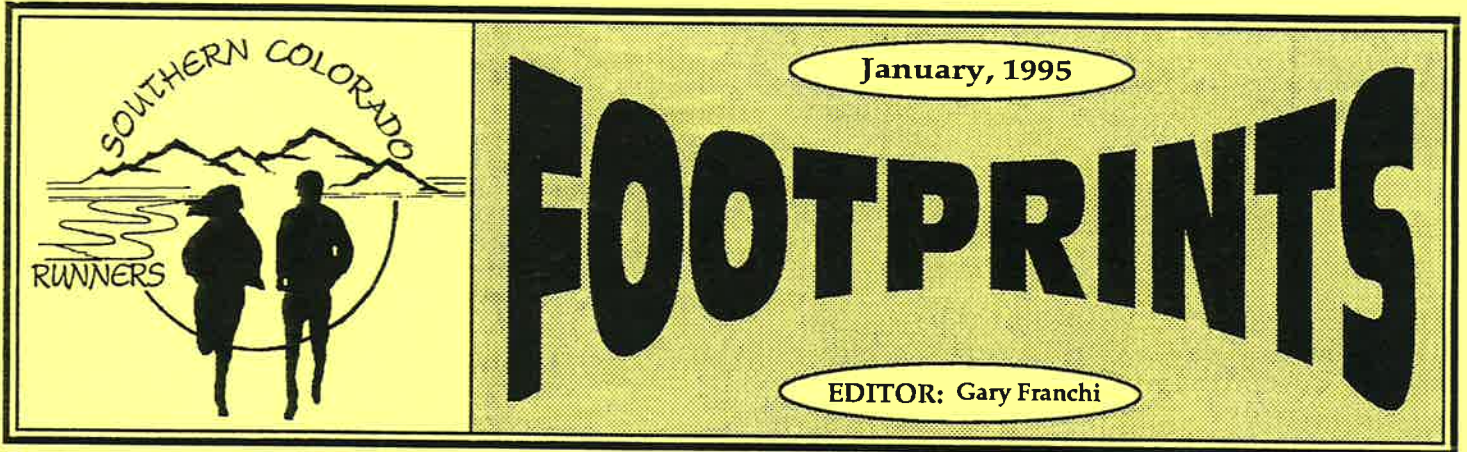


Promoting fitness throughout southern Colorado.



★★★ World-wide Web Edition ★★★

Don't miss the SCR Awards Banquet on Jan. 21

*You're Invited
to a Special Night -*

*The annual
Southern Colorado Runners
Awards Banquet
Saturday, January 21, 1995*

•
Details at right.
Please RSVP to the Gold Dust - ASAP.
Call 545-0741.



Date:

Saturday, January 21, 1995

Location:

Gold Dust Saloon Hall
130 S. Union Avenue

The schedule:

- 6:30 p.m. Cash bar, socializing & entertainment
- 7:00 p.m. Dinner (served by the Gold Dust crew) or so
- 7:40 p.m. Games for adults, kids, pets, national media. Plus entertainment or so
- 8:00 p.m. Presentation of awards - volunteers, Handicap, top '94 SCR members, etc. or so
- After that Presentation of new officers for 1995

Menu:

Barbecue ribs
Scalloped potatoes
& all the fixins
Dessert & drinks

Cost to members:

\$5 for adults; \$3 for children

Prizes will be raffled throughout night.



Final Volunteer Point Totals for 1994

Here they are - the final point totals earned by volunteers during 1994. They were compiled by Rich Barrows from volunteer lists submitted by race directors throughout the year. They were earned by race directors (25 points), race coordinators (15) and volunteers (5). A minimum of 40 points is necessary to

earn a merchandise item with the new SCR logo, although points may be carried over to next year (I think).

Merchandise will be distributed to volunteers at the SCR Awards Banquet on January 21. Items include jackets, hooded sweatshirts, hats, T-shirts and tank tops. See ya there!

210 points
Mike Orendorff

155 points
Paul Barela

140 points
Ben Valdez

125 points
Rich Barrows

115 points
Nick Leyva

105 points
Andy Ballou

100 points
Dave Diaz
Lois Pfost

90 points
Marijane Martinez

85 points
Shelley Riddock
Kathy Stommel

80 points
Gary Franchi
Ruth McDonald

45 points
Melinda Orendorff

Bill Veges

40 points
PJ Barrows
Helen Robinson

35 points
Mike Barela

30 points
Marty Garcia
Mary Lou Henson
Frank Jaquez
Bob Quintana

25 points
Misty Frey
Dan Gallegos
Carl Mapps
Damian Rotolo
Kevin Scott

20 points
Doug Leyva
Jessie Quintana
Don Saling

15 points
Joe Ballweg
Matt Diaz
Carol Hund
Larry Lopez
Cecilia Lujan
Corky Madrid

Glena Mock
Paulette Moore
Aaron Orendorff
Patricia Orendorff
Robert Pratt Sr.
Ted Quintana
Kathy Simpson
George Slaughter
Joe Stommel

10 points
Sidney Arnold
Bob Barrett
Stacey Bowman
Anthony Diaz
Linda Garcia
Bobby Santos
Roger Stubenrouch

5 points
Nancy Aguirre
Gene Arellano
Lisa Arellano
Jeff Arnold
Sandy Beaudin
Lynn Berger
Helen Caprioglio
Angela Carpenter
Joel Carpenter
Terry Cathcart
Debbie Dagnillo
Cathy Dehn
Tom Diaz
Don Diego

Peggy Dissler
Rick Divilbiss
Nick Donovan
Joe Easton
Tom Emerson
Bob Erickson
Celina Garza
Barb Gonzales
Denise Gonzales
John Juckich
Barbara Koch
Kevin Kubie
Marla Lanham
Edward Leonos
Ray Leyba
Nicole Leyva
Teri Manzanario
Lou Madrid
Gloria McFail
Kennon McPeters
Karen Miraki
Kenny Nolan
Gail Pitts
Randy Reeves
Richard Romero
Mary Rowell
Norm Rowell
Kelly Sandoval
Mike Saucedo
Dave Simpson
JorgAnne Thompson
Robin Valdez
George Wetzel
Wade Wittmer



SCR meeting day changed to Monday

To accommodate the schedule of President Clinton, we are changing the day of the monthly SCR meetings to the first Monday of every month. The time and site - 7:30 p.m. at the YMCA - remain the same.

Don't forget! Remember, Clinton said he will attend.

The SCR voted at its monthly meeting for December to donate \$300 from its Fund account to help seven high school track athletes and their coaches attend the Simplot Games in Idaho in February. The East High kids and Coach Kevin Scott have been tremendous workers for the club at its races during the past few years. The Fund account was established for just such purposes.

Many thanks to the SCR's Frank Jaquez for securing a first aid kit for the club from the Forest Service. We will have it on hand at all SCR races.

The SCR's Judy Tucker, now living in Las Vegas six months of the year, wrote recently and said that, despite training just 3 days a week, she recently finished 2nd in her 55-59 age group in a tough 5-mile race (42:40) and 4th in a half-marathon (1:56), her 1st sub-2:00 half in many moons.



? FITNESS TRIVIA ?

Q: On Jan. 21, the annual SCR Awards Banquet will be held. Among other things, the top SCR members during the past year will be recognized. Were you at last year's banquet? Okay, bozo, then who were the Male and Female Runners of the Year? (Think harder!)

Answer elsewhere in this issue.

**Make your reservations NOW
for the SCR Awards Banquet!**



**Call the Gold Dust Saloon
at 545-0741.**



Southern Colorado Runners

*A member of the
Road Runners Club of America*



Current 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, Jesse Helms

Footprints is published monthly and distributed to all SCR members as an escape from the real world. Any similarity between the characters mentioned within and real people is purely coincidental.

Note that SCR meetings have been moved to the 1st Monday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members may attend these meetings, and discuss and vote on all issues. The tough part is that they must listen to other opinions, too.



Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of Ann Landers: "*Santa Claus has the right idea - visit people once a year.*"

Musings on running, fitness, life, etc.: Wow, a new year! Isn't it wonderful? We can all forget our lousy 1994 fitness shortcomings for a brief spell and start with a pristine slate. We have the chance to make new fitness resolutions and begin the year with a firmer resolve. Have a crappy racing year in '94? So what? Skipped a few too many workouts in '94? Who gives a rats? Right now, the past is forgotten.

To personally get off on the right foot, pun intended, I ran in the Rescue Run up in the Springs on New Year's Day. Did just the 5K, but I figure that set the tone for me physically this year. Saw a bunch of familiar SCR faces up there, each of them undoubtedly with similar resolutions about having a great fitness year in 1995. That's one of the nice things about being involved with the runners club - the members become a support group for you.

It's too bad that the rest of Americans don't have such a support group. They evidently need it. In several past issues of *Footprints*, I've published stats about the U.S. population's overall lack of commitment to exercise, so I won't chew my cabbage on this topic again now. You're welcome! I've never been able to understand it. Of course, I can't understand a lot of things - like my son's taste in music, "happy talk" on television news, newsletter editors who think they're funny, etc.

Anyway, as I was plotting my own resolve to be fit in '95, I ran across a *Denver Post* article concerning a Massachusetts Mutual Life Insurance Co. study. It found that 41 percent of Americans say they have a difficult time sticking to the New Year's resolutions they make. Not good! These are people who can't stay disciplined. After giving this some thought, I kept asking myself, why not? What is the problem? My conclusion is that maybe Americans, because of the aggressive people we are, set goals that are too difficult to reach. Maybe we need to make our resolutions more realistic, more do-able.

And guess who's figured out a way to MAKE them do-able? Of course! I've designed a list of "Fitness Resolutions for All Americans" that the general populace should be able to follow. Here's my 1995 Top 15 for the masses:

- I will get up and change the channel by hand at least once a week.
- When doing aerobics, I will try not to cheat as much.
- To increase wrist strength, I will schedule regular weekly visits to my favorite watering hole.
- I will double my effort on the Lifecycle by raising the resistance level from 1 to 2.
- To lessen the risk of running injury and, thus, avoid missing workouts altogether, I will never run.
- For neck balance and flexibility, I will learn to switch ears when talking on the phone.
- I will take the elevator most of the time but not ALL of the time.
- To increase aerobic endurance, not to mention other benefits, I will try to cause heavy breathing more often.
- I will NOT cut off the top of the bag of chips when near the bottom, thus forcing arm lunges that will develop a greater range of motion.
- I will take long walks up and down the grocery aisles.
- For added hand and arm strength, I will pet the cats whenever possible.
- I will "work the steps" at athletic stadiums I visit by going to the concession stand more often.
- To improve hand-eye coordination, I will read and re-read issues of *Footprints* until I have memorized every gag

line. (That's gag as in laugh, NOT as in vomit.)

- To reduce caloric intake, I will adopt the "eat-and-purge" concept by reading and re-reading issues of *Footprints* after meals.
- To develop the all-important mental discipline needed to maintain my fitness program, I will read and re-read issues of *Footprints* despite the known mental drawbacks.

Have a great 1995!



Pat Brockman struts her stuff

Photo by Gary Franchi

This Month's Smorgasbord:

Poor Pat Brockman. Here she's waited and waited to get her picture in *Footprints*, and what happens? Your beloved editor elects to have the printer use red ink in last month's issue to make it a "more festive, holiday-ish" edition. Bad choice, poopsie! I found out that the use of red ink does not lend itself to clear photo reproduction. "Hey, it DOES resemble her, but all she's doing is holding a water bottle. Didn't you have a picture of her running," said one critic. Okay Mr. Critic, check out the action photo here. That's Pat, evidently early in the Rock Canyon Half-

Marathon since she's still smiling ... A sure sign of aging: when a runner picks a longer distance so as to mask loss of speed. The latest is Pat Porter, 2-time Olympic competitor at the 10K distance as well as 8-time national cross-country champion. Pat, now 35 big calendar years, is turning to the marathon. He ran his first one Jan. 7 in Charlotte, and hopes to qualify for the Olympic marathon in 1996 ... In this era of cross training, I'm wondering what sumo wrestlers do as an alternate activity. Do they run for endurance? Take aerobics classes? Ride unicycles?

Ultimate in Idiocy item of the month: Regarding Americans' lack of mental discipline, Editorial Consultant Nick Nasch saved a story off the wire for me. It notes that 24% of Americans are completely sedentary and 54% are not adequately active to receive health benefits (I guess I DO chew my cabbage twice). But what really struck me was the story's statement that 250,000 annual deaths in the U.S. can be attributed to a lack of physical activity. Wait a minute! Think about this. How can you attribute these deaths to a lack of physical activity? Wouldn't these people die eventually anyway? And for some of them, maybe their time was just up.

Movie Line of the Month: "*Since you sacrificed your health to learn more about my country, I find you very attractive and hope to make love to you in the near future.*" Guess the young lass you uttered these words in a supposedly deep Swedish accent, along with the recent movie in which she did so. If you get both right, you'll qualify for free tickets to Cassandra's upcoming concert tour stop in Hong Kong. Until next month, may you discover the itching powder in your shorts before it discovers you.

Rescue Run



Shiny Happy People

QUESTION: What do the two above photos have in common?

ANSWER: They were both taken by the same photographer/editor/runner - The Franch.

Nice try! While that's true, the correct answer is that they were both taken on New Year's Day, during and after the Rescue Run held at Palmer Park in Colorado Springs. Below, Mike Orendorff chugs to the finish of the 10K just moments after inexplicably stopping for about 15 seconds to talk with a Rescue Run volunteer. "He seemed friendly," Mike said.

In photo above, club members Bill Veges (left) and Dave Diaz are shown at Bennigan's after having picked the shorter 5K distance in order to arrive early for the restaurant's daytime Happy Hour.

The unforgiving camera failed to produce what would have been two excellent photos. One was of Veges sporting his 911 race bib number, fitting for a race of such name. Unfortunately, your editor's big fat thumb got in the way of the lens. The other photo would have been a gem showing Rich Hadley stalking Jim Robinson down the final steep hill about a half-mile from the finish. There was no film in the camera when that potentially great shot was taken. Can't get everything right!

By the way, Marijane Martinez and Dave Diaz brought home medals from the race, with Marijane taking first and Dave second in their respective 5K age divisions.



Training to do your best:

"What you eat on the day of the workout has very little to do with the production of energy for the day. Nutritional scientists have found that it ordinarily takes between two and 14 days for the food you eat to actually be utilized in the form of energy."



- *Men's Health* magazine

And the name of the game is ...

by Marijane Martinez

Actually, fellow SCR members, this is no game, but please read on and I am certain you will be as excited about this as I am.

Beginning this month, SCR members will begin gathering a duffle bag full of prizes which will be raffled off at next year's annual banquet. Each month in our illustrious newsletter we will mention what has been added to the contents of the duffle bag, and in January of 1996 YOU could possibly be the winner of the bag and its contents. The intent is to get prizes donated throughout the year by local businesses and/or individuals who are interested.

If you have any items you would like to add to our "bag of goodies," please contact me (564-6043) or any SCR officer (#s on Page 2). Also, if you have close ties with any businesses in town or out of town and can get them to donate, please do so or contact the same individuals mentioned above and give them the information so the necessary contacts can be made.



You ask: "How can I win?" Well, here how: Near the end of 1995, SCR members will begin selling raffle tickets, and the winning ticket will be drawn at the banquet. To be eligible to purchase tickets, you **MUST** be an SCR member.

You also ask: "Do I need to be present to win?" Although we would love to have each and every member of the SCR present at the annual banquet, we realize this is not possible. However, we don't want anyone to miss the opportunity to win the fabulous prizes. So, therefore, the answer is, "No, you do not have to be present to win."

You then ask: "Where will the money raised from the raffle go?" (Ed. Note: How does Marijane know what we're thinking?): The SCR has many viable areas to which the money can go: the equipment fund, the Fund account (which is used to help support area high school cross country and track athletes on their trips to out-of-area competitions), and also to the general fund. The latter makes possible such events as the Harvest run, and the annual picnic and awards banquet.

If you'd like more information, give me a buzz. In the meantime, stay posted.

"We don't laugh because we are happy. We are happy because we laugh." - William James

RACE CALENDAR



PUEBLO-CANON CITY AREA

January

15 Sun 9:00 AM **Run for the Dream, 5K**
Pueblo YMCA, 7th & Albany

February

4 Sat 10:00 AM **Frostbite Five, 5M**
Rock Canyon to City Park
5 Sun 11:00 AM **Spring Runoff Training Run, 2M**
Side Pocket
12 Sun 9:30 AM **Valentine's Twosome, 1.6M x 2**
City Park - (Call Marijane if you need a partner)
12 Sun 11:00 AM **Spring Runoff Handicap Race, 4M**
Side Pocket
19 Sun 11:00 AM **Spring Runoff Training Run, 6M**
Starting point TBA
26 Sun 11:00 AM **Spring Runoff Training Run, 8M**
Side Pocket

March

5 Sun 8:30 AM **Spring Runoff, 2M, 10K, 10M**
Toddlers race prior to 8:30 2-mile race
Cavalcade, North Side

OTHER AREAS

January

28 Sat 10:00 AM **Black Forest Series #2, 4M or 15K**
Wolford Elementary School - Black Forest
29 Sun 3:00 PM **Super Bowl Run, 5K**
Denver

February

11 Sat 10:00 AM **Black Forest Series #3, 5M or 20K**
Wolford Elementary School - Black Forest
12 Sun 9:00 AM **Heart Run, 10K & 5K walk**
Washington Park, Denver
25 Sat 10:00 AM **Black Forest Series #4, 10K or 25K**
Wolford Elementary School - Black Forest

Answer to Fitness Trivia quiz:

Mike Orendorff and Marijane Martinez were the SCR's top male and female runners of 1993.

NOTABLE MARATHONS

January 15 Houston Tenneco - 713-864-9305
22 San Diego (& Half) - 619-792-2900
February 4 Las Vegas (& Half) - 702-876-3870
5 Long Beach (& Half) - 310-494-2664
19 Desert Classic (& Half) - Scottsdale, AZ - 602-954-8341
25 Fort Worth (TX) Cowtown - 817-735-2033
March 5 Los Angeles (& 5K) - 310-444-5544
12 Maui, Hawaii - 808-871-6441
April 17 Boston - 508-435-6905
30 Big Sur, CA - 408-625-6226
May 6 Great Potato - Boise, ID (& Half) - 208-344-5501
6 Shiprock, NM - 505-599-2200
7 Lincoln (Neb.) (& Half) - 402-423-4519
28 Wyoming (Laramie) - 307-635-3316
June 4 Steamboat (& Half, 10K) - 303-879-0880
17 Grandma's - Duluth, MN - 218-727-0947

1995 TRIPLE CROWN RACING DATES

May 14 Triple Crown 10K Tune-Up
June 11 Garden of the Gods 10-Mile
July 16 Classic 10K
August 19 Pikes Peak Ascent
August 20 Pikes Peak Marathon

(Answer to Movie Quiz on Page 3: Drew Barrymore in "Wayne's World 2.")

AREA RACING UPDATE

by the Editor

Frostbite 5

Note that all entrants will receive a cool stocking cap and gloves that match. Since this is a point-to-point race, you can park at the finish (City Park) and catch a ride on a van to the starting line (at the entrance to Rock Canyon). The race is set for 10 a.m. Saturday, Feb. 4.

Race Director Ben Valdez needs volunteers for the race, so call him at the YMCA, 543-5151, if you can help.

Spring Runoff training runs

Runoff Race Director Rich Barrows will again be conducting a 4-race training series, with all of the races scheduled for 11 a.m. on Sundays. The schedule is at left in the Race Calendar section. Note that the 4-miler will be a Handicap Series race this year. Also note that it will follow the Valentine's Twosome to be held at 9:30 a.m.

Fliers for the Runoff will be out soon if they haven't already been mailed.

The new toddlers race that I mentioned last month will have no entry fee, and all of these little ones will receive a ribbon. We'll also provide them with warm smiles.

Valentine's Twosome

Please note that I listed the starting time of the Valentine's race as 10 a.m. last month when it really will begin at 9:30 as mentioned above. Sorry. For my penance, I'll owe you my life. This race is a true team effort from an organizational standpoint, with different individuals handling the flier, T-shirts, awards, etc. Remember to call Marijane Martinez (564-6043) if you need a partner. Or call her just to chat.



Miscellaneous bits of data

- The date of this spring's Y-Bi Classic biathlon is April 30. April 23 was considered, but I'm told that will be the date of the Boys Ranch century ride that had been held in August in the past. The Y-Bi consists of an 11.2-mile bike and a 5.5-mile run. Start praying NOW for good weather (read no wind, no rain, no snow, clear and nice).

- This is the last year of the Black Forest Race Series up north. Many southern Colorado runners have made the trek to these races each year, so they'll have to find another race fix next year.

- If anyone needs an entry form to the Las Vegas Marathon and Half-Marathon to be held Feb. 4, give me a buzz at 676-4100. I still have a couple of entry brochures.

- Thanks to Turkey Run Race Director Dan Gallegos for making a contribution to the SCR for helping conduct his race.

Sunday training runs

All those interested are invited to join SCR runners who gather at 9 a.m. each Sunday for a training run. They meet at the City Park pool parking lot. All ability levels are encouraged to participate, and varying distances are covered.



Try to lose those extra "holiday pounds" gradually

by Rocky Khosla, M.D.

I thought that it might be a good idea to write about how to get back into shape after eating all that fudge, etc., over the holidays.

First of all, don't feel like you're alone in having put on some weight around this time of year. After all, the average American gains about 7 pounds over the Christmas holidays.

Second, there is no miraculous drug or program that can safely make you lose weight that is better than the old tried and true approach of watching the calories taken in combined with a good, sensible exercise program. The bottom line is that if you can have a net loss of 500 calories a day, that will work out to 3,500 calories per week, which is the exact caloric content that it takes to lose a pound a week.

I know what you're thinking. A pound a week. - forget it! I want to lose 10 pounds a week. Well, don't be in such a rush to lose that much since there is mounting evidence that excessive weight loss may change our metabolism, leading to a yo-yo style of weight gain and loss. Besides, if you've gained the average 7 pounds, this program will get you back to your pre-holiday svelte self in just 7 weeks.

As far as which type of exercise to do, joggers probably have the advantage here since a comparison of swimming, bicycling and jogging shows that the joggers have the best amount of weight loss. If you have not been regularly exercis-

ing or have any cardiac risk factors such as high cholesterol, smoking, diabetes, obesity, or a heavy family history of heart disease, you ought to see your doc before starting a vigorous exercise program.

As far as how you should exercise is concerned, it turns out that the jogger may have a better chance than the runner at losing fat. People who exercise and keep their heart rate at about 60% of maximum seem to turn on enzyme systems that lead to burning off fat, whereas people who exercise at 80% or more of their maximum heart rate seem to get better aerobic conditioning, but burn off mostly carbohydrates and not fat. I knew there was a good reason why I didn't feel like running a sub-38-minute 10K (as if I could!).

If you are wondering how to go about calculating your maximum heart rate, a rule of thumb is to take 220 and subtracting your age. Thus, a 20-year-old's maximum heart rate should be around 200. To try to burn off the most fat, he should try to keep his heart rate around 60% of that while exercising, or about 120 beats per minute. A simple way to keep track of your heart rate, by the way, is to count your pulse by the side of your Adam's Apple for 6 seconds, and then put a 0 at the end. So, if this 20-year-old counted out 12 beats in 6 seconds, he would be right on target.

Wishing you a healthy and happy New Year!

"There's no good or bad sports bar. Simply choose one that tastes best to you." - Ann Grandjean, sports nutrition center director in Omaha.

**Locker
axiom:**

**"The one time you don't do a final locker check will be
the first time you leave an item behind." - The Franch**

SOUTHERN COLORADO RUNNERS

Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



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



Keep those hits coming!

Issues of *Footprints* are not forwarded. Hence, if you move, get us your new address or you won't be able to hear beautiful music in 1995.

Send 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

