

# SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

# FOOTPRINTS

October, 1993

★★★ Home Edition ★★★

Price: Cents Less



David Herr: 1st overall male

## Marathon Champs

David Herr (left) of Jackson, Wyoming, and Cindy Paolucci of Pueblo were the overall male and female winners in the Pueblo River Trail Marathon held September 19. Herr crossed in 2:37.44, while Paolucci finished in 3:07.05. Paolucci also was second overall behind Herr.

Overall winners of the half-marathon division were Tim Vigil of Walsenburg (1:12.59) and Patty Leary of Colorado Springs (1:32.06).

There were 154 finishers in the half-marathon and 33 in the marathon. Results, photos on Pages 4-5.

— Photos by Goodzky



Cindy Paolucci: 1st female

## Spring Runoff to add a 2-Mile division in 1994

The 16th annual Spring Runoff, scheduled for Sunday, March 6, is expected to have a number of new twists, the most noteworthy of which is the addition of a 2-mile walk/run. For those of you who are new to the area or who have been unconscious, the Runoff has included 10K and 10-mile divisions in the past. The 2-mile division is expected to attract many walkers and young runners, along with veteran runners looking for a unique distance. The race will probably take place before the 9:30 a.m. starting time for the 10K and

### Runoff set for March 6

10-milers, possibly at 8:45 a.m. There also may be a lower entry fee for kids running the 2-mile race. I'll have more on this as it develops.

Meanwhile, the 1994 Runoff is expected to include prize drawings for both runners and volunteers, and Chieftain artist Tim Acosta is designing a new logo. A long-sleeved T-shirt color has already been selected — purple. Cool!

Other Runoff developments:

- Colorado Racing Publisher Paul

Norris may include the Runoff in the multi-race Colorado Circuit series he started this year with 9 races. Runners earn points for each series race they run. Other notes:

- There may be special awards for the first Pueblo finishers in each Runoff race.

- The training series will again be held on the 4 weeks preceding the Runoff, with the distances starting at 2 miles and progressing by 2 miles each week.

- *The Chieftain* will publish a series of six articles by guest writers prior to the race.

*Southern Colorado Runners: Promoting fitness throughout southern Colorado.*



# Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of actress Katharine Graham: "I always thought if you worked hard enough and tried hard enough, things would work out. I was wrong."

**One Man's View:** The positive memories I have of the past YMCA Corporate Cup are bountiful and, of course, there are a few negative ones. Like the early-morning weather on the final Saturday. Who ordered up that? But mostly my mind has been aglow with whirling nodes of thought ever since. Here are a few of those vapors of invention:

- I was wondering what it would be like if they could get just a measly 10% of the Corporate Cup 5K's 1,100 walkers and runners to compete in the Run for a Dream in January. Let's just say the "Dream" field would increase more than sevenfold.

- There can be no denying that the Corporate Cup drives the Pueblo economy. You've got silkscreen companies hauling in a ton through T-shirt sales. You've got \$30 per-person golf tourney fees. Ouch! You've got people buying helmets who probably don't bike more than a half-dozen times in a year. Little Caesars does a killing at the track relays. To me, every silkscreen company that grosses at least 3 grand worth of Corporate Cup T-shirts should be required to be a sponsor for the next year's Corporate Cup. And heck with the T-shirt Contest; instead, the "Y" should give points for the most creative helmets, hard hats, etc.

- As a Corporate Cup recruiter for Pueblo Community College, I thought I'd heard every excuse imaginable from individuals not wanting to participate until I was fed this one: "I can't run the 1 Mile because we have to go to Pace in the Springs that day." And I hope you discovered m-lasses in your gas tank on the way!

- Company tents on the football field inside the East High School track have become so popular that they obscure the view of much of the competition on the track. Hence, my suggestion is to invent a transparent tent, with a dark top for sun protection, and make them required of any tent users. For a really fun experience, how about making some of the people transparent, too. Even better, let's make this column transparent right now!



## 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, Cathy Franchi

Special Guests (connection noted elsewhere):

Virgil Cain, Mr. Mojo Risin, Bobby McGee, Mean Mr. Mustard, Billy Joe McAllister, Jackie Paper.

*Footprints* is published monthly without fail. If you'd like to contribute, send beautiful prose to the editor's trash barrel.

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, bring snacks for everyone, and buy rounds afterward at the Gold Dust.

**This Month's Smorgasbord:** Speaking of excuses, here's my pre-race "save face" advice: Always use idle minutes before a race to mention, to anyone who will listen, every imaginable problem you're either having or not having in order to justify a possible poor performance. Be creative, too! Don't say you haven't been running much and that your knee has been bothering you. Those are old. You've got to make an impression by coming up with fresh excuses: (*Marijane*: "So, ready for a good race today, Gary?" *Gary*: "Well, I don't know. I sort of tossed and turned all night worrying about the convention center vote. And this hangnail (shows it) has been bothering me lately. And I just can't get used to these new racing shorts, etc., etc., ad nauseum.") ... While on the subject of advice, here's a bit of "expert" advice I could do without for the rest of my life: "Listen to your body." Those who say that can gargle some mud! ... Wonder what would happen if there were people near the registration table of a race with signs that read "Will Run for Food." Think any prospective racers would take them up on it? ... In case you weren't pleased with your "Peak" time this summer, you can try to improve on it next year by reading the "Pikes Peak Ascent & Marathon Training Guide" by Brenton H. Buxton. Sells for \$4.95 at the Chinook bookstore in downtown Colorado Springs. I'm not kidding! While in the area, try the cappuccino at Poor Richard's ... This month's **Ultimate in Idiocy** item: Was watching ESPN's highlights of the Maui Triathlon and, just as the first woman was about to cross the finish line, some jerk disguised as a male participant sprinted the final five yards or so, cut in front of her and "broke the tape," bowling into a TV camera in the process. Where do these morons come from? ... This month's final thought comes from actor Peter O'Toole: "I'm not crazy, but I think everybody else is." Enjoy Fall, mates. And good luck in Honolulu, Mr. O.

**Movie line** of the month: "Never trust a man who'd put his hand in your mouth." Guess the movie and the speaker. If you get both right, you'll receive a *Footprints* newsletter signed by your beloved editor. Enjoy the search, and remember to collect \$200 while you pass go!

**NOTE:** SCR Meeting times have been changed to 7 p.m., the 1st Tuesday of each month, at the YMCA.



## ? FITNESS TRIVIA ?

**Q:** This month, the YMCA's Corporate Cup included track relays that required many "weekend athletes" to sprint 100 meters. There were several standout performances, although your beloved editor evened out the average. Anyway, who were the top 100-meter male and female, and their times, in the 1992 Summer Olympics?

A: Linford Christie, 9.96; Gale Devers, 10.82.

## ★ From the Prez ★

### The cost of procrastination

What happens to a nice guy after long training sessions preparing for a big race? Before I go on, I should probably qualify the above question.

To begin with, I had the idea that with the proper training schedule, and the right state of mind, yours truly would be able to survive yet another grueling Pikes Peak Ascent. I began my training in earnest, trying to build endurance and confidence, remembering what the "Peak" experience last year was like. In total, I trained twice on Greenhorn Mountain, meeting two Yogi Bear types along the way, plus a half-dozen excursions to Barr Trail to prepare for the pain to come.

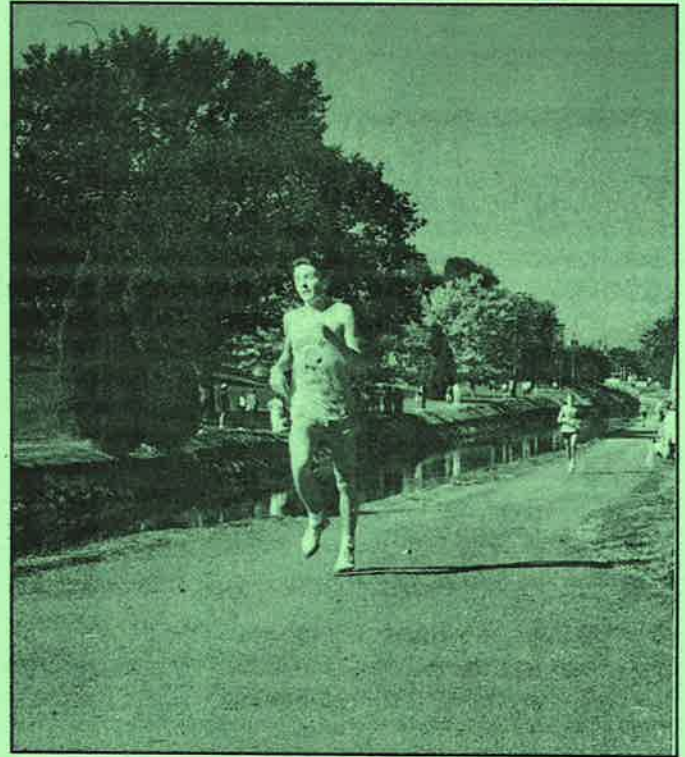


Nine days before the "Peak," I completed my last training run on Barr Trail, ascending to A-Frame, or approximately 10 miles. Feeling confident while descending back to the trail head, I found myself feeling good knowing that all there was left to do after long hours of training was to register and show up for what seemed like a promising experience.

You can probably imagine how surprised I was when, later that day at the Runner's Roost, with registration form and money in hand, the two guys behind the counter announced to me: "Sorry, the race is filled. You're too late!" Thinking fast, I blurted out: "Well, then I'll enter the round trip!" After all, earlier that day I had gone to A-Frame and back. Again the two sympathetic dudes replied: "Sorry, you're too late." When the reality of my apparent tardiness hit, I was somewhat embarrassed for a while but mostly disappointed. How could this happen? After all, I was entering the race nine days before hand.

Well, it just goes to show you that if one makes up his mind to do something and then prepares for it, he should sign up as soon as possible and avoid the disappointment that comes from being too late. For who would have thought that this year's Pikes Peak Ascent and Marathon would fill up days before race day. I certainly didn't.

But the question still remains: Did I learn from this experience? No way! After putting together last year's CMHIP Dam Run, I thought this year's race would be much easier to produce. **Not!** There were many unexpected obstacles and I was unable to get the race applications out in a timely manner. So, by the time you read this, the race will either be very near or even history. In any event, due to my being a professional procrastinator, I may again be paying the consequences. Anyway, I'll let you all know how the Dam Run turned out, providing, of course, that I get the article to the editor on time.



### Tougher Than Ever

This season, SCR member Chris Borton of South High has been running even stronger than a year ago when he captured the Class 5A individual cross country championship. Chris, shown here in the Central Invitational at City Park, will have his hands full later this month when he attempts to defend his title. The race will be held Oct. 29 at Pueblo's City Park.

- Photo by Goodzky

### River Trail Clean Up

On September 25, several SCR members met at the Nature Center to help clean up the Pueblo River Trail. On behalf of the Friends of the River Trail, I would like to recognize club members who gave of their time and effort to our community.

Many thanks to Rich and P.J. Barrows, including Jazzmine, their new daughter. It should be noted that once again Rich was able to get "his" kids from the Boys and Girls Club to lend a hand. They were Vesentha Fiero, Maryann Fiero, Marquisa Martinez, Arron Roque, Adam Trevizo, Ben Trevizo and Cynthia Duran. Thanks, kids! Other club members worthy of recognition are Kathy Duran, Marijane Martinez, Bill Veges and El Presidente's son, Michael Barela.



Again, many thanks. And by the way, I noticed someone missed a piece of paper by the 19-mile mark. (Ed. Note: why didn't you pick it up, dufus!?)

- Paul Barela

# River Trail Half-Marathon

Results provided by Andy Ballou.

## MALE

24-under

Name, City	Place	Time
James Deheus, USAFA, CO	7	1:22:12.6
Gordon Limb, USAFA, CO	11	1:23:25.5
Paul D. Kirmis, Usafa, CO	14	1:24:53.9
Robert Lockwood, USAFA, CO	15	1:25:12.9
John T. Orchard, Usafa, CO	19	1:27:18.9
Greg Pound, Usafa, CO	20	1:27:25.5
Dave Parker, USAFA, CO	21	1:28:01.5
Drew Rydland, Usafa, CO	23	1:28:30.8
Kurt Rouser, Usafa, CO	26	1:29:55.8
Frederik W. Van Weezendonk, USAFA	34	1:33:05.3
Joel Meyers, USAFA, CO	35	1:33:05.5
Troy R. Lohmeyer, USAFA CO	38	1:33:57.8
Jeffrey M. Clark, USAFA, CO	39	1:33:58.1
David A. Padilla, USAFA, CO	41	1:34:13.7
Bryan Dickson, USF, CO	52	1:37:52.8
Andrew Ouimet, Usafa, CO	54	1:38:51.7
Brent Borchers, USAFA, CO	55	1:38:59.7
William S. Denhan, Usafa, CO	60	1:40:04.5
Nick Martin, USAFA, CO	61	1:40:23.8
Michael Marvich, USAFA, CO	65	1:41:27.0
David Piffarero, USAFA, CO	69	1:41:48.6
David Harden, USAFA, CO	71	1:42:05.3
Matthew M. Dusharme, Pueblo, CO	92	1:46:35.2
Jobie Turner, USAFA, CO	93	1:46:53.4
Bradley Spears, USAFA, CO	94	1:47:33.8
Chris Juarez, Clovis, NM	98	1:48:19.1
Chris Austin, USAFA, CO	116	1:55:08.3
Halsey Burks, USAFA, CO	123	1:57:08.7
Kenneth O. Woods, USAFA, CO	128	1:59:29.7

## 25-29

Timothy Vigil, Walsenburg, CO	1	1:12:59.1
Paul L. Koch, Colorado Springs, CO	2	1:14:59.7
Andrew Hackler, Pueblo, CO	3	1:19:42.2
Sherwick Min, Kremmling, CO	24	1:29:38.1
Andrew Freeman, Denver, CO	25	1:29:46.1
Greg Walton, Boulder, CO	46	1:36:17.7
Robert Ronas, Colorado Springs, CO	87	1:45:27.2
Mario Rodriguez, Ordway, CO	99	1:48:45.0

## 30-34

Mark Koch, Pueblo, CO	5	1:21:38.2
Marty Garcia, Pueblo, CO	12	1:23:37.9
Rick Edrich, Denver, CO	13	1:24:41.4
Tim Adian, Colorado Spgs., CO	28	1:31:32.1
Rich Barrows, Pueblo, CO	33	1:32:52.0
Craig Ross, Colorado Springs, CO	57	1:39:32.7
Al Alvares, Pueblo, CO	58	1:39:45.2
Randy Reeves, Ordway, CO	72	1:42:05.5
Kyle Novosad, Castle Rock, CO	78	1:43:50.6
Decorris L. Reid Jr., Ft. Carson, CO	104	1:50:17.4
Mike Archuleta, Pueblo, CO	112	1:52:59.5
Tim H. Nitchen, Pueblo, CO	113	1:54:01.4
Donnie Reeves, Ordway, CO	131	2:02:33.0
Greg Reeves, Ordway, CO	144	2:10:27.3
Lorenzo Aragon, Colorado Springs, CO	152	2:21:10.0

## 35-39

Jim Casslo, Colorado Springs, CO	4	1:20:40.2
Rich Hadley, Florence, CO	6	1:21:38.2
Joseph Davis, Colorado Springs, CO	16	1:25:24.8
Kevin Gonty, Colorado Spgs, CO	18	1:26:22.8
Leonard Olson, Colorado Springs, CO	22	1:28:22.8
Greg Lancy, Pueblo, CO	31	1:32:01.0
Matthew Santoyo, Colorado Springs, CO	36	1:33:24.0
Doug Jewell, Denver, CO	40	1:34:11.6
Tim King, Colorado Springs, CO	42	1:34:38.8
Bill Veges, Pueblo, CO	44	1:35:44.9
Chris Hunter, Swink, CO	53	1:38:37.5
Jeff Miller, Pueblo, CO	62	1:40:28.1
Chris Sanders, Colorado Springs, CO	88	1:45:28.9
Steve Morrow, Colorado Springs, CO	89	1:45:30.7
Leo Gonzales, Cheyenne, WY	90	1:45:38.0
Steve Aumiller, Colorado Springs, CO	91	1:46:29.7
Timothy J. Gonzales, Longmont, CO	102	1:49:57.9
Robert Rodine, Divide, CO	103	1:49:58.1
Ken Jones, Pueblo, CO	107	1:51:24.8
Ed Rhodes, Pueblo, CO	114	1:54:01.8
Matt Martin, Pueblo, CO	133	2:05:41.6

## 40-44

Theodore L. Quintana, Pueblo, CO	9	1:22:56.6
James S. Robinson, Pueblo, CO	10	1:23:08.4
Herb Brockman, Pueblo, CO	30	1:32:00.5
George Williams, Colorado Springs, CO	43	1:35:38.9
Robert Veges, Arvada, CO	47	1:36:31.8
Mike Giron, Longmont, CO	76	1:43:32.5
Bob Guthmiller, Englewood, CO	83	1:44:50.4
Steve Eickelman, Englewood, CO	84	1:44:51.1
Paul Brown, Wetmore, CO	106	1:50:32.6
Jeff Cleaver, Pueblo, CO	119	1:55:54.8



Tim Vigil of Walsenburg was the overall winner in 1:12:59

Lynn Miller, Pueblo West, CO	125	1:58:35.8
Paul Willumstad, Pueblo, CO	127	1:59:20.7
Howard Baker, Littleton, CO	141	2:09:22.5
Mike Bair, Colorado Spgs., CO	148	2:18:03.8

## 45-49

Ben J. Valdez, Cheyenne, WY	8	1:22:27.2
Jay Birmingham, Alamosa, CO	17	1:26:15.4
Tim Flemming, Colorado Springs, CO	56	1:39:22.5
David Crockenberg, Pueblo, CO	67	1:41:34.9
John Ribal, Pueblo, CO	80	1:43:54.9
Al Dominguez, Pueblo, CO	108	1:51:51.1
Cecil Chambliss, Colorado Springs, CO	126	1:58:42.1
Eugene Arellano, Pueblo, CO	130	2:01:19.8
Marion M. Walker, Pueblo, CO	137	2:07:15.4

## 50-54

Vincent Lopez, Alamosa, CO	27	1:30:28.9
Jim Romero, Denver, CO	29	1:31:44.2
George Dominguez, Raton, NM	45	1:35:47.4
Jeff Arnold, Avondale, CO	48	1:36:51.0



Lorraine Hoyle was the second area female finisher in 1:42:37

## Pueblo & Hinterlands Division

### Males

1. Tim Vigil, Walsenburg	1:12.59
2. Andrew Hackler, Pueblo	1:19.42
3. Mark Koch, Pueblo	1:21.38
4. Rich Hadley, Florence	1:21.38
5. Ted Quintana, Pueblo	1:22.56

### Females

1. Claire Bueno, Pueblo	1:41.26
2. Lorraine Hoyle, Pueblo	1:42.37
3. Marijane Martinez, Pueblo	1:44.20
4. Stacey Bowman, Pueblo	1:52.41
5. Carmen Garcia, Pueblo	2:02.34

Don Pfof, Pueblo, CO	50	1:37:30.7
Bill Faulkner, Broomfield, CO	51	1:37:31.1
Cirilo Pacheco, Pueblo, CO	85	1:45:25.6
John Albritton, Rockwall, TX	139	2:07:56.9
Jack Earley, Colorado Springs, CO	155	2:29:17.4

### 60-over

Roi Davis, Denver, CO	79	1:43:51.7
John Holiman, Pueblo, CO	109	1:52:33.5
Denver Wood, Denver, CO	134	2:06:03.0

### FEMALE

24-under

Susan Pessner, USAFA, CO	63	1:41:11.4
Kris Vanderberg, USAFA, CO	68	1:41:48.3
Alicia Vallani, USAFA, CO	70	1:41:49.5
Michelle M Cooke, Usafa, CO	75	1:42:37.0
Kristin E. Goodwin, Colorado Springs, CO	95	1:48:01.7
Margaret Morris, USAFA, CO	96	1:48:02.3
Billeye Gladen, USAFA, CO	97	1:48:18.1
Becky Mason, USAFA, CO	118	1:55:40.7
Deb Holum, U.S.A.F.A., CO	120	1:56:47.7
Kimberly Klein, Colorado Springs, CO	124	1:57:40.1
Lori Ciccone, Colorado Springs, CO	142	2:09:50.8
Amanda J. Steffy, USAFA, CO	145	2:11:22.2
Laura S. Simmons, USAFA, CO	146	2:11:23.2
Jennifer R. Patterson, USAFA, CO	147	2:15:55.5

### 25-29

Claire Bueno, Pueblo, CO	64	1:41:26.3
Annie L. Erickson, Woodland Park, CO	77	1:43:49.3
Tracie Carricato, Colorado Springs, CO	82	1:44:46.0
Ingrid Millhauser, Colorado Springs, CO	105	1:50:17.7
Stephanie Knudson, Colo. Springs, CO	117	1:55:22.3

### 30-34

Teddy Isner, Colorado Springs, CO	49	1:37:30.1
Marilyn Weisinger, Colorado Springs, CO	59	1:39:49.9
Teri Egan, Longmont, CO	100	1:48:51.5
Kim Niles, Estes Park, CO	101	1:48:51.7
Stacey Bowman, Pueblo, CO	110	1:52:41.9
Leann Fraka, Colorado Springs, CO	154	2:21:37.6

### 35-39

Patty Leary, Colorado Springs, CO	32	1:32:06.6
Tracey Bennett, Colorado Springs, CO	37	1:33:38.2
Betsy Hill, Pueblo, CO	149	2:19:43.5

### 40-44

Margie Loyd, Colorado Springs, CO	66	1:41:28.6
Marcia L. Johnson, Colorado Springs, CO	73	1:42:17.5
Marijane Martinez, Pueblo, CO	81	1:44:20.6
Sandra Smith, Colorado Springs, CO	86	1:45:27.0
Lorna Cwiak, Colorado Springs, CO	115	1:54:32.2
Paula Birmingham, Alamosa, CO	129	1:59:52.8
Carmen Garcia, Pueblo, CO	132	2:02:34.6
Karen Frahm, Lansing, KS	153	2:21:37.4

### 45-49

Lorraine Hoyle, Pueblo, CO	74	1:42:37.0
Gloria J. Montoya, Pueblo, CO	111	1:52:42.8
Marie Doyle, Colorado Springs, CO	121	1:56:48.6
Donna Nicholas, Coal Dale, CO	135	2:07:13.6
Wendy King, Cotopaxi, CO	136	2:07:15.1
Cheryl Mccox, Salida, CO	140	2:08:05.1
Deanna Stever, Pueblo, CO	150	2:20:33.8

### 50-54

Jan Williams, Colorado Springs, CO	138	2:07:48.6
Beth Bryant, Lakewood, CO	143	2:10:21.4

### 55-59

Grace Rome, Breckenridge, CO	122	1:57:00.2
Donna Cooley, Akron, CO	151	2:21:07.1

# River Trail Marathon

Cindy Paolucci explains her overall female victory to Pueblo Chieftain reporter Gayle Perez

- Photos by Goodzky



Results provided by Andy Ballou.

Name	City	Place	Time
David Herr,	Jackson, WY	1	2:37:44.3
Cindy Paolucci,	Pueblo, CO	2	3:07:05.1
Rocky Khosla,	Pueblo, CO	3	3:16:25.6
Jason Ramos,	Pueblo, CO	4	3:17:43.2
Michelle Tourville,	Colo. Springs	5	3:19:10.4
John Rhoads,	Salida, CO	6	3:20:21.8
Paul Chacon,	Pueblo, CO	7	3:22:37.2
Dale A. Willenberg,	Colo Springs	8	3:27:22.9
Neilsun Valenski,	Golden, CO	9	3:33:53.9
Sue Sheehan,	Pueblo West, CO	10	3:33:55.3
Lynn Hummel,	Aurora, CO	11	3:34:05.4
Dave M. Diaz,	Pueblo, CO	12	3:40:47.0
Ralph Regalado,	Pueblo, CO	13	3:42:20.2
Mike Olson,	Colorado Springs, CO	14	3:43:03.9
David L. Strong,	Lafayette, CO	15	3:43:17.2

Eugene Mares,	Pueblo, CO	16	3:45:19.9
Bruce H. Etkin,	Denver, CO	17	3:46:59.8
Joe Stommel,	Canon City, CO	18	3:52:34.2
Will Jones,	Englewood, CO	19	3:53:19.5
Dan Kridelbaugh,	Colorado City, CO	20	3:54:00.1
Pat Libra,	Wheatridge, CO	21	3:57:33.5
James King,	Pueblo, CO	22	3:57:39.1
Adolph Montana,	Denver, CO	23	3:58:22.3
Jenine Ebersohl,	Colo Springs, CO	24	4:02:15.2
Bill Peterson,	Helena, MT	25	4:09:38.3
Marshall Warnick,	Arvada, CO	26	4:14:55.9
Carol Rottinghavs,	Pueblo, CO	27	4:16:40.6
Richard P. Rosa,	Salt Lake City, UT	28	4:21:24.8
Donna Rhoads,	Salida, CO	29	4:33:52.1
Pat Firestone,	Pueblo West, CO	30	4:35:50.9
Andrew G. Medina,	Colo Springs	31	4:45:15.1
Robert Santoyo,	Pueblo, CO	32	4:55:40.2
Steve Burns,	Colorado Springs, CO	33	4:56:14.7

## Letters we like to receive

A special thanks to Kathy Duran, Gary Franchi, Melinda Orendorff, Helen Robinson, and Bobby Santos for working the finish line, and to Andy Ballou for doing results for the tenth annual YMCA Pueblo River Trail Marathon.

It was a very successful race, and I could not have done it without the support of the Southern Colorado Runners. Your efforts are greatly appreciated by all of us here at the YMCA.

Sincerely,  
Ben Valdez

## Memories of another great River Trail

So the numbers for the Pueblo River Trail Marathon and Half-Marathon were down this year because of the inaugural Denver International Marathon. So what? With about 150 marathoners and 33 marathoners, this is still a major event as far as Pueblo running circles is concerned. And, hey, the banter from the volunteers at the finish chute was as poignant and inventive as ever.

Anyway, here's my fearless prediction: runners will come back to the River Trail Marathon next year and the two-race field will surpass 200 runners.

The Denver Marathon, by the way, was very successful and had good crowds along the course. Having a 5K division as part of the program added immensely to the running crowd on hand. Denver may have the aura of the crowds, but, to me, we still have a nicer course here.



Puebloan Ralph Regalado (left) brought it home in 3:42 for 13th place, while Joe Stommel of Cañon City finished 18th in 3:52.



**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





## Facts you probably never wondered about

A few fitness facts to ponder today while quaffing a cup of your favorite java. As usual, editorial comments in parantheses:

### Stepping up

Wonder what the fastest-growing exercise activity is today? Well, let's assume you do.

Try step aerobics, which had an estimated 9.2 million participants last year, an increase of 35% from the previous year. That's according to a National Sporting Goods Association survey. Next was inline skating, which jumped 33% with 9.7 million people.

Still, exercise walking remains the No. 1 participant sport, with nearly 68 million people. (*Are they counting people walking through malls or what?*)

### Experts?

A new government report claims that 30 minutes of moderate, intermittent exercise during a normal day - like a brisk walk, stair climbing and gardening (*are they serious?*) - does almost as much good as one heart-pounding, nonstop workout in a gym. This is contrary to their earlier report that the exercise must be sustained, aerobic activity. The report, by the government's American College of Sports Medicine, recommends 30 minutes or more of such moderate activity about four times a week. (*Nothing personal, but keep in mind that these claims were made by our government!*)

Stats noted in the report are really scary - only 22% of adults now get enough exercise, 24% are completely sedentary, and 54% do not get enough exercise.



### Magic of chemistry

Ever wonder whether zinc is really important to runners? Sure you have! And here's why it is:

Zinc is crucial to cell growth, to heal, and to fight off illness by manufacturing new immune cells. It's especially important for athletes who train heavily since strenuous exercise tends to decrease the body's immune response and cause some breakdown in muscle tissue. Hence, runners need zinc to recover quickly from colds and serious training. (*Let's see - I guess that means that if you don't train hard, you don't need much zinc.*)

### Sweet and sour

If you're a runner, your choice of liquid is probably of the hops variety. But if you are one to sip on soda pop, I hope you aren't one to choose a cola. That's because studies show that the phosphoric acid found in most dark sodas has been shown to inhibit calcium absorption, which could cause you overuse injuries such as stress fractures. By the way, diet sodas contain no carbohydrates, making them pretty much useless for endurance athletes.

Special Guests on Page 2: Characters created in once popular songs.

## Handicap Report

Club Social #249

### Waffling at the Durans'

October 3, 1993

by Michael Orendorff

The perks of being timekeeper should not be minimized. One need only be perspicacious (*Ed. Note: does that have anything to do with sweating?*) in choice of event timing. At the (awful?) Waffle Run, being timer/recorder means that, after sending runners on their way, one can then meander inside, cook up a plate full of waffles with various toppings, and then stroll back outside to welcome and time the runners. Choose the job suited to one's talents, folks say. My talent is eating, so this job and I "clicked."

As usual, it was relaxed at Kathy Duran's house for the waffle feed. Sausage and bacon, fruit and maple syrup, donuts, and other waffle companions were enjoyed. I had to hurry away, so I'm not sure how Kathy got the newly rotund out the door and into their cars, but apparently all made it home safely. Perhaps for some it was the children who got their parents home.

### 4-Mile Waffle Run Results

Name	Difference from Prediction
Betsy Hill	0.14
Marijane Martinez	0.20
Dave Diaz	0.49
Bill Veges	0.52
Joe Stommel	0.52
Rich Barrows	1.14
Nick Leyva	1.27
Rand Morris	1.30
Kathy Duran	2.21
Melinda Badgley	4.35
Mark Wilkerson	13.16



### A pleasant visit

Those attending the SCR's October monthly meeting were treated to a visit by Bill Zwick of the Pueblo Planning Department. Bill outlined the city's immediate dual-surface plans for the River Trail system and had an attractive chart as a visual. He pointed out the important thing is to get the proper type of dual-surface system in place from the start since, as he put it, "once we get it in one place, it becomes a standard." He also noted that a key factor is the type of existing soil where the underlayer surface will be installed.

## RACE CALENDAR



### PUEBLO-CANON CITY AREA

#### October

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

#### November

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

#### December

5 Sun 9:00 AM **Rock Canyon Half-Marathon**  
 Rock Canyon swim area

### OTHER AREAS

#### October

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

21 Sun 9:00 AM **President's Run, 7M**  
 Cherry Creek Reservoir, Denver

25 Thur 10:15 AM **Turkey Trot, 4M**  
 Washington Park, Denver

#### December

12 Sun 8:00 AM **Jingle Bell 5K**  
 Downtown Colorado Springs

18 Sat 6:00 PM **Jingle Bell 5K**  
 Raton, NM, Convention Center

### 1993-1994 MARATHONS

October	23	Wichita - Kansas
December	5	Dallas White Rock - Texas
		California International - Sacramento
	12	Honolulu
January	16	Houston Tenneco
	23	San Diego (stop at Sea World)
February	5	Las Vegas (& Half-Marathon)
March	6	Los Angeles

## Speed tip of the month:

"Runners can't develop the speed that brings personal records without first developing strength. Strength comes from a diet of steady mileage that builds the endurance a distance runners needs before he or she can think about doing speed work.

Speed work is needed to run PRs, but the endurance-strength work that you do to build your base has a far greater value."

— Tom Fleming in "Running Times"



## RACING NOTES

### Dam Run

Can hardly wait to see the shirts for this October 23 race. El Presidente Paul Barela, co-race director with Lois Pfof, notes that the race will have teal blue long-sleeved shirts with about a half-dozen colors of ink. Cowabunga! An undisclosed young artist designed the new race logo. To get a ride to either starting point (the 7.5-mile division starts near the base of the Dam; the 4-mile division at the Nature Center), note that buses will transport runners from the Colorado Mental Health Institute at Pueblo at 8 a.m.

A random drawing will be held in conjunction with the awards ceremony, but you must be present to win. *Runner's World* is providing the prizes. Neato!

### Time Clock woes

Let's see, how many months did we have a race clock that worked? We were doing fine with the current version, which we got from the Pikes Peak Road Runners in exchange for a charitable donation. Used it at the River Trail Marathon, and got through all of the half-marathon field and the bulk of the marathon field when — whoosh! — a gust of wind came and knocked over the pole that was holding up the finish line banner. The pole fell against the time clock, knocking it over face first. Hasn't worked since. Still looks nice, though.

The club will be exploring avenues needed to get it fixed. I suppose it'll take months, if not years.

### Miscellaneous notes

A photo caption in last month's issue inferred that **Damian Rotolo** was the sole race director of the State Fair Run held in August. Actually, Damian and Doug Simmons were co-race directors. No slight intended, Doug ... Sure wish world class marathoner Mark Plaatjes of Boulder would change the spelling of his last name so we would know how to pronounce it ... Watching high school cross country meets on the City Park Golf Course's short-9 makes me realize how much I miss the local Zoo Run that used to be run on the same course. It's really the only cross country race I've ever run, and I have my 5K PR on that course ... SCR hanger-on Bobby Santos promises to run again in this lifetime, but we're not holding our breath ... I'm told the Kathy Duran Waffle Run had 5 unexpected racers — 5 dogs from the area. Were they allowed to taste Michael Orendorff's waffle batter?

Yo!  
 Plan your holiday  
 parties **NOW** at  
 the Gold Dust!!



Call 545-0741!

## Be smart to avoid winter running difficulties

by Rocky Khosla, M.D.

I thought that I would again write about something that may be of interest to runners at this time of year - how to avoid cold weather problems. Running in the winter can involve a whole host of difficulties, and it helps me to divide these into three basic categories.

First, what I call systemic effects, which means the effects of the cold weather on the whole body. In general, our bodies have many ways to deal with excess heat, but not with excess cold, except for shivering. Once the whole body starts to cool, a possibly lethal condition called hypothermia can develop. To avoid this, it is important to dress appropriately when exercising in the cold. Interestingly, runners who get hypothermia tend to start their runs overdressed and then start shedding layers, going from being overheated to cooling. So, a good rule of thumb is that you should feel slightly cool before you start your run.

Second, there are the groups of problems that I call local effects. An example would be frostbite of the fingers. As tissues are exposed to increasing cold, ice crystals actually start to form outside the cells and may



cause rupture of the cells. Initially, the skin shows blanching and numbness, and then it starts to get a firm, white appearance. As soon as the first signs are seen, you should rewarm the area (for in-

stance, by placing the hands in the armpit). If frostbite has started, then you should not rub the affected area, since this can increase injury to tissues. And do not warm the area if there is any chance that the area will get cold again. When you do rewarm, rapid rewarming in water at 104 to 107 degrees Fahrenheit is recommended. Of course, at this point you should be under medical supervision.

Third, the last group of conditions to talk about are mechanical problems. Generally, muscles tend to be stiff and tight in the cold, and more prone to injury. Also, running on slick surfaces such as icy roads increases the risk of injuries. The way to minimize these problems is to warm up and stretch adequately, and try to pick areas to run where the traction isn't too bad. A neat trick to try that I picked up from *Runner's World* is to put hexbolts into the soles of your running shoes.

Till the next time, happy trails.

*Locker room  
axiom:*

**You won't remember the thing you forgot until you  
close the lock on your locker. - Goodzhy**

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



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



*Get your cheshire grins!*

If you move, please send us your change of address so you'll continue to receive each monthly issue of *Footprints*, the personal choice of Garfield.  
Send your address change to: Southern Colorado Runners, c/o Pueblo YMCA, 700 N. Albany Ave., Pueblo, CO 81003



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