

Flexible, strong muscles help thwart back pain

by Rocky Khosla, M.D.

I was asked to write a column about back pain, so here goes. For the sake of our discussion here, we will restrict ourselves to dealing with lower back pain, also called lumbosacral pain.

The lower back is made up of blocks of bone called the vertebrae which are stacked up one on top of another. In between the bones are pads of tissue called the intervertebral discs. Each vertebra and disc has a hole in it through which pass the nerves from the brain to the rest of the body, and this long column of nerves is called the spinal cord. At each vertebra, a pair of nerves come out to supply function to different levels of the body. There are powerful muscles and ligaments that help to move, connect and protect the spinal cord. So, when there is back pain, we have to figure out whether it is from injury to muscle, bone, ligament, disc or nerve.

The most common cause of back pain in athletes is from a sprain or strain of muscles or ligaments in the back. Usually, this is seen when the back fatigues from doing activities for which it is not prepared, such as excessive lifting, pushing or pulling. To prevent these types of injuries, it helps to have a back that is flexible as well as strong abdominal muscles which can support some of the weight that is placed on the back. Of course, it also helps to use good body mechanics when lifting, pushing or pulling; that means always bending your knees and straightening up before turning rather than coming up in a corkscrew fashion.

Sometimes back pain can arise from when a disc slips and starts to squeeze nerves around it. Imagine a disc as being a jelly-filled donut; it has a semi-rigid outside and a gooey middle. If enough pressure is applied to the donut, the jelly will push out. When the gooey part of a disc push-



es out, it is said to be herniated or "slipped," and it may cause pain going down the legs. Sometimes people who have a herniated disc that is causing pain or loss of strength have to have surgery to remove that part of the disc. The way to avoid

getting a slipped disc is pretty much to follow the previously given advice.

Another common cause of back pain is from irritation of a nerve or nerves. If the nerve that comes out between the 5th lumbar vertebra and the 1st sacral vertebra is irritated, that is called sciatica, and this usually gives pain over the buttocks and down the back of the leg. Irritation from arthritis of the vertebra is the most common cause of sciatica and it can usually be managed by medicines that decrease inflammation along with physical therapy.

In young athletes, back pain can sometimes arise from stress fractures of the bridges that connect one vertebra to another, and this condition is called spondylolysis. This is generally seen in athletes who hyperextend their back repetitively, such as divers and gymnasts. This can usually be diagnosed by specialized X-rays and can be treated with rest and/or bracing.

Finally, back pain can rarely be seen from cancers of the bone or spinal cord. The pain from these tends to be severe and may be associated with other symptoms such as loss of strength in the legs, and loss of bowel or bladder function.

The best way to avoid back pain is to be in good general physical shape, have sound abdominal strength and use good biomechanics when lifting, pushing or pulling.

Till the next time, happy trails to you and your back!

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

P.O. Box 19910
Colorado City, CO 81019

Volunteers to be rewarded

The SCR is re-instituting a Volunteer Point System in order to reward individuals who volunteer their time to work at or direct races. When not locking his keys in his car (*can't let this die*), Rich Barrows will be developing a point system proposal that he will present at the next SCR meeting. Ideas tossed around at the last meeting were to award a certain number of points for directing a race, coordinating a segment of a race (like the finish line, water stations, etc.), or serving as a volunteer.

Persons would earn points toward some type of reward like, for instance, some type of clothing. They would then be recognized at the annual SCR Awards Banquet. I also

hope to print the names of those individuals who worked at a race during the previous month, noting the number of points they earned.

Want to volunteer?

If you'd like to volunteer to work at a race, please contact the Race Director of the upcoming local race. In each issue of *Footprints*, I'll try to include the names and numbers of the Race Directors of those races.

Because the upcoming Spring Runoff is such a big race, we could use a whole slew of workers. If you can help out, call Race Director Rich Barrows at 544-4349.

Operators are now on hand to take your call!

Pizza Party slated for Runoff volunteers

Persons who volunteer to work the Spring Runoff on March 6 are urged to attend a Pizza Party that has been scheduled for 5:30 p.m. Thursday, February 24, at *The Pueblo Chieftain* located across the street from the Midtown Shopping Center.

The feast will provide a festive setting for going over race details and giving instructions concerning the duties of the volunteers.

Please let us know if you will be able to attend by calling Paulette Moore at *The Chieftain*. Her number is 544-3520, ext. 273. If she's not there, leave a message with the person who answers her phone.



Robert Pratt purchases raffle tickets from Lois Pfof. Proceeds from the various raffles netted more than \$300 for the Runner Support Fund which helps send area youths to regional and national running events.

Banquet

Continued from Page 1

gram or a legitimate flower salesman. That's the kind of night it was.

Oh, we did announce the new officers for 1994, too. **Paul Barela** was voted to serve his second consecutive term as El Presidente; **Jeff Arnold** will continue as Vice President; **Jessie Quintana** is the new Secretary; and **Melinda Orendorff** will continue as Treasurer. Non-elected officers **Andy Ballou** and **Gary Franchi** were retained as Membership Chair and Newsletter Editor

Other presentations:

- Dirty Sock Award to **Dave Diaz** for his contributions beyond the call of duty behind the scenes.

- Friends of the River Trail Award presented by **Kathy Duran** to **Dave Anderson**.

- Club Builder Awards to **Jeff Arnold**, **Andy Ballou**, **Gary Franchi**, **Don and Lois Pfof**, **Bob Quintana**, and **George Slaughter**.

- An award of flowers to the Brewski Sisters - **Ruth McDonald** and **Shelley Riddock** - for their tremendous support of SCR events throughout the year.

Raffles of some great prizes were held throughout the evening, with ex-Phillies manager **Nick Leyva** serving as Raffle Spokesman. Loved Nick's dialogue. Mr. O. must have written his script. Among the big raf-

See Banquet on Page 5

Mike Orendorff and Marijane Martinez didn't just present Jim Robinson with the Ruff'n Scruffy Award. Instead, they first made him listen to Mike sing, as he treated one and all to a ditty sung to the tune of "Heartbreak Hotel."

- Photos by Goodzky



The Fireweed band provided great entertainment during the SCR Banquet. Band members (from left) are Damian Rotolo, Tom Thornburg, Jennica Thornburg, Justin Thornburg, and Marsha Martinet.



Jim Robinson with his infamous Rawhide Marathon shirt



★ *The Tri-Geek Speaks* ★

Nix the mags; read running newsletters instead

by **Mike Orendorff**

Okay, so he writes. But that doesn't rhyme. And as everyone knows, in today's times rhyming rules over reality. (Ain't that a fun phrase to say? Who cares if it has no meaning?)

Just between you and me, I think the reason the editor is putting this in the newsletter is the same reason you might want an ugly man standing next to you. He makes you look so much better. So, Mr. Editor, will I make you look better or just bring the whole rag down with me? (Ed. Note: We'll let the readers - all three of 'em - decide.)

The greatest difficulty I am finding in attempting to write this first column/article is just that. I don't know if I'm supposed to be writing a column or writing an article. Not being an old newspaperman, I'm not even sure what the difference is. Newsfolk have their own language, but I was not even allowed to buy a Newspeak dictionary to educate m'self. I did not have the appropriate press card. So, whatever it is that I am writing will have to be determined by the editor (doesn't he have a name?) and I'm sure he'll let you know, since he loves to display his superior knowledge.

The Geek Speaks On: **Running Newsletters vs. Running Magazines**. As you were all instructed when you first began running, you cannot subscribe to both types of publications. It's sorta like having to register as a member of a particular political party and then only being able to vote in that party's primary. Special dispensation (also known as chicanery) has enabled ME to sample both types.

Here's my advice. Cancel the magazines and start collecting newsletters. In particular, begin subscribing to *Peak Running Performance*, PO Box 3000, Dept PRP, Denville, NJ, 07834. (It's actually published in Nashville, TN if that makes you feel any better.) The main advantage of receiving this

newsletter is that it is only published six times a year. Thus, you have two full months to forget completely what it was you read in the last issue. Therefore, every issue seems fresh, new, exciting, and informative. The catch is that (WARNING: I'm getting serious) the newsletter is truly informative without the irritating "Save the World and Perform a Miracle" hyperbole of each month's *Runner's World*.

Peak Running Performance is a very practical compilation of current and past research focused each issue on only one or two areas. Through using footnoted references, which makes it easy for one to do further detailed reading, the material collected from the various sources is presented elegantly simply with the standard technique of having a well-written introduction, an organized central body, and a summary review. (Didn't someone try to teach me that years ago? Hmmm!) The current issue may send you running to grab your back issue of *Journal of Applied Physiology* to read "Muscular Exercise in Young Men Native to 3100-Meter Altitude."

Because PRP has a general physiologic approach, the information provided (which always includes wonderful graphs and charts that you can color yourself) can be applied very easily to other endurance areas that tri-geeks participate in, such as golf and bowling. In fact, I have developed an excellent table that allows one to easily convert running miles to holes of golf, with allowances for one's handicap, time of year, time of life, distance covered by your backswing and average time spent in the rough.

Next month the Tri-Geek Speaks on ego-free running (No, editor, that is not the same as brain-free running), critiques books he's never read and formulates additional meaningless phrases that are fun to repeat anyway. (Ed. Note: You've learned my secret.)



Top Gun

For those who don't know him, this is Rich Barrows, who was named the Most Valuable Club Member at the annual SCR Banquet held last month. Rich's wife PJ represented him at the banquet and accepted his award.

Banquet

Continued from Page 4

flaw winners were Dan Caprioglio (40 lottery tickets), Bill Veges (\$100 gift certificate from Wal-Mart), and Rich Hadley (free entry into all 1994 SCR races, which will cost the club a bundle since the "Florence Flash" enters just about every race).

We tried to sneak another prize into the list of raffle goodies, but we literally could not get the legendary long-sleeved Rawhide Marathon shirt (see photo on Page 4) off Jim Robinson's back long enough to get it out of the Robinson household (sorry, Helen). Besides, we didn't want to give away an item that is certain to disintegrate at any minute.

Great bluegrass music by Fireweed provided a perfect backdrop during the social hour and meal. They're shown and identified on Page 4.

Hey, kudos to the Banquet Committee comprised of Paul Barela, PJ and Rich Barrows, Nick Leyva, Marijane Martinez, and Mike Orendorff for a wonderful program. And thanks to Lois Pfof for selling raffle tickets. The sale generated more than 300 for the Youth Runner Fund (we come up with a new name for it every issue).

What a night!



Dream Team

Results of the Run for the Dream were included in last month's newsletter, but photos were not available then. Above are the two overall winners: Peter De La Cerda and Rhonda Leyba (center). With them at right is Rhonda's sister, Bernadette, who was 13th overall.

Out-of-area Notes

Bolder Boulder changes

It's never early to start thinking about this Memorial Day race, especially since there are a few new developments this year.

Did you know that the SCR has reserved an entire wing of the Clarion Harvest House and will pay the freight for all SCR members to stay there the night before the race?

Just kidding.

Actually, here are the real changes:

- The course has been altered slightly this year. About a half-mile stretch of the course around the 2-mile mark will be slightly different, with the race going down Hawthorne Street instead of Iris Avenue as in the past (get out your old map).

- If you want to run in the first 11 waves, you must show proof of having run a to-be-specified qualifying time. No more lying, buckos!

- The 40-40 Masters wave for runners 40 and over who have run a recent 10K under 40 minutes has been eliminated.

- There will again be a cap of 37,500 on the number of runners.

Enduro Classic returns

Last year's version of this Trinidad race was canceled for a variety of reasons. But it's back on the schedule this year, and has been set for Sept. 4, the day before Labor Day. The SCR will handle the finish line.

Garden of the Gods

This race will return to being a 10-miler this year. I'll provide the dates of all of the Triple Crown races when I have them.

Ride the Rockies

This annual bicycle excursion is set for June 19-24 from Trinidad to Golden. The 6-day ride will include days of as many as 83 and 82 miles, with the shortest day 32 miles. Registration forms must be turned in by Feb. 25. If you need information, call 303-820-1338.

Bud Light Triathlon Series

Okay, few of you are interested in this. But for those of you who are, note that this well-known series has met its maker and been discontinued.

Frostbite 5

Provided by Ben Valdez

Overall winners

Male - Tim Vigil, 27:25.
Female - Misty Frey, 37:03

Top Age Division Finishers

Male

- 17-under - 1, Scott Redfield 30:18. 2, Todd Hund 36:08. 3, Douglas Parker 42:04.
- 18-29 - 1, Paul Koch 28:53. 2, Kevin Baber 39:43. 3, Robert Ronas 40:26.
- 30-39 - 1, Dan Caprioglio 28:26. 2, Mark Koch 29:16. 3, Rich Hadley 29:37.
- 40-49 - 1, Dave Diaz 29:30. 2, Michael Orendorff 30:11. 3, Ted Quintana 31:50.
- 50-over - 1, Dennis Normoyle 34:32. 2, Henry Hund 36:29. 3, Don Pfost 36:33.

Female

- 30-39 - 1, Helen Robinson 37:41. 2, Stacey Bowman 39:19. 3, Kathy Duran 48:13.
- 40-49 - 1, Trisha Ferguson 42:39. 2, Joyce Simony 43:45. 3, Donna Nicolas-Griesel 48:11.

Jingle Bell 5K Run

Provided by George Dominguez

More than \$500 was raised for the Toys for Tots program. George Dominguez thanks the SCR for its support.

Overall winners

Male - Steve Cathcart, 15:45.
Female - Adie Alfaro 21:46.

Local place finishers:

- Bill Veges, 21:22, 3rd in men's 30-39
- Marijane Martinez, 22:47, 1st in women's 40-49
- Ray Gardino, 22:10, 1st in men's 50+
- Gil Cruz, 27:10, 3rd in men's 50+

Overall masters winners:

- Men: Dave Diaz, 19:08
- Women: Marijane Martinez, 22:47
- Other local finisher:
• Nick Leyva, 22:06

Las Vegas Marathon & Half-Marathon

Provided by Marijane Martinez

Half-Marathon

George Balles 1:53.07; Gil Cruz 1:43.18; Kathy Duran 2:08.54; Misty Frey 1:37.15; John Ulsh 1:42.52; Bill Veges 1:31.28

Marathon

Marv Bradley 3:39.08; Dave Diaz 3:11.06; Rich Hadley 2:55.13; Dick LeDoux 2:22.39; Nick Leyva 3:29.31; Adrienne Kramer 4:29.44; Marijane Martinez 3:51.24; Carol Smith 4:29.44; Joe Stommel 3:29.41.

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 (if no answer, leave message on Manda's machine)

RACE CALENDAR



PUEBLO-CANON CITY AREA

February

- 13 Sun 9:30 AM **Valentine's Twosome, 5K** divided by 2
City Park
- 20 Sun 11:00 AM **Spring Runoff Handicap, 6M**
4027 Valley Drive, Northridge

March

- 6 Sun 8:30 AM **Spring Runoff, 2M**
- 9:30 AM **Runoff 10K & 10M**
Cavalcade, Northside
- 12 Sat 8:45 AM **SCR Training Run - Trail Run, 4.4M**
Nature Center

OTHER AREAS

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 10:00 AM **Happy Hearts, 5K**
Monument Valley Park - 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

- 6 Sun ? **Colorado Symphony Run, 5K & 10K**
Downtown Denver
- 12 Sat 10:00 AM **St. Patrick's Day 5K**
Old Colorado City, Colorado Springs
- 13 Sun ? **Runnin' of the Green 7K**
Downtown Denver
- 27 Sun ? **Pearl Street Breakfast Run, 5K**
Denver

1994 OUT-OF-STATE MARATHONS

- | | | |
|-----------|----|--|
| February | 26 | Cowtown - Fort Worth, Texas |
| March | 6 | Los Angeles (great neighborhoods) |
| | 8 | Austin - Texas |
| | 13 | Maui - Hawaii (pack the surfboard) |
| April | 9 | Mule Mountain - Sierra Vista, Arizona |
| | 16 | Marathon of the Great Southwest - Abilene, Texas |
| | 16 | Lake Powell - Utah (good acoustics) |
| | 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 (the "Thrill" is gone!) |
| September | 4 | Black Hills - Rapid City, South Dakota |
| | 11 | Duke City - Albuquerque, New Mexico |
| October | 1 | St. George - Utah |
| | 1 | Portland - Oregon |
| | 1 | Twin Cities - St. Paul, Minnesota |
| | 30 | Kansas City (guess which state) |

SPRING RUNOFF TRAINING RUNS

- | | | |
|----------|----|---|
| February | 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. |

LOCAL RACING NOTES

Oops!

Note that the address listed for Betsy Hill's house, site of the 6-mile Spring Runoff training run on February 20, was incorrect in last month's issue. Betsy thinks she lives at 4027 Valley Drive, so we'd better go with that. Note that this is a pot-luck brunch, so all those participating are asked to bring some goodies to munch on after the race.

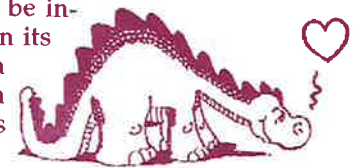
New races

These new road races are being discussed or planned:

- **Run for Justice** - This 10K will be a tribute of sorts for Thurgood Marshall, and it looks like it will be held in April. An April 2nd date was originally picked, but the Duran-Stommel wedding that day is expected to move the Justice run to another date. When it's held, it will take place along the Fountain Creek River Trail, starting at the YMCA. It's the old Run for the Dream 10K course.

- **Politico Gil Romero**, an avid runner, is talking about starting a 10K & 15K race in Beulah to be held in conjunction with the arts festival there. All I know is that this takes place sometime in the summer, but I have no idea when. More will be provided as it develops (or IF it develops, nerdkompoo!)

- **Miles for Meals** might be including a fund-raising run in its annual walk this year. I'm told this is normally held in October, but my sources could be lying (or stupid!)



Old races

- It appears that the wonderful Trail Run, inaugurated by Mike Orendorff, will be held in July this year. Mike, by the way, is working on developing a much-needed calendar of area races for the entire year. It's been a long time since we've had one.

- **Rich Barrows' Race Against Violence**, a 5K race geared toward kids but that adults can run as well, will take place in early August again, with the exact date yet to be determined.

- **The Skyline Challenge** in Canon City will be held on either May 7 or May 14. This is a challenging 10K.

- **The second annual Royal Gorge Run 10K**, an extremely difficult and immensely popular race last year, has been scheduled for May 28, which is the Saturday before the Bolder Boulder. Hence, you can enjoy pain on Saturday, rest up Sunday in Boulder at the Clarion Harvest House, then race Monday before partying the rest of the morning in Boulder. The Royal Gorge Run finishes where the name implies (no, NOT in Florence!).

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 |

1994 SCR Running (formerly Handicap) Series

by **Mike Orendorff**

It's on again. The Handicap Race Series, that is. Now called the SCR Running Series, the first one will be Sunday, February 20th, at 11 a.m. on the Spring Runoff course. It will be the third leg of the four-race Spring Runoff Training Series. The race will take place at SCR member Betsy Hill's house at 4023 Valley Drive, which is on the Spring Runoff course. The distance is 6 miles. Because of the desire by participants to have series awards presented at the 1995 Annual Banquet, plus have a more formal structure overall, there will be a small entry fee charged in 1994. Each series event will be \$2 for an SCR member, \$5 for a non-member.

In case you have missed the flyers on this series, here's a brief recap: The Series awards will be based on a combination of time prediction accuracy and total series time results handicapped by age and sex, as we have done in the past. Total Series standings in both categories will be published in each club newsletter. Because of the time prediction part of each run, watches should not be worn by any of us runners. **You will need to participate in at least 6 events to be eligible for awards.** (Even if you can't do that you should have fun at the ones you are able to make.)

The runs will be a mix of surface types since each of us enjoys different running adventures. Distances will be from 5K to 10K except for the longer traditional run

in December at Nick & Marijane's Sunday Brunch.

The current schedule for the year:

- Feb. 20 – **Spring Runoff Training Series #3**, 6M
Sun., 11:00 am – 4023 Valley Drive (North Side)
- March 12 – **Trail Running**, 4.4M
Sat., 8:45 a.m. – Nature Center
- April – **Nature Trail Run**
TBA – Pueblo Reservoir, South side campground
- May or July – **I Found Nirvana Here Run**, 4M
Gary Franchi's home in Colorado City
- June – **Longer Trail Run**
Nature Center
- August – **Fountain River Run**
Fountain Creek River Trail
- Sept. or Nov. – **The Duran Waffle Run**, 4M
Kathy Duran's home in Blende (Traditional)
- October – **SCR Harvest 10K**
Pueblo West (Traditional)
- December – **Nick & Marijane's 8 miler**
South Side (Traditional)



Please come and enjoy these runs, along with the people you will meet and the benefits of communal conditioning (and what are those?). Call Mike Orendorff, 561-2956, if you have any questions.

MAKE-UPS OF MISSED RUNS? Yes, you can do that. Call the series organizer.

*Fitness
axiom:*

The older you get, the larger your exercise bag. – Goodzky
(to accommodate Ben-Gay, Advil, neoprene knee & elbow pads, etc.)

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



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

Is there a [93] on your name label at right? That means you haven't yet renewed your SCR membership. Please do so soon. Thank you!



Don't be a lonely heart!

If you move, make sure you keep those monthly heart-warming issues of *Footprints* joy coming your way 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

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

February, 1994

★★★ English Edition ★★★

Price: Does it matter?

Rich Barrows named SCR's most valuable member

Marijane, Mr. O. named club's Runners of Year

by The Franchman

I know one thing - I'll have some tremendously warm and fond memories of this year's SCR Awards Banquet for a long, long time. The club's biggest workhorse and running aces got their just due, with Rich Barrows being selected the Most Valuable Club Member, and Michael Orendorff and Marijane Martinez honored as the Male and Female Runner of the Year, respectively.

But those were just the big prizes. There were a number of other awards given out throughout the evening at the Gold Dust Saloon, all sandwiched neatly around a full deck of entertainment cards, some merely funny, some absurd, and some, well, hard to believe. Like Mr. Orendorff treating us to a song, to the tune of Elvis' "Heartbreak Hotel," while presenting Jim Robinson with the Ruff'n Scruffy Award. Like the "Dress the Runner" competition that left Todd Hund, Bob Quintana and Melinda Orendorff looking like visitors from another planet. And, I'm still wondering if the unknown fellow who stopped in and was trying to sell flowers was part of the pro-

See Banquet on Page 4



Big Guns

Rich Barrows was named the SCR's Most Valuable Club Member at the SCR Banquet, and wife PJ, with infant Jazzmine in tow, was there to pick up his laurels. Mike Orendorff and Marijane Martinez were selected Male and Female Runners of the Year.

SCR's 1994 Elected Officers

President	Paul Barela
Vice President	Jeff Arnold
Secretary	Jessie Quintana
Treasurer	Melinda Orendorff

Amazingly, all four of the newly elected SCR officers for 1994 showed up for their first club meeting of the year. Top are (from left) Secretary Jessie Quintana and Treasurer Melinda Orendorff; bottom are El Presidente Paul Barela and Vice President Jeff Arnold.

-Photos by Goodzky





Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Denver mayor Wellington Webb: "I don't worry about anyone working out in the gym until they step in the ring."

One Man's View: Your beloved editor frittered away the better part of January off the roads, recovering from a scary injury to a wheel. As if I didn't have enough humbling experiences in my life. Was forced to quit running for almost a month. What a drag! Fortunately, after a week or so, at least I could swim and pump iron again and, a few days later, ride the Lifecycle. Drove me crazy(er). But it also really made me wonder how I could have avoided the warning signals I had been getting for at least a month before the injury flared up. Initially, I'd be inclined to blame the "mush zone" factor that I attributed to runners in a previous issue. We all know that's a factor here, but I think there's more to it than that.

When asked why his rock band was named "The Doors" (you knew **THEY'D** get in here), the late Jim Morrison once explained that, in this world, there were things known and things unknown, and in between them were doors. His philosophy was to do whatever was necessary to break through to the other side of the door. Unfortunately, excess was part of his methodology.

Similarly, when it comes to fitness workouts, there is a fine line between doing what we can handle and going over the edge and pushing injury. In our quest to improve our running or multi-sport performances, we tend to get carried away with extending ourselves beyond what is smart. There are warning signs along the way, but they kind of sneak up on us. When we first get back into doing some speedwork and our times start falling, we naturally get excited. It's a high! So we push on with the speedwork, doing a little more and going a little faster. Improved race times keep stoking the fire.

Unfortunately for some of us with low tolerances, our bodies often rebel. But in the process of improving our level of fitness, we become blinded. So, when the warning signals appear in the form of minor aches and pains, we ignore them, thinking they will go away and that we must train through. When they turn into more serious things like injuries, we still try to "work through it." The result is predictable.

I should have seen it coming. I hope you will read your own signs better than I did.

This Month's Smorgasbord: In case you were wonder-

ing, rooms at the Ritz-Carlton hotel in Arlington, Virginia, site of this year's Road Runners Club of America national convention, are going for \$119 a night for a single. But don't worry, the price for a double is the same. What a break! Now let's see, if I can find three other people to go in with me, I'll be able to afford the room. Seriously, if you're interested in going, give me a buzz (676-4100). Males or females accepted. (I won't look.) The convention is April 7-10 ... Can't let this one go by: Ben Valdez needed someone to **drive a van back to the YMCA** after the Frostbite Five. The SCR's Marijane Martinez volunteered. Only one problem - Marijane doesn't do turns. At least not very well. Just ask the cinder block wall she ran into with the side of the van. I hear MJ is blaming the steering wheel for being too high ... Someone was pointing out to me a **couple of typos** in last month's issue. I immediately thanked her for noticing. After all, it's nice to know someone reads *Footprints* ... Concerned about **carbon monoxide inhalation** when you're running on the roads? Then you won't want to attend any **tractor pulls**. The Center for Disease and Prevention says tractor pulls conducted at indoor facilities cause potentially dangerous levels of such emissions, which can cause headaches, nausea and choking. Actually, just thinking about tractor pulls causes me headaches, nausea and choking ... Concerning the Winter Olympics, I've been wondering: Is the **luge event aerobic**? And how the heck does anyone get interested in participating in the luge in the first place? (Boy, 8 years old: "Hey, mom, I'm going outside for a while." Mother: "Going to play baseball with your friends?" Boy: "Nah! I thought I'd work on my luge technique.") ... Weirdness is everywhere. Was filling out a survey form for a health magazine that had the word "questionnaire" at the top, and I was wondering: Why does "questionnaire" have two n's while the word "millionaire" has only one n? What's the meaning of this? ... This month's **Ultimate in Idiocy** item: The January issue of a running publication had an ad for the **Walt Disney World Marathon** that was coming up (monthlies come out a month before their listed issue date). But the ad said entries were closed. So why run the ad? Am I missing something?

Movie line of the month: "Never let a stranger in your cab, in your house, or in your heart unless he is a friend of labor." Guess the movie and the speaker. If you get both right, you'll get a Teamsters union card signed by the Mafia. Answer noted in this issue. Enjoy the hunt, and remember to wish Judy Tucker a "Happy Birthday" on Valentine's Day!



Southern Colorado Runners

A member of the Road Runners Club of America.

1994 SCR Officers:

President	Paul Barela	544-8645
Vice President	Jeff Arnold	947-3682
Secretary	Jessie Quintana	564-2350
Treasurer	Melinda Orendorff	561-2956
Non-elected Officers		
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultants	Nick Nasch, Principal McVickers	

Footprints is published monthly, whether you need it or not. If you'd like to contribute a personal fitness story, go for it.

SCR meetings are held the 1st Tuesday of each month at 7 p.m. at the Pueblo YMCA. Any SCR member may attend club meetings, voice opinions on all issues, voice opinions on non-issues, doodle on agenda sheets provided, contribute to the Gold Dust kitty, and laugh at all of El Presidente's weak jokes.

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



? FITNESS TRIVIA ?

Q: The winning runner's time in the Las Vegas Marathon held Feb. 5 was 2:16+. Your beloved editor once ran a marathon that fast in his dreams. Anyway, a slew of Pueblo superstars competed in either the marathon or the half-marathon. Among them was Dick LeDoux. What was Dickie's time and overall place finish?

A: LeDoux was 8th overall with his time of 2:22.39.