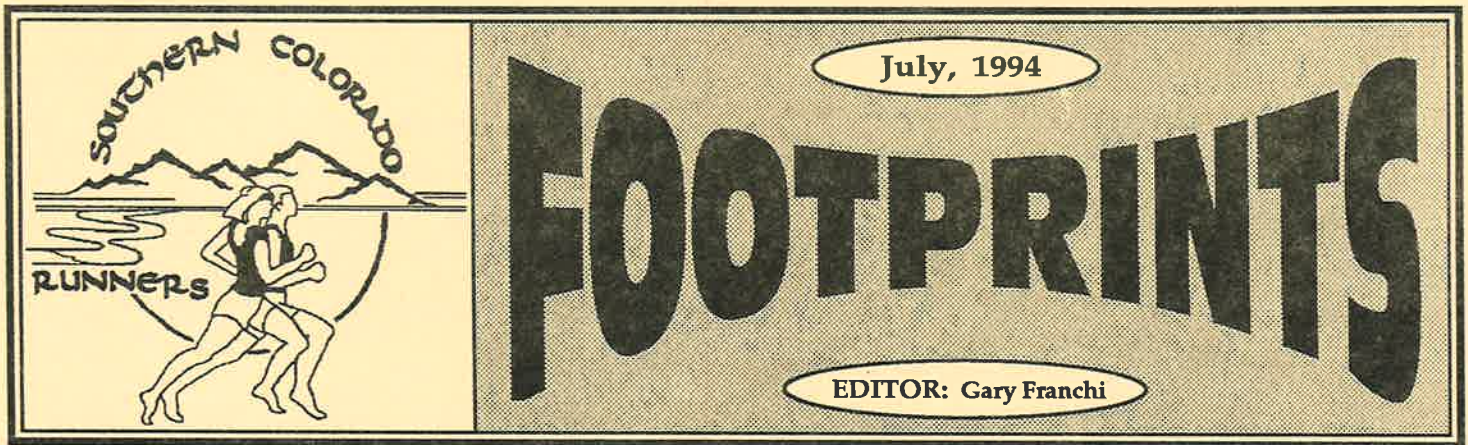


Promoting fitness throughout southern Colorado.



★★★ Virtual Reality Edition ★★★

It'll be fun & games July 31 at the SCR Picnic

The Itinerary:

- **WHAT:** The Annual SCR Picnic
- **WHERE:** Greenhorn Meadows Park in Colorado City (picnic grounds)
- **WHEN:** Sunday, July 31, 1994
- **TIME:** Fun and games start at 1 p.m.
Food to be delivered at 2 p.m.
(catered by Ortiz Catering)
- **ACTIVITIES:** Softball (bring a glove and bat), volleyball, horseshoes, plus all kinds of different games and prizes for kids!!!
- **COST:** FREE to SCR members



Other Stuff:

- **FISHING:** If you like to fish, bring a pole and bait because the fish have been biting in Lake Beckwith a half-mile away. You need a fishing license.
- **SWIMMING:** Bring your suit! The community center pool is about a mile and a half away and is open to the public (\$1 for kids, \$2 for adults).
- **DIRECTIONS:** Greenhorn Meadows Park is located on Highway 165 (Exit 74 off I-25) about 3¹/₂ miles west of I-25.
- **CRUCIAL:** Picnic bench seating is very limited, so it would be wise to bring outdoor chairs.



Things you need to know to get the winning edge

Nutrition:

According to *Men's Fitness* magazine, a person's natural biorhythms sink in the afternoon, and this alone can account for a dip in energy. Also, taking in too much fat with your lunch isn't wise since fat digests more slowly than protein or carbohydrate, leaving you dragging for hours. So skip the triple cheeseburger and XXL fries from McLube's.

The key is to make complex carbohydrates - like brand, rice or cereal - the foundation of every meal in order to maintain your energy sources. Boy, sure sounds exciting.

Reducing stress:

- Research (oh no!) at California State University shows that 30 minutes of aerobic activity immediately reduces body tension - and the more intense it is, the more effective. Weight training also helps counter anxiety and depression while boosting self-esteem.

- *Men's Health* magazine says if you try harder to live within your means you'll be a lot better off in terms of reducing the stress in your life. Families that tried to maintain a lifestyle they couldn't afford were more likely to have health problems.

It didn't mention this, but many feel that adults who have children were significantly more likely to have health problems, especially if any of those children have reached their teenage years.

Running:

- Researchers at the University of Alabama, who probably have the collective acumen of a parasitic snail, claim that you should avoid thinking about running when you're running. Instead, they claim, runners who took in the scenery, thought about family or just daydreamed during a run felt invigorated, while runners who monitored such things as pace, heart rate and breathing tended to feel fatigued.



Pueblo Bike 'n Dine Ride & Events Schedule

Here is a list of upcoming activities through July. Weekly Thursday rides are held at 5:30 p.m. at City Park and riders present determine the route.

Late July

- 14 5:30 p.m. Monthly time trial from the Hampton Inn.
- 16 9 a.m. Up & over Hardscrabble (52 miles): From Wetmore General Store up Hardscrabble Pass, then to Westcliffe.
- 22 7:30 p.m. Moonlight Mystery (15 miles): City Park.
- 30 7 a.m. Reservoir Roundup: Pueblo West Shopping Center through Pueblo West and the reservoir.

August

- 6 6 a.m. Colorado City ride (55 miles): The Stommels' house (27470 Woburn Abbey) on the Mesa to Comanche Rd. to Stem Beach to Colorado City. Bring potluck food.
- 13 7:30 a.m. Penrose to Colorado Springs (60 miles): From Sylvia Thompson's house in Penrose (731 Ranger Dr., take 115 to the Springs and back.
- 20 7 a.m. Boys Ranch Century (100 miles): Salida through the Arkansas River Canyon to the State Fairgrounds.



Keeping Fit



Some runners claim to feel a similar fatigue when reading the expoundings by researchers, or issues of *Footprints*, for obvious reasons.

- In its July/August issue, *Men's Health* magazine writer Fred Schruers claims that the only way to learn to endure heat is to work out in it.

"The only way to get there is to exert oneself in the appropriate temperature setting," says Schruers. He added that you can get acclimated in a few days and become un-acclimated in a couple of weeks. He didn't say this, but I think you could probably get un-acclimated a lot faster than that by going out for a nice 12-mile speed workout in the middle of the day during 105-degree weather.

The first sign of dehydration, by the way, is not feeling thirsty but getting fatigued. And muscle strength decreases geometrically with every percentage point of dehydration.

Building muscle:

- A study at the University of South Carolina, probably conducted by chimpanzees selected from a cretin colony, says that you should take a break from the gym if you want to build muscle mass. It notes that you can gain muscle strength faster by getting two days' rest between weight-lifting sessions instead of just one day.

- Some dude from *Flex* magazine says that muscle growth is stimulated greatly by placing an added emphasis on the last rep of every triple set by holding the weight at the top of the movement for a count of 10, then slowly lowering the weight for another count of 10. He says you can't do this on every exercise because of the added stress you'll put on your joints, not to mention the fact that you'll probably drop the doggone thing anyway eventually.



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, Oleg Salenko	

Footprints is published monthly and distributed in the contiguous United States. Literary dissertations should be submitted to the editor via the SCR's YMCA address or to his home address.

SCR meetings are held the 1st Tuesday of each month at 7:30 p.m. at the Pueblo YMCA. Any SCR member may attend these meetings, break new ground by introducing new concepts, and try to stifle his/her uncontrollable guffaws.



Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of a chap named Pearson: "It requires a very unusual mind to make an analysis of the obvious."

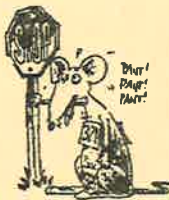
Musings on running, fitness, life, etc.: Usually the signs of aging are subtle. Naturally, your race times get slower. Your muscles are sore more often after a race and you don't recover quite as quickly. You consistently have more nagging aches and pains.

If you're like me, you try to rationalize away these signals. For instance, while my racing times are slower, I easily justify this by telling myself that it's not possible to race very fast when I'm only running three or four times and 15-18 miles a week. And to a point, this is true. I really don't care about my times like I did a few years back when I was running 40 miles a week and doing speedwork religiously.

But when you're 45, this rationalization isn't enough. I mean, how do you rationalize the fatigue you feel after completing just a "sprint" triathlon? Or the weekend afternoon naps that are becoming crucial? Or the stiff back that's there almost every morning?

I'm sure some of you have your own little signals. These are some of the obvious and not-so-obvious ones that have come to mind recently:

- You skip a Saturday morning race to catch up on sleep.
- You need a magnifying glass to read the Cinco de Mayo results in an issue of *Footprints*.
- You need a magnifying glass to read the Boulder Boulder results in the Denver papers.
- You start rising earlier to give your back a chance to get lubricated before your morning run.
- You look forward to a post-race massage almost as much as a post-race meal.
- You decide not to do a particular speed workout to avoid getting injured.
- You simply can't get motivated to do a speed workout.
- You get fatigued watching someone else do a speed workout on the track.
- You get fatigued writing about speed workouts.
- You get fatigued reading about speed workouts in running newsletters.
- You can't remember your PR for a particular distance.
- You suffer your first pulled hamstring muscle and are surprised when it takes forever to heal.
- You see some credence to your mother's suggestion,



Message #817 from the Brewski Sisters:

Don't be a nerd!

Join your fellow SCR members at our annual Picnic.

1 p.m. Sunday, July 31.
Greenhorn Meadows Park
in Colorado City.



when you were a teenager, that you take up knitting instead of continuing to get injured in athletics.

- Reading this dissertation causes either fatigue or brain damage, or both.

This Month's Smorgasbord: The *Denver Post* ran an ad recently concerning the opportunity to purchase **Ride the Rockies** merchandise through the mail. Hey, now isn't that wonderful! You can buy different kinds of shirts, hats, etc., as a memento of this summer's bicycle tour. My only question: Who gives a rats? Maybe I'm missing something, but, unless you participated in the Ride the Rockies, why would you want souvenir merchandise from it? ... Drive-thru windows, Part II: If they have drive-thru windows for pawn shops (see last month's "Great Stuff" column), would it be feasible to have **drive-thru buffet restaurant service**? Think about it. Only question: How would they mark the cars in case they returned? And how would they ensure that someone else didn't return in the same car? It's food for thought (ouch!) ... Since I've observed so many people using the stairmaster machines, I thought you'd like to know about a recent article in *Men's Fitness* magazine that claims that nearly 40% of people who work out on stairclimbers report suffering from tingling or numb feet. The magazine's solution? Keep your feet flat, wear large enough shoes, and use shock-absorbing inserts. My solution? Junk your stairmaster workouts ... Associates of mine thank Dr. Rocky for his recent column pointing out that it's pointless to buy sunscreen over number 20. Makes me wonder how many other people are wasting their money buying sunscreen with a higher sun protection factor ... Keep in mind the **20 Percent Solution** as you try to squeeze in your daily workouts around all of the demands on your time. The 20 Percent Solution says to expect everything you do to take 20% longer than you think it will. Actually, I'd say it's about 50% ... This month's **Ultimate in Idiocy** item: Editorial Consultant Nick Nasch applauds all the efforts to limit cigarette smoking to restricted areas. So, he wonders, why do some dimwits walk through restaurants with lit cigarettes? Good question. But Nick has a solution. Let's keep tiny plant sprayers on every table and let people spray these dumkops when they violate our health because of their sheer stupidity.

Movie line of the month: "If I'm not back in five minutes, just wait longer." Guess this flick now on video and the speaker. If you get both right, we'll give you a laurel and hearty handshake. Enjoy the hunt, and good luck to you in the Springs 10K Classic.



? FITNESS TRIVIA ?

Q: You've been running repeat miles and you're starting to get pretty confident in yourself. You even think you could be pretty studly if there would be a competitive mile run in southern Colorado. But think about it - the male world mile record is 3:46.31 by Steve Cram. Who was the last U.S. miler to hold the record?

A: Jim Ryun held the record from 1966-1975.

Holy Family Fun Run



Runners break from the starting line at the Holy Family 5K

Photo courtesy of Lori Macchieto

Tidbits from the Holy Family Fun Run

by Lori Macchieto

Things you need to know:

- Oldest walker: 73 (female).
- Oldest runner: 62 (male).
- Youngest walker: 3 (female).
- Youngest runner: 7 (male).

Four children from one family participated - Lauren Dorsey-Spitz, 3, walked (her parents had a hard time keeping up with her); Brendan, 7, ran, along with his brother, Ryan, 11, and his sister, Jenna, 10.

The Arant family from Trinidad came the farthest to participate. Ron ran and Wendy walked their baby in a stroller.

There were:

- 14 female walkers
- 5 male walkers
- 6 female runners
- 28 male runners

Thanks to these businesses for their donations:

- The Little Tart (bake shop)
- Giannella Gifts (gift & card shop)
- Zanotelli's for Men (clothing)
- Hair Harmony (salon)
- King's Designs (salon)
- The Pueblo Chieftain
- The Brass Ring
- The Lighthouse Restaurant

The oldest participant - 73-year-old Julie Mapps - won a beautiful framed picture. The youngest walker - 3-year-old Lauren - won a bear clown.

The youngest runner - 7-year-old Brendan - won a picture of a bear and a kitty.

Thanks to these individuals for their help:

Marlene Cordova, Heather Foechterle, Jeff Hood, Carol Hund, Jim King, Bryson McHardy, Southern Colorado Runner members, Careline Ambulance. (Ed. Note: And to Lori Macchieto for organizing the event.)



Play Misti For Me

The top overall female finisher was Misti Frey with her time of 21:42.

Photo by Gary Franchi

Results

This inaugural 5K run and 1.55-mile walk was held June 10 at the Holy Family Parish located at Lakeview and Prairie on Pueblo's Southside. It was held in conjunction with the Holy Family Festival.

Provided by Lori Macchieto

Walkers Division

1.55 Miles

Place	Name	Age	Time
1.	Nora Shiflett	32	17:23
2.	Glenn Blazer	56	17:27
3.	Frank Taulli	61	18:34
4.	Wendy Arant	35	18:56
5.	James Ussery	63	19:03
6.	John Farley	33	19:12
7.	Pat Foechterle	50	19:42
8.	Angela McHardy	14	20:12.04
9.	Marge Leetch	38	20:12.54
10.	Millie Medina	63	20:27.51
11.	Pam Gonzales	35	20:28.07
12.	Mary Pino	38	20:28.72
13.	Julie Mapps	73	21:58.15
14.	Tom Adrians	54	24:01.85
15.	Carolyn McHardy	42	25:00.79
16.	Anita Gonzales	49	25:06.94
17.	Peggy Skube	63	27:26.75
18.	Mary Sullivan	71	27:29.28
19.	Lauren Dorsey-Spitz	3	29:03.65

Runners Division

5K (3.1 Miles)

Place	Name	Age	Time
1.	Tim Vigil	30	17:09.45
2.	Rick Hadley	38	17:33.10
3.	Mike Orendorff	42	18:05.21
4.	Jason Ramos	21	18:21.29
5.	Todd Hund	14	19:08.32
6.	Dave Diaz	45	19:43.62
7.	Mike Bosso	29	20:06.28
8.	Nick Leyva	40	20:22.69
9.	Joe Stommel	44	20:37.21
10.	Rich Barrows	34	21:05.99
11.	Ryan Dorsey-Spitz	11	21:14.99
12.	Fred Lujan	33	21:16.58
13.	Manuel Aguilera	17	21:33.85
14.	Sam Brown	36	21:36.59
15.	Misti Frey	26	21:42.30
16.	Henry Hund	52	21:43.11
17.	Gary Franchi	45	22:03.27
18.	Perrylee Garcia	35	22:16.00
19.	Jesse Stommel	17	22:32.06
20.	Marijane Martinez	41	22:34.31
21.	Ralph Regalado	57	22:35.50
22.	Helen Robinson	36	22:37.69
23.	Len Gregory	51	22:38.58
24.	Gil Cruz	50	23:05.55
25.	Ron Arant	39	23:14.13
26.	Dan Trujillo	42	23:59.95
27.	Robert Santoya	32	24:20.34
28.	Kim Westerman	32	24:20.91
29.	Jenna Dorsey-Spitz	10	25:19.89
30.	John Valdez	45	27:16.27
31.	Joanie Barrett	26	27:21.28
32.	Dick Greet	55	28:28.69
33.	Mike Coco	62	29:21.89
34.	Brendan Dorsey Spitz	?	31:11.91

Sailin' Shoes 10K

The Pueblo & Hinterlands area was represented in superb fashion in this race that held last month in downtown Colorado Springs.

For starters, Dick LeDoux was the overall winner, clocking a fine 31:12.07 to beat the second-place finisher by 11 seconds. Meanwhile, Peter DeLaCerde, fiance of SCR's Ronda Leyba, was third overall in 32:46.10, and college-bound Chris Borton was 10th in 35:07.30.

Others from the area who were among the leaders in their age divisions were Rich Hadley (4th, 35-39), Jim Robinson (3rd, 40-44), Dave Diaz (4th, 45-49), and Marijane Martinez (2nd, 40-44).

Also among the huge throng competing from the Pueblo & Hinterlands area were Gene Arellano, Julie Arellano, Rich Barrows, Mike Borton, Stacey Bowman, Marv Bradley, Paul Chacon, Jess Cosyleon, Dave Farnum, Marty Garcia, Adrienne Kramer, Nick Leyva, Gloria Montoya, Jessie Quintana, Carol Smith, Claudia Stubenrouch, John Ulsh, and Bill Veges.

Flame Out 4-Miler

Everybody and his brother from the Pueblo & Hinterlands area showed up on July 4 for this race held at Memorial Park in Colorado Springs. And they carted home most of the awards, too. Here is the list of the local studs and studettes who placed in their age groups or among the overall leaders:

- Mark Koch, 5th overall, 2nd 35-39.
- Rich Hadley, 6th overall, 3rd 35-39.
- Mike Messick, 7th overall.
- Mike Orendorff, 8th overall, 1st 40-44.
- Marty Garcia, 2nd 30-34.
- Jim Robinson, 2nd 40-44.
- Dave Diaz, 2nd 45-49.
- John Holiman, 3rd 60-over.
- Marijane Martinez, 1st 40-44.
- Marianne Koch, 3rd 35-39.

Times were not available. Top overall times were 20:48 by Mel Peterson & 26:38 by Karen Scozzafava.

Women's Distance Festival



Finishing among the top 7 from the Leyba family were (from right) mother Theresa, daughters Bernadette, Annette and Ronda, while Theresa's sister Katie Contreras (far left) also ran in the 5K race.

Photo by Gary Franchi

Women's Distance Festival Results

This women's 5K run and walk was held July 9 at City Park in Pueblo.

Provided by Nick Leyva

Runners Division 5K (3.1 Miles)

Place	Name	Age	Time
1.	Ronda Leyba	22	18:01
2.	Annette Leyba	18	20:17
3.	Bernadette Leyba	18	20:40
4.	Christine Gonzales	26	21:00
5.	Rochelle Blea-Garcia	22	21:10
6.	Lisa Brockie	31	21:27
7.	Theresa Leyba	43	21:39
8.	Helen Robinson	36	22:04
9.	Deb Robeda	44	22:18
10.	Denise Gonzales	14	22:31
11.	Kathy Hruby	31	22:37
12.	Carol Smith	29	22:56
13.	Adrienne Kramer	28	23:06
14.	Stacey Bowman	33	22:28
15.	Kim Westerman	32	22:36
16.	Trisha Ferguson	42	23:46
17.	Betty Duran	51	25:06
18.	Tracy Reeves	34	25:31
19.	Jessie Quintana	50	25:35
20.	Joanie Barrett	27	25:37
21.	Gloria Montoya	46	25:52
22.	Claudia Stubenrouch	37	27:06
23.	Donna Nicholas-Griesel	48	27:10
24.	Sandra Montoya	35	27:45
25.	Kathy Stommel	37	27:50
26.	Lori Macchietto	44	28:17
27.	Jeannette Ayala	43	28:22
28.	Julie Arellano	41	28:24

29.	Cicily Harmon	54	28:51
30.	Sally Taylor	38	29:10
31.	Angela Gonzales	8	29:16
32.	Katie Contreras	40	29:17
33.	Beatrice Grebence	39	29:18
34.	Wilma King	42	29:21
35.	Ruth McDonald	49	29:34
36.	Jessica Barrett	10	31:06
37.	Susan Wood-Gray	35	31:13
38.	Elsie Wood	33	31:48
39.	Mary Ann Fiero	13	32:21
40.	Brenda Reed	14	32:23
41.	Lori Fisher	33	32:42
42.	Becky Reed	37	33:03
43.	Cheryl McCoy	49	33:55
44.	Patricia Payne	20	37:13
45.	Gabriella Valdez	14	37:41

Walkers Division 5K (3.1 Miles)

Place	Name	Age
1.	Melinda Orendorff	42
2.	Ida Mae Martin	55
3.	Judy Reiners	36
4.	Dee Sandoval	35
5.	Dianne Hanisch	45
6.	Julie Mapps	73
7.	Veronica Pedraza	8
8.	Angelique Armijo	9
9.	Suhaine Valdez	15
10.	Sara Pedraza	7
11.	Mary Ann Boyer-Pedraza	45
12.	Emily Montez	42
13.	Gina Eston	34
14.	Flo Isringhausen	56
15.	PJ & Jazz Barrows - 28 yrs., 10 mos.	

Thanks much!

Race Director Marijane Martinez thanks all the runners and walkers who participated in the Women's Distance Festival as well as all those volunteers who helped produce the race. A special thanks to Nick Leyva for picking up the ball the day of the race after Marijane had to miss the race.

Training to do your best:



"The more muscles you can involve in your training program, the less likely you are to sustain an overuse injury. Additionally, by working more of your major muscle groups, you improve your overall state of fitness."

- Runner's World

Garden of the Gods 10-Mile Run

Results provided by Nancy Hobbs

Pueblo & Hinterlands Division

Males			
Name	Age	City	Time
13-15			
Mike Trujillo	15	Walsenburg	1:22:11
16-19			
Douglas Parker	18	Fowler	1:06:40
Matt Christenson	17	Florence	1:32:30
20-24			
Thomas Serrato	20	Walsenburg	1:05:04
30-34			
Dan Caprioglio	33	Pueblo	59:25
Dan Garcia	33	Alamosa	1:00:19
Tim Vigil	30	Walsenburg	1:00:54
Marty Garcia	33	Pueblo	1:04:10
Mike Cone	33	Pueblo	1:21:41
Leslie Lambrecht	33	Canon City	1:22:01
Rich Barrows	34	Pueblo	1:26:25
Robert Santoyo	32	Pueblo	1:28:02
Robert Pratt	34	Pueblo	1:28:39
Donnie Reeves	34	Ordway	1:36:41
Greg Reeves	32	Ordway	1:42:45
35-39			
Dick LeDoux	37	Pueblo	53:25
Mark Koch	35	Pueblo	1:02:14
Rich Hadley	38	Florence	1:04:44
Paul Chacon	39	Pueblo	1:12:09
Mike Borton	38	Pueblo	1:19:02
Scott Gaines	37	Canon City	1:19:57
Jeff Miller	36	Pueblo	1:20:14
Randy Reeves	35	Ordway	1:22:22
Matt Martin	39	Pueblo	1:34:59
40-44			
Mike Orendorff	42	Pueblo	1:04:46
Jim Robinson	43	Pueblo	1:09:02
Joe Stommel	44	Pueblo	1:14:49
Nick Leyva	40	Pueblo	1:18:08
Sam McClure	40	Pueblo	1:18:21
Mike Saucedo	44	Canon City	1:28:59
Michael Pugh	41	Pueblo	1:32:25
Peter McCarthy	40	Pueblo	1:32:25
Paul Willumstad	44	Pueblo	1:35:20
Glen Sandusky	42	Colo. Springs	1:35:53
Michael Gonzales	42	Pueblo	1:38:34
Karl Aguilera	44	La Junta	1:58:37
45-49			
Dave Diaz	45	Pueblo	1:10:15
Tomas Duran	48	Pueblo	1:20:52
David Crockenbert	47	Pueblo	1:21:35

Name	Age	City	Time
Bonifacio Cosyleon	45	Pueblo	1:27:09
Eugene Arellano	46	Pueblo	1:43:13
50-54			
Vincent Lopez	50	Alamosa	1:17:33
George Dominguez	54	Raton, NM	1:23:22
Jack Bilak	52	Pueblo	1:28:25
Bill DeMoss	52	Beulah	1:33:54
55-59			
Marv Bradley	55	Canon City	1:18:46
65-69			
John Holiman	67	Pueblo	1:36:56

Females

Name	Age	City	Time
13-15			
Lisa Martinez	15	Walsenburg	1:40:06
20-24			
Melissa Lopez	22	Pueblo	1:52:25
25-29			
Claire Bueno	29	Pueblo	1:18:49
Adrienne Kramer	28	Pueblo West	1:27:28
Carol Smith	29	Pueblo West	1:29:13
30-34			
Kim Westerman	32	Pueblo	1:28:01
Maria-Elena Gordon	34	Canon City	1:34:41
Tracy Reeves	34	Ordway	1:37:57
40-44			
Marijane Martinez	41	Pueblo	1:22:39
45-49			
Jeanne Reed	47	Alamosa	1:30:49
Carmen Garcia	45	Pueblo	1:43:43
Susan Campbell	49	Pueblo	1:47:38
50-54			
Jessie Quintana	50	Pueblo	1:35:05
60-64			
Arlene Ruak	62	Alamosa	1:45:39

Top Overall Finishers

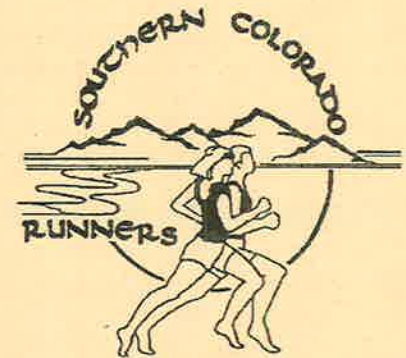
Females			
1.	Lourdes Lopez	20	El Paso 1:01:13
2.	Sabrina Han	26	Colo. Springs 1:01:19
3.	Amy Sue Giblin	23	Colo. Springs 1:02:10
4.	Lisa Mills	32	Aurora 1:05:27
Males			
1.	Silvio Guerra	25	Boulder 49:25
2.	Rolando Vera	29	Boulder 51:25
3.	Jon Sinclair	36	Fort Collins 53:18
4.	Dick LeDoux	37	Pueblo 53:25

How about that new SCR logo?

Do you like the new SCR logo shown below and at the top of the cover page? That's the artistic creation of Kathy Godec, a budding local artist who has done several race T-shirts for the club in past years.

Kathy put together several different designs, each with several variations, and presented them to the club at its regular meeting in June. She polished up her designs and brought them to the club's July meeting, and club members present decided on the design shown here. It will be used on SCR literature, shirts, race fliers, and other club materials.

Enjoy! And thank Kathy for her fine design work.



Handicap update

Our beloved Handicap Coordinator Mike Orendorff was too bushed after completing the Evergreen High Country Triathlon to find the energy to churn out a Handicap Series report this month. However, by the time this reaches your hands, Mike will have put on paper the results from the last Handicap race - the Nirvana Run - and the overall standings and they are available for scrutinizing in the SCR's box behind the YMCA counter. Check them out there.

The next Handicap race will be July 30, a 4.5-mile race to be held in conjunction with the second annual Trail Run starting and finishing at the Nature Center.

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 one's home, leave message on machine)

RACE CALENDAR



PUEBLO-CANON CITY AREA

July

30 Sat 7:20 AM **Trail Run, 15K
& Handicap #6, 4.5M**
Nature Center

August

5 Fri 6:00 PM **Race Against Violence, 5K**
2601 Sprague

7 Sun 7:30 AM **Drag'n On In Triathlon, 1.5K swim,
40K Bike & 10K Run**
North Shore Marina

28 Sun 7:30 AM **State Fair Run, 10K**
State Fairgrounds

September

10 Sat 8:00 AM **Canon City River Run, 5K & 10K**
Canon City

18 Sun 7:30 AM **River Trail Marathon, & Half-Marathon**
Pueblo West

OTHER AREAS

July

17 Sun 7:00 AM **Colorado Springs Classic, 10K**
Memorial Park, Colorado Springs

23 Sat 8:00 AM **Pteranodon Ptrot, 5K run & walk**
Grand Junction

24 Sun 7:00 AM **Vail Half-Marathon, 13.1M**
Vail

30 Sat 7:00 AM **Crowley County Days 10K**
Ordway

31 Sun 8:00 AM **Grin and Bear It, 9M mountain run**
Crested Butte

August

13 Sat 9:00 AM **Georgetown to Idaho Springs Half-Marathon, 13.1M**

13 Sat 8:15 AM **Basalt Half-Marathon, 13.1M**
Roudi Reservoir, Basalt

20 Sat 7:00 AM **Pikes Peak Ascent, 13.1M**
Manitou Springs

20 Sat 4:00 AM **Leadville Trail 100, 100M**
Leadville

21 Sat 7:00 AM **Pikes Peak Round Trip, 26.2M**
Manitou Springs

1994 COLORADO MARATHONS

July 17 Mosquito Marathon, Leadville - 486-0039

August 21 Pikes Peak - 473-2625

1994 OUT-OF-STATE MARATHONS

June 18 Grandma's - Duluth, Minnesota

July 24 Deseret News - Salt Lake City, Utah

31 San Francisco

August 28 Black Hills - Rapid City, South Dakota

September 11 Duke City - Albuquerque, New Mexico

October 1 St. George - Utah

1 Portland - Oregon

2 Twin Cities - St. Paul, Minnesota

30 Kansas City (catch the Royals)

Chicago - Illinois (& 5K)

Humana-Greater Kansas City (Missouri)

November 6 New York City

Omaha Riverfront (Nebraska)

December 4 Dallas White Rock

RACING NOTES

by the Editor

July 30 - Race somewhere!

This date will be a great Saturday for racers, who have the opportunity to race in town or, if traveling east for whatever reason, in Ordway.

In Pueblo will be the second annual Trail Run based at the Nature Center. You have a choice of two distances - 15K (9.3 miles) or 4.5 miles. Both courses are challenging and have been changed from a year ago. Race time is 7:20 a.m. to beat the heat. Fantastic original awards will be provided to all finishers and to top age division finishers.

In Ordway, a 10K race at 7 a.m. is part of Crowley County Days. Randy Reeves, a frequent visitor at races in Pueblo, is the race director (267-3180). A Lion's Club Pancake Breakfast is included in the entry fee. Pass the syrup!

For multi-sport geeks, there is the Monument Sprint Triathlon on the same day.

Race Against Violence

The second annual version of this race is scheduled for Friday, August 5, at 6 p.m. on Pueblo's South Side. The Boys and Girls Club of Pueblo will again conduct a festival with food. T-shirts will be provided free to those 18 and under. For adults, the fee is \$10 - still a colossal deal. There will be short toddlers race for those 6 and under.



Jingle Bell Run

This is a new race coming to Pueblo, and an early December date is being considered. Distances will be 5K for the run and 3K for the walk division. The sponsor is the National Arthritis Foundation. At attempt will be made to tie in this race with the local Parade of Lights. The SCR will manage the race. This race has taken on a true Holiday festive bent in Denver and Colorado Springs, and I'm sure the version here will have its share of zaniness.

Out-of-town Notes

- The Black Forest Series, which consists of four races, will be moved this year to either the Air Force Academy or Fountain Regional Park. More later.

- The Garden Tour Half-Marathon that I mentioned last month has been canceled. However, there is a note in the most recent issue of *Colorado Racing* that a half-marathon in Denver is being added to the schedule near the tail end of October. Proceeds will be used to pay off those who didn't get their earned prize money in last year's Denver International Marathon, which is now defunct. Of course, don't forget that our own River Trail Marathon in September also will include a half-marathon.

Local Notes

- Looking ahead, the Atalanta Women's 5K this fall has been scheduled for the Saturday before Thanksgiving - in particular it's set for Nov. 19, beginning at 9 a.m.. It will again be held at City Park ... Have you noticed that Larry Caffey is back racing? Running pretty tough, too ... It's good to see Mark and Lisa Brockie again now that they've moved back to Colorado (in the Springs) from Florida.

Heart rate monitors work but there's a cheaper way

by Rocky Khosla

I was asked after the Ordinary Mortals Triathlon (which, by the way, I thought was very well organized) what I thought of using heart rate monitors for training purposes.

It turns out that there are quite a few people out there who may benefit by using one of these devices. They sell anywhere from \$100 to \$800, and usually consist of a chest strap with built-in heart rate transmitter and a wrist- or handlebar-mounted monitor. The more money you spend, the fancier the readouts and alarms get.

I think these devices can be a good idea for two types of folks: people who may have reasons to make sure they don't exceed a certain heart rate when exercising, and people who want to try to use cutting edge technology (i.e., gadgets) to help them train to their physiologic peak.

For the first group of folks, I think these devices are OK, but there is a cheaper method that does the same thing, and that's called taking your pulse, although sometimes it can be a hassle trying to look at your watch and count your pulse while running.

For the second group of folks, there are people who think that these devices have made a huge difference in performance, and there are those who think they are junk. Physiologically, if they can help you stay right at your anaerobic threshold, they should help you train more efficiently. I am



going to give these guys a try and I'll let you know what I think in another couple of months. If you see me run a sub-35-minute 10K, then chances are that:

- a. The heart rate monitor has helped
- b. Dicky LeDoux ran with my number, or
- c. I will probably not be too anxious to be drug-tested.
- I think the answers to the above are b and c.
- Till next time, adios, amigos and amigas!

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

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

Vitamin E comes up roses in studies

Speaking of hearts, new studies speak highly of Vitamin E. They claim that the vitamin bolsters the immune system, reduces the risk of heart disease, strokes and certain cancers, repairs muscle and even fights arthritis and neurological disorders.

In summary, the Human Nutrition Research Center on Aging at Tufts University says Vitamin E helps reduce the incidence of three of the four leading killers of Americans: heart disease, cancer, and infectious diseases.

**Racing
axiom:**

"The race you decide to skip will be the one at which all of your training and speedwork buddies will establish new PRs." - *The Franch*

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



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