

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

March, 1994

★★★ Your Edition ★★★

Price: Chicken feed

Yes, Denver Marathon is a memory

As speculated in last month's issue, the Denver International Marathon has indeed been sent to the great Racing Museum in the sky. It figures that the breaking of a contractual obligation led to the marathon's demise. Basically, race organizer Jeff Fryer defaulted on a \$47,000 payment to the city of Denver for the use of off-duty policemen to help direct traffic. There were other financial obligations that the organizer failed to meet, but it the contract breaking with the city that sounded the death knell.

This is the part I love: The marathon was canceled during the same month that it was named one of the top 20 marathons by *Runner's World*. Beautiful!

Anyway, in case you were wondering, the date of our River Trail Marathon - September 18 - will not change. Too many other items of agenda are already scheduled, one of the biggest being the Corporate Cup that will occupy three weekends this fall. The word from Paul Norris, Editor and Publisher of *Colorado Racing*, is that many runners up north are already turning their attention to participating in our marathon. I think it's safe to say that we will regain many of the marathoners we lost to the Denver Marathon last year.



The Survivors

Nick Leyva and Marijane Martinez looked just a tad worse for wear after finishing the Las Vegas Marathon last month. Fortunately, good-natured Bob Santos was there for comic relief with his normal arsenal of one-liners. For a personal perspective on the race, see Page 5.

Photo by George Balles

Not older, better!

Eamonn Coghlan of Ireland may not be able to run a sub-3:50 mile anymore, but so what?? At the age of 41, Eamonn can still run the distance in under 4 minutes. He became the first masters (40 and over) runner to crack 4 minutes by doing so on the indoor track at Harvard University.

Coghlan's first three splits were :58, 1:58.09, and 2:58.09.

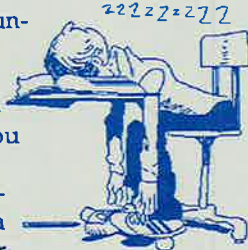
Coghlan said he worked two years on maintaining the fitness level that would enable him to do the training necessary to accomplish the feat. Coghlan set the world indoor mile record in 1983 when he ran a sub-3:49.78.3

Great (& so-so) Stuff

by Goodzky

One Man's View: Ran into an SCR member who said he is a regular reader of the "Great Stuff" column. Bless his heart. "I've noticed that you seem to have a thing about naps," he said to me. "Naps?," I replied. "Well, yeah, now that you mention it, I do put them right up there with some of life's finer activities."

I bring up naps because they are a runner's best friend. Their ability to replenish the body's resources is unmatched. And one of the best parts about them is that, like a daily run, you can take naps just about anywhere. And I mean anywhere! I know, because I have. In fact, following are a few places where your beloved editor has caught some shuteye over the years. Keep in mind that many of these naps were taken in a prone position:



- **The floor of my computer room/office at home.** This occurs often. But, hey, you'd need those naps here, too, if you had to create all the mentally draining drivel that occurs in each issue of *Footprints*.

- **McClelland Library.** Took a vacation day to "car shop" in town last month and, as often happens, got overcome with fatigue rather suddenly. What to do? Well, libraries are usually quiet places. And they're for the public, aren't they? What was perfect was when the power in the library went off just as I put my head down on a table. Remember that recent 55-minute power outage in downtown Pueblo? Gave me a great chance to catch some Zzzzs!

- **The display caboose at the western town tourist attraction in Fairplay.** Hey, it's not my fault that Fairplay is at such a high altitude! The long bench, though, was of very low quality and uncomfortable for dozing.

- **The aerobics room at the Belmont Fitness & Training Center.** Had just finished riding the Lifecycle for 30 minutes and got on the ground to do some stretching and "ab" work on the carpeted floor. CSPAN was on the tube. Only about 4 people were exercising in the room - none in spandex. I got tired, put my head on my folded-up towel, and grabbed

about 10 minutes. Followed it up by swimming 1,500 meters in the pool under the "bubble."

- **"Master Cuts" at the Pueblo Mall.** Junior was called to get his ears lowered and I had a seat. What ensued was a truly outstanding 15 minutes of darkened bliss. Was totally oblivious to the foot traffic in the mall kiosk a few feet away.

- **In parked cars.** True, not very exciting. But some of the sites are worth noting - near the top of Berthoud Pass, in the parking lot at Pace Warehouse (before shopping), under a tree at a mini truck stop about 25 miles west of Fort Morgan after completing the Tinman Triathlon, in an apartment parking lot in Denver, etc.

- **Inside a Burger King restaurant in Denver.** Managed to stay awake throughout Junior's Rangers soccer game, but during a visit to this fast-food outlet afterward I merely put my head on the table for an instant and reached never-never land. It was a blissful return to Pueblo.

- **In the waiting room of Dr. Pflum's office** while Junior was getting his knee examined. Perfect scenario: nothing to do but read; boring bubble gum music piped into the room; no little kids carrying on obnoxiously. A short but sweet interlude. Really enjoyed the magazine afterward.

- **The laundromat in Colorado City** (two occasions). It took us about a month and a half to get our clothes dryer and washer to work after moving to the Greenhorn Valley in November. A couple of Saturdays were 8-load clothes days at the laundromat. This place has a couch - a nice long one, made for those over 6 feet tall. Since being a kid, I've never found anything more soothing than a droning dryer. Divine!

- **Montgomery Ward furniture department.** Well, what the heck are the couches there for, anyway?!?

- **1970 Rose Bowl Parade.** This hardly qualifies as a true nap. Was up most of the night before with the revelers dotting the route of the parade before Michigan played Southern Cal. I was out of it on somebody's lawn about an hour or so into the parade, and woke up just in time to get to the start of the game on time. Great snooze; lousy game!

Sweet dreams!



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, Dr. Golakewicz	

Footprints is published monthly, rain, shine, or plague. We welcome fitness stories from members. Might even publish 'em.

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, offer personal opinions on all matters, vote on all issues, share views on world politics, and discuss man's evolutionary processes with all those willing to stay awake.

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



? FITNESS TRIVIA ?

Q: You just watched a million hours of the Winter Olympics and you think you know everything about the history of women's figure skating, eh? Okay, so you know that Tonya Harding did NOT win the women's title in 1992. But who did? And who was the last American woman to win the title?

A: They are one and the same - Kristi Yamaguchi.



Ultimate Stuff

by Goodzky



Thought for today's lunch, compliments of Goethe: "We do not have to visit a madhouse to find disordered minds; our planet is the mental institution of the universe."

This Month's Smorgasbord: I find myself enjoying the relatively pristine world of high school sports more every day that I hear about another money hassle in pro sports or see an out-of-control college coach (Bobby Knight, John Chaney, etc.). For the most part, the running world has been pretty much sheltered from such nonsense. Until now. I Read where Liz McColgan had to pull out of the London Marathon because of injury. So what, you say! Well, Liz happened to have signed a 3-year contract to run in the marathon. Just what we need - long-term contracts to run. I suppose she'll want to renegotiate next. Poop! ... Good luck to Cathy Dehn, long-time YMCA administrator, who this month started a new part-time job with the Health Dept. ... If you live on Pueblo's South Side, you should have no trouble finding a running partner. Our records show that 47 of our members reside in the 81005 zip code area. That's more than 25% of the membership. There are 31 members in Belmont and vicinity (81001) ... Trying to stay injury-free in order to keep running is one thing, but all of the disease carriers around us make it damn near impossible to avoid illness for any length of time. Here's my only comment on this: If you're sick and have a cold, don't go around talking in people's faces and shaking hands (which is the way most viruses are transmitted). Think, bozo! Nobody wants your disease ... Sure will be fun to watch Denise Gonzales run cross country in high school next year. Sure will miss Chris Borton and the Leyba twins. Can hardly wait for Todd Hund to reach high school age ... Researchers at the University of Tennessee say that the theory about hard-driving rock music being an exercise motivator is baloney. Instead, they say they found that people exercised



longer and harder to easy-listening tunes. I say, horse manure! First of all, you're probably aware of my feelings about researchers by now from reading past issues of "Footprints." Anyway, I'd much rather run while accompanied by "Jumpin' Jack Flash" than "Cherish" or some other bubble-gum nonsense music ... At Junior's request, stopped for pizza after the Valentine's Twosome last month. Discovered that one of the most difficult things in this life is when you're absolutely starved yet have to wait until the pizza cools before chomping into it, or suffer burning the roof of your mouth ... It's gonna be fun in a few years when studies show that it was really cigarette smoke that was damaging the ozone layer all these years ... How'd you like to get a stylish pair of long johns in your race packet instead of a T-shirt? They're very much in vogue these days, you know. The only problem, points out Editorial Consultant Nick Nasch, is that no one in public would ever know if you're wearing them ... *Men's Fitness* magazine gives you this thought to ponder as you get the munchies while watching commercials on TV: "Nothing you should eat is advertised on TV, and everything you shouldn't is" ... This month's Ultimate in Idiocy item: The sheep at the Winter Olympics, disguised as figure skaters, were drinking out of their bottles of pure water every time the cameras zoomed in on them. I suppose that those bottled water companies paid a mint for the right to be so displayed. Made me gag very time I saw the athletes swigging away so self-righteously. I kept hoping someone would sit down next to them drinking a Coke and eating a frickin' Twinkie.

Movie line of the month: "I never realized how poor I was until I started making a little money." Guess the movie and the speaker. If you get both right, you'll receive a day pass on the floor of the New York Stock Exchange, compliments of Oliver Stone. Answer somewhere in this issue. Enjoy the hunt, and remember to read all the *Footprints* issues you can while you have the chance.

Racing Notes

Rumors, innuendos, etc.

- The Holy Family Parish is thinking of a having a short race (5K?) in conjunction with its annual festival in June. A Friday evening run will be considered. SCR member Lori Macchietto is the instigator.

- Ben Valdez of the YMCA will indeed be directing the Drag'n On In Triathlon scheduled for Aug. 7.

- Officials in Pueblo West are interested in having some type of a running or two-sport activity this July in conjunction with the city's 25th anniversary. A team event has been mentioned.

- Mike Orendorff keeps talking about a multi-person relay from City Park to Beulah to San Isabel to Greenhorn Meadows Park in Colorado City. With Mike, anything's possible.

- The local Optimist Cub is talking about adding a race to the calendar sometime this summer or next.

- The starting time of the Cinco de Mayo 10K race this year will be moved from 7:30 a.m. to 8 a.m. to give the droves of commuters from Colorado City a bit of a break. If you'd like to help house any of the Mexican runners who will race, contact Marijane Martinez at 564-6043.

Spring Runoff
coverage coming
next month!



Other minutia

- Great Planning Dept. - This year's Empire State Building Run Up in New York was limited to 80 flights of stairs because of a construction project being done at the 86th floor observatory. Darrin Eisman of Golden finished first in 9 minutes, 37 seconds. The top woman was Belinda Soszyn in 11:57.

Winner of the race up the Pueblo Courthouse steps was undetermined.

Valentine's Twosome

The most important part of this year's race was the awards. The award winners were:

- Most Creative Baton – Don and Lois Pfof's wooden heart.
- Ugliest Baton – Jim and Helen Robinson's rubber tube.
- Largest Baton – Mike and Melinda Orendorff's cart containing stuffed bears.
- Most Romantic Baton – The kiss tube used by Robert and Jessie Quintana.
- Craziest Outfit – Jim Robinson's.

Valentine's Twosome Results

Provided by Kathy Duran & Joe Stommel

Partners	Total Age	Time
1. Amber DeHerrera-Chris Borton	33	18:35
2. Denise Gonzales-Todd Hund	27	20:41
3. Misti Frey-Bill Veges	62	21:22
4. Marijane Martinez-Nick Leyva	81	21:35
5. Helen + Jim Robinson	77	21:51
6. Manny + Linda Garcia	65	22:49
7. Lillian Ramos-Jason Ramos	57	23:30
8. Ruth McDonald-Steve Majors	73	24:56
9. Becky Reyes-Andrew Arellano	52	25:04
10. Jessie + Robert Quintana	101	26:28
11. Doug Leyva-Chantel Stockman		26:20
12. Lois + Don Pfof	104	27:17
13. Melinda Badgley-Mike Orendorff	83	30:08
14. Jim Neblick (Lonely Heart entry)	35	31:21
15. Gail Megenity-James Reavis	123	33:33



But where is the Rawhide shirt?

Jim Robinson didn't even need his infamous Rawhide Marathon shirt to win the Craziest Outfit award at the Valentine's Twosome. But his getup certainly was a Jim-Dandy, as this photo attests. Jim here is handing off the baton to wife Helen.

Photo by Goodzky

Frostbite Five

Okay, so we ran the results of this race last month. But you don't remember them any more. Admit it! Besides, those were only the top age division finishers. Trying to track down the complete list of finishers proved to be a true wild goose chase. Race director Ben Valdez didn't have 'em. No one at the finish line seemed to know where the heck they were. The chronomix sheets with finish times were tossed.

Finally, however, Lois Pfof was able at least to salvage the list of finishers in order, with their respective ages. Unfortunately, the February issue of *Footprints* had gone to press already and we were unable to publish them then. So, here they are now. Better late than not!

Frostbite 5 Results

Provided by Lois Pfof

- | | | |
|-------------------------|------------------------|----------------------------|
| 1. Tim Vigil, 29 | 20. Dave Farnum, 45 | 42. Dan Gallegos, 32 |
| 2. Dan Caprioglio, 32 | 21. Todd Hund, 14 | 43. Jeff Cosyleon, 47 |
| 3. Paul Koch, 25 | 22. Henry Hund, 52 | 44. Matt Gallegos, 10 |
| 4. Mark Koch, 34 | 23. Don Pfof, 53 | 45. Paul Willumstad, 44 |
| 5. Dave Diaz, 45 | 24. John Uish, 40 | 46. Patricia Ferguson, 42 |
| 6. Rich Hadley, 38 | 25. Rand Morris, 41 | 47. Joyce Ann Simony, 45 |
| 7. Joe Davis, 36 | 26. Misti Frey, 26 | 48. Duncan William, 35 |
| 8. Mike Orendorff, 42 | 27. Sam Brown, 36 | 49. M. Atlas-Acuna, 43 |
| 9. Scott Redfield, 17 | 28. Rick Redfield, 51 | 50. Mark Wilkinson, 43 |
| 10. Marty Garcia, 33 | 29. Helen Robinson, 35 | 51. Paul Barela, 38 |
| 11. Sam Velasquez, 37 | 30. Paul Brown, 42 | 52. Jim Neblick, 33 |
| 12. Ted Quintana, 43 | 31. Jack Bilak, 52 | 53. Rennie Vigil, 12 |
| 13. Paul Chacon, 39 | 32. Stacey Bowman, 33 | 54. D.Nicholas-Friesel, 47 |
| 14. Dave Willenberg, 33 | 33. Kevin Baker, 25 | 55. Kathy Duran, 37 |
| 15. Al Dominguez, 45 | 34. B.A. Cosyleon, 44 | 56. Dick Greet, 55 |
| 16. Dennis Normoyle, 50 | 35. Robert Ronas, 29 | 57. Robert Santoyo, 30 |
| 17. Greg Laney, 36 | 36. John Holiman, 67 | 58. Kay Hobbs, 35 |
| 18. Robert Pratt, 34 | 37. Jake Werner, 40 | 59. Julie Arellano, 41 |
| 19. Rich Barrows, 34 | 38. Doug Parker, 17 | 60. Eugene Arellano, 45 |
| | 39. Don Saling, 43 | 61. Ruth McDonald, 49 |
| | 40. Jeff Cleaver, 43 | 62. Cleery McCoy, 49 |
| | 41. Dave Joss, 30 | 63. Carl Mapps, 76 |

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)



Joe Stommel and Kathy Duran bask in the glow after completing the Vegas marathon & half-, respectively

Photo by ?



Nick Leyva puts the final touches on a 7:30 final mile near the finish line of the Las Vegas Marathon

Photo by George Balles

★ A Runner Speaks ★

Las Vegas: Usually Unusual

by Joe Stommel

(Ed. Note: Joe Stommel, a fortysomething distance running fanatic and SCR member, had a "moving" experience last month at the Las Vegas Marathon. No, it didn't happen at a Porta-John. Here's what DID happen):

There were plenty of the "usuals" at the Las Vegas Marathon held February 5. As usual, the town was bustling and lit up. Usually there were no big gambling winnings, but the bullets were great. As usual, the temperature was the 50s, perfect for along run on the usual fast course at Vegas. And as usual, there was a large number of good Southern Colorado Runners celebrating the benefits of those long Sunday runs which have taken place weekly for the last couple of winter months.

The SCR was well represented in the full marathon event by Dave Diaz, Rich Hadley, Marv Bradley, Nick Leyva, Marijane Martinez, Adrienne Kramer, Carol Smith, Dick LeDoux, and myself. Half-Marathon SCR participants included George Ballas, Gil Cruz, Bill Veges, Misti Frey, Kathy Duran, John Ulsh, and Bob King.

But the trip to Vegas always brings a few unusual twists, some pleasant, others not. This year, Kathy was along and ran the half - pleasant. The other "unusuals" were less pleasant - no sun, a slight headwind, and a course change which took away the three downhill miles at the beginning of the marathon and gave us a slight incline instead. This did not bode well.

I had planned to run well under 3:30 but knew it would be difficult in the conditions. My splits were dropping off pretty badly after 20 miles, and the plan was slipping away. Things were no better for Nick Leyva at the end of the 25th mile when I passed him while he was walking at a water stop. I had stalked him the previous couple of miles and saw that he was finally coming back to me. Unfortunately, I was almost a minute off my hoped-for pace.

Then it happened - Nick dug deep inside himself, found something left, and got rolling again. In fact, he roared by me and was going "like hell!" I tucked in behind him and just

hung on for the last mile, which we covered in a torturous 7:30. That was "flying" after having done the previous couple of 8:45 miles. I dropped back a little as Nick crossed the finish line about 10 seconds ahead of me. But I got under my 3:30 goal, thanks to the unusual gift of Nick's reckless and gritty last mile.

Thanks, Nick!

(Ed. Note: If you'd like to share a running or multi-sport experience with the readers of Footprints, please send your typed article to:

Gary Franchi
P.O. Box 19910
Colorado City, CO 81019

"Calling Bob King! ... Not you, the other one"

The SCR's Bob King was not included in the list of Las Vegas Marathon & Half-Marathon finishers in last month's newsletter because of a mixup at the registration table. Here's what happened:

Bob sent in his registration early, but when he got to the packet pickup table the day of the race, his packet wasn't there. It seems that another Bob King had picked up his packet. (West Coast sources say there were several Bob Kings entered in the race.) The race organizers realized what had happened and made up another packet (with a new bib number) on the spot for our Bob.

But they forgot to enter the new bib number in the computer. Dumkophs! Hence, his finish time - 1:58.57 in the "half", wasn't included in the final results. So, when the SCR's Las Vegas correspondent - Marijane Martinez - picked up the list of area finishers from the race organizers, that list didn't include Bob's name (nor time, of course). If you want proof that Bob finished, ask George Balles, who took pictures of Southern Colorado Runners finishers!

Letters we like to receive

(Ed. Note: Bob Mutu was President of the Pikes Peak Road Runners until leaving last year for a hitch with NATO in Okinawa. Besides fueling the PPRR's success, Bob also was a great friend to the SCR. He supported our activities and promoted our races up north. Recently he wrote the club. Here are his words):

Dear friends, Konichi WA!

It doesn't seem like almost six months have passed since I got treated to the SCR/Mike Orendorff cross country special followed by the picnic in Pueblo West.

I see from issues of *Footprints* that you have been having a great year. Also have read a lot of your names in race results from the "Long Run" (PPRR's newsletter). I miss running Southern Colorado a lot, along with socializing with all of my friends!

Japan (Okinawa, actually) is really different. When I got here it was really hot and humid. A 10K training run could result in 5-6 pounds of weight loss due to the heat. The courses here were not real accurate, so you were never sure if the time was relative. I could run real well because of the altitude (100 feet), but the heat was tough. Oki has about 20,000 runners. Mostly casual joggers who jog marathons in around 5-6 hours. There are some really good runners here, too. The masters are pretty fast. I've met about 10 Japanese 40+ guys who run 16+ 5K's.

I was running around 18 flat, but got talked into running the NAHA Marathon and developed a bad planter in the right foot. About healed up now and back training hard again (I'll just stick to 5K's; no more marathons!). Winter is wet and cool, but I

hear it's only going to be like this for another month.

I joined the Rising Sun Running Club, a collection of Americans stationed at the bases around here. The club is only a year old and is now 50 members strong. Sound familiar? Not being one to stand idly by, I got drafted into the vice presidency. I've directed a 5K, plan to start a handicap series next month (like the Nielson Challenge) and will be the course director for a 3,000-runner 10K-5K-Half Marathon on Kodena AB in May.

The island of Okinawa is about 60 miles long and a few miles wide. All of my running is done on paved roads. There are no trails! We do track workouts once a week at a local Tartan surface track. There are lots of small islands in the area that have a

few races a year. It's a big event to take a ferry to an island party that night, then race the next day. The terrain is very hilly! I love it! All that hill stuff back home set me up to run real well over here. Just about the time of the Spring Runoff (one of my favorite 10K's), I'll be running a 3K over on an island called Iejima. I hear it is real hilly and the 3K draws a hundred runners or so, also is a 10K and half-marathon, but you know me ... I like the fast stuff!

I plan a trip in April to the mainland near Tokyo. I went to high school there and heard from a classmate that a few of my old buddies are still around. It'll be a nice reunion and I may get to run on my old track, if it is still there. I may get back home for a visit in June-July. I hope to see some of you then!

- Bob "Rising Run" Mutu

★ The Tri-Geek Speaks Again! ★

Or I would if I could. Mr. Editor (Mr. Cool One to you) spoke first, though, and he sayeth thus: "My newsletter is so full I don't know where I can put all that I already have." Well, so be it! Let it be on HIS head - all the confusion that will reign because you can't read my corrections, and the important corresponding alibis, plus fresh misinformation gleaned from surviving another month living in the midst of crazy humans. Hope you had a good Runoff and that I saw you at the Handicap #2 Nature Center 4.5-mile Gully Wash Run on March 12 or 13. (Yes, you had a choice.)

- Mike Orendorff

This month's tip for "maturing" racers:

If you follow the hard/easy workout pattern but are still feeling fatigued all the time, it would be far better for you to cut out completely the easy days of "jogging." Take the day off. Recover by letting your frequency factor go to hell. Unless you're training for a marathon, you don't need all that endurance training. Instead, concentrate on anaerobic threshold runs, intervals, hills and speed work.

- Roy Benson, *Running Times*



Key Springs-area races dates for '94

I recall saying that I would publish the dates of some big 1994 Springs-area races when I got them, and since Mike Orendorff so efficiently provided them at the last monthly meeting, here they are. Thanks, Mike.

- Triple Crown 10K Tune-up - May 15
- Garden of the Gods 10M - June 12
- Sailin' Shoes 10K - June 25
- Triple Crown Classic 10K - July 17
- Garden of Gods Half-Mara. - Aug. 7
- Pikes Peak Ascent - Aug. 20
- Pikes Peak Marathon - Aug. 21
- Fall Series #1 - Sept. 25
- Fall Series #2 - Oct. 9
- Fall Series #3 - Oct. 23
- Fall Series #4 - Nov. 6

Bolder Boulder Qualifying Times

When you see her, thank Marijane Martinez for making these respective wave qualifying times available.

Wave	Time
A	sub 40:00
AA, B	40:01 - 44:30
BB, C	44:31 - 46:00
CC, D, DD	46:01 - 49:30

RACE CALENDAR



PUEBLO-CANON CITY AREA

- March**
 12 Sat 8:45 AM **SCR Handicap Series Trail Run, 4.4M**
Nature Center
 13 Sun 10:00 AM **O'Pueblo 5K**
City Park
- April**
 2 Sat 9:00 AM **Run for Justice, 10K**
YMCA - 8th Street & Albany Avenue
 15 Fri 2:30 PM **DARE Run, 5K run & walk**
Hellbeck Elementary School
 17 Sun 3:00 PM **Y-Bi Biathlon, 11M bike & 5M run**
Pueblo West
 27 Wed 5:30 PM **SCR Handicap Series, ?**
South Reservoir Campground

OTHER AREAS

- 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
 20 Sun 3:00 PM **Dave Garrison Memorial Run, 5K**
Denver
 27 Sun ? **Pearl Street Breakfast Run, 10K**
Palmer Park - Colorado Springs
- April**
 9 Sat 8:30 AM **Panoramic Run, 1M & 5M**
Palmer Park - Colorado Springs
 9 Sat **Buena Vista 25M & 50M**
Buena Vista
 10 Sun 1:30 PM **Tortoise & Hare Predict, 5K**
S. Monument Valley Park - Colorado Springs

1994 OUT-OF-STATE MARATHONS

- April**
 9 Mule Mountain - Sierra Vista, Arizona
 16 Marathon of the Great Southwest -
 Abilene, Texas
 16 Lake Powell - Utah (neat setting)
 18 Boston (great band)
 30 Whiskey Row - Prescott, Arizona
- May**
 7 Great Potato - Boise, Idaho
 7 Shiprock - New Mexico
- June**
 28 Wyoming's Only Marathon - Laramie
- July**
 4 Ghost Town - Helena, Montana
 18 Grandma's - Duluth, Minnesota
 31 San Francisco
- September**
 4 Black Hills - Rapid City, South Dakota
 11 Duke City - Albuquerque, New Mexico
- October**
 1 St. George - Utah

HANDICAP NOTES

Here are last month's Handicap results along with the Speed Points and Predict Points tallies. I don't understand any of it, but I'm sure Mr O., our Handicap coordinator, doesn't either. If you have a question or want to schedule a makeup, call Mike at 561-2956.

Handicap #1 - Distance: 6.16 miles

Place	Name	Predict Points	Speed Points	Total Points
1.	Nick Leyva	45.0	24	69.0
2.	Hilbert Navarro	40.5	27	67.5
3.	Marijane Martinez	43.5	23	66.5
4.	Todd Hund	36.0	29	65.0
5.	Dave Diaz	34.5	30	64.5
6.	Helen Robinson	42.0	21	63.0
7.	Joe Stommel	37.5	25	62.5
8.	Sam Brown	39.0	18	57.0
9.	Don Pfof	28.5	28	56.5
10.	Bill Veges	30.0	22	52.0
11.	Robert Santoya	33.0	17	50.0
12.	Paul Chacon	22.5	26	48.5
13.	Kathy Duran	31.5	16	47.5
14.	Fred Lujan	27.0	19	46.0
15.	Rich Barrows	25.5	20	45.5
16.	Betsy Hill	24.0	15	39.0

Calculation of Speed Points

Place	Name	Age	Sex	Age/Sex H'Cap	Run Time	Place Time	Speed Points
1.	Dave Diaz	45	M	.85	38:47	32:58	30
2.	Todd Hund	14	M	.89	41:08	36:37	29
3.	Don Pfof	53	M	.81	46:19	37:31	28
4.	Hilbert Navarro	54	M	.81	46:41	37:49	27
5.	Paul Chacon	39	M	.93	41:08	38:15	26
6.	Joe Stommel	44	M	.90	42:56	38:38	25
7.	Nick Leyva	40	M	.90	45:05	40:34	24
8.	MJ Martinez	40	F	.83	49:16	40:53	23
9.	Bill Veges	36	M	.93	44:10	41:04	22
10.	Helen Robinson	35	F	.85	49:16	41:53	21
11.	Rich Barrows	34	M	.97	45:40	44:18	20
12.	Fred Lujan	33	M	.97	45:45	44:23	19
13.	Sam Brown	36	M	.93	48:20	44:57	18
14.	Robert Santoya	30	M	.97	49:12	47:43	17
15.	Kathy Duran	37	F	.85	57:42	49:03	16
16.	Betsy Hill	40	F	.83	1:07:46	56:15	15

Calculation of Predict Points

Place	Name	Run Time	Predict Time	Variance	Predict Points
1.	Nick Leyva	45:05	45:00	0:05	45.0
2.	Marijane Martinez	49:16	49:00	0:16	43.5
3.	Helen Robinson	49:16	49:00	0:16	42.0
4.	Hilbert Navarro	46:41	47:00	0:19	40.5
5.	Sam Brown	48:20	48:00	0:20	39.0
6.	Joe Stommel	42:56	43:30	0:34	37.5
7.	Todd Hund	41:08	40:30	0:38	36.0
8.	Dave Diaz	38:47	39:30	0:43	34.5
9.	Robet Santoya	49:12	50:00	0:48	33.0
10.	Kathy Duran	57:42	58:30	0:48	31.5
11.	Bill Veges	44:10	45:00	0:50	30.0
12.	Don Pfof	46:19	48:15	1:56	28.5
13.	Fred Lujan	45:45	48:00	2:15	27.0
14.	Rich Barrows	45:40	48:00	2:20	25.5
15.	Betsy Hill	1:07:46	1:04:00	3:46	24.0
16.	Paul Chacon	41:08	45:00	3:52	22.5

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(Answer to Movie Quiz on Page 2: Charlie Sheen in "Wall Street.")

We're 'tapped out' after the Runoff,
 but come visit us here anyway!



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New developments concerning cholesterol

by Rocky Khosla, M.D.

I thought that some might be interested in getting the latest scoop on cholesterol and its relationship to heart disease; I know that you're probably sick of the topic, but there are some new developments.

To start with the basics, there are essentially three types of cholesterol in our bodies: HDL, LDL and VLDL. These names weren't thought up by a Wheel of Fortune flunky, but actually stand for High Density Lipoprotein, Low Density Lipoprotein and Very Low Density Lipoprotein. It turns out that when you spin samples of blood rapidly in a centrifuge, these three types of cholesterol separate out nicely, ergo their respective names. The HDL cholesterol is a good guy because it may protect blood vessels from getting a sticky buildup that may lead to blockage. The LDL and VLDL are the bad guys because they tend to cause the sticky buildup. So you're saying: "I know all of this; tell me something new!" Well, it turns out that there are a whole new class of substances that are called anti-oxidants that may help prevent the body from activating sticky areas of buildup. The latest cutting edge thought is that when globs of LDL and VLDL are oxidized, they may become really sticky and plug up blood vessels.

So, where can I get these anti-oxidants, you ask. Well, before you run out and buy out your local health food store, be advised that the work on anti-oxidants is in its early



stages and there are a lot of people who are very critical. The two big commonly available anti-oxidants are beta carotene and vitamin E. You can actually get a reasonable amount of both of these by doing what your mother always told you: eat your fruits and vegetables! You can also get both of these in pill form, but the best dosage of each has yet to be determined.

Some people think that shooting for about 500 units of vitamin E and about 3 to 4 mg. of beta carotene per day may be a good start. A word of caution: do not think that if a little is good, then a lot is better because too much of either of these can make you sick. I actually saw a patient in my office who had eaten so much beta carotene that he looked somewhat green (and you thought that only envy could make you turn green!).

All kidding aside, I think a reasonable approach to keeping your heart healthy is to exercise regularly ('cause it increases your HDL), watch your diet ('cause it should help you lower your LDL and VLDL), and make sure you get some anti-oxidants in your diet (to keep your LDL and VLDL from getting "sticky").

Till the next time, happy trails to you!

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

P.O. Box 19910
Colorado City, CO 81019

**Running
axiom:**

**The lousiness of the weather is directly proportional to the
distance of the planned training run. - Goodzky**

SOUTHERN COLORADO RUNNERS
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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 test your luck!

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