

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

December, 1993

★★★ Home Edition ★★★

Price: Your Sanity

Annual SCR Banquet set for January 22

by Marijane Martinez
(with assistance from the editor)

The 1994 Southern Colorado Runners Banquet again promises to bring a night of good food, relaxation and entertainment along with a number of prize drawings that will include free entry into all 1994 SCR-sponsored races and free one-year SCR memberships. Keep in mind that such a membership includes receiving monthly issues of the highly coveted and world renowned *Footprints*, a true treasure in itself (*pass the vomit pail, please*).

Anyway, the banquet has been scheduled for Saturday, January 22, 1994, beginning with the 6 p.m. cash bar schmoozathon (social hour). It will be held in the Banquet Room at the Gold Dust Saloon, located at 130 S. Union Avenue at the corner of "D" Street. The complete schedule of activities is at right.

An all-star cast comprises the Banquet Committee that has cooked up a nightmare to remember. This cast includes Michael Orendorff, Paul "El Presidente" Barera, Rich "Where are my Keys?" Barrows, ex-Phillies manager Nick Leyva, and yours truly, Marijane Martinez. They've brainstormed (*and you thought it was impossible!*) and have come up with a program we think you will enjoy thoroughly.

As noted at right bottom, club

Continued on Page 3

SCR Banquet Schedule of Activities



6:00 - 7:00 p.m. Cash bar. Make new friends and enemies for only pennies.
Entertainment: Fireweed band

7:00 - 7:10 p.m. Surprise Activity

7:10 - 7:40 p.m. Dinner served (menu includes roast beef, baked potato, salad, bread, butter, veggie, dessert & tea or coffee).

7:40 p.m. The fun escalates to dangerous heights:

- Raffle #1 – Bucket Raffle winners to be drawn throughout the night.
- Winners of Surprise Activity announced and prizes awarded.
- Dirty Sock Award: To be presented by Slick Nick Leyva.
- The Builder's Club Award
- Ruff'n Scruffy Award
- New Officers announced and the President's gavel passed to next victim.
- Raffles – Round 2
- Complete Runner Dressing
- Male & Female Club Runners of the Year
- Most Valuable Club Member
- Other things will happen during the night, but we're not gonna tell you what!

This is a deal in any language

The per-person cost of the dinner is \$8 for adults and \$5 for kids under 12. However, the cost for SCR members is just \$5 for adult SCR members and \$3 for kids. Non-members attending will be charged 8 bucks.

The dress for the banquet is casual, which means wear what makes you comfortable.

There will be a kajillion raffles throughout the evening, and you can win by purchasing raffle tickets. The Bucket Raffle will be used to replenish our Youth Fund.





Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Erma Bombeck: "The only reason I would take up jogging is so that I could hear heavy breathing again."

One Man's View: This year's Rock Canyon alias Cottonwood formerly Osprey Half-Marathon had a most interesting round-and-around course that I don't think my one-dimensional brain could ever have designed. But I doff my Mighty Ducks hat to Dave Diaz for laying out a true gem. From a spectator's point of view, it was great to be able to see all the competitors on the bow tie-like early section. And from a runner's perspective, it had to be considered a refreshingly interesting course. Great job, Dave!

What really amazed me is that no one seemed to take a wrong turn despite there being ample opportunity. I didn't hear one horror story afterward about how a runner went the wrong way coming off the bridge and ran an extra half-mile or so. It happens all the time, you know. For instance, at the NCAA Division II cross country championships held in Riverside, Calif., last month, a mixup resulted in only five of the 128 runners covering the correct course. The rest of the field took a wrong turn and cut about 1,000 meters off the course.

I always wonder how this can happen. I remember Dick LeDoux winning a local race (I think it was the Dam Run) many years back despite taking a wrong turn over the Arkansas bridge, then retracing his steps and finishing well ahead of the next finisher. I recall Dickie saying that it cost him about two or three minutes. Never could figure out how it happened since I assume there was a lead bicyclist for the race. How DID it happen?

Blame the "mush zone." In their racing delirium, many runners enter a "mush zone" dimension in which they are oblivious to their surroundings. Heck, you can see it happen at the finish line of every single race. Runners will be chugging toward the finish and, because of the "mush zone" factor, won't even see the chute but instead want to finish everywhere but in the finish chute. And these are chutes that are well marked by race officials, colorful flags, finish line banners, etc. How can they possibly not see where they should be finishing?

Easy. They've entered the "mush zone."

This Month's Smorgasbord: I just love the way researchers contradict each other. Remember that item a couple of *Footprints* issues back where researchers were extolling the virtues of zinc for fitness freaks? Well, believe me, they did. Now comes word from another researcher that zinc may cause dementia in people with Alzheimer's disease by creating a sticky glue that clings to

brain cells and eventually kills them. How comforting! Oh, and in case you were wondering, I think I've been taking zinc tablets for several years, but I can't remember ... No one's ever accused runners of being overly cerebral, and with good reason. For instance, a whole horde of runners became ill during the recent New York City Marathon when they basically overdosed on Advil painkiller pills. Seems all entrants were given Advil gift packs, containing eight tablets, in their race packets. The recommended maximum dosage is six pills a day and no more than two in an hour. However, some runners elected to take all eight tablets at once, before the marathon began. Not too heady ... I like to read the *Sports Transactions* in the daily newspapers because you can find out about some of the more obscure deals that aren't reported on ESPN or CNN. Like when two CBA teams exchange point guards. Or when the Baltimore Orioles waive a has-been "for the purpose of giving him his unconditional release." But I've been wondering when a running-related item like this is going to appear:

By the Associated Press

**RUNNING
Journalists**

RUNNER'S WORLD - Traded Sherman Wright, feature writer, to *Running Times* for Shirley Word, editor, Stephan Page, paginator, and future considerations ...

... Speaking of newspapers, why do they publish lists of "money leaders" in their agate sections? I mean, who really gives a rats about who the leading money winners on the PGA and LPGA tours and the pro rodeo circuit are? If they're going to publish drivel, might as well go all out and run the leading area dart throwers. Or maybe this column ... This month's *Ultimate in Idiocy* item: Editorial consultant Nick Nasch says he wandered into a local fitness-related shop and inquired about the cost of an item that caught his eye. Said the sales clerk: "Oh, that costs \$10.88 today, but starting Monday it becomes a Christmas special for \$14.88." Is this a Pueblo thing?

Movie line of the month: "You're as crazy as your mama. Goes to show it's in the genes. Do you have any idea what you're getting yourself into, daddio? The government's going to jump all over your head, Jimbo, and go cockadoodleo." Guess the movie and the speaker. If you get both right, you'll receive an authentic replica of the pristine bullet that killed John F. Kennedy and wounded John Connolly. Enjoy the hunt, and remember to blame the assassination on the Cubans, Mafia, or the French Connection!



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 Franchi	676-4100

Editorial Consultants Nick Nasch, Wang Junxia
Special Guests (connection noted elsewhere):
Tom Akers, Kathryn Thornton, Story Musgrave, Jeff Hoffman,
John Glenn, Scott Carpenter, Mae Jemison, Alan Shepard.

Footprints is published monthly, regardless of quality. If you'd like to contribute, then what the heck are you waiting for?

SCR meetings are held the 1st Tuesday of each month at the Pueblo YMCA at 7 p.m. Any SCR member may attend club meetings, verbalize thought processes, vote on issues, and try to figure out how Mike Orendorff fixed our race clock.

NOTE: SCR meetings are held at 7 p.m. the 1st Tuesday of each month at the Pueblo YMCA.



? FITNESS TRIVIA ?

Q: Runners tend to attract dogs, as evidenced by the four-legged barking creatures who reportedly joined the field of runners during the Handicap race that originated from Kathy Duran's house earlier this fall. In the Atlanta women's race held last month, Ruth McDonald ran a loop with her and Shelley's two dogs. What are the names of those two dogs?

A: Bailey and K.K. (for Kamikaze).

Don't Wait - Renew your SCR membership NOW!

Notice the 1994 SCR Membership Application Form contained in this newsletter? Well, it's there for a reason, folks. Time to renew your SCR membership for another year. And, despite inflation all around us from the cost of Hazel Nut coffee at Safeway to the price of vacations in Jamaica, the cost of membership in the SCR for 1994 will not increase one penny!!! The cost remains just \$10 for an individual membership and \$15 for a family membership, which is a steal any way you look at it.

In fact, let's look at it. Here are just a small portion of the items you'll get with your SCR membership:

- Ability to attend the club picnic, fall Handicap & bonfire, and Handicap "brunches" originating at the homes of a number of club members. That includes the chance in 1994 to participate in the inaugural "I Found Nirvana Here" Handicap Brunch to be held at the new home of your beloved editor in Colorado City.
- Membership in the Road Run-



ners Club of America, enabling you to receive its national newsletter and read about many other fellow idiots runners around the country.

- A \$2 discount on all SCR-produced races during the year.

- Discounts at fitness-related retail outlets including the Athlete's Foot, Gart Brothers, and now the High 5 sports outlets in Pueblo and the Runner's Roost in Colorado Springs. High

5 is new to this list. Check out their inventory! They also will field special orders from you.

- The chance to develop friendships with fellow physical fitness advocates, who just happen to be about the nicest group of folks anywhere!

- The monthly *Footprints* newsletter, certain to be worth millions someday. Although you have to put up with the conservative, ultra-serious writings of the editor, he has a stable of world-renowned writers who have been painstakingly selected from a vast field of highly-qualified journalists. Marijane Martinez. Dr. Rocky Khosla. Mike Orendorff. Paul Barela. Kathy Duran. Idea man/consultant Nick Nasch. Alfred E. Neuman. The list goes on and on. What more could you want?

So, don't procrastinate - especially you, El Presidente. Go get your little pencil or pen right now and fill out the form, enclose a check, and enjoy the ride. Remember our motto:

"We give great read!"

Springs Runoff Update

I'm really getting excited about the 1994 Spring Runoff. To be truthful, Race Director Rich Barrows' enthusiasm is beginning to rub off on me. Always a skeptic, I first approached Rich's energy with a "what-the-hell-is-wrong-with-this-guy?" attitude. But I've been won over.

The Runoff will make history on March 6 when it is held. The 2-mile run/walk race will definitely be included in the format, joining the 10K and 10-mile races. The 2-miler will start at 8:30 a.m., exactly one hour before the traditional races. There will

be a reduced entry fee for kids as we continue our efforts to promote physical fitness to today's youth.

There will again be training runs the four weeks prior to the Runoff, starting at 2 miles and increasing in 2-mile increments. Anyone running all four training runs will get a \$2 discount on the entry fee to the Runoff itself. Cool!

There will be prize drawings, new custom awards for 1st-place finishers, lunch tickets for volunteers, a later entry deadline, a clinic for kids conducted by our own Chris Borton,

and a series of "guest writer" articles published in *The Pueblo Chieftain* as the race approaches. Not only that, but because of the ingenuity of Mike Orendorff, our race clock will be on hand at the finish line. Just by looking, which is sort of akin to reading directions, Mike was able to figure out what was wrong with the clock. He got a couple of new ball bearings, made the conversion, and VOILA! It works!

If there's more news, I'll have an updated report on the Runoff in the January issue of *Footprints*.

Banquet

Continued from Page 1

members will receive a hefty discount on the cost of the dinner.

So, please, come out of the woodwork and enjoy yourselves - this is your club and you deserve it. Plus, we'd love to have you join us!

Also, please send in the ballot enclosed with this newsletter to vote for your new representatives (officers) for 1994, and please take the time to recognize those individuals who you feel warrant the honors of Male and Female Runners of the Year as well as the Most Valuable Club Member. Your vote does count!

*Now serving Holiday Cheer
at the Gold Dust Saloon!*

Visit us over the holidays
at 130 S. Union Avenue.



Special Guests on Pg. 2: Astronauts, today and from years ago.

Atalanta Women's 5K Race

The Results

Provided by Helen Robinson

Name	City	Age	Time
1. Claire Bueno, Pueblo		29	19:49
2. Teresa Taylor, Monument		33	20:54
3. Misti Frey, Pueblo		26	21:04
4. Denise Gonzales, Pueblo		13	21:11
5. Helen Robinson, Pueblo		35	21:18
6. Kelly Lesser, Colorado Springs		26	21:19
7. Marijane Martinez, Pueblo		41	21:24
8. Marilyn Weisingor, Colo. Springs		31	21:37
9. Lorraine Hoyle, Pueblo		46	21:43
10. Trisha Ferguson, Pueblo		42	22:05
11. Deb Robeda, Pueblo		43	22:07
12. Stacey Bowman, Pueblo		33	22:08
13. Constance Martinez, Lakewood		53	22:17
14. Kathy Hruby, Rye		30	22:44
15. Barb Krosley, Lakewood		44	22:46
16. Val Ranum, Denver		52	23:09
17. Lisa Paige, Littleton		35	23:10
18. Diane Rubalcaba-Lopez, Pueblo		35	23:49
19. Carla Flores, Pueblo		34	24:17
20. Jessie Quintana, Pueblo		50	24:23
21. Maria Gordon, Cañon City		34	24:52
22. B.J. Diller, Littleton		44	25:00
23. Betty Duran, Pueblo		51	25:02
24. Berni Padula, Pueblo		50	25:42
25. Lori Macchietto, Pueblo		43	25:43
26. Anne Baxter, Cañon City		38	25:55
27. Donna Nicholas-Griesel, Coaldale		47	25:59
28. Joyce Simony, Pueblo		44	26:35
29. Ruth McDonald, Pueblo		48	26:46
30. Wendy King, Cotopaxi		45	26:48
31. Margaret Halsey, Denver		43	27:25
32. Julie Arellano, Pueblo		41	27:33
33. Sally Taylor, Pueblo		38	27:50
34. Cheryl McCoy, Salida		49	30:07
35. Melinda Orendorff, Pueblo		41	32:41
36. Mary Creager, Pueblo		53	33:20
37. Nancy Vercelline, Pueblo		51	33:22
38. Leah Rae Wilson, Pueblo West		55	33:23
39. Tricia Payne, Pueblo		19	35:08

Top Finishers by Age Division

• 19 and under - Denise Gonzales	21:11
• 20-29 - Kelly Lesser	21:19
• 30-39 - Helen Robinson	21:18
• 40-49 - Marijane Martinez	21:24
• 50-59 - Constance Martinez	22:17

Walkers

1. Lois Pfost, Pueblo	51	38:27
2. Julie Mapps, Colorado City	73	43:51



Running out of town? Give us a buzz!

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
P.O. Box 19910
Colorado City, CO 81019
676-4100 (local call from Pueblo)



**By the end of
the first leg,
only lead
bicyclist
Henry
Hund could
keep up with
overall
winner
Claire Bueno**

Photos by Goodzky

Thanks for helping

I would like to thank the gentlemen who worked the 14th annual Atalanta Women's 5K Race. It would not have been a success without you - Henry Hund, Paul Chacon, Paul Barela, Gary Franchi, Bob Quintana, Sidney Arnold, Eugene Arellano, Jim Robinson, Dave Diaz, Carl Mapps, Bill Veges, and Nick Leyva.

And a big "thank you" to Shelley and Ruth from the Gold Dust for doing my pre-registering and race day registration, and to Marijane Martinez for all of your help. It would not have worked without all of your help. I hope the race will grow in the future.

Helen Robinson
Atalanta Women's 5K Race Director



From left are training partners Deb Robeda, Stacey Bowman and Trisha Ferguson, who ran together from start to finish in the Atalanta 5K

Rock Canyon Half-Marathon

Well, at least it didn't snow this year for the Rock Canyon Half-Marathon. Instead, strong, gusty winds greeted the field of 96 runners (there were a handful of no-shows). Actually, it was much tougher for those of us who volunteered to work the race, because the coffee at the finish was lousy and we were only able to sequester in our autos with our newspapers for about an hour. Cold? Well, consider that both Rich Barrows and Bobby Santos had their brains numbed by the wind, with Rich locking his car keys and a chronomix in his car and Bobby hitting the wrong button on the backup chronomix and shutting it off. Who hired these guys?

Anyway, Paul Koch of Colorado Springs was the overall winner in 1:17.30. I think he's the brother of Mark Koch, Pueblo running stud. A highlight was the performance of Demetrio Chavez of Denver. Chavez, 18, arrived a few minutes late for the race, went out fast, and passed all but three runners en route to his 4th-place finish in 1:21.45.

Pueblo & Hinterlands Division

Males

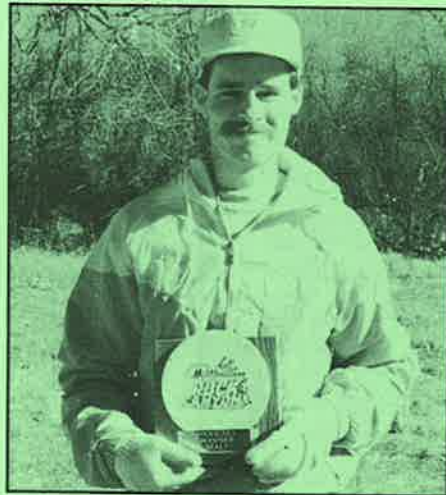
1. Jerry Conger, Pueblo	16	1:20.28
2. Tim Vigil, Walsenburg	29	1:22.40
3. Jim Robinson, Pueblo	42	1:23.25
4. Rich Hadley, Florence	37	1:23.34
5. Ted Quintana, Pueblo	43	1:26.29

Females

1. Deb Robeda, Pueblo	43	1:44.03
2. Helen Robinson, Pueblo	35	1:45.37
3. Misti Frey, Pueblo	26	1:46.46
4. Marjane Martinez, Pueblo	41	1:49.10
5. Lorraine Hoyle, Pueblo	46	1:50.27



Jim Robinson had a 1:23.25 time to take 3rd in the P&H Division



The Right Stuff

Paul Koch of Colorado Springs displayed his talent by whipping the strong wind and a tough field to take first place in the Rock Canyon Half-Marathon held Dec. 5. Koch recorded a time of 1:17.30.

Photo by Goodzky

Rock Canyon Half-Marathon results

Provided by Dave Diaz

Top Overall Finishers

Male: Paul Koch, Colorado Springs - 1:17.30
Female: Marilyn Stapleton, Greeley - 1:34.03

All Finishers

Place, Name, City	Age	Time
1. Paul Koch, Colo. Springs	25	1:17.30
2. Gary Weston, Colo. Springs	38	1:18.51
3. Jerry Conger, Pueblo	16	1:20.28
4. Demetrio Chavez, Denver	18	1:21.45
5. Neal Taylor, Monument	31	1:22.17
6. Tim Vigil, Walsenburg	29	1:22.40
7. Tom Kekecy, Monument	38	1:23.11
8. Rob Huie, Colo. Springs	17	1:23.21
9. Jim Robinson, Pueblo	42	1:23.25
10. Rich Hadley, Florence	37	1:23.34
11. Ted Quintana, Pueblo	43	1:26.29
12. Marty Garcia, Pueblo	33	1:27.24
13. Robert Stanley, Monument	41	1:27.53
14. Paul Chacon, Pueblo	39	1:28.50
15. Michael Lesser, Colo. Springs	28	1:29.27
16. Ken Perry, Denver	46	1:29.35
17. David Jones, Monument	44	1:32.31
18. Greg Laney, Pueblo	36	1:32.41
19. Herb Brockman, Pueblo	43	1:32.41
20. Sam McClure, Pueblo	40	1:32.50
21. Bob Tafelski, Littleton	53	1:32.54
22. John Maha, Colo. Springs	49	1:33.54
23. Dan Spendley, Colo. Springs	14	1:34.01
24. Marilyn Stapleton, Greeley	47	1:34.03
25. Jim Romero, Denver	53	1:34.15
26. Mike McClure, Pueblo	50	1:34.31
27. Robert Irving, Dillon	39	1:34.39
28. Lonney Vogt, Colo. Springs	39	1:34.53
29. Mike Borton, Pueblo	38	1:34.56
30. Lou Huie, Colo. Springs	47	1:34.57
31. Diane Draper, Monument	36	1:35.05
32. Jose Valdez, Jr., Parker	41	1:36.11
33. Joe Stommel, Cañon City	44	1:36.26
34. Nick Leyva, Pueblo	40	1:37.25
35. Bill Veges, Pueblo	36	1:37.25
36. Don Pfost, Pueblo	53	1:37.55
37. Julie Reese, Golden	35	1:37.58
38. Marv Bradley, Cañon City	54	1:38.34
39. David Coleman, Colo. Springs	33	1:38.53
40. Jerry O'Donnell, Golden	47	1:39.15
41. Grouch Beckenhaupt, Springs	46	1:39.56
42. Bill Turley, Broomfield	63	1:40.08
43. Ralph Regalado, Pueblo	56	1:41.45
44. Jim Peterson, Longmont	55	1:42.04
45. Tomas Duran, Pueblo	48	1:42.40

Place, Name, City	Age	Time
46. Eugene Mares, Pueblo	31	1:42.57
47. Kelly Lesser, Colo. Springs	26	1:43.01
48. Dennis Valenchenko, Denver	47	1:43.19
49. Al Dominguez, Pueblo	45	1:43.50
50. Neddie Legg, Arvada	42	1:43.51
51. Deb Robeda, Pueblo	43	1:44.03
52. Greg West, Colo. Springs	31	1:45.27
53. Helen Robinson, Pueblo	35	1:45.37
54. Byron Miranda, USAFA	23	1:45.57
55. Heidi Schutt, Wheatridge	43	1:46.05
56. Rick Percy, Colo. Springs	40	1:46.07
57. Jeff Miller, Pueblo	36	1:46.15
58. Misti Frey, Pueblo	26	1:46.46
59. Bill Teubet, Eldridge, Iowa	59	1:47.44
60. Marjane Martinez, Pueblo	41	1:49.10
61. Lucky Snyder, Longmont	37	1:49.24
62. Wayne Chesney, Copper Mtn.	55	1:49.53
63. George Dominguez, Raton, NM	53	1:50.08
64. Lorraine Hoyle, Pueblo	46	1:50.27
65. Visda Carson, Broomfield	29	1:50.48
66. Von Campbell, Colo. Springs	35	1:51.38
67. Mike Archuleta, Pueblo	33	1:51.39
68. Stacey Bowman, Pueblo	33	1:53.17
69. Levi Gonzales, Littleton	58	1:53.53
70. George Green, Golden	48	1:55.35
71. Trisha Ferguson, Pueblo	42	1:56.55
72. John Holiman, Pueblo	66	1:57.01
73. Robert Ronas, Colo. Springs	29	1:58.40
74. John Mills, Colo. Springs	43	1:58.44
75. Mike Gonzales, Pueblo	42	2:00.28
76. Jeff Cleaver, Pueblo	43	2:00.49
77. Bob Shurte, Northglenn	65	2:01.24
78. Lisa Citron, Boulder	22	2:01.32
79. Kim Campbell, Colo. Springs	30	2:01.39
80. Bruce Batting, Rye	56	2:02.18
81. John Novembre, Colo. Springs	15	2:02.37
82. Robert Santoya, Pueblo	30	2:03.42
83. Jim Linn, Colo. Springs	60	2:03.45
84. George Schaffer, Denver	44	2:04.15
85. Paula Birmingham, Alamosa	42	2:04.44
86. Diane Deaton, Denver	45	2:05.39
87. Peggy Mauzy, Highlands Ranch	44	2:05.50
88. Roger Schafer, Brighton	46	2:05.52
89. Pete Doyle, Colo. Springs	47	2:06.06
90. Bob King, Pueblo	56	2:08.41
91. Becky Mason, USAFA	20	2:09.52
92. Linda Janney, Colo. Springs	38	2:22.01
93. Marcia Green, Golden	46	2:22.10
94. Betsy Hill, Pueblo	40	2:22.10
95. Deanna Stever, Pueblo	48	2:22.18
96. Louis Arteaga, Pueblo	44	?

HAWAII IRONMAN '93

Now HERE'S a great club event!

by Michael Orendorff

The SCR's Mike Orendorff competed in the Hawaii Ironman event held at the tail end of October. Here is his account of the experience:

Well, yes, it should have been. You missed it? Too bad. But there's October '94 just around the corner and you get another chance. We just need to be sure that another club member qualifies so we can travel together. Competing at a 1993 qualifying event during the day of a very competitive national championship being held elsewhere allowed me to sneak in while the door was unguarded. For next year, without the benefit of a diluted field, we better pin our hopes on someone else.

It would be a great club trip. There'd be a job for everyone in the entourage. If you volunteer to work an aid station between mile 8 and 12 of the run, you'll see

the developments of both the bike and run and the race results at 2 to 4 miles from the finish. You'll also be at the spiritual heart of this grand event. Volunteers give the internal glow and provide the external feast and support necessary for us average folks to enjoy the Big Island event. People working so hard through a long day so that one can experience the grandness of the Hawaii Ironman is humbling. It is an undeserved gift that should be carefully received.

The volcano, the warm, clear water, the abundance of fish, the rare green sea turtles, the rain forest, the international flavor, the claustrophobia of being stuck on a little piece of land lost in the Pacific Ocean - all are part of creating a great fantasy escape from the hard rocks of Colorado and the demands of work. Being dressed for the day by putting on shorts and thongs and nothing else (ok, a little sunscreen) means you're at the right place to participate in a very fun event.

One of the benefits of doing triathlons is being able to compete on the same playing field, under the same conditions as the top pros. Yes, that can be done in running, too, but there is a qualitative and strategic difference when three sports are thrown together and most courses are designed so that you get a glimpse of the top competitors other than at just the starting line. To see how good the top men and

women are helps one to enjoy one's "averageness." And the Hawaii Ironman is a great place to be average, lost in a sea of excellent multi-sport athletes.

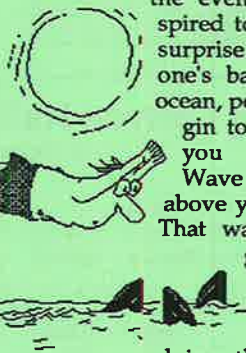
I was surprised at how overwhelmed I was by the atmosphere of this event. An atmosphere that spans several days as staging requires specific activities and check-ins on each of many different days preceding Event Day. I was also surprised to meet acquaintances from both Colorado and Oregon who were doing, supporting or officiating the event. Everything conspired to create the type of surprise one feels when one's back is towards the ocean, people facing you begin to point behind you, you turn around, the Wave is already poised above you, it swamps you. That was my surprise regarding the Ironman.

And I haven't even talked about doing the event itself. At one time the distances seemed daunting. Now, unless weather is extremely foul, it is merely a long day's work. I'm not competitive. In an Ironman distance event, I will run out of energy somewhere between miles 8 and 12 of the marathon.

The challenge is maintaining one's mental focus, particularly during the long bike phase of the event. This is where other participants are very important to me. Their challenge, their intensity and the pleasure of competing with physically exciting women keeps one going. There is, unfortunately, rarely camaraderie on the bicycle. There seems to be something about bicycle racing that makes people ruthless and unfriendly. But the run is a sudden switch. It's a much more social sport. Conversations can occur. There's even time for jokes with the volunteers at aid stations.

So, it was a fun family vacation. I suggest going if you ever qualify or are able to grab one of the few lottery slots. Take as many friends and family members as you or they can afford. Relax. Go slow so you can watch the sunset and get to carry a glow stick and run down lighted Aliee Boulevard at night. And don't dare miss the musically choreographed, stirring light and slide show and the awards banquet on the following day.

It was a stereotypic once-in-a-lifetime event.



Crowd spurs SCR's Pratt in New York Marathon

The SCR's Robert Pratt notes that he had an exciting time running the New York City Marathon, finishing in 4:27.22. Pratt found the people along the Big Apple course to be just wonderful.

Rhonda helped 'em

Did you read where both the men's and women's teams at Adams State won national championships again this year? One of the key cogs for the women was Rhonda Leya, who finished 13th overall.

Arkansas Valley 5K

Here are results of the Arkansas Valley 5K Race held October 16 in Rocky Ford. Results provided by SCR's George Balles. Forgot to get them in last month's issue.

Overall winners

Male - Mike Messick, 36, Cheraw, 16:13

Female - Lois Geertz, 14, Boulder, 31:24

Age division leaders

Male

30-39 - 1, Joe Fretz, 16:53. 2, Greg Reeves, 23:24. 3, Doug Massingiles, 24:07.

40-49 - 1, Richard Thomas, 19:54. 2, George Balles, Pueblo, 21:08. 3, Lyonell Unruh, 21:56

50-59 - 1, Richard Grantham, Ordway, 23:23. 2, Bob King, Pueblo, 24:54.

Female

30-39 - 1, Vickie Altstaetter, Salida, 33:35. 2, Amy Florey, 43:11. 3, Sue Williamson, 45:30.

40-49 - 1, Mary Jungerman, 45:10.

50-59 - 1, Ruth Graham, 43:10. 2, Mary Kratz, 44:34. 3, Ruby Nissley, 44:55.

60+ - 1, Esther Heatwole, Rocky Ford, 44:36.

The Brunch-a-thon

The annual Nick & Marijane Handicap Brunch-a-thon on Dec. 12 lived up to its fine reputation, with a small but spirited group of regulars showing up to enjoy the 14K run and then enjoy the royal eats. Thanks to the Caprioglios, P.J. Barrows, Carol Hund, and Nick Leyva for providing either exquisite chefspersonship or encouragement to the real chefs.

Chris Borton slipped past Rich Hadley on the return trip to win the elapsed time race, but here are the results with the handicaps figured in:

1. Dave Diaz	50.18	7. Mike Borton	57.51
2. Rich Hadley	50.39	8. John Ulsh	1:00.55
3. Hank Hund	52.08	9. Helen Robinson	1:02.40
4. Chris Borton	53.54	10. Rich Barrows	1:03.53
5. Todd Hund	54.55	11. Robert Santoya	1:11.12
6. Jeff Arnold	56.01		

7K Finishers: Marijane Martinez & Gary Franchi.

Walker: Sidney Arnold, 51.44.

RACE CALENDAR



PUEBLO-CANON CITY AREA

January

- 9 Sun 9:00 AM Run for the Dream, 5K
YMCA, 7th & Albany
29 Sat 10:00 AM Frostbite Five, 5M
Dam to City Park

OTHER AREAS

December

- 18 Sat 6:00 PM Jingle Bell 5K
Raton, NM, Convention Center
31 Fri 6:00 PM Stay Alert 5K
Currigan Hall, Downtown Denver

January

- 1 Sat 10:00 AM Search and Rescue Run, 5K & 10K
Penrose Stadium
8 Sat 10:00 AM Black Forest Series #1, 5K & 10K
Wolford Elementary, Black Forest
22 Sat 10:00 AM Black Forest Series #2, 4M & 15K
Wolford Elementary, Black Forest
30 Sun 9:00 AM Super Bowl 5K (walk & run)
I-25 & Arapahoe, Denver

February

- 12 Sat 10:00 AM Black Forest Series #3, 6M & 20K
Wolford Elementary, Black Forest
13 Sun 9:00 AM Heart Run, 5K (& walk) & 10K
Washington Park, Denver
20 Sun 9:00 AM Riverfront 5-Miler
Littleton
26 Sat 10:00 AM Black Forest Series #4, 10K & 25K
Wolford Elementary, Black Forest

March

- 12 Sat 10:00 AM St. Patrick's Day 5K
Old Colorado City, Colorado Springs
13 Sun ? Runnin' of the Green 7K
Downtown Denver

1993-1994 MARATHONS

- January 9 Star System - Tempe, Arizona
16 Houston Tenneco
23 San Diego (enjoy the climate)
February 5 Las Vegas (& Half-Marathon)
28 Cowtown - Fort Worth, Texas
March 6 Los Angeles
8 Austin - Texas
April 9 Mule Mountain - Sierra Vista, Arizona
16 Marathon of the Great Southwest -
Abilene, Texas
16 Lake Powell - Utah
18 Boston (a Heartbreak-er)
May 7 Great Potato - Boise, Idaho (peel out)
7 Shiprock - New Mexico
28 Wyoming's Only Marathon - Laramie
June 4 Ghost Town - Helena, Montana (Boo!)
5 Steamboat (& Half-Marathon)
July 31 San Francisco (See the Bonds-man!)

SPRING RUNOFF TRAINING RUNS

- February 6 2 Miles - Start, finish at Cavalcade
13 4 Miles - Start, finish at Cavalcade
20 6 Miles - Start, finish at Betsy Hill's house
xxxxxx
27 8 Miles - Start, finish at Cavalcade

(Answer to Movie Quiz on Page 2: John Candy in "JFK.")

RACING NOTES

Start the new year off right

Many local racers avoid heavy New Year's Eve revelry to be fresh for the annual Rescue Run, 5K and 10K races that are held January 1 at Penrose Stadium in the southwest area of Colorado Springs. We had a great SCR contingent last year, and this race gives us all the chance to start off the new year in the proper fitness-oriented mental frame of mind. Besides, it's another great excuse to chow down after a race with fellow runners. Be there!

Dreamweaver

The first local race of the year will be the annual Run for the Dream, scheduled for 9 a.m. Sunday, January 9. A new twist this year: the race distance has been shortened from a 10K to a 5K. This is an out-and-back, flat course that gives you the chance to see the leaders as they blur by you in the opposite direction. Hey, we all need a humbling experience from time to time! The race starts at the YMCA and finishes across the 8th Street Bridge along the River Trail. A good race to start the local racing season!

Frostbite 5 set for January 29

Race Director Ben Valdez of the YMCA has astutely avoided conflicting this annual goodie with the Black Forest Series held northeast of the Springs in the true hinterlands of Colorado. It's a point-to-point course, which is always sort of fun for its novelty. The T-shirts are always very unique, too!



Multi-sport update

Speaking of Ben, he and a few local individuals have started discussions aimed at resuscitating the Drag'n On Triathlon next summer. I'm told that the guy who had intended to take over the race has left the employ of the American Cancer Society. Local persons, including SCR officer Mike Orendorff, have met with Ben about the possibility of the YMCA directing the race. The SCR would still handle the run leg. There's talk of making the Drag'n part of a state-wide triathlon circuit, with the Drag'n possibly taking place August 7. Chats are still preliminary.

Meanwhile, Ben notes that the annual Y-Bi Classic biathlon has been scheduled for April 17. The Ordinary Mortals Triathlon has been set for May 21.

Winter speedwork tip:

"To maintain some quickness off the track, doing steady runs of 20 to 30 minutes at 30 to 40 seconds per mile slower than your 10K race pace can bridge a training gap when track intervals or tempo runs are too mentally or physically fatiguing or when the elements (weather) conspire to prevent a quality track session."

- Jim Hage in "Running Times"

It's better to eat after exercising

by Rocky Khosla, M.D.

I was asked whether it is best to eat before or after exercise, so here goes:

In my opinion, it is better to exercise before eating, and I base this on four basic reasons.

- First, several studies have shown that you tend to burn off more calories and gain less weight if you eat within an hour or two after exercise. Exercise seems to "rev up" your metabolism, and you tend to burn up food faster.

- Second, exercise tends to decrease your appetite, so you tend to eat less. Notice how most of us really don't want to eat much after a long run? (*Ed. Note: say what?*)

- Third, eating a meal rich in

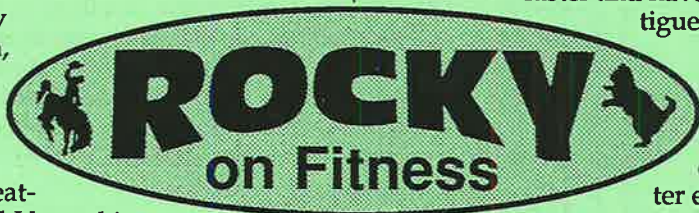
carbohydrates (such as breads, pasta, etc.) within two hours of completing a rigorous workout can help your muscles recover faster and have less fatigue.

- Finally, working out after eating

can give a lot of

people abdominal pain, gas and diarrhea. There are several reasons for this: exercise tends to shift the blood supply away from the gut toward exercising muscles, so the food that you just ate just sits there like a brick! Add on top of that the jarring back and forth of exercise, and no wonder the guts aren't too happy!

So, just remember, it's not nice to eat and run, but it's fine to run and eat! Till next time, happy trail. Ski trails, that is!



Return to the days of not so long ago?

The SCR is thinking about retooling the Handicap Series in 1994, returning to some type of a point system as was used in past years. Such a system, however, requires that someone or someones keep point standings and handle many of the other organizational chores necessary to conduct these races.

A "team effort" is what we'll probably get. Already some members have offered to assist. Mike Orendorff, who organized a loosely held number of races in 1993, noted at the last club meeting that he hopes to contact SCR members in an attempt to get ideas, input, and support concerning a new point system. He hopes to present a plan at the January meeting.

Many SCR members enjoyed the point standings. It added a ton of interest, and awards (shirts, plaques, ribbons, etc.) were given out at the end of each year to top point winners and to those who participated in a certain number of Handicap races.

If you'd like to get involved, call Mike at 561-2956.

Swimming axiom:

The pool will be closed by mechanical problems only on scheduled swim days. - Goodzky

SOUTHERN COLORADO RUNNERS

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