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EDITOR: Gary Franchi

FOOTPRINTS

February, 1993

Most Valuable member Kathy Duran hands over gavel

Paul Barela becomes new SCR president

What a treat!

Those attending the annual SCR awards banquet on January 23 enjoyed a little of everything – good banter, great tunes from *Fireweed*, wonderful chow, "lighter side" award presentations, and a tremendous entertainment program choreographed by Kathy Duran, Marijane Martinez and Lois Pfof, with game show moderating by ex-Phillies manager Nick Leyva thrown in. Oh, did I mention that the prestigious award winners for 1992 were announced as well as the new officers for 1993?

Kathy, concluding her second year as president, walked away with the Most Valuable Club Member award. She probably should have been given a Busybody of the Year Award at the same time for all the stuff she did for our club in '93. Just ask Marta. Meanwhile, the Most Improved male and female awards went to Chris Borton and Marijane. Chris has been a spectacular runner for several years, but he eclipsed all of his past accomplishments during the high school cross country season last fall, topping it off with a state individual championship. Marijane, meanwhile, kicked butt in races regularly and began running like a 25-year-old while cracking the tender age of 40 years young. What a dudette!

Other main awards went to Ben Valdez of the YMCA, who earned

See Banquet on Page 4



KEY COGS – Receiving deserved applause at the SCR awards banquet were Kathy Duran, two-time president who was named the SCR's Most Valuable Member for 1992; Paul Barela, who got the thumbs up sign from his 12-year-old son Michael after being named SCR president for 1993; and Fireweed band members (from left) Tom Thornburg, Tim Merriman & Damian Rotolo.

More SCR Awards Banquet stuff on Pages 3 & 4

SCR: Promoting fitness throughout southern Colorado.



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Rita Mae Brown: "One of the keys to happiness is a bad memory."

One Man's View: With spring around the corner and Mother Nature teasing us by throwing in 50-degree and even 60-degree days here and there, it makes me realize how wonderful it is to be a runner in the Rockies. Hitting the dirt trails on a sunny afternoon invigorates the soul as much as the body. While I love alternate activities for various reasons, I still can't think of anything that gives me the high of running on the dirt trails on a crisp, sunny day. Occasionally getting into running shorts again after a couple of months of tights and sweats is a high onto itself. It simply makes me thankful that I took up running in this lifetime.

With that mind, I've come up with 10 great reasons to be a runner:

- 1, Burns calories and improves your fitness level.
- 2, Paves the way for friendships with the nicest people anywhere.
- 3, Enables racers to visit great eateries like the Waffle House and different areas of the state and country, all under the guise of racing.
- 4, Gives one an excuse to justify eating Snickers bars.
- 5, Takes you to outback trails and allows you to smell the flowers in areas you might never have otherwise seen.
- 6, For those who wear headphones on jaunts, provides another forum for listening to tunes.
- 7, Like another activity I know, running has a universal language that transcends class or national barriers.
- 8, By entering races, allows you to fill out your casual shirt wardrobe without having to put any thought into it.
- 9, Gives you an excuse to wear way-too-expensive shoes.
- 10, Gives you the chance to get away from relatives when out of town on vacation.

This month's special guests below: Past SCR vice presidents.

This Month's Smorgasbord: Although this isn't the season to worry about it, a *Footprints* editorial consultant still wonders why worrywarts tell us to avoid sunstroke yet say nothing about getting moonstroke. "How come no one worries about that?" asks Mr. Pundit. "What does it cause?"

How do you know?" And you folks thought I had a screw loose ... Was flipping the channels recently and happened upon the ultra personable Mother Angelica on the religious channel and was wondering what aerobic activity she's into, other than flapping her jaw ... I'd say new Donko head coach Wade Phillips could stand to take up doing something aerobic and skip a few snacks while studying videos of "offensive tendencies." It appears that his past culinary tendencies have been a tad offensive ... **Fresh vs. stale vegetables, Part II:** Fresh vegetables aren't always the best bet, according to Barbara Klein, professor of foods and nutrition at the University of Illinois, Urbana-Champaign. Klein says some frozen (read, stale) vegetables are better because a lot of "fresh" produce loses much of its nutrients when exposed to air and sunlight on the average 9-day trip from farm to supermarket. In contrast, sometimes freezing just after picking locks in those nutrients. So there! Among fruits and veggies better frozen than fresh are blueberries, raspberries, green beans and broccoli. No word on whether freezing Snickers bars lock in their nutrients, but let's assume it does ... Read in *Men's Health* magazine that for every 100 calories you burn during exercise, you can eat about 3 more grams of fat and not gain weight. Let's see, based on a scale of 100 calories burned for each mile you run or jog, you'd have to run about 15 miles to burn off that Snickers bar, whether it was previously frozen or not ... Because of the hundreds of phone calls I've gotten from throughout Colorado requesting past issues of the award-winning *Footprints*, I'm now making bound volumes of past years of *Footprints* available to SCR members as well as to others. For a price quote and/or to place an order, call Mother Angelica ... "Only in America" Dept.: Asics has come up with a Gel-Nite Lyte running shoe that has a tiny red bulb in the heel that flashes with every foot strike. Makes me wonder if a pack of such runners in an area would make it a red light district? ... With that in mind, have a great life, folks!

Movie line of the month: "That's your problem, Mack. You haven't seen enough movies. All of life's riddles are answered in the movies." Answer elsewhere in this issue. Dust off your Sherlock Holmes specs.

Next SCR Meeting – 7:30 p.m. Tuesday, March 2 at the Y

SCR Officers

President	Paul Barela	544-8645
Vice President	Jeff Arnold	947-3682
Secretary	Mike Orendorff	561-2956
Treasurers	Melinda Orendorff	561-2956
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	545-2603

Editorial Consultants Nick Nasch, George Carlin

Special Guests:

Tomas Duran, Chuck Moore, Susan Moore, Don Saling, Stu Smilanich, Sheila Spiro.

SCR meetings are held the 1st Tuesday of each month at the Pueblo Family YMCA beginning at 7:30 p.m. Any SCR member may attend club meetings and have input, which includes having a vote

Life Cycle celebration

Parkview and St. Mary-Corwin hospitals and the Colorado Mental Health Institute at Pueblo are teaming to present a day-long celebration of wellness named the Life Cycle activities. The date is Saturday, April 24, and the day's events will include a 5K run and walk inside the Colorado State Fairgrounds, 25- and 50-mile bike rides (you need pledges) that will start and finish at the Minnequa Club, an all-day volleyball tournament at the State Fairgrounds, and an all-day Health Fair, also at the Fairgrounds.

The SCR will handle the run/walk portion of the event. We will include Life Cycle entry forms in next month's issue of *Footprints*.

Scenes from the SCR Awards Banquet



Attendees enjoyed a great meal (left) and evening engineered by (from left) Kathy Duran, Marijane Martinez, & Lois Pfof



Aaron Franchi played the ham role



Hey, Sidney, is it heads or tails?



Can that be MJ behind those shades?



Kathy D. enjoyed this whipping



Lois Pfof presented Bob Quintana with the coveted Dirty Socks Award



New SCR Prez Paul Barela got a nice, warm welcome

Photos by Goodzky



Multiple Guess Quiz

Okay, so that wasn't the name of the game. But the seated panel of experts – (from left) Aaron Franchi, Ron Dehn and Sidney Arnold – probably was wondering what newsletter the questions posed by game show emcee Stanley Stats (Nick Leyva) were coming from. Ron went on to take first place, earning him free entry into all SCR races this year.

Banquet

Continued from Page 1

the Packard Friendship Trophy, an award in honor of the late Steve and Roberta Packard, that rotates between Pueblo and Canon City; and **Robert Quintana**, who earned the Dirty Sock Award for his "behind the scenes" work for the club.

Meanwhile, announced as the new officers for 1993 were:

- Paul Barela as president
- Jeff Arnold as vice president
- Michael Orendorff as secretary
- Melinda Orendorff as treasurer.
- In addition, Andy Ballou will

continue as membership chair, and your humble newsletter editor will resume his inane diatribes in that capacity.

Volunteers at running events during the past year will receive tyvek shoe bags that were recently ordered.

Frostbite 5

The worst three hours of weather in a two-week span took place just before the start of the Frostbite 5-mile race held in late January. It held the numbers down but didn't deter 11 walk-up registrants the day of the race (what were they thinking?). Here are the top finishers:

Male

Top overall finisher – Andy Hackler, 29:36.

18-29 – 1, Paul Richards 44:34.

30-39 – 1, Gary Weston 30:04. 2, Mark Koch 30:28. 3, Rich Hadley 30:44.

40-49 – 1, Michael Orendorff 27:41. 2, Dave Dionese 34:08. 3, Joe Stommel 34:59.

50-over – 1, Don Pfost 38:58. 2, Bob King 47:52.

Top no-show – 1, Gary Franchi.

Female

Top overall finisher – Helen Robinson 38:46.

30-39 – 1, Stacey Bowman 44:04. 2, Laura Goins 44:33.

40-49 – 1, Jessie Quintana 46:18. 2, Donna Griesel 49:17. 3, Julie Arellano 54:10.

List of all finishers

1. Andy Hackler	29:36	17. David Crockenberg	41:06
2. Michael Orendorff	29:41	18. Robert Santoyo	42:11
3. Gary Weston	30:04	19. Dave Knight	43:21
4. Mark Koch	30:28	20. Ron Viola	43:21
5. Rich Hadley	30:44	21. Stacey Bowman	44:04
6. Dave Dionese	34:08	22. Laura Goins	44:33
7. Joe Stommel	34:59	23. Paul Richards	44:34
8. Herb Brockman	36:29	24. Jeff Cleaver	46:24
9. Sidney Arnold	36:32	25. Jessie Quintana	46:18
10. Greg Laney	37:09	26. Bob King	47:52
11. Doug Simmons	37:12	27. Donna Nicholas-Griesel	49:17
12. Alan Goins	38:15	28. Gene Arellano	54:09
13. Helen Robinson	38:46	29. Julie Arellano	54:10
14. Vigil Seledon	38:50	30. Mark Wilkinson	54:16
15. Don Pfost	38:58	31. Cheryl McLoy	61:50
16. Larry Frugé	39:03		



Competing Elsewhere? Get us the results

If you compete in an out-of-town race, please let us know how you and other SCR runners did by contacting your humble *Footprints* editor:

Gary Franchi

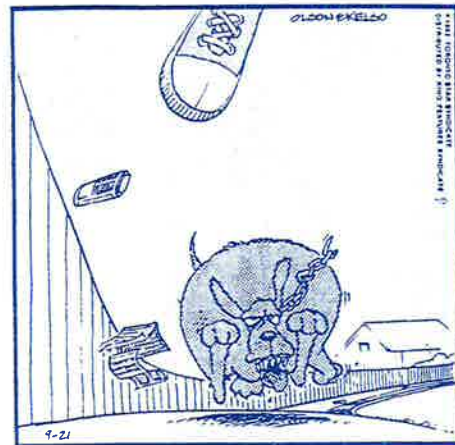
26 Duncan Rd. • Pueblo, CO 81001
545-2603

DeMoss completes Arizona Marathon

The SCR's Bill DeMoss overcame rainy conditions to complete the Arizona Marathon in Tempe on January 10 in the time of 4:19.12, his second fastest marathon time.

Bill said the flat, pretty course and superb race organization, not to mention the fantastic pasta dinner on the eve of the marathon, lead him to recommend the marathon to all.

HORRORSCOPE™



Brisk exercise is good for a faster rate of circulation.

RACE CALENDAR



PUEBLO AREA

February

- 14 Sun 10:00 AM Valentine's Day Twosome Relay, 1.6M
each twosome member - City Park
21 Sun Noon Spring Runoff Handicap, 10K
Cavalcade / Side Pocket

March

- 7 Sun 9:30 AM Spring Runoff, 10K & 10M
Cavalcade / Side Pocket
14 Sun 10:00 AM O'Pueblo 5K & 10K
City Park - wear green!!!!



OTHER AREAS

February

- 13 Sat 10:00 AM Winter Series #3, 5M or 20K
Black Forest - Colorado Springs
21 Sun 9:00 AM Riverfront 5-miler
Denver
27 Sat 10:00 AM Winter Series #4, 10K or 25K
Black Forest - Colorado Springs

March

- 13 Sat 10:00 AM Winter Series Makeup, if necessary
Black Forest - Colorado Springs
13 Sat 10:00 AM St. Patrick's Day Run, 5K
N. Monument Valley Park - Colorado Springs
14 Sun 10:00 AM Runnin' of the Green, 7K run & walk
Denver
21 Sun 1:00 PM Cold Weather Quickie, 5K
N. Monument Valley Park, Colorado Springs
27 Sat 9:00 AM Spring Spree 10K
Denver

April

- 10 Sat 8:00 AM CSEA Scholarship Run, 5K & 1M
N. Monument Valley Park - Colorado Springs
24 Sat 9:00 AM Panoramic Run, 5M
Palmer Park - Colorado Springs

OTHER BIG 1993 RACE DATES

- April 25 Cherry Creek Sneak, 5M
May 31 Bolder Boulder, 10K
June 13 Garden of the Gods 15K
July 25 Colorado Springs Classic, 10K
August 21 Pikes Peak Ascent, 13.1M
October 10 Pueblo River Trail Marathon & Half-Mara.

1993 MARATHONS

- March 7 Los Angeles (see the traffic)
14 Maui - Kahului, Hawaii (& 5K)
20 Hellenic Cup - Denver (& Half) (see IMAX)
20 Catalina Island, CA
April 3 Collegiate Peaks - Buena Vista, CO
17 Lake Powell - Page, Ariz. (& 10K)
19 Boston (visit Fenway)
25 Big Sur (see the ocean)
May 8 Shiprock - Farmington, New Mexico
16 Revco - Cleveland (see the gray sky)
June 6 Steamboat Springs, CO (& Half)
19 Grandma's - Duluth, Minn. (& Half)
July 18 San Francisco (have talks about Amendment 2)
24 Desert News - Salt Lake City, Utah
August 22 Pikes Peak (see the summit)
September 5 Black Hills - Rapid City, South Dakota
6 Turtle - Roswell, New Mexico
12 Duke City - Albuquerque, New Mexico
October 2 St. George, Utah

RACING NOTES

Spring Runoff training runs

The SCR, as hinted last month, is conducting a Spring Runoff training run each Sunday at noon leading up to the Runoff on March 7. All of the runs start and finish at the starting line of the Runoff in front of the Cavalcade. The training run distance increases each week. The first run was 2 miles on Feb. 7. On Feb. 14, the distance is 4 miles. On Feb. 21, we will be conducting a Spring Runoff Handicap Race, using the 10K race course. There will be age divisions for this race. On Feb. 28, we return to the training run format and will have an 8-mile run.

Note that many ability levels of runners are participating, so it's easy to hook up with a partner. Plus, there are runners who are doing over-distance runs on the same course, so you can run additional miles if you'd like.

O'Pueblo races

Frankie A. is experimenting with changing the format for all of his races this year, using two distances and City Park as the base for each event. His race calendar starts with the O'Pueblo 5K and 10K races on Sunday, March 14, at City Park. The SCR will be handling course measurement, finish line and results. The club may end up providing that function at all of Frank's races this year.

Assorted racing & non-racing scribbles

With proceeds earned from the raffle held at the SCR's awards banquet, the equipment replacement fund has grown to \$928.69. Looks like the finish line clock will be purchased in the near future ... In case you were wondering, Mike Orendorff is again coordinating the handicap races this year, but Mike would appreciate input from club members as to desired courses, types of run, etc. Give Mike a call at 561-2956 ... The second annual Ordinary Mortals Triathlon will be held in late May again, with the exact date to be decided soon ... And a Happy Valentine's Day Birthday to Judy Tucker.



Try your hand at writing

Here's a plea to all of you out there in SCR land who may have any writing ability to contribute an article for our newsletter. If you'd like to share fitness-related experiences you have had, please do so. Your editor would like to include more writings from other club members in *Footprints*, and I'm sure our readers would like a break from my brainalisms from time to time. Call me (545-2603) if you are interested.

For all of your Spring Runoff carbo-loading needs, consider hoisting a cool, frosty mug at the Gold Dust Saloon.



130 S. Union in the Union Avenue Historic District.

Exercise can reduce risk of developing diabetes

by Rocky Khosla, M.D.

I was asked to write about diabetes and exercise, so here goes:

Diabetes mellitus is a disorder in which the body has difficulty maintaining a normal level of blood sugar. There are two basic types of diabetes: type 1 in which there is almost a complete lack of production of insulin by the pancreas, and type 2 where the insulin doesn't seem to act effectively.

Insulin is a very important protein and it's major effect is to allow blood glucose to be allowed into cells. Generally, type 1 diabetes tends to develop in younger patients and often is harder to control. Type 2 diabetes tends to develop in older people who are overweight. Type 1 diabetics usually need to give themselves shots of insulin whereas type 2 diabetics generally can manage good control of their blood sugars with a combination of diet, exercise and medication by mouth.

Exercise can help decrease the risk of developing diabetes. A large study was published recently that compared a group of people who exercised regularly (mostly runners) to those who did not and the first group had a markedly lower risk of developing diabetes. So, if you have a

family history of diabetes, you could really help yourself by exercising regularly.

If you have diabetes, either type 1 or 2, exercise will probably help you control your sugars better, which will in turn decrease

your risk of developing eye, kidney or nerve problems. Type 1 diabetics have to be more cautious when starting an exercise program than type 2 diabetics because they are more prone to severe drops and rises in their sugars.

In general, I tell most of my type 1 diabetics not to attempt exercise until their blood sugars are stable, and then to start slowly. I tell them to make sure they drink lots of water with exercise, and to check their blood sugar before and after exercise. I advise most of these people to have a light snack before exercise, since exercise tends to increase insulin secretion and drop the level of blood glucose. I also advise them to carry some hard candy in case they start feeling like their sugars are dropping.

With common sense and precautions, diabetics can and should include regular exercise in their lives to live longer and have better control over their bodies.

Till the next time, happy trails to you!



**Racing
Axiom:**

The earlier you pre-register for a race, the worse the weather will be on race day. - Goodzky

Exude positive warmth in 1993!!

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



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Is there a [92] by your name on the label at right? That means you've forgotten to renew your SCR membership. Please do so as soon as possible. A membership form is included in this issue. Gracias!



Please be my valentine!

I hope you'll keep us in your heart! So, if you move, send us your new address to ensure getting your 1993 issues of "Footprints."



Answer to movie quiz: Steve Martin in "Grand Canyon."