the Gods, a Jose Muldoon, a Pikes Peak, a Colorado Springs Classic, or any other race up there. Hey, gimme a break! I've only lived here 14 years! ... *Horseflies, Part II*: Did you know those suckers can bite clear through a painter's hat? ... Anyone seen SCR's Larry Rogers on the trails since his marriage a few months back?... Injuries never cease to be tremendously humbling experiences to me. After a recent weightlifting mishap did a number on my left shoulder, I learned for the umpteenth time never to take

health for granted. Kenny Souza, top-rated U.S. biathlete, summed up my feelings in the recent issue of *Triathlete* magazine while discussing an injury he had suffered in an accident. "You can feel like you're prepared for almost anything but it can all be taken away so fast," he said. "The accident helped me realize many things, helped me to put everything in my life in perspective." Amen! ... Chris Borton and the Leyba twin sisters, Bernadette and Annette, were noted in recent Pueblo and Denver newspaper articles as being among the elite of this year's high school cross country crop. All three are sophomores and SCR members. Chris runs for Pueblo South High and the Leybas at Pueblo East (after running for Florence last school year). Chris was 2nd overall recently in the Canon City Invitational with a time of 16:17. Annette (20:19) and Bernadette (20:51) were 5th and 6th, respectively, in the female division of the same meet. Best of luck to all three of you this season ... I loathe the running magazine shoe ads that say "call for price." I vow NEVER to call in response to such an ad ... For those who like to work with the weights, you should be in hog heaven now if you are a YMCA member. After buying out the supply of weights and machines from Bodies Unlimited when the latter closed, the "Y" is now a Schwarzenegger dreamland ... A club member has a FUSO bicycle for sale. It was custom built by Dave Moulton, has a 23-inch frame, Suntour components, and approximately only 100 miles on it. If you are interested, give a call to 561-1109.

Fitness Axiom:

"No matter which direction you start, the wind is always in your face on the way back." – Goodzky

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

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

September SCR Birthdays

Nellie Manis, 9/9	
Paula Birmingham, 9/9	
Chris Borton, 9/21	
Matthew Diaz, 9/15	
Stacey Bowman, 9/21	Jo Lukezie, 9/26
Tomas Duran, 9/21	Michael Orendorff, 9/22
Derick Elliott, 9/22	Lillian Rivera, 9/2
Trisha Ferguson, 9/20	Sally Taylor, 9/5
Gary Franchi, 9/23	M. Edmund Vallejo, 9/10
Stephanie Frohring, 9/3	Paul Vialpando, 9/6
Maria Elena Gordon, 9/2	Ronald J. Viola, 9/8
Rick Hahn, 9/25	Ruth White-Otter, 9/11
Gerald Romero, 9/1	Julie Anne Yershin, 9/23



Don't get robbed!

If you move, send us your change of address or you'll have to pilfer someone else's copy of Footprints for sleep-ease fodder.

