

# SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

# FOOTPRINTS

January, 1994

★★★ U.S. Edition ★★★

Price: A pittance

## Lightning strikes twice!

### "Footprints" again named top small club newsletter in region

by Mr. Editor

First of all, you have to realize that I don't have the money to pay off the Road Runners Club of America. Certainly not two years in a row. So, let's assume that the Lobbying Committee of the Southern Colorado Runners did a bangup job. Or maybe the judges were mesmerized by the Movie Lines of the month.

Whatever the reason, "Footprints," the newsletter you are holding in your soft paws at this time, has been selected by the Road Runners Club of America as the outstanding small club newsletter (for clubs with less than 200 members) for the Western Region. This is the second consecutive year that our newsletter has been so honored. The Western Region is one of four re-



gions in the country, and the four winners will now vie for the crown of outstanding small club newsletter in the country. The winner will be announced at the RRCA's national convention to be held April 7-10 in Washington, D.C. A newsletter from Florida won the national award last year.

But, hey, this puts us on the map for

the second year in a row. It also proves what you can accomplish when you get a "community effort." And we've had that, what with several SCR members contributing articles, results, photos and ideas. Writers have included Marijane Martinez, Dr. Rocky Khosla, Paul Barela, Kathy Duran, Michael Orendorff, Jeff Arnold, Jay Birmingham, Don Pfost and Nick Leyva. Thanks to you all. Also, many thanks to George Ballas for furnishing some outstanding photos throughout the year. And much appreciation is extended to everyone who has furnished results, especially club member Andy Ballou and Springs-based Nancy Hobbs, who helps organize the Triple Crown race series up the road.

It's been a great ride. Let's enjoy the spoils we've earned!

## Please make reservations for Jan. 22 SCR Banquet

Those planning to attend the SCR's annual Awards Banquet on Saturday, January 22, at the Gold Dust Saloon are urged to call the Dust by Jan. 17, if possible to reserve their respective number of spots. Menu specifications (mainly the roast beef) require that the Gold Dust has an accurate count in advance. Call them at 545-0741. Please!!!

The Awards Banquet will begin at 6 p.m. with a cash bar social



hour that will include background music by the Fireweed band. Dinner will be served (that's right, no buffet line) at approximately 7:10 p.m.

An evening of awards, prizes, en-

tertainment and other goodies will get under way at about 7:40 p.m.

The cost of the dinner is \$5 for SCR members, \$8 for non-SCR members, and \$3 for kids 12 years old and under.

Recently you should have received a ballot that can be used to vote for 1994 officers as well as the Male and Female Runners of the Year and the Most Valuable Club

See Banquet on Page 3



# Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Harry F. Banks: "If at first you DO succeed, try to hide your astonishment."

## One Man's 15 Top New Year's Fitness Resolutions:

1. Never take good health for granted.
2. Make it a point to enjoy each race and, in fact, every training run or other workout.
3. When in doubt, undertrain.
4. If a workout will interfere with your planned nap, take the nap instead.
5. Take advantage of the racing scene by schmoozing with as many people there as possible.
6. Try to help new members to get involved with the Southern Colorado Runners club.
7. Read as much fitness literature as you can.
8. To maintain sanity, forget the planned workout once in a while and instead get home early after work.
9. Keep performance lows in perspective; enjoy just being able to compete or train.
10. Never gauge your training regimen by comparing it with one used by someone else.
11. Never compare your ability level with someone else's.
12. Make time for lunch-time workouts, but once in a while make time for a lunch-time nap.
13. Congratulate others exuberantly for fine performances but assume they train too hard to enjoy it.
14. Accept and analyze your mistakes and move on.
15. Never take your New Year's resolutions too seriously.



**This Month's Smorgasbord:** I get a kick out of all of the ridiculous stories that running magazines deem fit to publish about running backwards. Either some fool has run an entire race backwards, or the magazine simply feels the need to tell us how beneficial such an activity can be. Ah, horsepucky! First of all, such a runner is probably a bit left of the moon, if you get my drift. And in terms of the benefits of running backwards, so what?! Who the heck wants to run backwards? ... Think your beloved editor has bad taste? Of course you do! But he's an amateur compared to a rock band in Florida that has named itself "Dead German Tourist." Hey, I'm not kidding! And I'll bet the band members are runners. Probably run backwards on stage, too ... Was munching on a banana after the Rock Canyon alias Cottonwood formerly Osprey Half-Marathon and I was wondering why bananas have such a small window of ripeness. Oranges don't. Apples don't. So how come bananas do? Who's responsible for this? ... The concert ticket lure may have been, ah, just a tad questionable, but let's not question the heart of race promoter Frankie A. for his "Guns for Food" effort. At least he's doing something ... Speaking of guns, I happened across this sign of the times in a recent Classified section of The Daily Bugle while looking for some weightlifting equipment: "Nintendo and seven games, \$75 or trade for shotgun" ... This month's Ultimate in Idiocy item: Mark Allen won his 5th Hawaii Ironman in late October but later was criticized by some other competitors (*probably Mr. Orendorff!*) for being able to draft on media vehicles during the bike leg. C'mon, bun brains! Was it his fault that there were media vehicles in front of him? Get a life!

**Movie line** of the month: "If you book them, they will come." Guess the movie and the speaker. If you get both right, you'll receive a Doors album autographed by Michael Myers. (That's a double hint, folks!) Enjoy the hunt, and remember to attend the SCR's annual awards banquet on January 22. And bring some raffle money!



## Southern Colorado Runners

A member of the Road Runners Club of America.



### 1993 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, Mike Judge  
Special Guests (connection noted elsewhere):

Frank Arteaga, Rich Barrows, Kathy Duran, Marijane Martinez, Lois Pfost, Helen Robinson, Damian Rotolo, Doug Simmons.

*Footprints* is published monthly, regardless of quality. If you'd like to contribute, please do - our readers need some relief.

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, broach new ideas, regurgitate old ideas, give opinions on all subject matter, & earn points by buying a round at the Dust afterward.

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



## ? FITNESS TRIVIA ?

**Q:** The 1994 local racing season started with the annual Run for the Dream, which this year was shortened from a 10K to a 5K (3.1 miles). The 5K women's world record time is 14:37.33. Your beloved editor can't hardly run **TWO** miles that fast. Anyway, what is the men's 5K world record and who holds it?

A: Said Aoutta of Morocco in Rome in 1987.

# Banquet

From Page 1

Member. Please vote for just one person in each category. You may write in your choice of officers, too. Also mailed to you recently was an Awards Banquet invitation. You sure can't say that you didn't know about the banquet.

Note that the awards for Male and Female Runners of the Year differ from in past years when these were designated the Most Improved Male and Female Runners of the Year.

Anyway, please attend the banquet. The committee has been working hard to cook up an evening of great stuff for everyone. See you there!

## Tell us about your favorite race

Got a favorite race? We want to hear about it. Hey, what could be better than old war stories. Beats listening to people talk about their families. Or how the baby said "Dah-Dah" for the first time.

Anyway, if you have a favorite race you'd like to talk about, please plan to do so at the annual SCR Awards Banquet. Also, tell us why it's your favorite race. Set your PR there? Met the girl of your dreams there after running behind her the entire 6.2 miles? Won an award there because there was no one else in your age division?

We want to know about it! Plan on enticing us with some juicy story.

## Runner's Roost to conduct special sale for SCR members

The Runners Roost in Colorado Springs, located at 107 E. Bijou in the Acacia Park area of downtown Colorado Springs, is planning to host a special Southern Colorado Runners Day on Saturday, January 29, 1994.

On that day, the Roost will offer SCR members a 25% discount on all of the clothing in its store and a 20% discount on all of the other items in the store. Here's your chance to stock up.

What a deal! Don't miss it! Check out all the wonderful goodies in the Roost. While in the area, visit Hathaway's magazines, Recycle Records, & Jose Muldoon's.

## Banquet at a glance

- **WHERE:** Gold Dust Saloon, 130 S. Union Avenue
- **WHEN:** Saturday, January 22, 1994  
6 p.m. cash bar; 7:10 p.m. Dinner  
7:40 p.m. Awards presentation, election of officers & many forms of madness
- **MENU:** Roast beef, baked potato, salad, bread, butter, veggie, dessert, tea or coffee
- **COST:** \$5 adult SCR members; \$3 kids 12 & under  
\$8 non-SCR members

**Please make your reservation(s) by calling the Gold Dust Saloon at 545-0741 by January 17. This is important!!!**



## Some specifics on the 1994 Handicap Series

The 1994 SCR Handicap Series will return to an awards system this year, and it will include about eight or nine races, with the distances generally ranging between the 5K and 8K distances. The exception will be February's opening race, which will be a 6-mile Spring Runoff prep run based at the Northridge home of Betsy Hill (2731 Baltimore Ave.).

Racers will run without watches and predict their times before each race. Regardless of the number of Handicaps held, a runner's top six races will be figured. Individual and cumulative series results will be reported throughout the year, with the final overall awards to be given at the 1995 SCR Banquet. Awards will be given on a combination of accuracy prediction and overall results.

To fund awards, runners will pay a fee per race - \$2 for SCR members and \$5 for non-SCR members. Make-ups will be allowed for those who whine enough.

Look forward to seeing you  
at the annual SCR Banquet.

Please make your reservation  
by Monday, January 17.

**GOLD DUST  
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Call 545-0741.

Special Guests on Pg. 2: SCR members who directed races in 1993.

# The Rescue Run



John Ulsh (right) of Canon City looked fresh while passing an unidentified runner near the 10K finish.



## *In the Money*

The SCR's Marijane Martinez had the cool Hollywood shades and a big grin after taking first in her age group of the Rescue Run held January 1 in Colorado Springs. Dave Diaz was the other SCR member to earn a first-place age-group medal.

### Photos by Dave Diaz

## Large SCR contingent starts year off right in Rescue Run

The SCR was represented by approximately a dozen and a half runners in the annual Rescue Run 5K and 10K races held on New Year's Day at Penrose Stadium on the southern end of Colorado Springs.

My sources tell me that some of their race times accurately reflected their degree of late-night revelry. Hence, those who elected to stay up late and party paid the piper through slow race performances. In fact, the heavy-headedness caused many of the racers to elect not to take advantage of the 2-for-1 draught offer at Bennigan's, where many of the group convened afterward. What's this world coming to? We elect not to reveal their names in order to protect the names of the guilty.

Anyway, this is as accurate a list of local runners that my assemblage of sources were able to report:

Paul Barela, Stacey Bowman, Paul Chacon, Dave Diaz, Kathy Duran, Rich Hadley, Henry Hund, Todd Hund, Mark Koch, Nick Leyva, Marijane Martinez, Mike Orendorff, Jessie Quintana, Robert Quintana, Ted Quintana, Jim Robinson, Joe Stommel, John Ulsh, and Bill Veges. My apologies to all those whose presence at the races went undetected.



Kathy Duran gets ready to zoom past 2 runners near the 5K finish; Todd Hund finishes strong in the 10K

## Teddy is a bear on 31-mile trek to raise funds

by Paul Barela

The SCR's Ted Quintana made good on his running attempt December 11 to raise money for the Colorado Mental Health Institute's at Pueblo's H.E.A.L. program. The program aims to help hospital employees in need.

Teddy, a CMHIP employee, had solicited pledges of money for his planned 31-mile run from Beulah to the north side of the hospital.

Ted began the journey above Beulah at 7:30 a.m. and was accompanied by Rich Hadley on the first 15 miles. Marty Garcia also ran 10 miles with Ted while Jim Robinson ran with him the last 13 miles.

Ted, a veteran of about three dozen marathons, finished the 31 miles in 3 hours and 45 minutes, which works out to a pace of about 7:17 per mile.

He raised nearly \$1,000 for the H.E.A.L. fund.



Ted Quintana had enough left after his 31-mile H.E.A.L. run to race the Rescue Run 10K

Photo by Dave Diaz

## Run for a Dream brings out best in ASC runners

The first local race of the 1994 season turned out to be a good time for a couple of Adams State runners to get in a speed workout along the Fountain Creek portion of the River Trail System. Using the annual Run for a Dream as its forum, Peter De La Cerda and Rhonda Leyba sped to first-place overall finishes. Peter completed the 5K (3.1 miles) course in 16:12, while Rhonda was the first female finisher and third overall finisher in the time of 18:37.

Rhonda's younger twin sisters - Annette and Bernadette - finished 1-2 in the under-19 division.

For those of you who were there and remember Wade Wittmer's boxer shorts, remember to razz him mercilessly.

Here are the complete list of finishers (there were a few no-shows):

| Name                    | Age | Time  |
|-------------------------|-----|-------|
| 1. Peter De La Cerda    | 22  | 16:12 |
| 2. Marty Garcia         | 33  | 18:09 |
| 3. Rhonda Leyba         | 21  | 18:37 |
| 4. Wade Wittmer         | 25  | 19:32 |
| 5. Bill Veges           | 36  | 19:55 |
| 6. Paul Chacon          | 39  | 20:30 |
| 7. Rich Barrows         | 33  | 20:36 |
| 8. Annette Leyba        | 18  | 20:45 |
| 9. Nick Leyva           | 40  | 20:58 |
| 10. Fred Lujan          | 33  | 21:02 |
| 11. Eugene Mares        | 31  | 21:03 |
| 12. Marv Bradley        | 54  | 21:06 |
| 13. Bernadette Leyba    | 18  | 21:12 |
| 14. Robert Santoyo      | 30  | 22:08 |
| 15. Misty Frey          | 26  | 22:13 |
| 16. Dan Gallegos        | 32  | 22:27 |
| 17. Manual Archuletta   | 22  | 22:44 |
| 18. Marijane Martinez   | 41  | 22:47 |
| 19. Denise Gonzales     | 13  | 22:57 |
| 20. Helen Robinson      | 35  | 23:10 |
| 21. Mathew Gallegos     | 9   | 24:27 |
| 22. John Holiman        | 67  | 25:23 |
| 23. Michael Parlapiano  | 38  | 27:10 |
| 24. Kevin Barickman     | 44  | 27:56 |
| 25. Paul Barela         | 38  | 28:13 |
| 26. Bob Capps           | 42  | 28:51 |
| 27. David Jobe          | 44  | 28:54 |
| 28. Doug Leyva          | 10  | 33:17 |
| <b>Walking Division</b> |     |       |
| 1. Melinda Orendorff    | 41  | 35:09 |

## Denver Marathon can't pay its bills

What goes around, comes around.

The Denver International Marathon, which had its inaugural run in October, is about to do an el foldo. It seems that race organizers have failed to pay approximately \$200,000 in unpaid bills from the race, including prize money that was promised to the marathon's winners.

The key organizer of the race, Jeff Fryer, said his problems arose because two key sources of revenue - the sale of race merchandise along with entry fees from an accompanying 5K race - failed to meet expectations. Fryer said he is trying to line

up sponsors for next year's race to pay his expenses for this year.

Others say sponsors should have lined up ahead of time for this year to meet this year's expenses.

What a mess! However, it's difficult to feel sorry for Fryer since, you may recall, he never considered our own River Trail Marathon race date when he scheduled the Denver Marathon on the same day. Because of that, the River Trail Marathon was moved to September and had a smaller field than in previous years.

Nah, we're not sour grapes about this. But have a nice day, Jeff!

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 (leave message on Amanda's machine)



# Keeping Fit



*A few more fitness facts to ponder today while pondering the philosophies of Plato, Aristotle and Wade Phillips (Editor Franchman's comments in various places):*

## Weightlifting and tendinitis

Tendinitis requires less layoff time than most other sports injuries, and NOT exercising when you're suffering from this actually may be one of the worst things you can do, according to University of Louisville strength coach Doug Sememick. You can continue to lift weights, but use light weights or elastic exercise bands to slowly boost the strength of the muscle and tendon. Narrow your grip when doing certain weight routines to avoid stress on joints and shoulder impingement (who invented THAT word?). Be careful during the lowering phase of the repetition because this is where tendinitis usually starts.

## Muscle rubs

We're all familiar with the wonderfully ridiculous smell of muscle pain-relief rubs like Ben-Gay, etc. Think they do any good? Think this article does any good? Think I care? Anyway, Dr. Harry Laws, a flight surgeon and director of Air Force rugby, says over-the-counter analgesic rubs do help reduce pain somewhat but do little to heal the muscle strain causing it. He says that more effective remedies for muscle pain are applying ice or moist heat and taking anti-inflammatories such as aspirin or ibuprofen. (Of course, with the latter two you would miss the great smell!)

## Knee joints and aging

A study presented at the American College of Sports Medicine said that a knee joint can lose up to half its strength in just two decades. To avoid this, you can strengthen your quadriceps and hamstrings with weight exercises, which will build up the muscles that protect the joint. Key exercises include leg extensions for the hamstrings and leg curls on a weight machine for the hamstrings. (Wouldn't drinking from a fountain of youth be easier?)

## The joys of baking soda

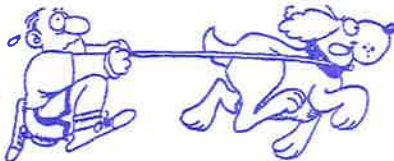
A study conducted at Humboldt State University claims that baking soda can make you a better athlete because it partially neutralizes the acidity in the muscles, which may allow you to train harder, delay fatigue and improve performance during short bouts of exercise. One drawback: the baking soda solution recommended can cause diarrhea if you drink too much at one time. (Does this mean we should run close to restaurants or construction sites with porta-potties?)

## In-line skating

Studies show that running or cycling gives you a better aerobic workout than in-line skating does. But you can turn up the intensity of your in-line workout by finding a long, gradual incline and skating up it repeatedly. (Is this fool nuts?) Such uphill workouts provide an aerobic workout you would only get at dangerously high speeds on flat ground.

## Fuel for the long run

Ever wonder what's better fuel for long runs - either carbohydrate-rich sports drinks or sports bars? Of course you have, bozo brain! According to a report in the December issue of *Men's Health* magazine, an Australian study showed that the two energy sources were equally effective in delivering glucose, the blood sugar that muscles use for fuel.



## "Not tonight, dear ..."

According to *Runner's World*, past studies show that you should probably avoid exercise if you feel a headache coming on, since vigorous activity at that time may intensify the attack. However, the study also says that regular exercise might prevent you from getting bad headaches in the first place. (If you recall a previous "Fitness Facts" item, the fish oil in fish products was found to relieve headaches, too!)

## Training tip:

"When you take a rest day, really rest. Don't replace the stress of training with the stress of trying to accomplish a million other things. Relax, read, nap, meditate, listen to music, and talk with your friends."

— Owen Anderson in  
"Runner's World"



## Running Stats

From "Running Wild" section in *Running Times* magazine:

- The percentage of sports participants worldwide whose sport is running: 65%
- Number of minutes a day of exercise (five days a week) now recommended by the Centers for Disease Control: 30.

Key stuff you need to know about this year's New York City Marathon:

- The biggest percentage (31%) of the field has been running between 11 and 20 years.
- There were 3 tons of bagels ordered for the event.
- It used more than 13,000 volunteers.
- A total of 6,600 credentials were issued for staff, volunteers, and members of the media.
- At various locations along the course were 550 portable toilets.
- In race packets and at the packet pickup area were 120,000 safety pins.
- ABC-TV used 25 cameras to cover the event.
- Some 25,000 sponges were bought for the use of runners.
- About 10,000 feet of snow-fencing was used along the course.

## RACE CALENDAR



### PUEBLO-CANON CITY AREA

#### January

29 Sat 10:00 AM **Frostbite Five, 5M**  
Dam to City Park

#### February

13 Sun 10:00 AM **Valentine's Twosome, 5K divided by 2**  
City Park

20 Sun 11:00 AM **Spring Runoff Handicap, 6M**  
2731 Baltimore Ave., Northridge

### OTHER AREAS

#### January

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

13 Sun tba **Happy Hearts, 5K**  
Colorado Springs

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

### 1994 OUT-OF-STATE MARATHONS

|           |    |  |
|-----------|----|--|
| January   | 16 | Houston Tenneco                                  |
|           | 23 | San Diego (go to the Swap Meet)                  |
| February  | 5  | Las Vegas (& Half-Marathon)                      |
|           | 6  | Long Beach                                       |
|           | 26 | Cowtown - Fort Worth, Texas                      |
| March     | 6  | Los Angeles (dodge the bullets)                  |
|           | 8  | Austin - Texas                                   |
|           | 13 | Maui - Hawaii                                    |
| April     | 9  | Mule Mountain - Sierra Vista, Arizona            |
|           | 16 | Marathon of the Great Southwest - Abilene, Texas |
|           | 16 | Lake Powell - Utah                               |
|           | 18 | Boston (a Heartbreak-er)                         |
|           | 30 | Whiskey Row - Prescott, Arizona                  |
| 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!)              |
|           | 18 | Grandma's - Duluth, Minnesota                    |
| July      | 31 | San Francisco (See the Bonds-man!)               |
| September | 4  | Black Hills - Rapid City, South Dakota           |
|           | 11 | Duke City - Albuquerque, New Mexico              |
| October   | 1  | St. George - Utah                                |

### SPRING RUNOFF TRAINING RUNS

|          |    |   |
|----------|----|---|
| February | 6  | 2 Miles - Start, finish at Cavalcade, 11 a.m.     |
|          | 13 | 4 Miles - Start, finish at Cavalcade, 11 a.m.     |
|          | 20 | 6 Miles - Start, finish at Betsy's house, 11 a.m. |
|          | 27 | 8 Miles - Start, finish at Cavalcade, 11 a.m.     |

(Answer to Movie Quiz on Page 2: Jim Morrison character in "Wayne's World II.")

## RACING NOTES

### Young guns

The SCR's Chris Borton hasn't gone into a deep sleep since capping his South High School cross country career this fall by capturing his second consecutive Class 5A individual state championship. Chris recently finished 14th overall in the Foot Locker national cross country meet that was won by Doherty's Adam Goucher.

In case you haven't noticed, the SCR is committed to supporting fitness for Pueblo's youth. There was the Race Against Violence last summer. There's the \$5 entry fee for runners 18 and under who race in the 2-mile division of the Spring Runoff. And we also have a **Runner Support Fund** used to help local youths attend regional or national meets they've qualified for in other areas of the country.

At its monthly meeting for January, the club voted to help defray the expenses of 10 East High runners planning to compete in the Simplot Games in Pocatello, Idaho by purchasing \$150 worth of raffle tickets from them. Gift certificates for \$50 and \$100 are being raffled. The tickets we purchase will be raffled off at the Bucket Raffle at the SCR Banquet on January 22, with proceeds going back into the Runner Support Fund. Great cause!

### All alone am I

This year's Valentine's Twosome 5K, scheduled for Sunday, February 13, will have a new twist. Normally a partners-only race in which both partners run one lap (1.55 miles) around City Park, this year's version is adding a **Lonely Hearts** division for persons who can't find a partner. The Lonely Hearts participants will have to cover the 5K distance by themselves and won't be eligible for overall race honors. Gee, maybe the club can set up a dating service for them and make a few bucks on the side. Just a thought. Anyway, the race also will allow kids under 10 to run together and have their times combined. Kathy Duran and her fiancé, Joe Stommel, will be directing the race.



**LONELY HEART**

### Miscellaneous stuff

Although the River Trail Marathon was scheduled for Sept. 17, don't be surprised to see it moved back to its October date soon now that the Denver Marathon is going down the latrine ... Persons who register to attend the RRCA's national convention by February 15 will get a hard-to-get slot in the Cherry Blossom 10-miler ... There's talk of having a race this year at the Army Depot. Reports that it will be called the Mustard Gas Run are not true!

### 1994 COLORADO MARATHONS

This is probably not an all-inclusive list of state marathons but merely one that includes marathons that we have information on at this time. Other marathons will be added to the list as information becomes available throughout the year.

|           |    |  |
|-----------|----|--|
| March     | 19 | Hellenic Cup - Denver, (303) 871-8366    |
| April     | 9  | Collegiate Peaks - Buena Vista, 395-6612 |
| June      | 5  | Steamboat Springs, (303) 879-0882        |
| August    | 21 | Pikes Peak - 473-2625                    |
| September | 17 | Pueblo River Trail, 543-5151             |

## Kids suffer different types of injuries than adults

by Rocky Khosla, M.D.

I was asked if there was a difference between the type of sports injuries seen in adolescents versus those suffered by adults, so here goes.

It turns out that sports injuries can be divided into two groups: those caused by a traumatic event like fractures or sprains and those caused by overuse, such as most types of tendinitis or bursitis. And indeed, the type of injury seen in either group is different between adults and adolescents.

The reasons for this difference are several. First, adolescents still have growth plates at the ends of most bones whereas most adults don't have these active growth plates anymore. This puts adolescents at risk for growth plate injuries, while adults tend to suffer from more traditional fractures. Second, the muscles of adolescents tend to be held tauter since the bones are growing, which can lead to injuries where the muscle or tendon can get ripped off its attachment to the bone (called an avulsion fracture when a small chunk of bone comes off with the muscle or tendon). Adults, on the other hand, tend to have looser or flabbier (is that an adjective?) muscles and tendons and have a greater chance



of straining the muscle and tendons themselves. Third, behavior differences between adolescents can account for different injury patterns. Thus, adolescents are more likely to suffer fractures of the forearm while gonzo snowboarding whereas adults are more likely to get wrist tendinitis as they sit for hours in front of a computer.

The treatment of these injuries is similar in both groups except that adolescents tend to heal faster, which is fortunate because they also tend to not be as compliant (don't do what they're told).

As far as trying to prevent injuries, the best rules of thumb are to make sure to use proper equipment that is in good shape, do stretching and warm up and cool down before and after activities, use good judgement, and try not to do too much too fast.

Here's wishing you good health and much happiness for the coming year!

(Got a question for the Rock? Send them to him via your beloved editor at):

P.O. Box 19910  
Colorado City, CO 81019

**Marathon  
axiom:**

The length of time remaining until the marathon is inversely proportional to the demands at home and at work. - Goodzky

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



Non-Profit Organization  
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Permit #260



**Don't have a dismal 1994!**

If you move, keep those monthly issues of *Footprints* coming throughout 1994 by sending us your new address.

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