

★★★ Infotainment Edition ★★★

## Meet the Runner

### "Little Miss Priss" shows she's a tough young lady

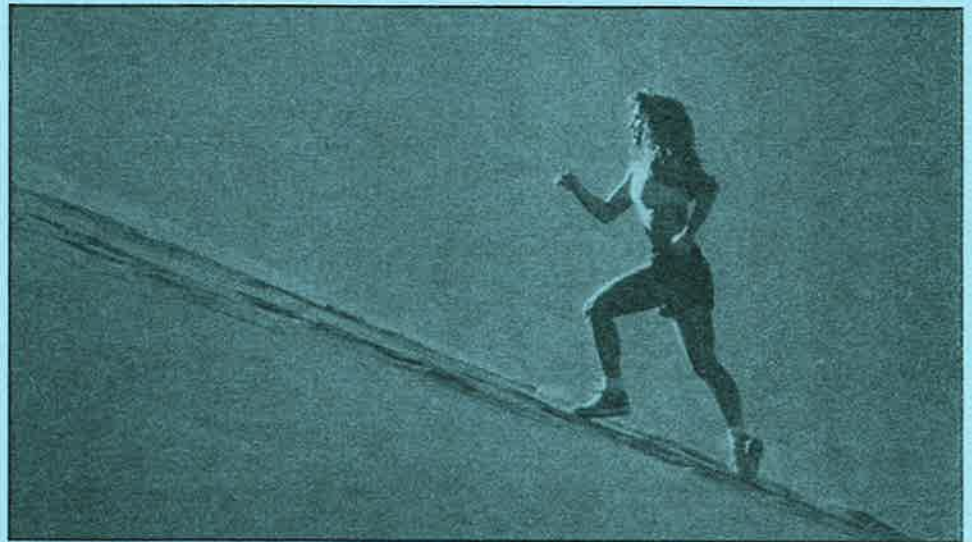
Name: Amanda Franchi  
Age: 18  
Height: 5' 3 1/2"  
Weight: 112 lbs.

by Marijane Martinez

Amanda Franchi (affectionately known as Manda to family) was born in Detroit, Michigan on December 26, 1976. She went home with proud parents - Gary (Senor Newsletter Editor) and Cathy Franchi - and hasn't stopped amazing them yet. Amanda also has a younger brother, Aaron, who will be a freshman at Rye High School this Fall.

Amanda did not follow the usual athletic track. Other than a couple of years of kids soccer at a very young age, she played no organized sports. When she was about 5 or 6 years old she ran the Pumpkin Pursuit (the shorter race for kids) with her dad. She went on to middle school where she was the typical "Miss Socialite," spending most nights on the phone. In her freshman year at East High, she became a cheerleader and continued her "socializing" era. That was the year she was a wild party girl and a big headache to her parents (sounds pretty normal to me).

Despite having absolutely **NO** running experience, Amanda went out for girls track during her sophomore year at East because she had several friends who were on the team. This



Amanda Franchi training on the sand dunes near Alamosa

Photo by Bryan Kelsen

not only shocked her parents but also her friends (who thought she was too "prissy" to run track).

Amanda was "discovered" at a freshman-sophomore meet early in the season when she took first place in the open 800-meter race. Coach Janet King-Martinez was impressed enough to not only recognize this as Amanda's event also to put her on what was to become an outstanding 3,200-meter relay team that included twins Annette and Bernadette Leyba and Bridget Gharrity.

Some of Amanda's accomplishments while participating in high

school track were:

- Qualifying for state 3 years in the open 800 and 3,200 relay and, in her senior year, also in the 800-medley relay for which she ran the anchor 400 leg.
- Personal bests of 2:25 in the 800 and 61 seconds in the 400.
- During her three years at East: 3,200 relay took 4th, then 2nd, then 2nd again at state. The medley relay team took 5th at state this spring in her final high school track event.

Most important, she began learn-

Continued on Page 3



# Don't expect this drink to fit you to a tea

by Rocky Khosla, M.D.



## Quote of note:

"If you don't listen to radio talk shows you really should, because it gives you a chance to reassure yourself that a great many people out there are much stupider than you are."

- Dave Barry  
(humor writer)

## Fitness Trivia

### Question:

How about that 5K time recorded by the SCR's Joe Stommel (19:06 -- see Page 5)? Pretty salty!

And you may recall that the SCR's Juan Carlos Herrera, now living in Trinidad, won the Run for the Dream 5K earlier this year in 16 minutes flat. That's fast!

Speaking of 5K times, Lynn Jennings became the national 5K road-racing champ this month in a race in Albany, N.Y. Guess what her time was. (Answer below.)

15:24 time.  
Lynn sped to a  
**Answer:**



Since I have run across quite a few patients who are drinking a mysterious concoction called the kambucha tea, I thought that I would write a word or two about it.

Just to give you some background, the kambucha tea is supposedly an ancient yeast-culture tea that is made from a mushroom that looks like a pancake. To prepare this tea, you have to get the mushroom (and there are lots of folks handing these out all around town), and then ferment it in water, tea and brown sugar. You are never supposed to touch this material with any metal, and you are supposed to then cover the container with cheesecloth and leave it to ferment in a cool, dark place for seven days. You can then drink the material and use the mushroom all over again. The mushroom will also have baby mushrooms that can be starters for more of the stuff.

Supporters of the tea claim that it can eliminate wrinkles, prevent certain types of cancers, reduce menopausal hot flashes, cure constipation, help clear asthma as well as bronchitis and kidney problems, allow regrowth of hair, help the liver function better, and help insomnia. All of the above claims have yet to be proven since this tea has not been studied in any controlled fashion yet.

I do not recommend that you consume this tea since there are now quite a few anecdotal reports of morbidity and mortality that may be associated with consumption of this tea. I have personally taken care of several patients who have had liver function abnormalities and pos-

sibly worsening of their gout, most probably due to drinking this tea. Several other patients who have admitted to drinking large amounts of this tea have also suffered from kidney stones.

What truly amazes me is that you can tell patients to take medications that have been studied exhaustively and have been proven to have beneficial effects, and patients will just not take these. But, hey, if their neighbor hands them an unusual fungus and asks them to brew it up in the dark and drink it, without knowing anything about exactly what is in this biological soup, these same people will gulp down gallons with nary a worry.

Till the next time, happy tails and stay away from the 'shrooms!

## Exercise has many benefits

You probably are aware that exercise strengthens the heart and reduces the risk of coronary problems, but there are other benefits.

For instance, there is growing evidence that it also boosts the immune system and decreases the threat of a wide range of illnesses ranging from colds to some cancers. Shazam!

Exercise also may slow the decline in immune function that often comes with age.



As the summer heats up, refresh yourself with a cool one at the Gold Dust Saloon.

**GOLD DUST SALOON**  
MFRID INC.  
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, Connie Chung

Footprints is published monthly and distributed to all SCR members who know how to spell their own names. The editor gives out gold stars to all those who submit literary pieces.

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, help babysit the President's young daughter, and inject some needed doses of intelligentsia.

# Meet the Runner

Continued from Page 1

ing about nutrition and discipline during her high school track career.

Amanda also ran cross country her junior year and was part of East's top 5 that won city and district and placed 5th in the state meet. Amanda's best 5K time was 20:30, which she ran in the state meet. Her dad thinks she has the ability to run a 5K just about as fast as whomever she is training with.

Significantly, Amanda took a weightlifting class during her sophomore year. Little did anyone know then how much this would affect her future. She began lifting weights regularly at the Belmont Fitness and Training Center where she met her first trainer, Joe Alvarez. Amanda was encouraged by Joe and other training partners to participate in bodybuilding, and this has become the focus of her life.

Some of Amanda's accomplishments in bodybuilding to date are:

- In April 1994 (her junior year), she competed in the Steel City bodybuilding meet and took first place in the women's lightweight and mixed pairs divisions.
- In November 1994, she competed in NPC Rocky Mountain Region and took 2nd in the women's teen division and 5th in the women's lightweight division.
- In April 1995, she competed in the Steel City bodybuilding meet and took 1st place in women's lightweight, women's teen, and mix pairs division.

In addition to all of the above, Amanda was East High School's Homecoming Queen and a member of the Aquilas dance group during her senior year. She also has worked part time during her junior and senior years and commuted 30 miles each way to school after her family moved to Colorado City.

Academically, Amanda has been no

slouch either, having just graduated from East High with a 3.7 GPA. She is currently working at Spradley Motors as a customer service representative.

Amanda's future plans include attending UNLV (Las Vegas) in the fall and studying something in the sports/exercise physiology area (perhaps physical therapy). This summer, she will work full time, lift weights, run 2 to 3 times a week, ride the Lifecycle bike and do aerobics. She hopes to run a couple of road races as well and is gearing herself for next year's Bolder Boulder.

Some of Amanda's future goals are to try new sports in college - fun things like rock-climbing or river rafting. If she's close to water, she intends to try water sports. She also will continue bodybuilding and will train at World's Gym in Las Vegas. Her future bodybuilding plans in Las Vegas depend on the level of competition there.

Her words of wisdom to us all are: "You can do anything as long as it's in your head - as long as you believe you can."

Needless to say, Amanda Franchi is the type of "kid" every parent wishes for - she's smart, beautiful, courteous, beautiful, friendly, beautiful, polite, beautiful, and did I mention beautiful?

Initially when I approached Gary about this interview, I indicated I wanted to interview him as well. His response was (and I quote):

"I think I'd rather you do it just on her (Amanda) than also on me since so many people in the club already know me. Besides, I ain't accomplished diddly-squat compared to her."

I just have one thing to say to Senor Editor - AMANDA - that is what you have accomplished! Without your love, support and constant encouragement, I doubt that she would have become the wonderful young woman she is today. You have every right to be proud, dad. She is "one in a million."



Amanda posing at the NPC Rocky Mountain bodybuilding competition

Photo by Gary Franchi



## Ultimate in idiocy item of the month:

I hear where the Bay to Breakers race in California drew its usual million or so participants this Spring. As usual, many runners wore costumes. Even better, some of them ran in the buff. That's right -- El Nudo. Now I'm not a prude or anything, but can you imagine what it must feel like to race without clothes? Male or female, who could stand the bouncing, not to mention having a million or so people staring at you?

## Movie Line of the Month:

"I was going to have some iced tea and split the atom, but that can wait."

Guess the top-notch actress who came up with this gem and in what current movie. If you guess both write, we'll send you to Iowa to help husk corn. Answer in a non-prominent spot on another page. Happy hunting, lads and lasses!

## Next Month:

- SCR History, Part 2
- Results of Holy Family Run



## Training to do your best!

"You should never compete to build your confidence. Confidence does not come from competing - it comes from sound preparation. If you try to build confidence from competing, you will often come out of such competition with less confidence than you had before."

- Jim Taylor, Ph.D.

## Best 10K

Think you're hot stuff because all that speedwork has gotten your 10K times under 43 minutes, eh? Than you'll be happy to know that Haile Gebrselassie of Ethiopia recently set a 10K world record with his 26:43.53 time at the Adriaan Paulen Memorial meet. He broke the old record by 11 seconds. Not fair, is it?

## Running book library

Mike Orendorff has started a running book library that is available to SCR members. Call Mike at 561-2956 for a list of titles.

# Ordinary Mortals Triathlon



Ordinary Mortals Triathlon runners and cyclists share the road, thanks to the staggered waves in the Pueblo Regional Center pool.

Photo by  
George Balles

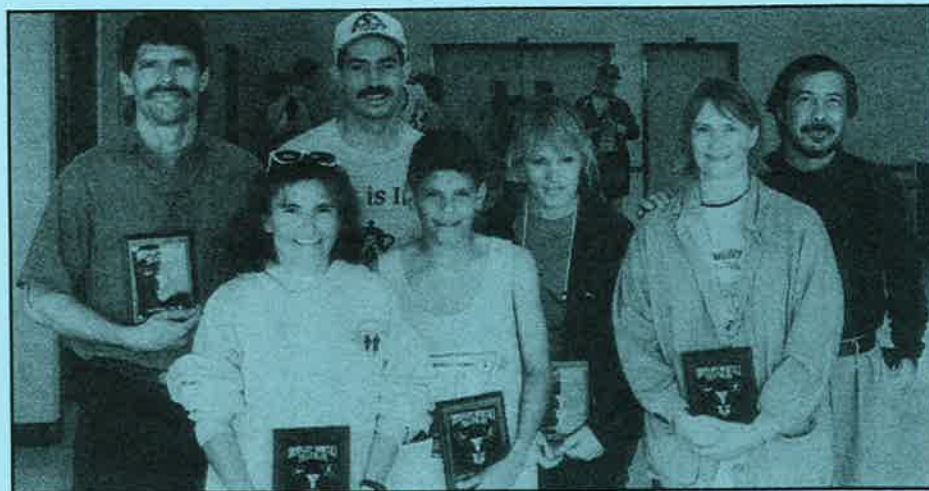
## Ordinary Mortals results

- Results provided by  
Andy Ballou & Mary Lou Henson

| MALE                |                      |               |           |                     |                      |     |           |
|---------------------|----------------------|---------------|-----------|---------------------|----------------------|-----|-----------|
| Name                | City                 | Overall Place | Time      |                     |                      |     |           |
| <b>19 and Under</b> |                      |               |           |                     |                      |     |           |
| Blake Ottersberg    | Pueblo, CO           | 48            | 1:15:32.5 | Bob Holtby          | Colorado Springs, CO | 7   | 1:02:10.7 |
| Ryan Dorsey-Spitz   | Pueblo, CO           | 71            | 1:20:18.0 | Jose Valdes         | Parker, CO           | 12  | 1:04:08.2 |
| Gary Black          | Sheridan, CO         | 89            | 1:27:10.9 | Lonney Vogt         | Colorado Springs, CO | 13  | 1:04:15.7 |
| <b>20 thru 29</b>   |                      |               |           |                     |                      |     |           |
| Jason Williams      | Durango, CO          | 3             | 58:30.6   | Frank Moore         | Colorado Springs, CO | 20  | 1:07:25.1 |
| Philip Hackbarth    | Colorado Springs, CO | 5             | 59:21.3   | Terry Finnegan      | Colorado Springs, CO | 35  | 1:11:34.7 |
| Brian Woltman       | Boulder, CO          | 6             | 59:41.8   | Jim Meyer           | Pueblo, CO           | 49  | 1:15:42.3 |
| Lars Gronholm       | Boulder, CO          | 17            | 1:06:30.6 | Nick Leyva          | Pueblo, CO           | 50  | 1:15:51.0 |
| Thomas Good         | Pueblo, CO           | 22            | 1:08:36.2 | Buzz Bornies        | Colorado Springs, CO | 51  | 1:15:54.3 |
| Steve Ottersberg    | Durango, CO          | 23            | 1:08:49.0 | Roger Wheelock      | Boulder, CO          | 56  | 1:16:22.9 |
| Greg Jr Murnock     | Colorado Springs, CO | 25            | 1:09:16.8 | James Mc Cartney    | Colorado Springs, CO | 57  | 1:16:25.4 |
| Brent Johnson       | Colorado Springs, CO | 26            | 1:10:08.4 | Randy Schmidt       | Colorado Springs, CO | 67  | 1:19:40.8 |
| Nicholas Baake      | Belle Fourche, SD    | 28            | 1:10:49.4 | Gary Franchi        | Colorado City, CO    | 73  | 1:20:42.0 |
| Brian Hareld-Staff  | Estes Park, CO       | 29            | 1:10:59.1 | Rob Redwine         | Pueblo, CO           | 81  | 1:23:31.3 |
| Chris Garcia        | Pueblo, CO           | 47            | 1:15:01.8 | James Robinson      | Pueblo, CO           | 82  | 1:23:42.2 |
| Joseph Gass         | Manitou Springs, CO  | 52            | 1:15:58.0 | Rick Romero         | Pueblo, CO           | 83  | 1:23:55.8 |
| Mark Roosma         | Colorado Springs, CO | 60            | 1:16:45.7 | Dano Weston         | Pueblo, CO           | 90  | 1:27:11.6 |
| Stephen Harris      | Colorado Springs, CO | 69            | 1:20:04.1 | Paul Mc Whorter     | Pueblo, CO           | 96  | 1:28:34.6 |
| John Koski          | Winter Park, CO      | 74            | 1:20:57.1 | Gary Carter         | Pueblo, CO           | 97  | 1:28:50.8 |
| Dan Barry           | Colorado Springs, CO | 86            | 1:25:38.8 | Dave Black          | Sheridan, CO         | 101 | 1:30:08.8 |
| Bryan Krause        | Colorado Springs, CO | 87            | 1:26:16.9 | Martin Ottersberg   | Pueblo, CO           | 103 | 1:30:59.8 |
| <b>30 thru 39</b>   |                      |               |           |                     |                      |     |           |
| Thomas Mc Ginnis    | Colorado Springs, CO | 1             | 57:15.1   | Prudy Cosyleon      | Pueblo, CO           | 114 | 1:37:45.0 |
| Russ Cutting        | Colorado Springs, CO | 2             | 58:10.6   | <b>50 thru 70</b>   |                      |     |           |
| Bruce Miller        | Colorado Springs, CO | 10            | 1:03:51.2 | Ronald Scranton     | Albuquerque, NM      | 34  | 1:11:31.2 |
| Michael Schuldes    | Colorado Springs, CO | 11            | 1:03:58.2 | Bob Welo            | Casper, WY           | 59  | 1:16:26.3 |
| Mark Morgenstern    | Colorado Springs, CO | 14            | 1:04:49.7 | George Balles       | Pueblo, CO           | 72  | 1:20:39.9 |
| John Meyer          | Colorado Springs, CO | 21            | 1:08:05.1 | Larry Nessel        | Denver, CO           | 77  | 1:21:38.7 |
| Scott Smith         | Colorado Springs, CO | 27            | 1:10:43.2 | Jim Whitelaw        | Monument, CO         | 115 | 1:47:18.5 |
| Chris Baker         | Woodland Park, CO    | 31            | 1:11:12.8 | <b>FEMALE</b>       |                      |     |           |
| Robert Pratt Sr.    | Pueblo, CO           | 36            | 1:11:35.4 | <b>19 and Under</b> |                      |     |           |
| Roger Wolther,      | Pueblo, CO           | 37            | 1:11:43.8 | Christina Brachle   | Colorado Springs, CO | 64  | 1:18:46.7 |
| Mark Hill           | Woodland Park, CO    | 38            | 1:11:45.6 | Christy Schuetze    | Colorado Springs, CO | 99  | 1:29:38.4 |
| David Coleman       | Colorado Springs, CO | 39            | 1:12:07.5 | Corrie Rothenmaier  | Colorado Springs, CO | 105 | 1:32:33.4 |
| Chris Gredig        | Pueblo, CO           | 40            | 1:12:31.2 | <b>20 thru 29</b>   |                      |     |           |
| Greg Laney          | Pueblo, CO           | 43            | 1:13:47.2 | Vanessa Larsen      | Colorado Springs, CO | 15  | 1:05:13.4 |
| Tim Benjamin        | Pullman, WA          | 45            | 1:14:07.0 | Erica Jones         | Boulder, CO          | 18  | 1:06:37.7 |
| Colin Campbell      | Winter Park, CO      | 46            | 1:14:51.7 | Dana Anello         | Colorado Springs, CO | 19  | 1:07:07.0 |
| Alex Torres         | Colorado Springs, CO | 55            | 1:16:14.9 | Laura Weise         | Colorado Springs, CO | 42  | 1:13:43.1 |
| John Von Plutzner   | Westminster, CO      | 58            | 1:16:26.3 | Adrienne Kramer     | Pueblo, CO           | 54  | 1:16:14.6 |
| Eugene Wright       | Belle Fourche, SD    | 61            | 1:17:24.0 | Julia Ferguson      | Colorado Springs, CO | 63  | 1:17:46.3 |
| Rocky Khosla        | Pueblo, CO           | 66            | 1:19:07.7 | Jacki Thomas        | Colorado Springs, CO | 65  | 1:18:54.4 |
| John Ottersberg     | Pueblo, CO           | 75            | 1:21:03.3 | Natalie Stephano    | Carbondale, CO       | 76  | 1:21:28.0 |
| Steve Payne         | Woodland Park, CO    | 85            | 1:24:49.5 | Karen Sanderson     | Boulder, CO          | 79  | 1:22:51.4 |
| Neill S. Morgan     | Pueblo, CO           | 104           | 1:32:06.0 | Patricia Murray     | Denver, CO           | 91  | 1:27:15.4 |
| Robert Lane         | Pueblo, CO           | 107           | 1:33:23.4 | Rachel Reichardt    | Carbondale, CO       | 93  | 1:27:50.8 |
| <b>40 thru 49</b>   |                      |               |           |                     |                      |     |           |
| Michael Orendorff   | Pueblo, CO           | 4             | 58:56.8   | Lucienne Snyder     | Denver, CO           | 98  | 1:29:21.9 |
| <b>50 thru 59</b>   |                      |               |           |                     |                      |     |           |
| <b>60 thru 69</b>   |                      |               |           |                     |                      |     |           |
| <b>70 thru 79</b>   |                      |               |           |                     |                      |     |           |
| <b>80 thru 89</b>   |                      |               |           |                     |                      |     |           |
| <b>90 thru 99</b>   |                      |               |           |                     |                      |     |           |
| <b>100 thru 109</b> |                      |               |           |                     |                      |     |           |

Continued

# Ordinary Mortals Triathlon



Race Director Ben Valdez (wearing hat) is shown with Puebloans who earned awards either as individuals or on teams in the Ordinary Mortals Triathlon. From left are Mike Orendorff, Marijane Martinez, Blake Ottersburg, Joyce Simony, Linda Hocking, and George Balles.

Photo by Gary Franchi

## Ordinary Mortals results

Continued from Page 4

| Name                | City                 | Overall Place | Time      |                       |                      |               |
|---------------------|----------------------|---------------|-----------|-----------------------|----------------------|---------------|
| Michelle Blessing   | Colorado Springs, CO | 9             | 1:03:48.4 | Kelly Feather-Leblanc | Colorado Springs, CO | 118 3:00:14.8 |
| Sharon Greenbaum    | Colorado Springs, CO | 24            | 1:09:02.2 |                       | <b>40 thru 49</b>    |               |
| Marleen Puzak       | Denver, CO           | 30            | 1:11:10.2 | Marijane Martinez     | Pueblo, CO           | 92 1:27:41.1  |
| Nancy Schenk        | Colorado Springs, CO | 33            | 1:11:23.2 | Diane Bartlett        | Anchorage, AK        | 110 1:36:24.4 |
| Tammy Begler        | Woodland Park, CO    | 41            | 1:13:17.1 | Rhoda Story           | Denver, CO           | 116 1:49:55.6 |
| Susan Dorle         | Woodland Park, CO    | 44            | 1:14:01.3 |                       | <b>50 thru 70</b>    |               |
| Martha Baker        | Woodland Park, CO    | 53            | 1:16:08.4 | Karen Fady            | Colorado Springs, CO | 88 1:26:50.0  |
| Katherine Spaulding | Colorado Springs, CO | 62            | 1:17:42.0 | Heidi Cadena          | Colorado Springs, CO | 117 2:07:27.8 |
| Dee Nelson          | Aurora, CO           | 68            | 1:19:50.8 |                       | <b>TEAM DIVISION</b> |               |
| Carol Smith         | Pueblo, CO           | 80            | 1:22:53.6 | Balles-Koch           | Pueblo, CO           | 16 1:05:56.7  |
| Joleen Bell         | Colorado Springs, CO | 84            | 1:24:06.4 | Total Performance     | CO                   | 32 1:11:16.9  |
| Catharine Scruggs   | Colorado Springs, CO | 94            | 1:27:51.2 | Ageless               | Arvada, CO           | 70 1:20:14.1  |
| Priscilla Youngs    | Colorado Springs, CO | 108           | 1:34:03.5 | No Name 1             | Pueblo, CO           | 78 1:21:52.2  |
| Pam Chavez          | Colorado Springs, CO | 109           | 1:35:50.9 | The Oreo Cookies      | Pueblo, CO           | 95 1:28:20.2  |
| Kimberly Smith      | Littleton, CO        | 111           | 1:36:33.0 | Go Go Gophers         | Pueblo, CO           | 100 1:29:56.8 |
| Judy Perez          | Parker, CO           | 112           | 1:36:56.7 | Ferguson              | Pueblo, CO           | 113 1:37:01.9 |

## Joe is big cheese in Wisconsin 5K race

by Joe Stommel

The "Badger State." The Cheese Heads." Pabst Blue Ribbon Beer. The home of Johnson Wax.

Have you guessed what I'm referring to? Try Wisconsin, in particular Racine, Wisconsin, where I visited my mom the first weekend of May. During the same weekend, a big local 5K race was held.

Wisconsin was at its best. Mom provided good hospitality. Lake Michigan was placid, and on race day the sun was shining for the first time in a month, so said race organizers - "Thanks for the first nice day of Spring!" Some of them must have been smokin' too much of that corn silk.

The race drew 600 from the area and was sponsored by three local recycling companies. Hence, the name of the race was Trash Dash 5K.

The TAC-certified out-and-back course went past a humongous landfill with a neighborhood of angry residents picketing against an expansion plan.

And they picketed the racers with "Go Home to Colorado and take the compost with you." I smiled and checked the gun rack in the pickup before thinking about flashing any hand gestures.

Interval training at altitude provided a boost and led to a sea-level PR of 19:06, good for a 5th in my age group. Luckily the wood plaque awards went five deep. The chocolate chunk cookies were five inches in diameter. I kept looking for the pizza.

The male and female winners were from a town called Burlington. It was the first time I ever attended a race that had a smoking section in the post-race area ... for runners!

Catch you later - when I hit the road again.

## A word about metabolism

Here's another strike against the McLube habit:

*Men's Fitness* magazine reports in its July issue that weight gain may be an inevitable part of getting older, but not so much for vegetarians as for meat eaters. A study published in the journal *Metabolism* showed that vegetarians may have higher resting metabolic rates than meat eaters. Keep in mind, though, that the study looked at just 17 vegetarians and 40 non-vegetarians, all of whom were men between the ages of 19 and 36 and in excellent health.



## Avoid too many carbs

"A diet too rich in carbohydrates releases high levels of insulin. That causes the body to store fat rather than to burn it. It also can cause the body to retain fluids and sodium and lead to depression, sleeping disorders and food cravings."

- Peg Jordan, nurse

## Heady advice to ease the pain:

### Dos and Don'ts in Preparing for Your First Marathon

#### The lighter side

The SCR exchanges newsletters with a few clubs throughout the state, and I'm beginning to grow fond of the sense of humor of editor Rosco Betunada of the Mesa-Monument Striders in GJ. Under the masthead of his *Strider* newsletter it says: "A Grand Valley/West Slope Institution since 1978 (or so)." And on a couple of occasions Rosco has clipped out funny items from our own issues of *Footprints* and published them in his newsletter. Now there's a guy with great taste!

#### A meaningful statistic

Did you know that swimming has the lowest injury rate of any vigorous sport? It's considered a wonderful activity for people who have bad knees or bad backs. Evidently, a few others realize this because 60.3 million Americans consider swimming their favorite form of exercise. Keep in mind, though, that information on the injury rate of indoor knitting was unavailable.



SCR members Matt Martin and Kim Westerman trekked out of town earlier this month to run the Steamboat Springs Marathon, an event that was run in a steady downpour through most of the first half of the race.

Matt went out too fast and suffered from back spasms but still completed his first marathon in a very respectable 4:21:26. Kim conserved her energy for the last half of the run and went on to finish the marathon, her second, in 4:13:19.

The following is Matt's account of the experience of running his first marathon:

by Matt Martin

I ran my first marathon June 4 at the Steamboat Springs Marathon after months of training. This makes me somewhat of an expert on the dos and don'ts in preparing for a first marathon. Preparation begins with your first thought of running a marathon and ends with your first step of the marathon. Following is my list of what to do and what not to do during the training:

#### 1. Never tell anyone that you are training for your first marathon.

The key to training is to remain positive. This is nearly impossible to do when people find out what you are doing. A first marathon, for most people, is a miserable, excruciating experience. When you tell people you are training for your first marathon, they usually shake their heads and act like you told them you are terminally ill (Ed. Note: Which you are if you've decided to run a marathon). When someone asks why you are running an ungodly amount of mileage each week, just tell them it beats working.

#### 2. Start slow and taper off.

This is not an original thought but one that bears repeating. Save your strength. No matter how slowly you start, it is not slow enough. Save enough energy for the end so you can manage a smile at the camera as you cross the finish line. My marathon motivator and significant other, Kim Westerman, started much slower than me but caught up at 21 miles. I watched in pained amazement as Kim effortlessly sped to the finish line eight minutes ahead of me. After the race, Kim wondered why I did not stay with her when she caught me. I responded: "But I tried!"

#### Area contingent ignores rain to shine in Bolder

How about that Pueblo & Hinterlands contingent at the Bolder Boulder? Spurred on by the cold, wet weather, they were FAST! And none was faster than the SCR's Juan Carlos Herrera. Now living in Trinidad, Juan ran in the elite division and recorded a 33:15. Super!

In the men's citizen's race, placing high were Todd Hund, 15, 36:19; Dave Diaz, 46, 37:07; Dave Di-



Matt Martin ran his 1st marathon - in Steamboat Springs - and even lived to tell about it

#### 3. Spend money on quality rain gear.

Do not be a tightwad. Spring for the best! Nothing is too good for the one day you have looked forward to for months. Do not let the rain ruin your day. Buy Rain Gear by Glad or Handy. This is no time to cut corners by buying generic. Generic rain gear may be fine for your trash, but it cannot hold up to the punishment of 26.2 miles. Also, be earth-friendly and buy biodegradable rain gear.

#### 4. Be positive with those you meet during the race.

Do not sneer at others as you run by them. If you did not follow rule two, then you will appreciate their sympathy as they pass you later.

#### 5. Chant a favorite mantra or sing a favorite song to focus on something besides your legs.

They did not allow headphones at Steamboat. No problem. I just thought of a chant to get me through. This worked quite well. The chant should be positive and designed to reinforce the thought of you finishing the race. Something like "I, Fred, am a marathon runner!" If you choose a song, make sure it has a hard, driving beat to help maintain a steady pace. Something like "Breaking the Law" or "Freebird" does nicely. Try to avoid downer songs like "When Will it Rain," "Heart-Shaped Box," "I Am the Walrus," or "The Long and Winding Road."

There you have it - the dos and don'ts for a first-time marathon runner! Good luck.

onese, 48, 39:53; and Brett Clark of Lamar, 35, 39:55. For the women, Cindy Abeyta, 37, of Trinidad was 60th overall in 41:13 and former USC runner Stella Heffron, 28, ran a 41:41. Others were Misti Frey, 27, 45:51; ex-Puebloan Sue Dorle, 37, 47:16; Clare Koller, 19, 47:41; Marijane Martinez, 42, 48:04; and Ranea Spence of Salida, 25, 49:53.

Congrats to all!

# Racing Calendar

## Pueblo-Canon City area

### June

24 Sat 8:30 AM U. S. Olympic Torch Relay, 5K ..... City Park

### July

1 Sat 8:00 AM Skyline Challenge, 10K ..... Grayden Park, Canon City

8 Sat 7:45 AM Women's Distance Festival, 5K & walk.. City Park

29 Sat AM Trail Run, 15M & 4M ..... Nature Center

### August

5 Sat 8:00 AM Fremont County 4-H Run, 5K & 1M+ ... Fremont County Fairgrounds

6 Sun 8:00 AM Nirvana Run, 4M (Handicap) ..... Franchi's, Colorado City

20 Sun 7:30 AM Drag'n On Triathlon  
1.5K swim, 40K bike, 10K run ..... Marina

## Other areas

### June

24 Sat 7:00 AM Jose Muldoon's Sallin' Shoes, 10K ..... Acacia Pk, Colo. Springs

24 Sat 8:30 AM Run the Rockies, 5K, 10K & 18M ..... Frisco

25 Sun 8:30 AM Lady Footlocker 5K ..... City Park, Denver

### July

1 Sat ? Olympic Training Center Run, 5K & 10K Olympic Training Center, Colorado Springs

4 Tues 8:00 AM Flame Out 4-Miler ..... Memorial Park, Colo. Sprgs.

8 Sat 8:00 AM Run for Hope, 5K & walk ..... Memorial Park, Colo. Sprgs.

16 Sun 7:00 AM Colorado Springs Classic 10K ..... Corporate Center Drive Colorado Springs

C.S Classic Kids Fun Run, 1M ..... (same location as above)

23 Sun 9:00 AM Vail Half-Marathon ..... Dobson Ice Arena, Vail

29 Sat Sunday for Oneday, 5M & 2M walk ..... Cherry Creek

29 Sat Kids 5K Run/Walk for Cancer ..... Inverness Club, Englewood

29 Sat 7:00 AM Colo. State Games 10K/5K (& walk) .... Colorado Springs

## Notable Marathons

July 9 San Francisco ..... 415-391-2123

15 Mosquito (& 15M), Leadville ..... 719-486-1856

24 Deseret News Marathon (& 10K), Salt Lake City, Utah ..... 801-237-2135

August 19 Pikes Peak Ascent ..... 719-473-2625

20 Pikes Peak Marathon ..... 719-473-2625

October 1 Duke City, Albuquerque, NM ..... 505-890-1019

1 Portland, OR ..... 503-226-1111

7 St. George, Utah ..... 801-634-5850

8 Pueblo River Trail ..... 719-543-5151

8 Twin Cities..... 612-673-0778

15 St. Louis ..... 314-781-3926

22 Colorado Marathon (& Half & 5K) ..... 303-871-8366

November 5 Omaha Riverfront, Nebraska ..... 402-553-8349

12 New York City ..... 212-423-2284

12 Columbus, Ohio ..... 614-433-0395



## On the horizon

### Local races

#### AUGUST

• 27 State Fair Run

#### SEPTEMBER

• 5 Cesar Chavez 5K

• 10 Cañon River Run

• 24 Power Waffle Run

#### OCTOBER

14 Harvest Poker Run

### Out-of-town races

#### AUGUST

• 12 Georgetown to Idaho Springs Half-Marathon

#### SEPTEMBER

• 4 Enduro Classic

• 24 Governor's Cup 10K

## Olympic stuff

Officials for the U.S. Olympic Festival, to be held this summer in Colorado, have received 1,500 media credential requests, which my numbers crunchers tell me is more than for the Pope's visit to Denver. Women have purchased 74% of the tickets so far, whatever that means.

•  
Meanwhile, the International Olympic Committee, feeling that caffeine unfairly aids performance, has banned its use to athletes in Olympic competition.



## Call us!

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

Answer to Movie Quiz on Page 3:  
Meryl Streep in "The Bridges of Madison County."

# Here's what happenin' here & there

## SCR Picnic:

The date of the annual SCR Picnic, the best of which was probably last year, is unknown as this issue went to Pride City Printing for production. An August 6 date was planned, but the park in Colorado City was unavailable on that day. When we figure out the alternate date, place, time, etc., I'll be sure to keep it to myself let you know.

## From the Track

by Dan Caprioglio

As it is getting warmer (OK, hot!) and to save our bones for later runs, I would like the speed training group to possibly meet at different parks around town. With this, I hope we will get some shade and soft ground to run on. We will meet at East High as we have been doing at 5:30 p.m. through June 21st. The schedule will then be as follows:

- June 28, Wednesday Mineral Palace Park (near Court & 17th)
- July 5, Wednesday City Park (Goodnight & Pueblo Blvd.)
- July 12, Wednesday USC parking lot (west of Bonforte Entrance)
- July 19, Wednesday Plan own workouts
- July 26, Wednesday Park at Regency and Sovereign

I'm not tied to the 5:30 start time and will bring any suggestions to the group. If there are

any other places people would like to work out, please let me know. My phone number at work is 549-2027 (please leave a message with your name and number if I am not there). In case of a rainy day, call this number and we can try to work out someplace else (or cancel and save the humiliation of slipping in the mud and muck!)

And as always, these workouts are open to anybody who is interested.

## Miscellaneous Notes

- Note that the date of the Drag'n On In Triathlon has been moved to August 20 from its earlier planned July date.
- The Olympic Torch will pass through Pueblo on Saturday, June 24, and a 5K Relay Fun Run is scheduled to be held at City Park beginning at 8:30 a.m. Could be a good time.
- The Fremont County 4-H Club will be conducting a 5K run and a shorter walk (distance uncertain at this time) on Saturday, August 5, at the Fremont County Fairgrounds located on the way to the Belvedere restaurant. Race organizers plan to have a very low entry fee to attract as many runners as possible, hopefully to get them to stay and attend the Fremont County Fair. This really sounds like it's going to be a neat event.

Gasoline terms I've seen used: unleaded, lead-free, no lead, 0% lead, leadishly challenged (Aw, okay, I made up the last one.).

*Aerobics room axiom:*

"The volume of the music in the aerobics room is directly proportional to your desire to hear the TV while riding the Lifecycle." - *The Franch*

SOUTHERN COLORADO RUNNERS  
Pueblo Family YMCA  
700 N. Albany Avenue

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



### Don't be a dufus!

If you move, remember that issues of *Footprints* are not forwarded. Hence, to keep those pearls of wisdom coming, be sure to send us your change of address as soon as you can.

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