

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

August, 1993

★★★ Home Edition ★★★

Price: 0 Sense

Running for a Good Cause

Dozens of young runners here were antsy for the start of the inaugural Race Against Violence held August 6 on the streets of Pueblo's south side near the Boys & Girls Club of Pueblo. The evening race was funded by grant money provided by the Road Runners Club of America and was organized by the SCR's Rich Barrows. Another photo of the youngsters is on Page 6.

Photo by Goodzky



Funding aids Friends of the River Trail project

From what I can gather, the \$27,000 that was earmarked by the City of Pueblo for the River Trail system this year has been paying great dividends. A good chunk of the money was used for personnel (*two employees were hired to work during the warmer weather*) and equipment for the purpose of upgrading the trail, which has been effective - I'm told it hasn't been in this good of shape in ages. Among the equipment purchased were a blower, a used pickup truck, weed eaters, and several small hand tools. The two employees are scheduled to work through September.

In addition to helping maintain the trail itself, work also has included painting under the tunnel where the trail goes under College Highway near University Station. Next in line is replacing the boards on the wooden

bridge just below City Park. With the funds remaining, an alternative surface trail may be installed next to the concrete trail areas. Last I heard, different surfaces were being considered. By the way, one thing the *Daily Bugle* story concerning the new section of trail to be installed near Runyon Lake failed to mention is that this will be a dual surface trail, which to me represents a big breakthrough.

When the Nature Center conducts its annual cleanup day next month, SCR members are planning to go out and clean the section of trail we have adopted as part of the Adopt-A-Trail program. Someone said the date is September 25, but I'll let you in next month's newsletter. I don't imagine any of you can plan more than a week or two in advance anyway, right?!

Southern Colorado Runners: Promoting fitness throughout southern Colorado.



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of a cheery chap named Merrill: "In the highway of life, the average happening is of about as much true significance as a dead skunk in the middle of the road."

One Man's View: Like hail during a summer monsoon season, the "Gouge Syndrome" is plentiful in the world of competitive racing, especially outside the Pueblo & Hinterlands (southern Colorado) area. A few examples:

- The Denver Marathon charges a \$40 entry fee, and a ticket for the pre-race pasta dinner is another 9 smackers. (Didn't think I'd let this one rest, did you?) While I don't run marathons anymore and won't get stabbed here, gouging like this really bothers me.

- The entry fee for the Aurora Sprint Triathlon is \$40 if you register at least 18 days before the event. Well, okay, I can probably live with a \$40 fee for a triathlon. However, you also have to purchase a Tri-Fed license for insurance purposes. Not only that, but the cost for a team entry is \$75. Why does it cost an extra \$35 for a team to compete? Do 2 additional T-shirts and a few post-race refreshments cost \$35? Horse pucky!

- There's a new duathlon this year - the "Du The Academy" (see Race Calendar) - that has adopted the same gouging principle. It's \$35 for an individual, which is fine, but the team fee is \$60. These are two-person teams, which means it costs \$25 for an extra shirt and a few fruit slices. Ca-ca!

The beat goes on. Fortunately, with the exception of this year's Drag'n On On Triathlon (\$50; \$45 for SCR members) the pricing structures are still reasonable in Pueblo, and let's be thankful for that. For example, you can run the State Fair 10K on Aug. 29 for just \$10 if you are an SCR member. Not too shabby! Elsewhere, if I remember correctly (*that's the first thing to go, you know*), the "basic package" entry fee for the Bolder Boulder was \$18, which I thought was pretty decent considering the gorgeous shirt, great snack bag, the pageantry of the event itself, and the outstanding post-race "schmoosability factor."

Now, I'm not advocating that you boycott races that gouge, because those races may be among your favorites. However, if us gougees all were a tad selective when deciding what races to enter, maybe the gougers would get the

message. If not, we can always send them a box full of old empty wallets.

This Month's Smorgasbord: I happened to stop by the Tattered Cover book store on my last trip to Denver and was totally amazed at all of the fitness-related books they carry. Unbelievable! How could anybody ever read all of those in one lifetime? A special friend came up with this proposal; How about Cliff's Notes for fitness books? Think about it ... If you hang around runners long enough, you begin to realize that there are a lot of "fringe flakes" amongst us. (*Don't even THINK that your editor might be one of them*) ... Came upon this phrase while on a recent sojourn to Vail: "Interpretive Hiking." I give up; what the heck does that mean? Is it aerobic? ... Next time you're in the Springs, stop in and chow down at "Chuck Stop's Diner," which is being operated by Darlene Vigil of the Pikes Peak Road Runners. The diner is located at the corner of Cimarron and Sierra Madre and serves breakfast and lunch. Darlene, by the way, has had to relinquish producing the PPRR's newsletter because of the time required by the diner. Too bad! The newsletter did a 180-degree turn after she took over ... When your beloved editor goes on a long bicycle ride, can you call it a Tour de Franch? ... This month's ultimate in idiosyncrasy item: While on a quiet, solitary training run on an Angel Fire (New Mexico) dirt trail recently, I had my nirvana spoiled by a bozo lady toting a video camera in the middle of nature's finest. Is nothing sacred? Does technology have to invade every frickin' aspect of tranquility? And why did I let her live?... This statement actually appeared on this year's Fort Collins Duathlon/Triathlon entry form: "Sex on race day." I put an "X" in the "M" box and wrote "Hope so" underneath it ... This month's final thought comes from Wayne Gretzky, which should give you impetus to turn on the jets in the last couple of miles of your next race: "You miss 100% of the shots you never take." And don't wait for someone to pass you the puck, either.

Movie line of the month: "Marriage is punishment for kidnapping in some countries." Guess the movie and the speaker. Answer elsewhere in this thrill-packed issue. Enjoy looking, and have a nice life!



SCR Officers



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

Editorial Consultants Nick Nasch, Beavis & Butt-Head
Special Guests (connection noted elsewhere):

Bernie Miller, Vince Granger, Marty DePaoli, Melissa Lieberman, Kevin Weber, Carlton Fluter, Katy Ramsey, Lisa Wojohowski.

Footprints is published monthly without fail. If you'd like to contribute, the Editor will meet you in a dark alley any nite after 2 a.m.

SCR meetings are held the 1st Tuesday of each month at the Pueblo YMCA at 7:30 p.m. Any SCR member may attend club meetings, vote on all issues, and provide inspirational thoughts.

Next SCR Meeting -
7:30 p.m. Tuesday, Sept. 7,
at the YMCA. BE THERE!



? FITNESS TRIVIA ?

Q: Miguel Indurain of Spain recently captured his 3rd consecutive Tour de France bicycling title by averaging 24 mph over the 2,312-mile course. Your beloved editor has never averaged such speed anywhere. What other cyclists have won 3 consecutive Tour de France titles?

Orendorff takes 2nd place in duathlon qualifier

Qualifying for the Ironman Triathlon to be held in Hawaii evidently wasn't enough for the SCR's Michael Orendorff. On August 14, Mr. O. tried his luck in the world duathlon qualifier held in Albuquerque. The event consisted of a 3-mile run, 18-mile bike, and another 3-mile run, and drew studs and studettes from all over the region, including three All-Americans in Mike's masters division.

Our man, 41 years young, obviously was ready, besting two of those dudes. Still, his 1:26.35 time was only good enough to place him second in his division, a mere eight seconds behind the first-place-finishing world qualifier.

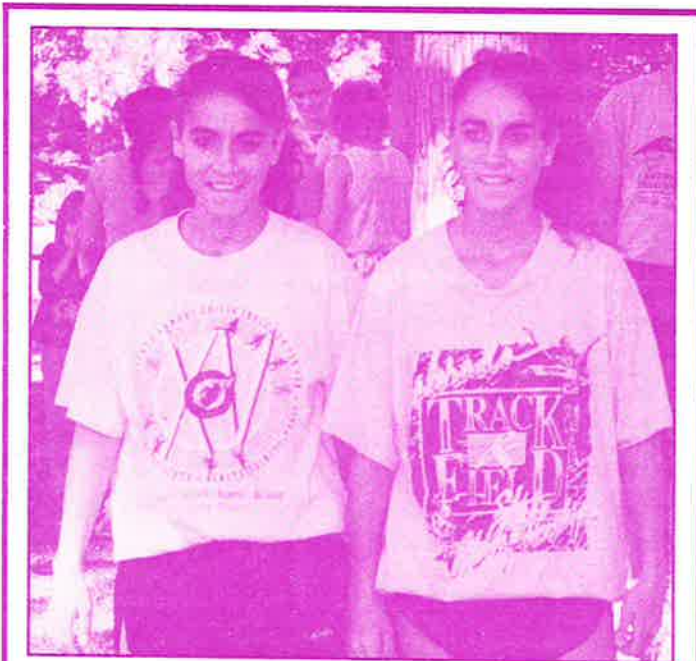
"It was the best age group field I've ever been in," said Mike, who was hit with what he termed minor mechanical problems during the bicycle leg.



Ironman Training

This is how Ironman qualifiers train? Well, actually, Mike Orendorff got so caught up in the excitement of the SCR's annual picnic that he decided to catch up on his ZZZZ's in the middle of a conversation. Mike was understandably fatigued, however, after rising before sunrise to prepare for the Trail Run he directed that day & biking the course 3 times. Sweet dreams!

Photo by Goodzky



Twin Terrors

Since none of the Women's Distance Festival racers saw them from the front, here are the top 2 finishers - Annette (left) and Bernadette Leyba. The twins also took 2nd and 3rd, respectively, in their age division of the Colorado Springs 10K Classic held in late July.

Photo by Goodzky

The magic of Vitamin E

Every piece of literature I pick up these days seems to extol the virtues of Vitamin E. Both *Runner's World* and *Running Times* claim that Vitamin E protects cells against the harmful effects of excess oxygen and exposure to sunlight, cigarette smoke, car exhaust, and other pollutants.

They also say the vitamin is important because it protects one from stress caused by an increasing rate of respiration during exercise, and helps prevent injury by repairing cell damage. It also claims that "E" impairs molecular breakdown and increases cell efficiency and longevity. In essence, Vitamin seems to benefit performance and inhibit the onset of certain degenerative diseases and promote longevity.

My prediction is that reports based on new surveys to be finalized next year will refute all claims about Vitamin E. (Are you suggesting that I may be a cynic?)

Special Guests on Page 2: Participants on "American Gladiators."

The Gold Dust Saloon gym is
now featuring 12-ounce curls!

**GOLD DUST
SALOON**
M*RID Inc.

Gold Dust Saloon • 130 S. Union
in the Union Avenue Historic District.

Colorado Springs Classic 10K



Here are results from this June 13 race held in Colorado Springs.
Results provided by Nancy Hobbs.

Pueblo & Hinterlands Finishers

(Includes runners from Pueblo, SCR, and Southeast Colorado)

MALE DIVISIONS			
16-19			
Place	Name	Age	Time
2	Tom Serrato	19	37:52
4	John Kerman	16	39:13
20-24			
31	Timothy Lopez	22	1:01:52
25-29			
3	Chuck Schwartz	26	31:58
6	Tim Vigil	29	33:26
18	John Lane	28	40:46
74	Mario Rodriguez	28	51:14
30-34			
1	Pat Porter	34	30:07
12	Mark Koch	34	36:04
20	Marty Garcia	33	38:33
47	Eugene Mares	30	42:56
87	Donnie Reeves	33	47:41
102	Randy Reeves	34	49:26
148	Jim Hruby	30	1:24:20
35-39			
11	Scott Gaines	35	37:38
43	Joe Miceli	36	42:43
45	Mike Borton	37	43:02
48	Bill Veges	36	43:19
57	Nick Leyva	39	44:03
84	Jeff Miller	35	46:39
87	Chris Hunter	36	46:56
119	Mike Bauserman	39	50:08
152	Matthew Martin	38	57:31
158	Paul Barela	38	59:20
40-44			
7	Jim Robinson	42	37:45
14	Ted Quintana	42	39:26
15	John Kernan	42	39:44
23	Dave Diaz	44	41:33
44	Charles Jacobs	40	44:11
45	Jim Rodriguez	43	44:17
60	John Ulsh	44	46:16
78	Chico Martinez	43	47:54
85	Bonifacio Cosyleon	44	48:53
87	Greg Fox	40	49:11
104	Mike Saucedo	43	50:48
105	Paul Willumstad	43	50:53
117	Dave Knight	43	54:47
118	Bruce Taylor	44	54:57
45-49			
20	Vincent Lopez	49	43:11
24	Dane Farnum	45	43:59
28	Tomas Duran	47	45:20
31	Henry David Tonsing	49	45:48
36	David Crockenberg	46	46:37
82	Jess Cosyleon	46	57:09
50-54			
58	Robert Quintana	50	58:33
60-64			
1	John Holiman	66	52:49
75-79			
1	Carl Mapps	76	1:10:49

FEMALE DIVISIONS			
13-15			
Place	Name	Age	Time
1	Heather Fox	13	57:44
16-19			
2	Annette Leyba	17	42:57
3	Bernadette Leyba	17	44:33
4	Cassandra Sorrell	18	47:50
9	Andrea Crockenberg	16	57:26
20-24			
2	Terry Villarreal	23	37:55
6	Steph Romero	20	49:18
16	Melissa Lopez	21	1:01:51
25-29			
5	Claire Bueno	28	43:54
13	Christine Gonzales	25	46:02
20	Misti Frey	25	48:23
30-34			
3	Cindy Abeyta	34	39:16
45	Kim Westerman	31	55:43
63	Maria Elena Gordon	33	1:04:52
35-39			
7	Kerri Coulter	38	44:27
51	Betsy Hill	39	1:02:09
40-44			
5	Marijane Martinez	41	47:20
22	Carmen Garcia	44	56:26
25	Susan Crockenberg	44	58:57
28	Cheryl Saucedo	41	1:00:09
45-49			
3	Lorraine Hoyle	46	45:50
17	Jessie Quintana	49	55:54
29	Susan Campbell	48	1:00:29
30	Cheryl McCoy	48	1:01:24
32	Deanna Stever	48	1:02:52

Top Overall Finishers

Male - Pat Porter, 34, 30:07.
Female - J'ne Day-Lucore, 32, 36:41.

FEMALE			
Name	Age	City	Time
1, J'ne Day-Lucore	32	Denver	36:41
2, Amy Giblin	22	Colorado Springs	37:11
3, Veronica Haskell	26	Carr	37:38
4, Terry Villarreal	23	Alamosa	37:55
5, Sandy Asercion	32	Englewood	38:52

MALE			
Name	Age	City	Time
1, Pat Porter	34	Alamosa	30:07
2, Matt Carpenter	29	Colorado Springs	30:35
3, John Mirth	31	Englewood	31:26
4, Darren De Reuck	28	Boulder	31:45
5, David Cuadrado	31	Arvada	31:48

**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 there by contacting your Footprints editor:

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

Inaugural Trail Run

How fitting that, as I made my way up the Liberty Point ascent during the first half of the 15K+ division of the Trail Run, "Sister of Pain" was blasting away on my headphones. It was no stroll through the park, that's for sure. But it certainly didn't seem to faze the 64 runners who tested their mettle in the inaugural pair of runs (the other distance was a 6K).

The field included a large contingent of out-of-town runners, many of them perhaps using the 15K+ as a tuneup for the "Peak" later this month.

Congratulations to race organizer Michael Orendorff for a splendid event, including his pre- and post-race commentary. Much thanks to Rich Barrows for assisting, and to the members of the Boys and Girls Club of Pueblo for serving as course marshalls and providing assistance at many aid stations.



Many runners had indeed reached a dead end in the challenging, difficult Trail Run held July 31 on the dirt trails west of the Nature Center

Photo by Goodzky

Trail Run Results

Results of these 6K & 15K+ races held July 30 mainly on dirt trail surfaces northwest of the Nature Center. Handicaps based on age and gender are figured into the place times:

Provided by Mike Orendorff

15K+ DIVISION

Place	Name	City	Age	Finish Time	Place Time
1	Marilyn Stapleton	Greeley	46	1:17.09	1:00.57
2	Jerry Berkowitz	Springs	60	1:24.07	1:01.24
3	Pete Doyle	Springs	47	1:12.41	1:01.47
4	James Robinson	Pueblo	42	1:10.38	1:03.34
5	Rich Hadley	Florence	37	1:09.51	1:04.58
6	Don Pfozt	Pueblo	53	1:21.57	1:06.23
7	Dan Caprioglio	Pueblo	32	1:08.45	1:06.41
8	Beatrice Zurcher-McBride	Springs	41	1:22.31	1:08.29
9	Bob McBride	Springs	47	1:20.41	1:08.35
10	Bill Moyle	Denver	54	1:25.35	1:09.19
11	Margie Loyd-Allison	Springs	43	1:24.24	1:10.03
12	Joe Stommel	Cañon City	43	1:18.14	1:10.25
13	Ted Quintana	Pueblo	42	1:18.36	1:10.44
14	Cecil Townsend	Avondale	45	1:24.59	1:12.12
15	Matthew Santoyo	Springs	38	1:17.42	1:12.16
16	Cindy Paolucci	Pueblo	25	1:18.47	1:12.29
17	Marijane Martinez	Pueblo	41	1:27.39	1:12.45
18	Finn Esbensen	Lincoln, Neb.	42	1:21.57	1:13.45
19	Marty Garcia	Pueblo	33	1:16.38	1:14.20
20	Bonnie Moeder	Springs	30	1:23.55	1:14.41
21	Richard Hornish	Springs	34	1:17.51	1:15.31
22	Bill Veges	Pueblo	36	1:21.23	1:15.41
23	Nick Leyva	Pueblo	39	1:23.05	1:17.16
24	Mike Borton	Pueblo	37	1:23.10	1:17.21
25	Rand Morris	Pueblo	41	1:26.58	1:18.16
26	Gary Franchi	Pueblo	44	1:27.02	1:18.20
27	Terry Leeper	Fountain	49	1:33.00	1:19.03
28	Marie Doyle	Springs	46	1:40.30	1:19.24
29	Jim Linn	Springs	60	1:52.32	1:22.09
30	Luis Hamirano	Fowler	18	1:23.46	1:23.46
31	John Mills	Springs	42	1:33.48	1:24.25
32	Steve McDermott	Springs	49	1:39.25	1:24.30
33	Stephanie Scavuzzo	Englewood	30	1:36.25	1:25.49
34	Jennifer Good	Springs	28	1:36.25	1:28.42

35	Robert Santoyo	Springs	31	1:32.53	1:30.06
36	Stephanie Knudson	Springs	25	1:38.36	1:30.43
37	Sandie Cockrell	Springs	26	1:30.03	1:31.08
38	Paul Bristow	Greeley	39	1:40.24	1:33.22
39	Robert Pratt, Sr.	Pueblo	33	1:36.26	1:33.32
40	Robert Ronas	Springs	29	1:39.16	1:39.16
41	Kim Westerman	Pueblo	31	1:54.38	1:42.01
42	Matt Martin	Pueblo	38	1:54.38	1:46.37
43	Douglas Parker	Fowler	17	1:50.07	1:50.07

6K DIVISION

Place	Name	City	Age	Finish Time	Place Time
1	Mike Messick	Cheraw	36	:28.07	:26.09
2	Bob Mutu	Springs	45	:32.36	:27.43
3	Mark Kuhn	Springs	27	:29.03	:29.03
4	David Horne	Springs	62	:41.01	:29.57
5	Forrest Rowell	Pueblo	13	:34.58	:31.07
6	Ann Sweat	Springs	36	:38.13	:32.29
7	Henry King	Brush	42	:37.09	:33.26
8	Beatrice Grebence	Pueblo	39	:42.34	:36.11
9	Jessie Quintana	Pueblo	49	:49.45	:39.18
10	Diane Rubalcaba-Lopez	Pueblo	35	:49.06	:41.44
11	Deanna Stever	Pueblo	48	:52.52	:41.46
12	E.J. Bersagel	Fowler	16	:49.24	:43.58
13	Betsy Hill	Pueblo	39	:52.40	:44.46
14	Berri Cockrell	Springs	26	:49.12	:45.16
15	Mike Vannelli	Pueblo	14	:51.02	:45.25
16	Jim Neblick	Pueblo	34	:50.46	:49.15
17	Jim Massa	Fort Carson	40	1:00.04	:54.04
18	Morgan Reed	Manitou Springs	17	:59.06	:54.22
19	Wilma King	Brush	41	1:06.47	:55.26
20	Randal Merrick	Springs	16	1:07.17	:59.53
21	Karen Ortiz	Pueblo	29	1:06.45	1:01.25
22	Kerry Stumpff	Pueblo West	24	No show	

PUEBLO & HINTERLANDS DIVISION

15K+

1	Jim Robinson	Pueblo
2	Rich Hadley	Florence
3	Don Pfozt	Pueblo
4	Dan Caprioglio	Pueblo
5	Joe Stommel	Cañon City
6	Ted Quintana	Pueblo
7	Cecil Townsend	Avondale

6K

1	Mike Messick	Cheraw
2	Forrest Rowell	Pueblo
3	Beatrice Grebence	Pueblo
4	Jessie Quintana	Pueblo
5	Diane Rubalcaba-Lopez	Pue.
6	Deanna Stever	Pueblo
7	E.J. Bersagel	Fowler

Potpourri

World Police and Fire Games

From what I can tell, there were some great athletes up in the Colorado Springs area for the **World Police and Fire Games** held recently over a 2-week span. If ever a "Games" was all-inclusive in terms of types of events held, this was it. While it had the expected track events, ice hockey, and swimming, there also were such "favorites" as badminton, horseshoes, flag football and, of course, water skiing. I mean, I appreciate the dedication and commitment that must go into it, but can you imagine practicing badminton all year in order to compete?



Anyway, with athletes competing from all over the world, a dude from Pueblo amazingly captured a gold medal. That was Richard Dilorio of the Pueblo Fire Dept., who took first place in the 154.25-and-under weight category of the master's Body Building division. Awesome!

How they pulled this thing off at a million different sites requiring a million volunteers I'll ever know, but hats off to them all.

The Games brought about 5,000 athletes and additional other family members to Colorado, and they helped fill motels from Pueblo to as far away as Longmont.

Miles for Meals walkathon

The Meals on Wheels group is recruiting walkers for its second annual fund-raiser to be held Oct. 17. Walkers will solicit pledges from sponsors for the 4-mile walk at Pueblo Mall. Those interested in participating should contact Lila Gradisar at 561-3655, or Gloria Valdez at the SRDA office, 545-8900.

We'll Miss Him

Bob Mutu, President of the Pikes Peak Road Runners and a true friend to the SCR, has left the Springs area by accepting a promotion with NORAD at Kadena Air Force Base in Okinawa, Japan. Bob expects to be stationed there for 5 years, and we'll definitely miss him.



The Young and the Restless

It may have been a 5K distance, but these little dudes and dudettes were ready for a 100-yard sprint at the start of the Race Against Violence held August 6 on the streets of Pueblo's south side.

The inaugural race was sponsored by the Southern Colorado Runners and the Boys and Girls Club of Pueblo. It was followed by a fair and awards ceremony sponsored by the Pueblo Police Department, and then a barbecue sponsored by the Pueblo Housing Authority.

Approximately 80 runners, most of them youths under 18 years of age, competed in the race. Results were kept only for the kids.

Photo by Goodzky

Handicap Races

The SCR's Handicap series will resume next month when the annual Waffle 4-Mile Run will be held in the county, based at Kathy Duran's house. The pertinent information:

*
- 8 a.m. Sunday, September 26 -
- 27470 Woburn Abbey on the Mesa -
*

All runners are asked to bring a breakfast item for the group, and those who have a favorite waffle or pancake batter are asked to bring it for all to enjoy. Some excellent chefs are to be flown in from the national Waffle House chain on the SCR's Lear jet and will be on hand to handle the cooking. The 4-mile run is on nice, flat paved roads near Kathy's house. Here are the directions to her house:

Take Santa Fe Drive through Blende to 27th Lane. Turn right (south) on 27th Lane to the first intersection, which is Hillside Rd. Turn left on Hillside (east) to the third street on the right, which is Woburn Abbey. The yellow house on the corner is Kathy's house. The other houses belong to her neighbors.

Other Handicap races to be held this fall will include the annual October Harvest 10K/ Run & Bonfire in Pueblo West, and the Handicap/ Brunch Run from Nick and Marijane's south side house in December. Exact dates on these should be set in time to be printed in the September newsletter.

RACE CALENDAR



PUEBLO-CANON CITY AREA

August

29 Sun 8:00 AM **State Fair Run, 10K**
State Fairgrounds

September

11 Sat 8:00 AM **Canon City River Run, 5K & 10K**
Canon City - John Griffin Regional Park

16 Thur 5:00 PM **Guadalupe Liberty Run, 8K & 16K**
Nature Center?

19 Sun 7:30 AM **River Trail Marathon & Half-Marathon**
Pueblo West to Arts Center

26 Sun 8:00 AM **Waffle Handicap Run, 4M**
*Kathy Duran's house: 27470 Woburn Abbey
(see directions at right)*

OTHER AREAS

August

21 Sat 7:00 AM **Pikes Peak Ascent, 13.1M**
Manitou Springs

21 Sat 4:00 AM **Leadville Trail 100, 100M**
3 guesses as to the site

22 Sun **Denver Mara. Tuneup, 5K, 15K & 1M**
Littleton

28 Sat AM **Columbine Classic, 5K walk & run**
Washington Park, Denver

September

4 Sat 9:00 AM **Creede Run, 22M & 12.5M**
Creede

4 Sat 8:00 AM **Colorado Run, 5K & 10K**
CSU, Fort Collins (watch Rams FB game)

11 Sat 8:00 AM **Run the Ridge at Peregrine, 5K**
Peregrine Estates, Colorado Springs

12 Sun 9:00 AM **Pony Express Trail Run, 13+**
Gold Camp Road, Colorado Springs

18 Sat 7:00 AM **Colorado Trail Ultramarathon, 50K**
Waterton Canyon, Kassler (Co.)

UPCOMING COLORADO TRIATHLONS/DUATHLONS

August 21 **Fort Collins Duathlon/Triathlon**
Tri: 1/4M swim/13M bike/5K run
Dual: 2K run/13M bike/5K run

28 **Aspen High Country Triathlon**
800-yd swim, 18M bike, 5M run

29 **Drag'n On In Tri., Prairie of the Winds**
1.5K swim/40K bike/10K run

29 **Du the Academy Duathlon, Air Force Academy:** 5K run, 30K bike, 5K run

September 12 **Tri-Glenwood Triathlon**
825-meter swim/15M bike/5M run

19 **Aurora Sprint Triathlon**
1/2M swim/15M bike/3M run



1993 MARATHONS

August 22 **Pikes Peak (R.I.P.)**

September 5 **Black Hills - Rapid City, SD**

6 **Turtle - Roswell, NM**

12 **Duke City - Albuquerque, NM**

October 2 **St. George - Utah**

3 **Denver International (visit Tattered Cover)**

3 **Sacramento - California**

3 **Twin Cities - Minneapolis, Minn.**

23 **Wichita - Kansas**

December 5 **Dallas White Rock - Texas**

California International - Sacramento

(Answer to Movie Quiz: Michael Myers in "Wayne's World.")

RACING NOTES

Drag'n On In Update

The entry form enclosed in this edition doesn't indicate it, but note that SCR members will get a \$5 discount on the entry for the Drag'n On In Triathlon that will be held on Sunday, August 29. Just note on the entry form that you are an SCR member. Tell 'em I said you're cool.

Moon Shadow

I guess you can probably forget about the Moonlight Madness 4-mile race being held this year. Normally an August event, the Moonlight was put on hold this summer until repairs could be made on the road surrounding the University of Southern Colorado. To put it simply, they've been in horrible shape. USC finally got state funds to resurface the road this year, and it started work this summer.

However, the work is proceeding slowly, and they won't be completed much before the fall semester begins at USC. And once the school year begins, it would be almost impossible to have a race on campus on a weekend night. Hopefully, we can revive the race next year.

Miscellaneous Notes

- Note that runners competing in the State Fair Run on Aug. 29 will receive gate passes for that day to the State Fair in their race packets. Neato! They also will receive attractive tank tops. The flat course, starting and finishing outside the gates to the fairground, will give runners the chance to record fast times. The Colorado Lottery is furnishing the SCR with a start/finish banner that will



be very much appreciated. Merci beaucoup!

- Team Pueblo will break from its road bike routine to cap its season with a mountain bike ride on September 4. Details weren't available when this went to print, but contact Kathy Duran (546-1569) for information. It's a great group to ride with.

In case you were wondering (or even if you weren't), the annual Enduro Classic 5K & 10K in Trinidad has been canceled for this year.

- SCR President Paul Barela and past President Lois Pfof are again organizing the Dam Run this fall. An Oct. 16 or Oct. 23 date is planned, and, if you're nice to me this month, I'll provide the exact date for you in next month's issue.

Speed tip of the month:

"The quickest improvement comes from distributing speedwork goals among a variety of distances near one's specialty. For 10K runners this means speedwork at 5 different speeds - 800m, 1,500m/mile, 5K & 10K paces."

- Scott Douglas in "Running Times"

Getting to the foot of many problems

by Rocky Khosla, M.D.

I was asked to write about commonly seen foot complaints, so here goes nothing. Pardon my word-processing skills, but my computer blew it's hard-drive, and the new one seems to be doing things that I can't quite control.

Getting back to commonly seen foot problems, the most common complaints are corns. These are areas on the feet where the skin becomes thickened due to excessive, repeated pressure. So it is very common to see these over the toes in people who may have bought a pair of shoes which are too small, and squeeze the toes. Of course, the best treatment is to prevent these by buying shoes that fit, but if you have already gotten corns, there are some things that can help. First, soak the feet in Epsom salt soaks so that the corns are soft. Then, apply a thin coat of a topical medicine called Duoplant over the corn, and cover this with a tight bandaid at night. After about 4 to 6 weeks, the corn should pretty much fall off. Sometimes if a corn is very stubborn, I will shave it down with a scalpel blade and/or freeze it with liquid nitrogen, but those techniques are not commonly needed.

Another common problem seems to be warts of the sole of the foot, which are called planter warts. It seems that these are caused by viruses that belong to the parvovirus family. Not everyone who gets exposed to these gets a wart, so it seems that they probably only set up household in genetical-

ly susceptible hosts. If you have these, the same approach as previously noted seems to work well.

Some people who have been hitting the stair-master machines too aggressively have been complaining of intermittent episodes of numbness or tingling of the toes. It turns out that constant pressure upon the tiny nerves of the forefoot leads to decreased blood flow to these tiny nerves, which in turn, leads to the symptoms. To avoid these problems, the best approach is to stand on the pedals of the machines so that your weight is over the balls of your feet, and not on your toes.

Finally, some runners have noted increasing pain over the bottom of the feet, between the head of the 2nd and 3rd toes. Often, they can feel a swelling in the area. This can be due to something called a Morton's neuroma, which develops when there is constant pressure placed on the nerves between the toes. To avoid getting this, try to run in shoes with good shock absorption, and try to run on softer surfaces. If you are having problems with this, you can try putting metatarsal pads in your shoes (available at most medical or orthopedic supply stores). If this doesn't work, see your physician, because there may be a stress fracture causing your symptoms.

Here's hoping that your feet stay healthy and, as Neil Young sings, "long may you run"!

The single greatest predictor of injury for runners is total mileage, not the intensity of that mileage. - Frank Horwill, running coach

**Weightlifting
axiom:**

The lug demonstrating the lowest IQ in the weight room invariably will be accompanied by the babe with the best body. - Goodzky

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Keep the grins coming!

If you move, please send us your change of address so you'll continue to receive each monthly issue of *Footprints*, the newsletter of champions.



The new address for the Road Runners Club of America is: 1150 S. Washington St, Suite 250 • Alexandria, VA 22314-4493