

May, 1995

FOOTPRINTS

EDITOR: Gary Franchi

★★★ "Flatirons, Here We Come" Edition ★★★



It's Miller Bolder time!

Everyone I know looks forward to running the Bolder Boulder 10K every year. This year, Frank Shorter will be running. Arturo Barrios will be running. Shoot, barring injury, even Andy Ballou will be running.

The Memorial Day weekend has become synonymous with the Bolder Boulder. Drove of Pueblo and Hinterlands runners make the trip each year, and with good reason. For many, it's a weekend of both relaxation and partying, good eats at Boulder foodspots, along with the race and the revelry afterward in Folsom Stadium.

Join the Pueblo and SCR contingent in its usual spot in SECTION 215 at Folsom. One hint: bring a cooler - filled!

History 101

How the SCR's roots were planted

by Jeff Arnold

(Additional information provided by The Editor through conversations with Don McMahon.)

When I think about the Southern Colorado Runners of 1995, I can hardly believe that Pueblo went without a running club for so long. I've thought for years that new members might be interested in the history of our club, but that history doesn't quite make sense until we touch upon the "prehistory," which for me begins with the Southern Colorado Striders.

The formation of the Striders was the result of a couple of factors.

For one, there were many different Puebloans who had an interest in running and were doing a variety of different things to promote running. They included coaches Larry Pickering at Centennial and Joe Garcia at East; Jack Stucki, a local decathlete; Wilbur Arnold, my father; Jim "Spank" Blasing, track coach at the University of Southern Colorado; and Don McMahon, who was the Physical Education Director at the Pueblo YMCA.

Second, in 1967, Mexico City was selected to be the site of the 1968 Summer Olympics, and Alamosa, according to McMahon, was the official site of the Mexico City marathon trials.

Running - especially long-distance running - was proliferating in the area at this time. Pickering was coaching state cross country champions at Centennial. Blasing was putting on clinics. There was talk of hosting Rocky Mountain AAU championships.

S.C. Striders

The Southern Colorado Runners club is 15 years old this year. Beginning with this issue, Footprints will provide monthly glimpses of the club's history and the people who were instrumental in its early formation.

To maintain the interest, several individuals decided it would be wise to join forces and schedule a number of quality races. These individuals included Wilbur Arnold, Rev. Andy Hornbaker, McMahon, and Stucki. The result was the formation of the Southern Colorado Striders in 1967. Stucki was the first president.

At first, organization was lax. "A lot of meetings were held in the basement of my house," said McMahon. "We didn't know what we were doing." Later, Blasing let the group have its meetings in his classrooms at USC.

When I moved back to the Pueblo area from Boulder in the summer of 1970, the Striders were in full swing and sponsored several running activities, including track meets at the old Centennial Field, staggered-start handi-cap races at City Park and Colorado Springs' Memorial Park, daily fitness runs from the YMCA to and around Mineral Palace Park, and two annual Rocky Mountain AAU Championships.

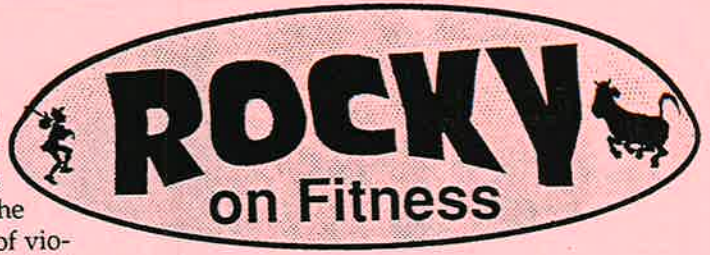
The 25K race was an April event that started at the Fairgrounds, went west to

Continued on Page 6



Running helps one deal with a tragedy

by Rocky Khosla, M.D.



Quote of note:
"Have you noticed how the hole in the ozone layer has grown progressively larger since rap got popular?"
- Dave Barry (humor writer)

Fitness Trivia

Question:

I just got hold of a track and field schedule for the 1996 Olympics. The first event is the 20-kilometer walk. Boy, does that sound exciting! Zzzzzzz! But the last event is the men's marathon. Cool! Okay, now that I've given you all that great information, tell me this: Where the heck will the 1996 Olympics be held? (Hint: it's been mentioned in a past issue of Footprints.)

Does Atlanta sound familiar?
Answer:



Like a lot of you, I've been having a tough time coming to grips with this awful tragedy in Oklahoma City. I guess the sheer magnitude of destruction and the loss of human lives due to an insane act of violence leaves us all angry and frustrated. And these feelings are intensified because a lot of innocent, helpless children were hurt or killed.

So how do we deal with such feelings? For myself, I once again turned to what has gotten me through a lot of stressful and difficult emotional times - running. In fact, during the first 2 weeks after the bombing, I upped my mileage by about 20%, and that has really helped me deal with some of my feelings.

How does running help psychologically? I am not sure that we can explain all of the effects, but a lot of it has to do with chemical messengers in the brain called neurotransmitters.

Runners tend to have higher levels of a particular type of these called "endorphins" and "enkephalins," the so-called natural painkillers. A couple of recent studies also have suggested that runners have higher levels of a neurotransmitter called "serotonin," a low level of which may be associated with anxiety and depression.

Also, people who participate in endurance exercise may be letting their brains "freshen up," and some researchers have found that runners tend to experience more "ah-ha" events than non-runners. These "ah-ha" events

take place at the moment when a person realizes a solution to a problem that he or she previously couldn't solve.

Nobody knows exactly what leads to these feelings. I know personally that I have gotten some of my most creative (and often off-the-wall) ideas after or during runs.

So how do I deal with the horror of the events at Oklahoma City? I go on long runs, I hug my wife and children, and I hope for peace for all the friends and families of people who were hurt or killed there.


Till the next time ...

Joe Vigil to speak in Salida


Joe Vigil, internationally renowned for amassing several national championships while coaching track and cross country at Adams State College, will conduct an Endurance Sports & Fitness Symposium from 2 - 5 p.m. Sunday, June 11, at Salida's historic Steamplant located at Sackett and G Street in downtown Salida. Vigil is currently the U.S. Olympic Distance Coach.

The cost of the symposium is \$15 if pre-registered, \$20 at the door, and \$3 for students. Call 719-539-3874 for information.


All the cool people will meet in Section 215 of Folsom Stadium after running the Bolder Boulder. Join the Brewski Sisters there!



GOLD DUST SALOON
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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, John Doe #2	

Footprints is published monthly and distributed to all SCR members, despite their preference for reading pamphlets printed by the Michigan Militia. The editor welcomes similar literary endeavors.

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 disseminate massive quantities of No-Doz to the others present.



Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of Virginia Woolf: *"The older one grows, the more one likes indecency."* (Ed. Note: True!)

What a wacky world!

The O.J. trial drones on with a new disaster – and one less juror – every week. The U.S. discovers there are terrorists at home, too, after they strike in Oklahoma City. Baseball finally gets its sh– together, but it starts the season without the regular umps. Dunkop-fin! (*Hey, Marius, is that the correct spelling of the plural?*)

Egads, is there any sanity left? No wonder "The Rock" has increased his running mileage (see Page 2). How else can we cope with this mess?

To make matters worse for me, I've heard some unbelievable verbiage on the radio during the past month as I've commuted back and forth between Colorado City and Pueblo. Being an information junkie, I inhale heavy dosages of the news and talk shows. I'm a regular listener of KKPC's Prime Sports Radio, KOA's talk and news shows, the hockey show from St. Louis (which you can tune in at night on AM 1102), and news and sports on KCSJ and KDZA. Unfortunately, along with the informative reports you get a ton of drivel. Sort of like Great Stuff columns, only with more information. Anyway, here's a sample of some of the recent verbosity that I've been an audio witness to:

- After struggling through my latest knee injury, alternate training activities have become precious. Thus, when I heard a call-in guest mention in-line hockey on KOA, I took notice. Heck, Ruth and Shelley at the Gold Dust have raved about inline skating for years. Everyone else seems to love it, too. And hockey on roller skates, which I played regularly as a kid, is still my favorite all-time athletic activity. Anyway, the caller – obviously an organizer – claimed that 5,000 people in the U.S. sign up monthly to play in in-line hockey leagues. Hmm. You know, statistics are easy to throw around, but doesn't this seem a bit high? Where do they play all the games? In Wal-Mart parking lots? In elementary school gyms? Actually, me-thinks they're played in the caller's dreams.

- During a wrapup report on the Boston Marathon, the statement was made that, at the start of the race, "runners were visible as far as the naked eye could see." Naturally, I've been wondering what the heck "naked eye" means. And what happens is an eye is clothed?

- The coverage of the O.J. trial is outrageous. KOA has stationed a reporter in the

courtroom, and he gives about a 10-minute analysis report every morning while I'm driving in. One day he came up with this gem: "They're going to have to "rehabilitate the testimony." Huh? You know, I think this reporter needs to rehabilitate his mental processes.

- Some lady has a regular health and fitness show on Prime Sports Radio. I thought this was pretty cool until she made a statement about something "being a mute point." Uh, I hate to be negative, but shouldn't that be "moot" point? Or is my questioning her vocabulary just a moot point?

- And then there are all the broadcasters who like to question whether an athlete's talents are being "underutilized." Now, really, what the heck does this mean? In fact, it makes me wonder: how come they never say that someone's talents are ever "overutilized?" In fact, I'd say that most broadcasters' mouths are overutilized. Most *Footprints* readers would probably say that the space in each of these issues is overutilized.

Have a beautiful life, gang. And remember: enjoy every laugh you can get because a radio announcer mentioned today that the latest "Mirth Index" shows the cost of laughing jumped 4.4% this year, led by an increase in the cost of *Mad* magazine.



The Editor and Lois Pfoist do their best to raise the world's Mirth Index during the Y-Bi Classic biathlon last month.

Photo by George Balles

Ultimate in idiocy item of the month:

Actually, two items this month:

1. Ballroom dancing will be an event at the next Olympic Games. I'm not kidding! Of course, if synchronized swimming is a sport, then ballroom dancing might as well be, too.

2. This one's even better: I was watching CNN Headline News and the scores were being flashed at the bottom of the screen.

One of them was: "Suns 4, Warriors 1." Gee, what a meaningful score!

Movie Line of the Month:

"Lots of folks around here are gonna miss you. I don't mean me, but a lot of folks."

Guess the supporting actress who spoke these honest words to Michael J. (NOT Jordan!) and the movie in which it occurred. If you guess right on both items, consider yourself a true country boy or girl.

The correct responses, as usual, are in that very tiny type on another page. By now you should know what page that is.

Cinco de Mayo 10K

by Marijane Martinez



Training to do your best!

Wearing lightweight racing flats "provides the serious runner with a psychological advantage" but not the durability one will get from heavier training shoes. Further, racing flats could provide the mental edge a runner needs to run a faster time, but verifiable gains in speed cannot be quantified.
- *Triathlete* magazine

Marvin does Boston!

The SCR's Marvin Bradley was the only runner from the Pueblo and Hinterlands area to officially complete the Boston Marathon last month. Marv, a resident of Canon City, recorded a fine 3:38 time to finish 416th in his age division and 4,677th overall. Marv said he enjoyed the support from savvy spectators during the entire distance. Nice job, Marv!

Although participation was down about 50%, the 54 participants who showed up for this year's Cinco de Mayo 10K had a good time. The Colorado State Fair dropped its sponsorship of the event but was still kind enough to obtain city police coverage, which was an immense savings to the SCR.



Part of the reason for the low participation was due to the fact that entry forms went out a little late, but nevertheless our contingents from Trinidad and Colorado Springs were missed. The tank tops were responded to kindly, which has been unlike previous years.

Thanks to Dave Diaz and Misti Frey for their input and to Norm Rowell for the finished product. A special thanks to all of the volunteers and especially to Rich Barrows for his chili beans. It was a pleasure having families of participants handle the water stations.

Hopefully, we'll be able to locate a sponsor by next year since this is one of our finest events. With a little financial backing, this race can once again flourish. So, if you can or know anyone who is remotely interested in being a sponsor, please have them contact either Nick or Marijane at 564-6043. With or without it, we hope to continue the Cinco de Mayo 10K. A special thanks to all who participated!

Cinco de Mayo results

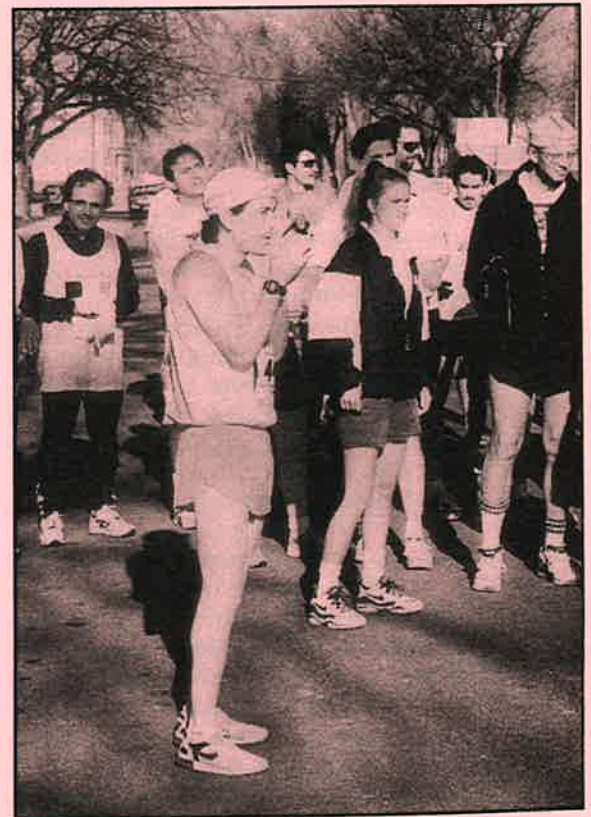
Compiled by the finish line crew

Name, City	City	Age	Time
1. Tim Vigil	Walsenburg	31	34:45
2. Mark Koch	Pueblo	35	37:17
3. Dave Diaz	Pueblo	46	37:42
4. Marty Garcia	Pueblo	34	39:00
5. Jim Robinson	Pueblo	43	39:35
6. Juan Salinas	Pueblo	32	40:32
7. Mike Bosso	Pueblo	30	41:12
8. Hector Leyba	Penrose	44	41:25
9. Greg Laney	Pueblo	37	41:37
10. Paul Chacon	Pueblo	40	43:04
11. Bill Veges	Pueblo	37	43:38
12. Dennis Normoyle	Colo. Springs	51	44:21
13. Dan Gallegos	Pueblo	33	44:34
14. Marv Bradley	Canon City	56	44:35
15. Rich Barrows	Pueblo	35	45:28
16. Ed Leanos	Pueblo	47	45:31
17. Robert Santoyo	Pueblo	33	45:36
18. Misti Frey	Pueblo West	27	45:41
19. Don Pfost	Pueblo	54	45:46
20. Art Shinn	Pueblo	40	45:58
21. Hilbert Navarro	Pueblo	54	46:24
22. Rick Hallenstine	Pueblo	32	46:36
23. Adrian Suazo	Pueblo	29	46:36
24. Sam Brown	Pueblo	37	46:38
25. Kevin Baker	Colo. Springs	26	47:20
26. John Rebal	Pueblo	48	48:08
27. Gary Carter	Pueblo	40	48:10
28. Marius Carstensen	Pueblo	30	48:40
29. Christen Bradley	Pueblo	27	48:40
30. Ralph Regalado	Pueblo	58	49:40
31. Greg Fruhwirth	Fowler	37	50:08
32. Mike Archuleta	Pueblo	30	50:53
33. Joyce Simony	Pueblo	46	52:32
34. John Vigil	Thornton	43	52:34
35. Dick Greet	Rye	56	52:43
36. Anthony Suarez	Pueblo	31	54:02
37. Bob Erickson	Pueblo	51	54:36
38. John Holiman	Pueblo	68	54:51
39. Paul McWhorter	Pueblo	46	56:50
40. Chris Montoya	Pueblo	13	58:52
41. Kathy Stommel	Pueblo	38	59:10
42. Melissa Thiebaut	Pueblo	14	62:14
43. Lynn Miller	Pueblo	44	62:14
44. Cathy Sanchez	Arvada	33	64:44
45. Carlos Rodriguez	Pueblo	50	67:20

46. Nick Segura	Pueblo	47	68:00
47. Jessica Romero	Pueblo	11	69:00
48. Cathy Perkins	Pueblo	56	

Race-walking:

1. Melinda Orendorff	Pueblo	42	74:20
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Tim Vigil of Walsenburg was in front of the field before the Cinco de Mayo 10K race even got started. He went on to take the lead early and score an easy victory with his time of 34:45.

Photo by Gary Franchi

The SCR Handicap Series Report

Event #3 – Ramsgate 8 8K
 Date: 4/15/95 Distance: 8 kilometers
 Hosts: Don & Lois Pfof

Calculation of Speed Points

Pl	NAME	AGE	SEX	H'CAP	RUN TIME	PLACE TIME	SPEED POINTS
1	Dave Diaz	46	M	0.90	30:13	27:12	30
2	Dan Caprioglio	34	M	0.99	29:39	29:21	29
3	Jessie Quintana	51	F	0.73	43:35	31:49	28
4	Marijance Martinez	42	F	0.82	38:49	31:50	27
5	Nick Leyva	41	M	0.94	34:14	32:11	26
6	Melinda Badgley **	42	F	0.54	1:00:23	32:36	25
7	Rich Barrows	35	M	0.98	33:33	32:53	24
8	Hilbert Navarro	54	M	0.86	38:26	33:03	23
9	Robert Pratt	35	M	0.98	33:50	33:09	22
10	Ben Valdez	34	M	0.99	33:46	33:26	21
11	Don Pfof	54	M	0.86	39:31	33:59	20
12	Helen Robinson	36	F	0.86	40:04	34:27	19
13	Dick Greet	56	M	0.82	42:46	35:04	18
14	Mike Borton	39	M	0.98	36:07	35:24	17
15	Robert Santoya	32	M	0.99	38:31	38:08	16

** Walker Handicap

Calculation of Predict Points

Pl	NAME	RUN TIME	PREDICT TIME	VARIANCE	PREDICT POINTS
1	Dan Caprioglio	29:39	30:00	00:21	45.0
2	Rich Barrows	33:33	34:00	00:27	43.5
3	Nick Leyva	34:14	35:00	00:46	42.0
4	Melinda Badgley **	1:00:23	59:30	00:53	40.5
5	Hilbert Navarro	38:26	39:30	01:04	39.0
6	Ben Valdez	33:46	35:00	01:14	37.5
7	Dave Diaz	30:13	31:30	01:17	36.0
8	Jessie Quintana	43:35	45:00	01:25	34.5
9	Mike Borton	36:07	38:00	01:53	33.0
10	Robert Pratt	33:50	36:00	02:10	31.5
11	Dick Greet	42:46	45:00	02:14	30.0
12	Don Pfof	39:31	42:00	02:29	28.5
13	Robert Santoya	38:31	36:00	02:31	27.0
14	Helen Robinson	40:04	42:45	02:41	24.8
15	Marijance Martinez	38:49	41:30	02:41	24.8

#3 Handicap Race Summary

Pl	Person	Speed	Predict	Total
1	Dan Caprioglio	29	45.0	74.0
2	Nick Leyva	26	42.0	68.0
3	Rich Barrows	24	43.5	67.5
4	Dave Diaz	30	36.0	66.0
5	Melinda Badgley	25	40.5	65.5
6	Jessie Quintana	28	34.5	62.5
7	Hilbert Navarro	23	39.0	62.0
8	Ben Valdez	21	37.5	58.5
9	Robert Pratt	22	30.8	52.8
10	Marijance Martinez	27	24.8	51.8
11	Mike Borton	17	33.0	50.0
12	Don Pfof	20	28.5	48.5
13	Dick Greet	18	30.0	48.0
14	Helen Robinson	19	24.8	43.8
15	Robert Santoya	16	27.0	43.0

1995 Handicap Series summary to date

Name	Total	#1 2/19	#2 3/95	#3 4/15
1 Dave Diaz	187.0	50.5	70.5	66.0
2 Don Pfof	179.5	71.0	60.0	48.5
3 Melinda Badgley	170.3	52.8	52.0	65.5
4 Marijane Martinez	169.3	60.0	57.5	51.8
5 Ben Valdez	167.3	53.3	55.5	58.5
6 Hilbert Navarro	167.0	57.5	47.5	62.0
7 Rich Barrows	165.0	38.5	59.0	67.5
8 Helen Robinson	160.3	64.5	52.0	43.8
9 Robert Santoya	149.3	50.3	56.0	43.0
10 Dan Caprioglio	131.0	57.0	74.0	
11 Mike Borton	114.0		64.0	50.0
12 Bill Veges	113.5	46.0	67.5	
13 Gary Franchi	109.3	60.5	48.8	
14 Nick Leyva	107.0	39.0		68.0
15 Dick Greet	77.0	29.0		48.0
16 Bob Veges	68.0		68.0	
17 Joe Stommel	65.0	65.0		
18 Jessie Quintana	62.5			62.5
19 Jim Robinson	54.5	54.5		
20 Marius Carstensen	53.5		53.5	
21 Robert Pratt	52.8			52.8
22 Kathy Stommel	52.0	52.0		
23 Carol Carstensen	50.8		50.8	
24 PerryLee Garcia	46.8	46.8		
25 Gloria Farley	40.5	40.5		
26 Mark Wilkinson	37.5		37.5	
27 Steve Farley	34.0	34.0		
28 Misti Frey	27.5	27.5		

**Thanks to Mike Orendorff
 for providing everything
 you see on this page.**

Remaining 1995 Handicap Series races

- June 9 Friday, 6:45 PM – Holy Family Parish 5K
- July 1 Saturday – Canon City Skyline Challenge 10K
- Aug 6 Sunday – Franchi's Nirvana 4-Miler & Brunch
- Sept 25 Sunday – Power Waffle Run & Brunch, 4.1 Mi
- Oct 14 Saturday Night – Harvest Picnic, Bonfire & Poker Run 10k
- Dec 10 Sunday – Nick & Mj's Brunch & 8.4 Miles

