

SOUTHERN COLORADO RUNNERS



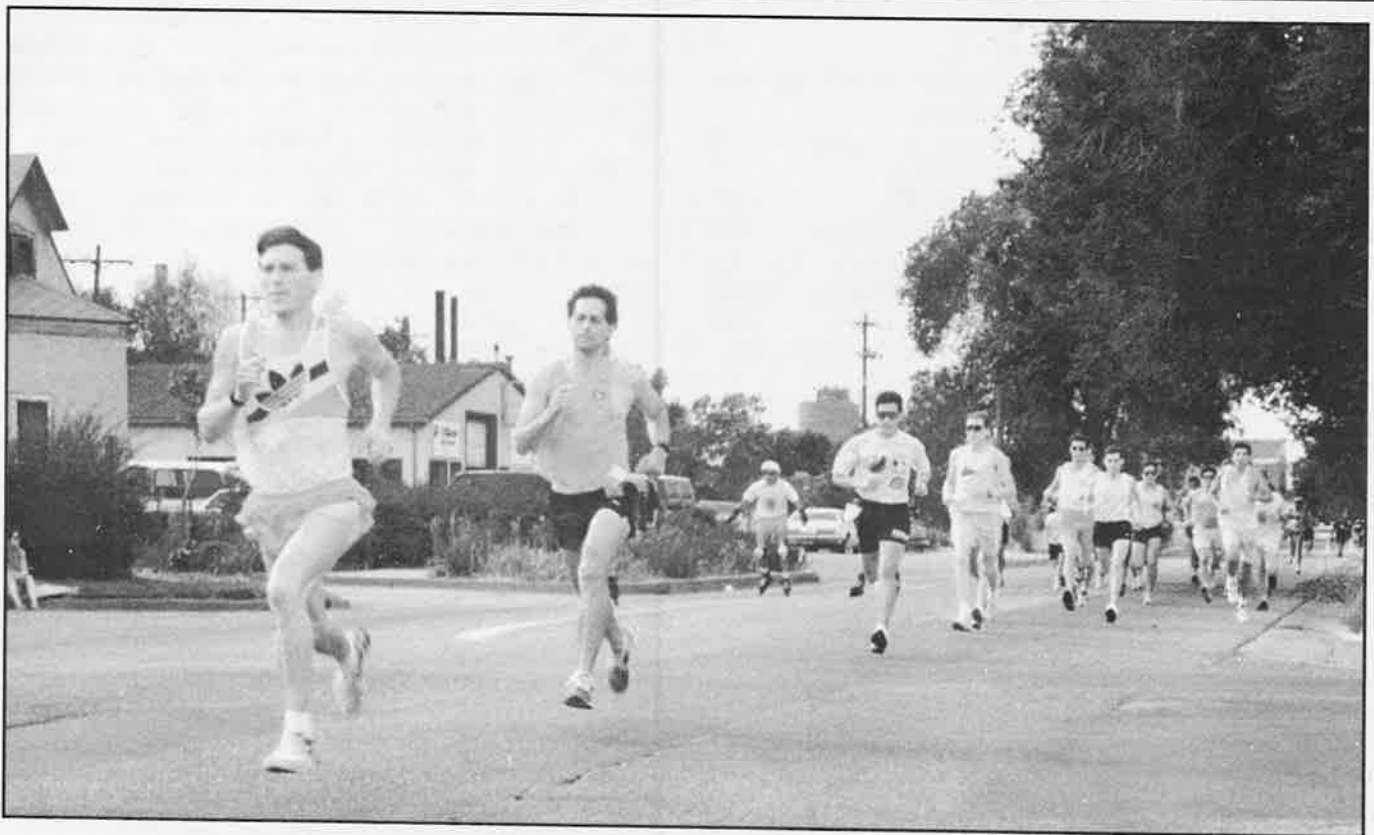
EDITOR: Gary Franchi

FOOTPRINTS

September, 1993

★★★ Home Edition ★★★

Price: Non Cents



Tim Vigil and Nick Laydon sped past the field while finishing 1-2 in the Fiesta Day Dash

- Photo by Goodzky

Meet the Runner

Speed Merchant discovers new priorities in life

Name: Dan Caprioglio
Age: 32
D.O.B.: February 24, 1961
Height: 5'-8"
Weight: 135 lbs.
Birthplace: Los Angeles, CA

by Marijane Martinez

Dan Caprioglio (CAP-ree-O-lee-O) recently moved to Pueblo to begin his new career as a Professor of Biology at the University of Southern Col-

orado. His search for a Ph.D. has taken him from California to Oregon to North Carolina and most recently New Mexico where he had

Continued on Page 3

Southern Colorado Runners: Promoting fitness throughout southern Colorado.



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of actor Harrison Ford: "From time to time I work out when I'm feeling really elderly."

One Man's View: I love to daydream. Given some quiet, idle time, my mind enjoys drumming up wonderful images. Spandex suits in aerobics classes. Gliding easily through soft, velvety water without being bothered by little urchins who have returned to school. Doors music. Mexican food buffets. Being at the ballpark. Sure beats concentrating on supposedly serious stuff or, even worse, listening to the "mundane platitudes" spewed by politicians or business leaders. Lately, I've wondered what it would be like if:

- We lived in a world in which women could go running by themselves outdoors without fear.
- Someone came up with an accepted alternative race memento so we could stop getting T-shirts.
- A "men only" race was held with females producing it.
- Running got a fraction of the media coverage locally as the Donkos. Or even any coverage at all other than the list of the top three finishers per age division in agate type.
- Pueblo had a fitness/health club for adults only. Keep the noisy, messy juvenile delinquents away and the atmosphere and cleanliness improve 1,000%.
- Road racing awards were given to males and females on a pro-rated basis according to the number of male and female entries. Think about it.
- Two area racing events were never scheduled on the same day.
- You could bottle those high-energy "great run" days and tap them at will.
- Grunting weightlifters lost their voices for life.
- Pueblo had a Waffle House.
- There was enough time and energy to train.
- There was enough time and money to party.
- There was enough money to have the time & energy.
- There was enough energy for "Footprints" readers to

get through this entire column without falling asleep.

This Month's Smorgasbord: I don't run on Pueblo's South Side much, but I happened to be on a jaunt there after working on the State Fair 10K Run and I was wondering why Belmont Street is on the South Side instead of in Belmont. How do these things happen? Who's responsible for this gaffe? ... As long as we're on the topic of street names, I'm also mystified during my training runs in University Park about how some cerebral soul came up with all of those silly "Weed" streets like Ce-



darweed, Fireweed (*although as a bluegrass band name it's fine*), etc. What was in those aspirin tablets many years ago? And how did he or she get away with that? ... Sure are a lot of grasshoppers on the Pueblo River Trail this summer. I was wondering where they all came from until I saw a "friendly" pair

of 'hoppers doing their thing on the trail. Wouldn't even move as I sauntered by and almost stepped on them. Have they no modesty? ... Is it just my imagination or are physical fitness-oriented people more interesting to chat with? ... Was running on Troy Avenue near the university and went past a solitary running shoe off the side of the road. Now, how the heck does someone lose a running shoe? (*Sandra: "Gee, Paul, what happened to your right shoe?" Paul: "Huh? Well, I don't know. It must have fallen off while I was running."*) ... This month's Ultimate in Idiocy item: People still smoke. Even worse, we occasionally have to put up with it ... This month's final thought comes from Frank Leahy: "Egotism is the anesthetic that dulls the pain of stupidity." (*Any correlation between those last 2 topics?*)

Movie line of the month: "It's supposed to be hard. If it wasn't hard, everyone could do it. The hard part is what makes it great." Guess the movie and the speaker. If you get both right, you'll receive a Footprints newsletter signed by your beloved editor, certain to be worth millions some day. Enjoy the hunt, and stay giddishly gleeful!



SCR Officers



President	Paul Barela	544-8645
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Newsletter Editor	Gary "Goodzky" Franchi	545-2603

Editorial Consultants Nick Nasch, Ian Anderson
Special Guests (connection noted elsewhere):

Michel Jazy of France, Jim Ryun of the U.S., Steve Cram of Britain, Noureddine Morceli of Algeria.

Footprints is published monthly without fail. If you'd like to contribute, go ahead - the Editor is easy to please.

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, provide inspiration, and blather aimlessly.

Next SCR Meeting -
7:30 p.m. Tuesday, Oct. 5,
at the YMCA. See ya there!



? FITNESS TRIVIA ?

Q: This month, the annual Pueblo River Trail Marathon will be held. Last year, ex-USC studette Stella Heffron won the women's division in 3:17.51. Your beloved editor can hardly bike it that fast. Anyway, who holds the women's world marathon record? By the way, the answer to last month's quiz was Eddie Merckx, Jacques Anquetil and Louison Bobet.

Runner

Continued from Page 1

served as a Research Assistant Professor since 1992. In addition to his "awesome" running background, Dan brings to Pueblo his wife, Helen, who currently teaches part-time at USC and their new addition to the family - Theresa, who is 5 months old.

After I had spent 10 minutes with Dan, it was obvious to me that he could easily have been termed an "elite" runner. When I mentioned this to him, he replied simply that he isn't one for labels. Most of Dan's PRs (see next column) are from 1986 because since that time he has had to dedicate more time to other areas of his life. He considers himself semi-retired now running-wise although he still puts in approximately 50 miles per week. He trains behind the USC campus and enjoys trail running.

Dan started running for lack of anything else to do. He describes his hometown as comparable to "Little House on the Prairie." He said that unless you had a motorcycle or a horse (and he couldn't afford either), there was nothing left to do, so he and his friends chased rabbits for fun. And, yes, they even caught some!

Dan's mother, who is from Argentina, held the women's long jump record until approximately 10 years ago. At the age of 16, she had the best qualifying time in the long jump and the 80-meter hurdles but was not allowed to compete in the Olympics because she was too young. Dan tried hurdles but soon realized his legs were too short.

He qualified for the Olympic Trials Marathon in 1984 and again in 1988 with respective times of 2:19 and 2:20. Prior to his first attempt at the Trials, he separated his ribs and for his second attempt he gambled and finished 43rd overall.

Dan was a member of the World University Games team which went to Yugoslavia to compete in the marathon. He roomed with Pat Porter, who was competing in the 10,000 meters. The marathon was held in 100° plus temperatures, and the last thing Dan remembers was that his legs were beginning to feel tingly. When



Dan Caprioglio (#874 in center) during a 1988 10K race in North Carolina

Dan's PRs:

• 5K	14:15	1986
• 10K	29:35	1986
• 10M	48:42	1989
• Half-Mara.	1:04.50	1986
• Marathon	2:16.55	1986

he awoke after passing out, he was told he was lucky because he got to ride the last 18 miles in an ambulance.

Dan also remembers sitting in a hot tub after the Twin Cities Marathon and discovering that the other guy in the tub was Dick LeDoux, who had finished one place ahead of Dan that day.

Since being in Pueblo, time constraints have limited Dan to two events, one being Mike Orendorff's Trail Run(15+K) in which he ran 1:06 (with handicap), and the State Fair 10K Run (see Page 5) where he fin-

ished 3rd overall with a time of 34:10.

Dan is anxious to team with local runners to train longer distances once a week. We will get a chance to know him and Helen a little better at upcoming events providing the University hasn't taken up all of his time by then.

Dan's goals, if all goes well, are to attempt to qualify for the Olympic Trials again in 1996. However, he pointed out that family and job are his first priorities.

Dan Caprioglio brings to Pueblo quite a track record in the world of running and is anxious to meet new people with whom he can train and share stories. Take my word for it, he has some really good stories to share. He is young, enthusiastic and fun. Make an effort to get to know him and Helen and give them a warm Southern Colorado Runners welcome to our running community.

Waffle Run

Don't forget to be on hand for the world renowned **Waffle Run** to be held Sunday, Sept. 26, at Kathy Duran's homestead at 27470 Woburn Abbey on the St. Charles Mesa (*directions in last month's newsletter*). The 4-mile race will begin at 8 a.m., and a pot-luck breakfast will follow.

Bring your favorite pancake or waffle batter if you have one, or another breakfast item. The club will furnish juice and a few other tasty delights. Note that you don't have to run to participate. Just bring a breakfast item to Kathy's and enjoy the festivities after the race.

Pikes Peak Ascent & Marathon

Results provided by Nancy Hobbs.

Pueblo & Hinterlands Finishers

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

MARATHON

MALES

There were 503 male finishers.

Place	Name	Age	City	Time
69	Ted Quintana	43	Pueblo	5:14.34
96	David Swanson	34	Cañon City	5:30.39
184	Bill Veges	36	Pueblo	5:57.26
253	Dan Kridelbaugh	40	Pueblo	6:23.20
284	Bonifacio Cosyleon	44	Pueblo	6:34.22
378	Darrow Singer	38	Pueblo	7:27.27
434	Bruce Taylor	44	Pueblo	8:11.02
466	William Woldenberg	68	Florence	8:41.55

FEMALES

There were 117 female finishers, none of them from the Pueblo & Hinterlands area.

ASCENT

MALES

There were 1,087 male finishers.

Place	Name	Age	City	Time
16	Mark Koch	34	Pueblo	2:42.15
60	Mike Orendorff	41	Pueblo	3:00.44
169	John Kerman	42	Alamosa	3:20.27
179	Dave Diaz	45	Pueblo	3:21.57
221	Mark Bliss	41	Pueblo	3:27.28
274	Paul Chacon	38	Pueblo	3:33.24
291	Tomas Duran	47	Pueblo	3:34.59
315	Nick Leyva	39	Pueblo	3:37.19
414	John Koski	43	Pueblo	3:48.10
462	Joe Miceli	36	Pueblo	3:52.04
503	Mike Borton	37	Pueblo	3:56.24
694	Donnie Reeves	33	Ordway	4:18.53
703	Mike Saucedo	43	Cañon City	4:20.45
706	Doug George	44	Alamosa	4:21.10
709	Bob Martin	72	Buena Vista	4:22.13
726	Randy Reeves	34	Ordway	4:24.54
884	Donald Swick	38	Pueblo	4:53.59
940	Dave Knight	43	Cañon City	5:09.15
990	Ruben Espinoza	50	Cañon City	5:28.22
994	Severo Cosyleon	36	Pueblo	5:28.45
995	Ken Danylchuck	41	Rye	5:29.09

FEMALES

There were 459 female finishers.

Place	Name	Age	City	Time
70	Susan Gebhart	38	Penrose	3:51.39
86	Sanda Bliss	36	Pueblo	3:54.32
129	Marijane Martinez	41	Pueblo	4:04.54
185	Cathy Rodacy	33	Rye	4:22.02
212	Misti Frey	25	Pueblo	4:29.22
280	Cheryl Saucedo	41	Cañon City	4:47.41
305	Carmel Garcia	44	Pueblo	4:58.17
351	Cheryl McCoy	48	Salida	5:23.10
398	Melinda Orendorff	41	Pueblo	5:40.37
418	Pat Firestone	38	Pueblo West	5:50.46

Top Overall Finishers

MARATHON - FEMALES

Name	Age	City	Time
1, Karen Gorman	26	Gunnison	4:42.03
2, Terry Minzer	35	Colorado Springs	4:49.09

MARATHON - MALES

1, Matt Carpenter	29	Colorado Springs	3:16.39
2, Ricardo Mejia	30	Mexico City, MEX	3:42.14

ASCENT - FEMALES

1, J'ne Day-Jocore	32	Denver	2:43.51
2, Elise Rainbowstar	31	Colorado Springs	2:53.17

ASCENT - MALES

1, Scott Elliott	29	Boulder	2:13.39
2, Dale Petersen	36	Denver	2:24.17

Cañon City River Run

Results provided by Marvin Bradley.

5K

Name	Age	City	Time
1, Dave Diaz	45	Pueblo	17:34
2, Dave Chimenti	50	San Jose, Calif.	18:18
3, Dan Paulson	31	Cañon City	20:12
4, Michael Banker	39	Cañon City	20:51
5, Joel Levy	38	Cañon City	20:53
6, Marijane Martinez	41	Pueblo	21:33
7, Helen Robinson	35	Pueblo	21:39
8, Tom Thornburg	40	Pueblo	22:54
9, Bob Roa	57	Florence	23:21
10, Gloria Montoya	45	Pueblo	23:27
11, Justin Thornburg	12	Cañon City	23:49
12, Dave Knight	44	Cañon City	23:52
13, Roger Tyler	55	Cañon City	24:44
14, Lynn Prebble	41	Cañon City	24:48
15, Mark Wilkinson	42	Pueblo	25:08
16, Jimmy Glenn	11	Pueblo	25:09
17, Cicily Harman	52	Florence	25:33
18, Bruce Borneman	38	Cañon City	25:35
19, Brian Godard	29	Colorado Springs	25:37
20, Mark Prebble	49	Cañon City	25:58
21, Claudia Stubenrouch	36	Pueblo	26:28
22, Marcie DiRito	21	Cañon City	26:42
23, Roger Stubenrouch	51	Pueblo	27:09
24, Julie Arellano	40	Pueblo	28:39
25, Sally Taylor	40	Pueblo	31:55
26, Rhonda Baca	37	Florence	33:04
27, Robert Hubbell	61	Cañon City	34:36
28, Jose Gallegos	62	Colorado Springs	40:52

10K

Name	Age	City	Time
1, Andrew Hackler	25	Pueblo	34:43
2, Jason Ramos	20	Pueblo	35:28
3, Rich Hadley	37	Florence	35:30
4, James Robinson	42	Pueblo	37:17
5, Kevin Gunty	35	Colorado Springs	38:27
6, Marty Garcia	33	Cañon City	38:43
7, Leonard Olson	36	Colorado Springs	38:53
8, Paul Chacon	39	Pueblo	39:03
9, Rich Barrows	33	Pueblo	40:51
10, Joe Stommel	43	Cañon City	41:04
11, Roger Peterson	41	Cañon City	41:09
12, Bill Veges	36	Pueblo	41:40
13, Nick Leyva	39	Pueblo	41:57
14, Tim Royston	35	Colorado Springs	41:58
15, Thomas Berg	50	Colorado Springs	42:43
16, Frank Bergant	41	Cañon City	43:00
17, Rand Morris	41	Pueblo	43:10
18, Don Pfost	53	Pueblo	43:36
19, Kerri Coulter	38	Cañon City	44:09
20, Carl Henderson	27	Cañon City	44:11
21, John Ulsh	44	Cañon City	44:33
22, Mike Saucedo	43	Cañon City	45:05
23, John Gavin	32	Colorado Springs	45:11
24, Jeffery Pederson	28	Colorado Springs	45:24
25, Mark Niemann	30	Colorado Springs	45:29
26, Stacey Bowman	32	Pueblo	47:00
27, Robert Ronas	29	Colorado Springs	47:04
28, Allen Weaver	40	Cañon City	47:10
29, Doug Howell	34	Colorado Springs	47:30
30, Steve Aumiller	36	Colorado Springs	48:05
31, Krista Schwarz	24	Trinidad	50:02
32, Maria Elena Gordon	34	Cañon City	50:20
33, Neill Morgan	34	Pueblo	50:33
34, Eugene Arellano	45	Pueblo	52:05
35, Jeff Jackson	29	Fort Carson	52:25
36, Marie Doyle	46	Colorado Springs	52:43
37, Logan Eisenhauer	14	Cañon City	52:45
38, Eldred Chicone	65	Cañon City	53:05
39, Donna Nicholas-Griesel	47	Coaldale	54:05
40, Thom Willard	40	Cañon City	54:53
41, Lisa Fenton-Free	40	Colorado Springs	57:01
42, Wendy King	45	Coaldale	57:25
43, Cheryl McCoy	49	Salida	57:37
44, Bruce Taylor	44	Pueblo	58:26
45, Kathy Duran	36	Pueblo	58:50
46, Robert Erickson	50	Pueblo	58:50
47, Tony Martinet	49	Pueblo	58:51
48, Michelle Swanson	37	Woodland Park	1:00.01
49, Nancy Ochsner	39	Woodland Park	1:00.02
50, Laurie Nichols	37	Cañon City	1:01.35
51, Carissa Soper	26	Fountain	1:05.50
52, Cathy White	20	Colorado Springs	1:06.25

State Fair 10K Run

Here are the results of this race held August 29 at the entrance to the Colorado State Fairgrounds:

Results provided by **Damian Rotolo**.

Top Overall Finishers

Male - Tim Vigil, 29, 32:33.
Female - Cindy Paolucci, 25, 41:36.

Overall Results

Name	Age	City	Time
1, Tim Vigil	29	Walsenburg	32:33
2, Steve Cathcart	28	Las Vegas, NM	32:56
3, Daniel Caprioglio	32	Pueblo	34:10
4, Mark Koch	34	Pueblo	35:34
5, Jeff Wooten	18	Pueblo	35:40
6, Mike Messick	36	Cheraw	36:01
7, Rich Hadley	37	Florence	36:39
8, Thomas Serrato	18	Pueblo	37:02
9, Jim Robinson	42	Pueblo	37:21
10, Dave Diaz	45	Pueblo	37:41
11, Marty Garcia	33	Pueblo	38:07
12, John Howes	28	Lakewood	38:41
13, Todd Hund	14	Pueblo	39:01
14, Brian VanBuskirk	17	Lamar	39:15
15, Dwight Rus	43	Eckley	39:16
16, John Lane	28	Pueblo	39:28
17, Lawrence Volk	29	Pueblo	39:58
18, Paul Chacon	39	Pueblo	40:21
19, Kevin Melzo	25	Trinidad	40:49
20, Herb Brockman	41	Pueblo	41:14
21, Greg Laney	35	Pueblo	41:26
22, Eugene Mares	30	Pueblo	41:28
23, Steve Clough	31	Pueblo	41:33
24, Cindy Paolucci	25	Pueblo	41:36
25, Joe Stommel	43	Cañon City	41:52
26, Mike Borton	37	Pueblo	41:56
27, Rusty Hodapp	33	Grand Prairie, TX	42:19
28, Bill Veges	36	Pueblo	42:26
29, Nick Leyva	39	Pueblo	42:29
30, Ed Leanos	45	Pueblo	42:34
31, Rocky Khosla	34	Pueblo	43:17
32, Jeff Arnold	52	Avondale	43:34



Race Director Damian Rotolo with first-place female finisher Cindy Paolucci, who had a 41:36 time

- Photo by Goodzky

33, Chris Hunter	36	Swink	43:45
34, Jeff Howes	27	Pueblo	44:06
35, George Dominguez	53	Raton, NM	44:07
36, Julie Rus	36	Eckley	44:10
37, John Ulsh	44	Cañon City	44:14
38, Claire Bueno	29	Pueblo	44:29
39, Lorraine Hoyle	46	Pueblo	44:40
40, Karen Ortiz	29	Pueblo	45:10
41, Ralph Regalado	56	Pueblo	45:18
42, Gary Martino	29	Pueblo	45:23
43, Chico Martinez	43	Trinidad	45:32
44, Al Dominguez	45	Pueblo	45:42
45, Stacey Bowman	32	Pueblo	45:55
46, Gerald Galindo	52	Pueblo	46:04
47, Marijane Martinez	41	Pueblo	46:09
48, Don Pfost	53	Pueblo	46:27
49, Ron Dehn	45	Pueblo	47:39
50, Donnie Reeves	33	Ordway	47:50
51, Denise Gonzales	13	Pueblo	48:23
52, Mike Bauserman	40	Swink	48:30
53, Paul Hanley	35	Denver	48:44
54, Roxanne Marez	30	Pueblo	49:03
55, Dino Marez	32	Pueblo	49:04
56, Dorothy Martin	32	Woodland Park	49:07
57, Mike Archuleta	33	Pueblo	49:30
58, Mike Merlino	45	Cañon City	50:02
59, John Holiman	59	Pueblo	50:44
60, Robert Santoyo	31	Pueblo	50:50
61, Jeff Cleaver	43	Pueblo	51:01
62, Dave Knight	44	Cañon City	51:38
63, Greg Holt	41	La Junta	51:58
64, Maria-Elena Gordon	33	Cañon City	52:32
65, Gloria Montoya	45	Pueblo	52:43
66, Marilyn Collett	43	Castle Rock	54:08
67, Eugene Arellano	45	Pueblo	54:11
68, Greg Reeves	31	Ordway	55:04
69, Cathy Merlino	40	Cañon City	56:20
70, Jessie Quintana	49	Pueblo	56:30
71, Cynthia Hanley	35	Denver	57:15
72, Dave Cole	45	Pueblo	57:24
73, Diane Alfonso	34	Pueblo	57:31
74, Dianna Richards	28	Littleton	63:34
75, Julie Arellano	40	Pueblo	64:04
76, Debi Robbe	35	Atlanta, GA	71:09



WHO DAT? - Former Puebloan Roseann Tavarozzi (left), now living in Arizona, was a surprise visitor to the State Fair Run. Roseann is pictured here with Marijane Martinez and Nick Leyva.

- Photo by Goodzky

Here's the Skinny on Eating Right

by Rocky Khosla

I recently was confronted by an obviously very agitated runner who did not think that physicians are being very good about providing detailed information about how people should eat. He commented, "Yeah, yeah, yeah, we all know that we should watch the fats and cholesterol, but I need a detailed plan that tells me how many calories I should be eating per day and how many of those calories should come from carbo, fats and protein!"

Well, I think the gentleman had a good point, because most of us docs, including me, don't spend time going over the details of nutrition with our patients. So, I thought that it would be a good idea to go through a sample dietary recommendation.

First of all, everything we eat can be grouped amongst one of three groups: carbohydrates, protein and fat. So, for example, if you ate a dinner of steak and potato, the steak would give you mostly protein and fat, whereas the potato would give you mostly carbohydrate (unless you loaded the tater up with butter or cheese). Most nutrition experts feel that athletes should shoot for a diet that is 60% carbohydrate, 15% protein and about 25% fat.

So, how many calories does my 160-pound male runner need to maintain his weight and be healthy? The total number of calories a person needs is the sum of three things: the basal energy expenditure, the daily activity needs and the energy expended during exercise. For men and women, to figure out the basal energy expenditure (BEE), use this formula:

BEE for men = $11.5 \times \text{weight in pounds}$
 BEE for women = $10.5 \times \text{weight in pounds}$
 So, for our guy, his BEE = 1,840 calories

Next, we need to figure the daily activity needs (DAN), which is based on how active you are during the day as below:

DAN if sedentary = $.30 \times \text{BEE}$
 DAN if moderately active = $.50 \times \text{BEE}$
 DAN if strenuously active = $1 \times \text{BEE}$

Let us assume that our runner is moderately active in



his day job, so his DAN = $.5 \times 1,840 = 920$

Last, we need to know the energy expended during exercise (EEDE). There are charts with numbers for different types of sports. But for runners, calories per hour works out as

follows:

jogging 5 mph - 600 calories
 jogging 6 mph - 750 calories
 running 7 mph - 870 calories
 running 8 mph - 1,020 calories
 running 9 mph - 1,130 calories

Let us assume that our runner runs 1 hour a day at a 7 mph pace, so his EEDE = 870 calories. So, our runner would have to consume 3,630 calories per day to maintain his weight ($1,840 + 920 + 870$).

To figure out how many grams of carbohydrate, protein and fat is recommended for this runner, you need to know the following:

Calories per gram of carbohydrate = 4
 Calories per gram of protein = 4
 Calories per gram of fat = 9

So, for our runner, if his daily consumption of calories has been calculated to be 3,630, he should have the following:

Carbohydrate: $.60 \times 3,630 \text{ cal} = 2,178 \text{ cal}$
 and since there are 4 cal/gram of carbo, his daily intake of carbo should be $2,178/4 = 544.5 \text{ grams}$.

Protein: $.15 \times 3,630 \text{ cal} = 544.5$, which then divided by 4 cal/gram gives us 136.1 grams of protein.

Fats: $.25 \times 3,620 \text{ cal} = 907.5$, which then divided by 9 calories per gram gives us 100.8 grams of fat.

Now that everybody has a migraine, we can summarize all of the above info as follows:

Total calories needed per day by our runner = 3,620
 Grams of carbohydrate recommended per day = 544.5

Grams of protein recommended per day = 136.1
 Grams of fat recommended per day = 100.8

Till the next time, remember: "Eat to live, not live to eat!"

River Trail cleanup set for Sept. 25

As noted last month, the annual "Clean Up the Rivers Day" will indeed be held on Saturday, Sept. 25, along the Arkansas River and Fountain Creek. SCR folks will gather at the Nature Center and will clean its Adopt-a-Trail area. Game time is scheduled for 9 a.m. sharp. It won't take long & we may brunch afterward at the Cafe.



Special Guests on Page 2: One-time mile run world record-holders.

Plan your holiday parties NOW
 at the Gold Dust Hall!



Call 545-0741!

RACE CALENDAR



PUEBLO-CANON CITY AREA

September

26 Sun 8:00 AM **Waffle Handicap Run, 4M**
Kathy Duran's house: 27470 Woburn Abbey
on the St. Charles Mesa

October

16 Sat 5:00 PM **Harvest Handicap Poker Run, 10K**
Lovell Park in Pueblo West

23 Sat 9:00 AM **Dam Run, 7.5M & 4M walk/run**
7M: Dam to State Hospital grounds
4M: Nature Center to State Hospital grounds

November

20 Sat 9:00 AM **Atalanta Run, 5K**
City Park

OTHER AREAS

September

25 Sat 10:00 AM **Autumn Color Run, 5K & 10K & 1M**
Buena Vista

26 Sun 10:00 AM **PPRR Fall Series #1, 3.5M**
North Monument Valley Park, Colorado Springs

26 Sun 8:00 AM **Governor's Cup, 5K & 10K**
City Park in Denver

October

2 Sat 9:00 AM **Mayor's Cup, 5K**
Manitou Springs

3 Sun 9:00 AM **Fountain Valley Fun Run, 5K & 10K**
Fountain

9 Sat 8:30 AM **One Step Closer, 10K & 5K walk**
City Park, Denver

10 Sun 10:00 AM **PPRR Fall Series #2, 4.4M**
Garden of the Gods, Colorado Springs

16 Sat 9:00 AM **Women's Distance Festival, 5K**
Monument Valley Park

17 Sun 8:00 AM **Run for the Zoo, 5K & 10K**
City Park, Denver

24 Sun 10:00 AM **PPRR Fall Series #3, 6M**
Digital Corp. in Rockrimmon area of Springs

November

7 Sun 10:00 AM **PPRR Fall Series #4, 10.2M**
Palmer Park trails area, Colorado Springs

20 Sat 9:00 AM **Turkey Trot Predict, 5K**
Memorial Park, Colorado Springs

1993-1994 MARATHONS

October	2	St. George - Utah
	3	Denver International (see Donkos-Colts, too)
	3	Sacramento - California
	3	Twin Cities - Minneapolis, Minn.
December	23	Wichita - Kansas
	5	Dallas White Rock - Texas
January		California International - Sacramento
	12	Honolulu
	16	Houston Tenneco
	23	San Diego (stop at Sea World)

Junior actually did the snapping

Aaron Franchi, 12-year-old son of someone famous, noticed that he was slighted in last month's newsletter. It seems that your beloved editor took credit for the Race Against Violence photos when, in actuality, Junior did the honors. So, both credit captions should have read: "Photo by Badzky," instead of "Photo by Goodzky."

(Answer to Movie Quiz on Page 2: Tom Hanks in "League of Their Own.")

RACING NOTES

You're Drag'n Me Down

Kudos to Joe Easton and the American Cancer Society for having the presence of mind to cancel the Drag'n On In Triathlon this year, just days before it was to be held. Easton realized that, under the circumstances, it would have been impossible to produce a quality event. It took guts to cancel the Drag'n, regardless of how few entries they had at the time.

Dam Run set for Oct. 23

Formerly an annual favorite and resurrected last year by SCR President Paul Barela and past President Lois Pfof, the Dam Run will be held on Saturday, October 23 (see entry form enclosed). The race directors expect to give unique awards to the top finishers.

Prep harrier slate

Here are some key local high school cross country dates, all start at 10 a.m. at the City Park Golf Course:

- Oct. 2: Central Invitational
- Oct. 15: City Meet
- Oct. 22: District Meet
- Oct. 29: 5A State Meet



The Orient Express

When Wang Junxia of China decides to break a record, she doesn't mess around. Running in China's National Games, Junxia shattered the women's 10K world record by a whopping 42 seconds by recording a time of 29:31.78. The previous record of 30:13.74 was set by Ingrid Kristiansen of Norway in 1986. Unbelievable!

Miscellaneous Notes

- Ever have the chance to watch Tim Vigil in a race? What a treat! Life most gifted runners, the Walsenburg jet seems to move effortlessly. Tim had a "pretty decent" month of August racing in Pueblo, winning both the Fiesta Day Dash and the State Fair 10K run.

- Club member George Dominguez of Raton, NM, a regular visitor to Pueblo races, notes that the date of the 8th annual Jingle Bell 5K Run will be December 18, beginning at 6 p.m. The start and finish is at the Raton Convention Center.

- Helen Robinson notes that the Atalanta 5K Run that she is directing is scheduled for Saturday, November 20, at City Park. This race is for women only and is produced by males.

Speed tip of the month:

"Running at varying intensities over varied terrain is the basis of all distance-running success. No anaerobic or lactic-tolerance training should begin until there's a foundation on which to build"

- Dick Quax, coach

Poker Run

We may not have any casinos in Pueblo, but gambling fever has struck the SCR. As part of the annual Harvest Handicap & Bonfire Run on Saturday, October 16, we've made the race a Poker Run. At each mile mark, racers will be given a card from an ordinary 52-card deck of cards. Prizes will be given for those with the best poker hands at the finish. I guess that means that bluffing won't be allowed. What a bummer!



Anyway, the event will take place at Lovell Park in Pueblo West. Lovell Park is located between Purcell and the first McCullough entrance on Joe Martinez Blvd. Lovell Park is the one with the pool, softball diamonds, etc.

The shenanigans will begin at 5 p.m. The Bonfire schmoozathon will follow. Those attending are asked to bring a covered dish (containing food, of course). The club will furnish the necessary liquid refreshments (choose your weapon). Jeff Arnold is furnishing the wood for the bonfire. Hopefully, someone will remember to bring matches. If not, we can all play Boy Scouts and rub sticks together. That could be fun... if it isn't windy, which is like saying it won't ever get cold again in Antarctica.

Bring your own chairs unless you want to stand for hours on end. Also, if you'd like to roast some marshmallows, bring them, and the utensils for roasting them. Make sure those utensils are long, unless you like to have broasted arms with your broasted 'mallows.

The Beloved Departed

This is another in a series of periodic reports on SCR members who have left the area and are residing elsewhere:

Bill and Donna Banning

Writing for the family, Donna notes that they enjoy hearing about old friends in Pueblo and are glad that many of them still run. They have lived in Billingham, Washington for 2 years now and note that the running community there is similar to the one in Pueblo. Even some of the runs are similar to County runs, with flat farm land and grain silos and paved country roads.

Bill still runs and is in great shape. His influence has permeated 7-year-old daughter Crystal, who carted home a blue ribbon in a 2-mile race this summer. Donna took 2nd place, possibly because there were just 3 in her class. Their other daughter, Pam, who ran cross country in Pueblo once upon a time, now composes music in Nashville. And still runs!

Having a great love for cars, Bill is in the car business, and they're also in a company called Melaleuca.

You can write the Bannings at: 1244 Lakeview St., Billingham, Wt, 98226.

If you are a "Beloved Departed," please write me and update us on what you're up to these days. Send to:

Gary Franchi
26 Duncan Road
Pueblo, CO 81001



"It's wise to rest before your speed workouts ... you'll be able to put forth a solid effort on your hard training days." - Bill Rodgers

**Weight
machine axiom:**

If there are 30 exercise machines, the only other person there will be on the one you want to use next ... and will be resting on it. - Nick Nasch

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



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