

★★★ Cybersurfers Edition ★★★

Rich Barrows named SCR Prez for 1995

*Barela, Frey, Valdez
win top awards*

by The Editor

In the column at far right, you have the lists of the newly elected SCR officers for 1995 and the major 1994 award winners. All of these were announced at the annual SCR Awards Banquet held in January at the Gold Dust Saloon Hall.

And that's my report. Have a nice day.

(Pause)

Sorry. Just thought I'd get the year of the Rich Barrows regime off to a good start. Rich, you see, is our new President, having taken his official oath of office at the Awards Banquet and then having delivered his State of the Running address.

Those who attended the annual SCR Awards Banquet were treated to a very special evening. Those who were honored with awards received their just due, especially Paul Barela, who was voted the Most Valuable Member of 1994. That was a cap on Paul's second consecutive term as the "El Presidente" of the SCR. Club members appreciated his extra effort for the club, especially the way he toted supplies around in the trailer that

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Rich Barrows (left) is sworn in as SCR President by the man he succeeded – Paul Barela – with help from Paul's son, Michael

Photos by Gary Franchi



1994's Outstanding Male & Female Runners: Misti Frey and Ben Valdez

New Officers for 1995:

President –
Rich Barrows
Vice President –
Mike Orendorff
Secretary –
Robert Pratt, Sr.
Treasurer –
Melinda Badgley
Orendorff

1994 Award winners:

Most Valuable
Club Member –
Paul Barela
Top Male Runner –
Ben Valdez
Top Female Runner –
Misti Frey
Handicap Series
Champion –
Dave Diaz
Dirty Sweatsock –
Gold Dust crew
Packard Friendship –
Mike Saucedo &
the Colorado
Lottery



Here's some advice to women about workout intensity

by Rocky Khosla, M.D.

I was asked recently to write about issues concerning pregnancy, such as in the degree of exercise to engage in before, during and after. So here goes:

First of all, there are quite a few studies that suggest intense exercise may put women at risk for irregular or absent menstrual cycles. We used to think that this was entirely due to these women having an extremely low body fat content, but now it doesn't seem to be that straightforward an explanation since there are women with very low body fat percentages who are still having regular periods, and women with comparatively higher body fat content with loss of regular periods.

My gut feeling is that women who exercise at intense levels may be at risk for menstrual irregularities if a combination of things occur such as a significant drop in body fat content, presence of eating disorder and the perception of physical and psychological stress. If a couple experiences infertility and the woman is extremely active athletically, I have had a good amount of success helping them increase their fertility simply by having the woman cut down the intensity of her exercise and slightly increasing her body weight (although this is a real toughie to talk most of these folks into doing).

Once she becomes pregnant, I advise the woman to stay active but follow certain guidelines. Do not do any exercise in pregnancy

that you didn't do before you were pregnant. So this is not the time for a sedentary female to take up long-distance running. Do not do exercise that raises the core body temperatures for any extended periods, since there are some studies that show an increased incidence of neural tube defects in animals with elevated core temperatures during pregnancy; a caveat of this is that you should stay away from the jacuzzi!

Least all of the above scare you, it is a good idea to do activities such as swimming or walking during pregnancy since women who stay active during the pregnancy seem to have shorter labors and easier post-partum recovery.

After delivery, I tell most of my patients that they should let themselves gradually get back into their regular routine. Pregnancy and breastfeeding can take a lot out of the woman physically, psychologically and nutritionally. So I tell most of my patients to stay on the prenatal vitamins for a good 6 to 9 months after delivery and to gradually increase their intensity and duration of exercise by about 10% per week if they are feeling all right.

Lastly, there have been a couple of studies that have looked at breast milk amount and content in athletically active versus sedentary women, and there was no significant difference. So, specifically, athletically active women do not have to worry that they will either not be able to produce enough milk for their babies or that this milk will be too high in lactic acid, etc.

Till the next time, happy trails to everyone, especially mothers and their babies.



Quote of note:

"It's hard to believe that a man is telling the truth when you know that you would lie if you were in his place."
-H.L. Mencken



Fitness Trivia

Q: You're a multi-sport freak who can't wait for the biathlon and triathlon season to start this year. You also love to watch the Summer Olympics every four years. Okay, smarty pants, so who won the Men's Triathlon event at the 1992 Olympics?

A: The triathlon wasn't an Olympic sport in 1992. Ny-Y-Y-a-ah!

Stats of note:

% of runners who own:

- VCR - 62%
- Nordic track - 7%
- Fax - 11%
- Large-screen TV - 22%

Thanks to Marv Bradley for this info.

Listen to this deal!

To celebrate the 17th anniversary of the Spring Runoff and the 100th anniversary of Babe Ruth's birth, the runner who finishes 117th in the 10K division of the Runoff will get a nifty Gold Dust Saloon T-shirt -- FREE!

Shazam!



130 S. Union. Pueblo



Southern Colorado Runners

A member of the Road Runners Club of America



Current SCR Officers:

President	Rich Barrows	544-4349
Vice President	Michael Orendorff	561-2956
Secretary	Robert Pratt, Sr.	566-0389
Treasurer	Melinda Badgley Orendorff	561-2956
Non-elected Officers		
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultants	Nick Nasch, Paula Jones	

Footprints is published monthly and distributed to all SCR members to add deep meaning to their lives. If you'd like to contribute sterling prose, our readers would appreciate finally having some.

SCR meetings are held the 1st Monday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings and help make club policy. There, they also can discuss the philosophy of Rimbaud with the other deep thinkers.



Great (a so-so) Stuff

by The Franch



Thought for today's lunch, compliments of Jack Paar: "Looking back, my life seems like one big obstacle race, with me as its chief obstacle."

Musings on running, fitness, life, etc.: I had the chance to chat for just a moment with outgoing SCR President Paul Barela at the annual SCR awards banquet and was happy to be able to thank him for his service to the club the past two years. To me – and others, obviously – "El Presidente" was a very deserving Most Valuable Member award winner for his work in 1994. So I inquired as to what Paul is going to do with his extra free time now that he's turned over the presidential reins to Rich Barrows. Among a couple of things, he mentioned working more on the Dam Run. You may recall Paul's literary dissertation in *Footprints* a few issues ago in which he expressed a bit of disappointment by the turnout at the Dam Run in October. One reason for the drop it appears, is that CMHIP workers didn't participate as in the past. The bulk of these were walkers. Guess they don't like the fun and camaraderie available at races and would rather walk through the mall where they can eat caramelcorn at the same time. To each his own.

You know, I've been pondering this subject and I think I may have come up with a way to improve the numbers at the Dam Run as well as other races. Rather than wasting all that money printing reams of race forms, sending them all over the state, and paying to have them inserted in the Pikes Peak Road Runners newsletter, maybe we just need to adopt the State Fair turnstile method.

In case you aren't aware of it, the State Fair records a visitor to the annual Fair each time someone goes through the gate. The catch is that if a person goes in, leaves for a while and then returns, he/she is counted twice. If one walks in and out, say, five times, it is recorded as five visitors. Just think if they counted birds flying back and forth over the wall.

If the Fair count is down on a particular day, my suggestion to Fair officials is to hire people to go in and out of the turnstiles. If you pay, say, 100 people to exit and re-enter 50 times, you've got 5,000 visitors right there. It's genius! It would make the daily count look good and help the local economy by employing the people needed to walk in and out. This would lower the local unemployment rate, too, making PEDCo and city officials look good. It would be a true win-win situation all around.

Anyway, what if we applied that same principle to races? You could hire "x" number of runners to cross the finish line "y" number of times each, and all you would need to do is provide "y" number of race bibs in their race packets. So simple! After crossing the finish

line, they could merely jog back to a spot a little ways from the finish, put on a new race bib, and head to the finish line again and repeat this process "y" number of times. By using this method, we could make every race humungously huge! Think of how easy it would be to get race sponsors if we guaranteed that a particular race would have 500 runners instead of, say, 100. Race bib sales would soar, too. In fact, wouldn't this be a good time to introduce the velcro concept to race bibs, finally doing away with safety pins?

You doubt this would work? What's that – you think someone would recognize these runners and start realizing what is happening? No sweat! Just include "y" number of masks in those packets, too. In fact, Halloween mask sales would be tremendous all year long instead of just in October, further driving the economy, keeping people employed, making PEDCo look good, etc., etc., a nauseum.

You *DO* have a sense of humor, don't you?

This Month's Smorgasbord: I read where Jack LaLanne, well-known endorser of physical fitness since well before it became popular, has been appointed to the California governor's Council on Physical and Fitness and Sports. A picture of LaLanne, now 80 years young, was published with the story. He appeared to be about 55. Here's LaLanne's view of physical activity: *"The only way you hurt the body is not use it. Inactivity is the killer and, remember, it's never too late"* ... A side benefit to running is you don't have to wait. Let me explain. You go to the bank, you wait in line. You got out to eat, you wait for a table, to order, and to get your bill. You go grocery shopping, you wait in the checker line and look at the covers of all those magazines that the no-lifers buy. But running? Just slip on the shoes and watch, and head out the door. True simplicity in the age of information network overload ... Linda Castrone, *Women's Health* writer, had this to say recently in the *Rocky Mountain News*: "Our psychological age influences our biological age much more than our chronological age." Okay, that's fine. But then she adds: "People grow old and die because they have seen other people grow old and die. Aging is simply a learned behavior." Oh. I suppose that means we can avoid aging and dying if we just live like hermits and avoid all human contact.



Paul Barela with his Most Valuable SCR Member award

Photo by Gary Franchi

Movie Line of the Month:

"I can't make the decisions. I'm not the president. I mean, I'm not the one pretending to be the president."

Guess the funny fellow who spoke these words of wisdom in the White House driveway, and in what recent flick. With those great hints, you should get both right. If you don't, you can find the answer elsewhere in this newsletter in that small type that only those under 40 can read. 'Til next month, try to regain your sanity before the next "Great Stuff" adventure.

Banquet

Thanks!

The Awards
Banquet
Committee of:

- Rich Barrows
- Carol & Marius Carstensen
- Nick Leyva
- Marijane Martinez
- Joe & Kathy Stommel
- Mike Orendorff



The new SCR officers for 1995 are (from left): Melinda Badgley Orendorff, Treasurer; Rich Barrows, President; Mike Orendorff, Vice President; and Robert Pratt Sr., Secretary.

Photos by Gary Franchi

Volunteers honored

The SCR unveiled a new line of neat apparel at the club's banquet by awarding hats, tank tops and hooded sweatshirts to those who had worked as directors and volunteers at races throughout 1994. This was the first time that the new SCR logo designed by Kathy Godec was displayed on items of apparel. The club will make the hats and tank tops and possibly other T-shirts available for sale in the near future, but the hooded sweatshirts will be restricted to those who compile the necessary number of volunteer points.

Limericks worth repeating

When you run and run until you're raw
You end up with a sore on your paw.
You continue to limp
because you're not a wimp.
But you go home and cry for your maw.

There once was a runner named Gary
And although his head was not hairy.
He wrote our newsletter
And no one could do better.
Oh my, but his jokes they are scary.

There once was a runner with blisters
Who asked for advice from his sisters.
They gave him advice
But it wasn't too nice:

"Stop running, stupid, and you won't have blisters!"



Mike Orendorff (right) can't believe what he's hearing from the tongue of Professor Mind Shocker (alias Joe Stommel)

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didn't have any lights hooked up. What guts! What bufoonery!

Male and Female Runners of the Year Ben Valdez and Misti Frey were honored for their consistency and effort throughout the year. Misti has regained her "earlier life" form while Ben incorporated running into his workout regimen and added some eye-opening runs that made his racquetball pale in comparison.

Meanwhile, Dave Diaz was officially crowned the Handicap Series champ, with award presenter Mike Orendorff likening Dave's smooth running style to that of your beloved editor. (C'mon, let me have some fun!)

The Dirty Sock Award, which goes annually to one who goes beyond the call of duty for the club, went to the Gold Dust Saloon crew of Paul Spinuzzi, Jay Meyer and Kerry Maas (pictured below).

An award not voted on until the SCR meeting for February was the recipient of the Packard Friendship Award, which rotates annually between Pueblo and Canon City. This is an award to someone who represents the true spirit of running, and this year's winner is the SCR's Mike Saucedo, Canon City resident who works for the Colorado Lottery. Mike was instrumental in the Lottery buying the club a beautiful banner this year and in donating gifts that the club used in prize drawings at several races.

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The Gold Dust crew of (from left) Paul Spinuzzi, Jay Meyer and Kerry Maas won the coveted Dirty Sock Award

Viva Las Vegas!

by Marijane Martinez

A few months ago as Nick, Misti, Bill, Dave and I were sitting at the Gold Dust contemplating life, someone mentioned they had received an entry form for the Las Vegas International Marathon. Immediately we all recalled the intense pain and suffering we felt a year ago after participating, and someone suggested we try the relay marathon, thereby allowing us more time and energy to do what we really go there for – party, party, party! Hence, we decided to compete in the team relay competition.

The two most difficult tasks we had were to decide who would run which leg and what our team name would be.

By process of elimination, we decided I would run the easiest because I am the slowest and the oldest (two things that I had no problem admitting if it would give me the easiest leg). Next, Misti selected her leg – the first, which she ended up regretting when she learned she had to be at the MGM to meet the bus at 5:15 a.m.!) Dave was the unanimous team selection to run the last leg since it is the longest and he is the fastest (notice age had no bearing). We then tossed Bill and he landed on his head, so Nick got to select his leg, leaving Bill not only with a sore head but with the remaining leg.

Now to decide a team name. Since the ladies at the Gold Dust were willing to give us shirts so we would look like a team, we simply decided on "Colorado Gold Dust." (Ed. Note: they're geniuses!)

To spice us the event, we each put \$5 into a pool and predicted our total team time, with \$25 gambling money going to the one who came the closest.

The race could not have gone better. The weather during our visit and on race day was in the mid-60s with no wind. Dave and I ran PRs while our teammates ran as fast or faster than

they had anticipated. Our total team time was 2:52:20, well under our goal of breaking 3 hours.

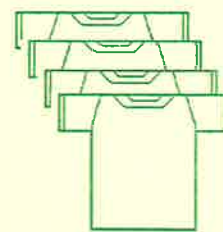
Needless to say, we were happy campers. As a team, we placed fifth out of 31 teams. Three of the top four teams were comprised of high school cross country and track runners from Las Vegas, so we were quite proud of our accomplishment. (Ed. Note: The other team was made up of 60-year-old great grandmothers.)

This evidently was the year for SCR members to showcase in Las Vegas. Joe Stommel ran a 3:20 marathon and his son Jessie a 1:35 for the half. Rich Hadley had a super 2:50 marathon, and he and Joe qualified for Boston. Also, Sue Campbell did the marathon in 5:30 and Gil Cruz the half in 1:42.

With the race under our belts, the only thing left to do was celebrate and that we did. The Palace Station will never be the same, thanks mainly to Nick and me. We always have a tough time tearing ourselves away from the blackjack tables, but this year we also did Circus Circus, MGM Theme Park and the La Cage show.

There were only two minor hitches to the entire trip. One was when the relay bus forgot to pick up the runners in Bill's leg after they had finished. He showed up two hours later, and we all apologized for bad mouthing him. The second hitch was when Nick and I misjudged the time it would take to get to the airport and we missed our flight, despite running through the airport faster than OJ ever did in any of his commercials! It all worked out as America West decided to let us ride, meaning we didn't have to wait for the "red-eye" flight.

This is one trip to Las Vegas I will always cherish. The people I traveled and ran with are some of the greatest friends I will probably ever have, and we did exactly what we had set out to do - have a good time! Hopefully, we will continue to treat ourselves to these excursions in the years to come because I know we all deserve it!



These make great quilts

Why have dozens of T-shirts laying in your drawers, closets, boxes, garbage bins, etc.? Club member Helen Robinson can turn them into a gorgeous bed quilt. She makes them in about a dozen different sizes, and her prices ain't bad. They're even better for me when I insist she make me one at a big discount for giving her this free "pub." In fact, you can funnel your orders to me and I'll start insisting on a 15% commission. (Just kidding, Helen. Helen? Helen, are we still friends?) Anyway, if interested, call Helen at 564-4410.

Duffel bag gets 1st item

Remember that duffel bag I mentioned last month? You know, the one I said we would be raffling off at the end of the year after filling it during the year with an assemblage of goodies? Well, please be duly advised that the first item to enter the bag was a new pair of women's Saucony running shoes. We are currently soliciting other goods. Anybody got any X-rated videos they don't want?



Banquet

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There were many other Banquet treats:

- Joe Stommel as Professor Mind Shocker, giving his Dave Letterman-like Top 5 (instead of 10) lists.
- A great barbecued ribs meal served by the Gold Dust Crew.
- "The Quarter Game" choreographed by Kathy Stommel.
- A kids Scavenger Hunt moderated by Carol Carstensen and Marijane Martinez.
- A limericks extravaganza dreamt up by Mr. Mind Shocker.
- A Baby Picture ID Contest won by Mis-

ti who, get this, was able to identify all 16 baby pictures.

- Raffle drawings of a ton of items, which helped produce some needed cash for our Youth Fund.

I'm remembering some other awards ... gift certificates, free entry into 1995 SCR races, free entry into YMCA-produced races, etc. And your beloved editor got his head swelled with a special "What A Dude!" certificate and kind words from Nick. Neato!

All in all a great night. Many thanks to the committee members (listed on Page 4).

❄ Frostbite Five ❄



Training to do your best

You're probably aware of the value of carbohydrates for running fuel. But extra protein can be necessary, too. "Additional protein is needed for more intensive workouts, such as interval training and downhill running, because protein may speed repair of the muscle damage these types of workouts can inflict."
 – **Sharon Bortz**, M.S., R.D.

Royal Gorge Run

The scenic but difficult **Royal Gorge Run**, a popular race its first two years, evidently wasn't popular enough to be retained on the schedule and won't be held this year. What a shame! I really enjoyed thinking about how much all of those runners were suffering on those hills. Wish they could suffer again.



Mike Orendorff steamrolls to the finish line to become the overall winner of the Frostbite Five with his time of 28:50

Photo by The Franch

Frostbite Five results

Results of the annual Frostbite Five race held Feb. 4. Distance: 5 miles.

Results taken off the results board

Name, City	Age	Time
1. Mike Orendorff Pueblo	43	28:50
2. Paul Koch, Colo. Springs	26	29:07
3. Mark Koch, Pueblo	35	29:57
4. Marty Garcia, Pueblo	34	31:25
5. Robert Brotherton, Security	36	31:36
6. Scott Dart, Green Bay	21	32:07
7. Greg Laney, Pueblo	37	33:05
8. Marv Bradley, Cañon City	55	33:58
9. Rodolfo Reveles, Pueblo	30	35:41
10. Theresa Hockers, Pueblo (first female finisher)	21	35:45
11. John Castanha, Rye	35	35:53
12. Dan Gallegos, Pueblo	33	36:03
13. Don Pfost, Pueblo	54	36:30
14. Phil Rose, Colo. Springs	57	36:36
15. Marius Carstensen, Pueblo	30	36:47
16. Robert Santoyo, Pueblo	32	36:52
17. Dave Guhl, Colo. Springs	38	36:54
18. Carol Carstensen, Pueblo	32	36:57
19. Helen Robinson, Pueblo	36	37:01
20. Fred Lujan, Pueblo	33	37:44
21. Art Shinn, Pueblo	40	38:33
22. Roger Wilcox, C. Springs	66	39:01
23. Christen Bradley, Pueblo	27	39:55
24. Grover Halter, Cañon City	64	40:34
25. Jeff Cleaver, Pueblo	44	40:36
26. Boni Cosyleon, Pueblo	45	40:51
27. Maggie Corbett, C. Springs	23	40:51
28. Les Lundin, Colo. Springs	46	41:43
29. Trisha Ferguson, Pueblo	43	42:03
30. Mike Archuleta, Pueblo	34	42:52
31. Joyce Simony, Pueblo	46	42:54
32. Eugene Arellano, Pueblo	46	44:49
33. Denver Wood, Denver	62	45:17
34. Beth Bryant, Arvada	54	46:34
35. Kathy Stommel, Pueblo	38	46:55
36. Julie Arellano, Pueblo	42	47:36
37. Aaron Orendorff, Pueblo	12	47:54
38. Ava Castanha, Rye	36	49:50
39. Ann Marsico, Pueblo	27	53:32
40. Traci Dworshak, C. Sprgs	30	55:25
41. Marilyn Weisingel, C. Spgs	33	55:26
42. Melinda Orendorff, Pueblo	42	58:53
43. Priscilla Portillos, Pueblo	56	1:01:26
44. William Hayes, Pueblo	39	1:05:15
45. Lancy Hayes, Pueblo	10	1:12:28

Summary

More than half the race field signed up on race day, slowing the bullets that Race Director Ben Valdez had been sweating and making the Frostbite field respectable. If those SCR clowns who ran in Las Vegas the same day had run here instead, they would have helped the numbers here and saved them-

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Some '95 racing dates of note

Let's start getting those vacation days scheduled now so you can have the important dates off in order to travel to races all over Colorado. Here are some of more notable out-of-town racing dates I've gotten so far:

- April 30 Cherry Creek Sneak
- May 14 Triple Crown 10K Tune-Up
- May 29 Bolder Boulder 10K
- June 11 Garden of the Gods 10-Mile
- July 16 Colorado Springs 10K Classic
- Aug. 19 Pikes Peak Ascent
- Aug. 20 Pikes Peak Marathon

Run for the Dream

Results of the annual Run for the Dream 5K race held Jan. 15 along the Fountain River Trail:

Overall winners

Male – Juan Carlos Herrera 16:00

Female – Misty Frey 22:01

Top age division finishers

- Male**
- 30-39: 1. Tim Vigil 16:20. 2. Marty Garcia 18:04. 3. Bill Veges 19:45.
 40-49: 1. Dave Diaz 18:32. 2. Joe Stommel 27:03. 3. Steve Farley 27:28
 50-over: 1. Marv Bradley 21:02. 2. Don Pfost 23:00.

Female

- 30-39: 1. Helen Robinson 22:49. 2. Kathy Stommel 27:03. 3. Gloria Farley 27:41.
 50-over: 1. Pat Carver 31:32.

Racing Calendar

Pueblo-Canon City area

February

- 19 Sun 11:00 AM **SCR Handicap #1, 6M** 4023 Valley Dr. (Northridge)
- 26 Sun 11:00 AM **Spring Runoff Training Run, 8M** Side Pocket

March

- 5 Sun 8:20 AM **Spring Runoff, 2M, 10K, 10M** Cavalcade/Side Pocket area
 - Toddlers race at 8:20 a.m.
 - 2-Mile race at 8:30 a.m.
 - 10K & 10-Mile races at 9:30 a.m.

- 18 Sat 9:00 AM **SCR Handicap #2, 5K + or -** Nature Center

April

- 2 Sun 9:00 AM **Run for Justice, 10K** YMCA, 7th & Albany
- 30 Sun 9:00 AM **Y-BI Classic Biathlon, 11.2M bike & 5.5M run** Pueblo West

Other areas

February

- 25 Sat 10:00 AM **Black Forest Series #4, 10K or 25K** Wolford Elementary School - Black Forest

March

- 11 Sat 10:00 AM ... **St. Patrick's Day 5K** Old Colorado City (Springs)
- 12 Sun 9:45 AM ... **Runnin' of the Green, 7K** Denver

Notable Marathons

February	19 Desert Classic (& Half) - Scottsdale, Ariz.....	602-954-8341
	25 Fort Worth (Texas) 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, California	408-625-6226
May	6 Great Potato - Boise, ID (& Half)	208-344-5501
	6 Shiprock, New Mexico	505-599-2200
	7 Lincoln, Nebraska) (& Half)	402-423-4519
	28 Wyoming (Laramie)	307-635-3316
June	4 Steamboat Springs (& Half, 10K)	303-879-0880
	17 Grandma's - Duluth, Minnesota	218-727-0947



Frostbite Five

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selves a nice bundle of bucks, too.

Mike Orendorff had a nice run to post a gratifying victory in 28:50, with Paul Koch coming in 17 seconds later. For the women, newcomer Theresa Hocking, 21 years of age, took overall honors with her time of 35:45. Complete results on Page 6.

Thanks to the Lottery for once again providing some great items for the post-race drawing.

Pieces of the 1995 racing calendar puzzle

Shockingly, and in sharp contrast to past years, the dates for several 1995 races in this area have already been established. It's a milagro, but here they are:

- Ordinary Mortals Triathlon - May 20
- Drag'n On In Triathlon - June 9
- Skyline Challenge - July 1
- Trail Run - July 9
- River Trail Marathon & Half - Oct. 8



Theresa Hockers took overall female honors in the Frostbite Five with her 34:45 time.



We Need Your Help

Did you know that it takes about 80 volunteers to produce the Spring Runoff? No matter how many ways you cut it, Race Director Rich Barrows can't be everywhere during the race.

Hence, if you aren't running in the Spring Runoff, it sure would be nice if you would volunteer to help work on it. Give Rich a call at 544-4349, or call an officer.

Thanks!



Runoff Pizza Party

If you can help work on the race, please try to attend a Pizza Party scheduled for 5:30 p.m. Monday, February 20, at *The Pueblo Chieftain*.

Rich will brief you on the main details of whatever job you are doing at the race. No doubt he'll also brief you on some things you could give a rats about. Buy, hey, it's free pizza, ain't it?

Answer to Movie Quiz on Page 3: Charles Grodin in "Dave."



Handicap Series plans for 1995

A Reintroduction – by Mike Orendorff

The following is an incomprehensible attempt at explaining the mechanics of the 1995 series:

The Handicap Series is a low-key and possibly competitive (that's up to you) set of 9 club events. The events occur from February through December. Winners' and participants' awards in the Series are given at the club's annual banquet in January.

Generally, each run is between a 5K and 5 miles. The 2 "long" runs occur in July and December. Points are earned at each event.

Points from your best 6 of the 9 annual events are used for determining overall series placement. Since points are influenced inversely by the number of participants at each event, you are rewarded for consistently participating throughout the year. This inverse influence affects both the speed points and the predict points earned at each event.

Speed points are determined after first handicapping your time based on 10K male and female age group world records. You get to see how "good" you are without regard to age or sex.

Self-knowledge or self-control earn you predict points. You cannot wear a watch during the run because prior to the event you must take the skimpy knowledge the race director has about the course and predict your time. There is no handicapping of this portion of the fun.

So join us at 11 a.m. Sunday, Feb. 19, at Betsy Hill's place at 4023 Valley Drive in Northridge for the first Handicap of the year. It is held on 6 miles of the Spring Runoff course.

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1994 Handicap participants

As announced at the SCR Awards Banquet, all persons completing 5 or more of the 1994 Handicap Series earned various dollar points towards the purchase of running books from Cedarwinds Publishing. I will place the order at the end of February. Place your order with me by leaving a message at 561-2956.

If you did not pick up your complete set of the 1994 events (all participants get a bound set), you can do so at any 1995 event.

If you qualified for book dollar points but did not get your book information at the annual banquet, please give me a call also at 561-2956.

Ride the Rockies

Registrations are now being taken for the Ride the Rockies, an annual bicycle tour in Colorado. Applications are due Feb. 25. The tour is limited to 2,000 cyclists. The registration fee is \$160, which includes a whole s...load of neat items. For info., call (303) 820-1338.

"The absence of ordinary pleasures may take an even greater toll on our health than stress does." – State University of New York study

Dufus axiom:

"The lug who clearly demonstrates the lowest IQ in the weight room invariably will be using the locker next to you." – The Franch

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

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