

★★★ Jury Consultant's Edition ★★★

## History 104: SCR has had 12 presidents in 15 years

*(This is the 15th anniversary of the Southern Colorado Runners. During the year, we have been periodically publishing historical articles concerning the club. This is the fourth in the series.)*

by Gary Franchi

Ever wonder how one becomes president of the Southern Colorado Runners? Easy. They get drafted for the position.

Most of the time it's a natural progression. A member hangs around the running action for a while, contributes, shows organizational qualities, and his or her services as president are beckoned. To be truthful, there usually aren't a whole lot of other candidates.

But this system has treated us well. The SCR has been blessed with tremendously caring, resourceful, industrious and energetic individuals who have put their hearts into the job of being the president of the club. And, since they have possessed such traits, it follows that some good things have been accomplished by each of the 12 presidents that the SCR has had in its 15-year history.

A complete list of all of the SCR presidents is on Page 4. At this time, I thought I'd give all of you out there a brief glimpse at each of those terms, along with some other data. Here goes, in order:

### Jeff Arnold 1980-81 and 1985

The choice of Jeff to become the first SCR President back in late 1980 sort of set the stage for what was to come.

"I think I was elected President before I was a member," the teacher and distance runners coach at Pueblo County High School recalled recently.

Not only that, he wasn't even in attendance at the meeting in which he was elected. If this isn't the epitome of being drafted, I don't know what is.



### Then and Now

Jeff Arnold (above) was the first SCR President while Rich Barrows (at right with Jazz) is the current President.



Back then, Jeff was heavily involved with directing the Diet Pepsi 10K that was held at the State Fairgrounds and drew about 500-600 runners. He and Larry Rogers also conducted the Turkey Run at Mineral Palace Park for several years.

Actually, though, Jeff credits Andy Ballou, another original founder of the club, for conducting most of the SCR races back then. In fact, he says Andy and Judy Tucker were the key people in the club.

"The person who did the newsletter (Judy) and the race director (Andy) were way more important than the President," Jeff noted.

### Larry Rogers - 1982

"Slab" was one of the more talented runners in this area when he became SCR President in 1982. Back then and still today, his

young students at Ben Franklin Elementary School have been a focus for him.

"We used to take a lot of kids to races all over, and I think we traveled between three and four thousand miles one summer," Larry pointed out. One of his favorite trips with his kids was to the Summer Fun Run in Raton, NM. Today, he and his Franklin kids run at about 7:30 a.m. on weekdays.

Larry also was a great supporter of running in general - especially fun running.

"Back then, running was extremely fun," he said. "Running was new, and people ran more for the fun of it, and a lot of us ran just to be friends."

Larry spearheaded the organization of Saturday morning fun runs at City Park. The

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# SCR News, Notes & Tidbits



## Speedwork sessions

Those Wednesday SCR speedwork sessions will continue to be held during the colder months. They will have a permanent location at East High School's track, since the track has lights, beginning at 5:30 p.m. Any and all SCR members are invited to join the group. A different speedwork session routine is used each week, as designed by the SCR's Dan Caprioglio.

## Sunday A.M. training runs

Runners of all ability levels are invited to join SCR members at 8:00 each Sunday morning at the Pueblo City Park swimming pool parking lot for a training run. Those attending are running different distances that vary from about 5 or 6 miles to more than 10 miles. A variety of ability levels attends these runs.

## Racewalking clinic

The American Racewalkers Association would like to do a FREE clinic in Pueblo. Contact President Rich Barrows if interested.

## SCR meetings

Club meetings are held the first Monday of each month beginning at 7 p.m. at the Pueblo Family YMCA located at 7th Street and Albany in Downtown Pueblo.

SCR meetings are open to the membership, and all club members attending can take part in the discussion of issues and vote on all matters that are put to a vote.

Club members who have issues to be brought up for discussion should contact SCR President Rich Barrows a couple of days in advance so they can be placed on the meeting agenda.

## Soft surface trail

The fruits of years of discussion concerning dual-surface trails, one of which would be of a soft surface conducive to running, will be seen soon. I'm told that work on the Fountain Creek trail is under way and is expected to be ready for usage in a couple of months. And it will be the first dual-surface trail patch in the area. Cool!

## SCR kids sparkle

Offspring of SCR members have been demonstrating their mettle as runners recently.

First, I noticed that the SCR kids pretty much dominated the Pueblo middle school cross country meet. Among the top finishers were Blake Ottersberg (8th grade), Ryan Dor-



sey-Spitz (7th), Matt Diaz (7th), Sydney Mon-dragon (7th), Doug Leyva (6th), and Jenna Dor-sey-Spitz (6th).

Then Blake, Ryan, Jenna, Sydney, and Brandon Dorsey-Spitz qualified for the regional cross country Junior Nationals to be held in Salt Lake City. To help them make the trip, the SCR made a nominal \$50 donation to them from its youth fund.

I'll have more information about these kids in next month's newsletter.

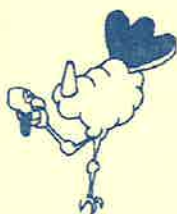
Meanwhile, Robert Pratt, Jr., son of R.P. Sr., who is the SCR Secretary, qualified for the figure skating Junior Olympics that will be held in Chicago.

## Renew your membership

SCR membership application forms for 1996 are included with this newsletter and current members are asked to take care of their renewals as soon as possible. Thank you.

## Spring Runoff plans

We're about ready to begin early planning for the 1996 Spring Runoff, and I should have the date for you next month. Note that Kathy Stom-mel and Robert Pratt will give Race Director Rich Barrows some much-need help.



**Gobble up your burgers & beers right here!**



130 S. Union Ave. • Pueblo

Cassandra Peterson is the real name of Elvira. She is a native of Colorado Springs.



## 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, Cassandra Peterson

Footprints is published monthly and distributed to all SCR members regardless of their ability to read. Reading tutors are provided to all who indicate an inability to understand *Great Stuff* material.

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 act like they're interested in the issues being discussed.

The SCR's Home Page address: <http://www.usa.net/~norton/scr/>



# Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of Dona Brown: "Whatever the masses are, I got no plans to be one of them."

**Musings on running, fitness, life, etc.:** I've often noticed the popularity of bulletin boards as sales vehicles.

For instance, the King Soopers on Pueblo's north side has had one on which people try to peddle cars, recreational equipment, dogs, and even houses. The Loaf'n Jug in Colorado City, the city in which I reside, has a bulletin board that allows the marketing of crafts, dogs, firewood, babysitting services, etc. Real estate firms have used bulletin boards for years, including color photos of all of the houses that are for sale in their areas. I suppose you could hawk your spouse on one of these boards, too, and you could really have fun with the accompanying photographs. (*Just kidding, Cathy. Cathy? HEY CATHY!*)

Anyway, I've been thinking, why don't runners utilize these boards? Think of the great sales opportunities. Got an old pair of running shoes you don't wear anymore? You could take a color Polaroid snapshot of them and pin the photo on the King Soopers bulletin board, listing the pertinent data and a phone number on an accompanying sheet. People love deals and undoubtedly would swarm after them. Got too many race T-shirts? How about utilizing the bulletin board? You could take a group shot of several shirts and offer bulk-purchase deals. Once people see them, who could resist?

For that matter, we could promote our races on these boards, including a cool photo of a particular race from the previous year. What a great way this would be to pump the River Trail Marathon! Next year, for instance, we could use the photo of that guy collapsing from cramps at the finish line this year and post it at King Soopers. Think of how inspired those grocery store shoppers would be. It would make them chase down the aisles after their kids that much faster. Shamed into health and fitness guilt, some might even put back one of their packages of glazed donuts, although I doubt it. I know I wouldn't.

The ultimate, though, would be to sell memberships in the Southern Colorado Runners. I suppose we could simply post a membership application up there, but who would be enticed to join? We would need a good visual, and I've got just the idea. Since President Clinton is now an SCR member, how about creating an SCR calendar featuring a different color photo of The Prez each month. Think of the possibilities. The Prez petting Socks for the month of January. The Prez giving Hillary a box of chocolates for February. The Prez

dressed up as a leprechaun for March. Etc., etc. We could have a tablet of tear-off membership forms attached to the bottom.

You question whether this would work? Do you not remember that this is the country that made a rich man of the inventor of the pet rock? That purchased Nehru jackets? That eats Fruit Loops? That reads "Footprints?"



**This month's smorgas-**

**board:** Some people – even runners – know how to put things in the proper perspective. While I've dubbed a segment of our membership the "Whine & Dine Club," a group of runners in Leadville has taken the feasting side of running a step further. They've organized as an RRCA running club and have named themselves the "Leadville Running and Fine Dining Club." Beautiful! ... Listening to the poo-bah rhetoric of major league athletes during interviews can cause brain numbness. In defeat, none will admit that they stunk or weren't as good as the opponent. Too many times we've heard such cretins come out with this: "We just didn't execute." Bleah! But what if runners picked up this jargon? Say Arturo Barrios fell apart during a marathon and finished among the also-rans. "I had the talent but I just didn't execute," Arturo might say to Olympic Trials marathon reporters who would suddenly be mysteriously stricken by bouts of terminal vomitosis ... Bud Ice is the official beer sponsor of the NHL. True Value is the Special Hardware Store of the NFL. I suppose a company like Casio will be the official watch sponsor of the 1996 Olympics. But wouldn't it be great if a company like Port-a-John became an official sponsor of some big time event. "This 100th running of the Boston Marathon is being brought to you by Port-a-John. We're there when you go." ... As if his 6-foot, 3-inch frame doesn't make him stand out enough, my 14-year-old son, Aaron, likes to do things that make himself the center of attention. For Halloween this year, Aaron shaved his head in honor of Rye High School's football team, of which he is a member, advancing to the state playoffs. First, though, he cut it halfway, giving himself a "Mohawk" to go trick-or-treating on Halloween. He then said he planned to have a Mohawk this spring during track season. Why, Aaron? "I think it'll give me better balance when I'm running the hurdles." Ah! ... OK, I guess you've suffered enough. Be chatting with you again next month.

## Ultimate in idiocy item of the month:

As if it weren't bad enough that an O.J. exercise video was being hawked during his trial, some resourceful firm has taken it a step further. Now, you can purchase your very own 3-video set entitled "The People vs. O.J. Simpson." The three parts are "The Simpson Murder Mystery," "The Trial Begins," and "Case for the Prosecution." Only \$29.98, too. Great holiday gift, eh?

## Movie Line of the Month:

"It's called Zen bowling. You don't need to see pins. You only have to think about them."

This is an updated followup to a trio of movies that featured a young wimp who implausibly whipped the tough guys. This version has a new hero, and the flick is currently on HBO.

Guess the film and the speaker and consider yourself an expert of syrupy movies. In a change of pace, the answers can be found below.

Answer:  
Pat Morta in "The Next Karate Kid."

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number of participants ranged from a dozen to about two dozen. Many would bring treats for the group to share afterward. He described this unit as a “family.”

## Cecil Townsend - 1983

Cecil, who taught and coached swimming at East High at the time, didn't join the club until its second year. But his leadership and organizational skills were quickly recognized and put to use.

Being caught up in the marathon mania, Cecil started the first River Trail Marathon while he was president. He remembers that getting the course certified was tedious.

“Measuring the course took weeks,” he said, crediting the help he got from Sandy Brown, Jeff Arnold and others. “Everything had to be documented, and we used Jones measuring devices. We used three bikes to measure each mile.”

The first awards ceremony for the marathon was held on the of the Sangre de Cristo Arts and Conference Center steps. Custom stained glass awards were given.

## Helen Robinson - 1984

For what it's worth, Helen was the SCR's first female president. She also is credited with being the first President to have an agenda at club meetings.

“I used to type it, too,” she said, “and I got harassed for that. But it was easier for me to conduct meetings.”

Helen was very prominent in the SCR back then before she had her kids. She actually got involved with the SCR through her husband, Jim Robinson, who was a member before they were married.

Helen also tried to bring the SCR and Frank Artega's RARA running group on speaking terms. “People had different opinions about that,” she admitted.

Helen is the Race Director of the annual Atlanta Women's 5K.

## Dick Marian - 1986

“Guisseppe” was a board member for two years before being drafted for the presidency. He remembers there being a great group of active club members.

One of them – Treasurer Roseann Tavarozzi – worked with Dick to get the SCR incorporated for legal purposes. “The reason for getting incorporated was so no one could sue us,” he explained.



**Helen Robinson was the 1st SCR President to use an agenda at club meetings**

*Photo by George Balles*

## Here is the complete list of SCR Presidents:

- '81 - Jeff Arnold (x)
- '82 - Larry Rogers
- '83 - Cecil Townsend
- '84 - Helen Robinson
- '85 - Jeff Arnold
- '86 - Dick Marian
- '87 - Andy Ballou
- '88 - Marijane Martinez
- '89 - Nick Leyva
- '90 - Lois Pfst
- '91 - Kathy Duran (y)
- '92 - Kathy Duran (y)
- '93 - Paul Barela
- '94 - Paul Barela
- '95 - Rich Barrows
- x - Jeff actually was named SCR President when the club was formed in the fall of 1980.
- y - Kathy later became Kathy Stommel by marrying Joe Stommel.



**Kathy Duran (now Stommel) & Paul Barela both served two terms in a row as President**

Guisseppe also was part of the group that helped start the Y-Bi Classic biathlon.

Once an avid runner and later an even more avid biker, Dick said he is looking for a motivator to get him back into the running and biking scene. He recently left the potato chip product distribution business to work at The Trane Company in assembly.

## Andy Ballou - 1987

Andy's term was so memorable to him that he didn't even recall that he had been President. However, he has very fond memories of the early years of the SCR.

“The first year, especially, was really neat,” he said. “There were a lot of new people coming in and it was during the running boom. I remember we used to have a lot of long or short fun runs at City Park.”

Two things were launched in Andy's term – the Y-Bi Classic biathlon and the Autumn Challenge, a 3-race series consisting of the State Fair 10K Run, the Osprey Half-Marathon and the River Trail Marathon. ,

After completing his term, Andy became Membership Chairman, a position he still holds. A computer business owner, Andy has a data base of SCR members dating back to the first year. He also uses his computer savvy to compile results at SCR-produced races.

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**Andy Ballou was one of the original founders of the SCR**



**Lois Pfst got involved quickly**

# History 104: Remembering SCR presidents

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## Marijane Martinez - 1988

Looking back at the club newsletters from her term of office, it appears Marijane filled almost every issue. She started several things for "Footprints." Foremost was a "Prez Sez" column that kept the membership up to date on people and events. "It was the beginning of SCR presidents keeping in touch with the membership," she pointed out.

She also inaugurated a "Name the Mystery Runner" column, a "Runner's Profile" that was the forerunner of the "Meet the Runner" column she still writes occasionally, and a "Sandbagger's Bag" piece about the SCR Handicap Series. Later, she wrote a personal column called "La Madrina Dice." Being a gringo, I'm not sure what this means. She could have been calling the newsletter editor at the time (guess who) a "mother something or other."

Marijane also became an integral entertainment committee member for the annual SCR awards banquets, using her wit and imagination to amuse us all. She has maintained her "support of the running spirit" to this very day and truly represents what the club is all about.

## Nick Leyva - 1989

Nick remembers the SCR offering more "freebies" to club members during his term. "We started picking up the tab for some special activities then," Nick noted. This included the expenses of the club's picnic and the annual banquet.

Fortunately, Bobby Santos and Marijane Martinez took on the race-directing chores that Nick had previously handled. It was a good thing, because Nick remembers the club putting on a race of some kind almost every weekend during the warmer months.

That's because a race-directing team started going out-of-town to help produce races being hosted by club members in other cities. "That's when we started structuring our race-directing fees," Nick recalled.

Nick continued Marijane's concept of the "Prez Sez" column with his version, called "Nick's Notes." He also wrote a "Runner's Corner" racing column.

## Lois Pfost - 1990

It's pronounced Post. Lois and her husband, Don, had moved to Pueblo from Idaho in the fall of 1987. Don was the runner, so Lois got involved by going to races and meetings with him. She was drafted for the presidency, she said, "because I have a big mouth and used to speak up a lot."

She credits the fact that the SCR still had a Race Director (Nick) during her term as being crucial. "That really made it much easier for me," she said. In contrast, the club no longer has such a position, depending on different race directors for each race. When one can't be found, the president takes it over or the race is dropped.

A big issue emerged during Lois' term - the city's move to use a concrete surface for the River Trail system when adding a section or repairing a damaged section. Lois went to bat on behalf of the SCR, and her work, along with that of others, helped change the city's thinking and consider a dual-surface system.

## Kathy Duran (now Stommel) - 1991-1992

Kathy says she was asked to be president during a spell in which she had a void in her life. "It came at a



Marijane Martinez and Nick Leyva have continued to be big contributors to the SCR

time when I needed something extra," she said.

Kathy was a real go-getter, a trait that she admits sometimes created waves. "I learned a lot about how to be diplomatic," she pointed out.

She wasn't one to sit back and let ideas dry up on the vine. "If I couldn't find someone to do something, I did it myself," says Kathy. "I felt it was my responsibility." She relentlessly pursued the dual-surface River Trail system and got the SCR involved in the River Trail cleanup by having it adopt a segment near the Nature Center.

She also met her future husband, Joe Stommel, during her term, making it an era that obviously gives her fond memories.

## Paul Barela - 1993-1994

Paul has a wonderfully mellow style and personality that helped make for an enjoyable 2-year term. Even he admitted that, during his term, "We had some great, fun meetings" and there was "no controversy."

The first year, Paul said he pretty much was a passive president, adding that "I put more effort into it the second year" by making more phone calls and being a resource for the membership.

After counting pennies for years, the SCR had a few more bucks to spend while Paul was president, I guess contributing to the "fun" as the club continued picking up more membership expenses.

Paul got involved with the "traveling race-directing team" while in office and continues to do that today.

## Rich Barrows - 1995

Although Rich says "the club kind of runs itself," don't be fooled. This is a person with great drive and energy. He took over directing the Spring Runoff in 1993 not long after moving to Pueblo from Florida.

That drive carried over into his term in office, as Rich assumed some race-directing duties when he first started. Also, when traffic came his way, he usually followed up. The club was the beneficiary, but Rich says he gained much from the experience, too. "I think maybe it helped me get more organized."

Rich has continued directing the Runoff and bring new twists and improvements to the race every year.

*To me, the SCR presidents truly represent the "spirit" of running and fitness in general that the Southern Colorado Runners has been about for 15 years. The club is lucky to have had such caring individuals.*

## Quote of note:

"Jogging kills your brain cells. The Army has known this for years; it forces recruits to jog every day, on the theory that some of them will lose so many brain cells that they will eventually re-enlist."

- Dave Barry  
(humor writer)

## SCR Banquet to be held in January

Although the date isn't set, the annual SCR Awards Banquet will be held on a Saturday in January, either the 20th or the 27th. So keep those dates open on your calendar and plan to attend.

## Survivors

Claire Bueno, Matthew Martin and Kim Westerman were just happy to survive the marathons they ran recently.

Claire said she will never take off 3 years between marathons again, but she finished the Duke City run in 3:55. She was the 30th female finisher.

Matt and Kim ran the Colorado Marathon in cold and snow, Kim finishing in 4:14 and Matt in 4:30.

Congrats to you all!



## Training to do your best!

Strength training can benefit runners immensely. It increases the strength of bones, muscles and connective tissue, decreasing the risk of injury. It increases muscle mass, which raises the number of calories burned at rest. And it makes many regular daily activities easier to do.

– American Council on Exercise

## The wonders of Vitamin C

A recent Finnish report found that those who megadosed on vitamin C (1 to 6 grams per day) got colds that lasted about a day less than those suffered by nonmegadosers.

– *Runner's World* magazine

## Armed and dangerous

At the Preparedness Expo '95 in Denver, the Militia of Montana were selling T-shirts with this message: "Peace through Terror." Uh, okay!

# Don't believe everything you read about research

by Rocky Khosla, M.D.

Recently there have been quite a few articles brought up in the media that might have caused people to become unduly concerned, so I thought I would bring some of these to light.

The first one concerns a study that suggested that the use of a certain class of medication to lower high blood pressure increased the rate of sudden death. This study looked at the group of medications called "calcium channel blockers" and used a technique called "meta analysis" to reach the above-mentioned conclusion. It was an extremely poor study because it lumped a lot of dissimilar patient types and medications together and also had patients with more severe medical problems taking the calcium channel blocker drugs. Naturally, this group of patients had a higher risk of death.

What is interesting is that the study was rejected for publication by most of the reputable medical journals, but the authors presented it directly to the media at a national cardiology conference, and the rest was history, thanks to Oprah and *USA Today*.

The second series of articles regards estrogen and the risk of breast cancer. The first study in this series was a rather large, well-designed one that looked at nurses. It essentially found that women who took estrogen for more than five years had a statistically significant increase in breast cancer, even if they also took the other female hormone called progesterone, which helps to decrease the risk of uterine cancer in women taking estrogen. Both studies showed overwhelmingly that more lives could be saved in women through the use of estrogen since it decreases the risk of heart disease than would ever be lost to cancer.

The third study concerns the recently released data from a British article suggesting that a certain type of birth control pill increases the risk of blood clots. Once again, the media had jumped on this study before the rest of us ever had a chance to take a good critical look at it. The study appears to be a poorly designed one and, I believe, is not telling us anything new since blood clots are a well-known risk of the use of birth control pills (or any estrogen-containing



pills, for that matter).

So, what are we all to do? I would like to repeat a set of tests that one of my old medical school professors suggested could help separate "the wheat from the chaff."

First, read the study yourself. Now if you're not used to doing this, it may be daunting. But here are some quick points to help you figure out the validity of studies:

- \* Studies that are prospective are a lot better than retrospective ones. This means that the study selected some variables and then looked at results later, whereas retrospective studies look at the results and then try to go backwards to draw conclusions.
- \* Studies that are double-blinded and case-controlled are better than ones that aren't. What this means is that the people doing the study aren't able to put their bias into the design and that similar groups of patients are studied. Look for studies that are large and in which conclusions are supported by a "p value" of better than or equal to 0.05. The "p value" idea involves delving into a lot of statistics, so I won't go into it here. But look at this number.

Second, don't believe everything you read. Science is the process of learning about the unknown, and it is not a straight path but one with frequent jogs to the left and right.

Third, statistics and studies provide information, but in the final analysis we physicians treat individual patients and not numbers. So talk to your own physician about the studies, and see if anything in a study applies to you in particular.

And finally, the media is committed to one overwhelming goal: they have to sell their product. So if they can present a tantalizing medical tidbit to get your attention, they will, regardless of whether the piece is valid or not.

Till the next time, adios and hope you don't cringe the next time you hear "and a new medical study shows ..."

## Women prone to overuse injuries

Women are at greater risk of developing overuse injuries -- especially stress fractures -- because they have less bone mass in their legs than men.

If a female athlete increases her activity without adequate preparation, she can break down bone fast-

er than it is being replaced, thus causing micro-fractures in the legs.

The best way to prevent stress fractures is to decrease your activity while strengthening the leg muscles through weight training before gradually increasing your mileage.

– Dr. Art Mollen



# Racing Calendar

## Pueblo-Canon City area

### November

- 18 Sat 9:00 AM **Atalanta Run, 5K & Walk** ..... City Park
- 19 Sun 5:00 PM **Early Turkeys Catch the Hatchet Run, 2M** .. Robert Pratt's house  
19 Crestaloma
- 25 Sat 5:30 PM **Jingle Bell Run, 5K run & walk** ..... Union Bingo Station

### December

- 3 Sun 9:00 AM **Rock Canyon Half-Marathon** ..... Rock Canyon picnic grounds  
near the Lake Pueblo dam
- 10 Sun 10:00 AM **Nick & Marijane's Excellent  
Adventure, 12K** ..... 117 Regency, South Side  
*(this is a potluck brunch, so bring a yummy food dish item)*

## Other areas

### November

- 18 Sat 10:00 AM **Turkey Trot Predict, 5K** ..... Prospect Lake, Colo. Springs
- 19 Sun 9:00 AM **President't Run, 7M** ..... Cherry Creek Reservoir
- 23 Thur 10:15 AM **Turkey Trot, 4M** ..... Washington Park, Denver
- 25 Sat ? **John C. Falls Memorial 5K Run** ..... Aurora

### December

- 2 Sat 8:00 AM **Jingle Bell Run, 5K run & walk** ..... Colorado College, C. Springs
- 3 Sun 9:00 AM **Trophy Series, 4.4M** ..... Washington Park, Denver
- 10 Sun 10:00 AM **Jingle Bell Run, 5K run & walk** ..... Washington Park, Denver
- 16 Sat 8:00 AM **No Frills Saint Nicholas & Red Nose Rudolph Trail Marathon & Walk**  
N. Cheyenne Canon Road,  
Colorado Springs
- 31 Sun 10:15 AM **Wish & Resolution Run, 5K** ..... Elitch's, Denver

### January

- 1 Mon 10:00 AM **Rescue Run, 5K & 10K** ..... Palmer Park, Colo. Springs

## Notable Marathons

November	25	Seattle .....	206-821-6474
December	2	White Sands, Alamogordo, NM .....	505-382-8869
	10	Honolulu, Hawaii .....	808-734-7200
	10	Tuscon, Arizona (& Half) .....	520-325-2736
	16	Jacksonville FL .....	904-739-1917
January	7	Walt Disney World .....	407-939-7771
	20	Mardi Gras, New Orleans, LA .....	504-482-6682
	21	Houston Tenneco .....	800-409-6334
	21	San Diego & Half .....	619-792-2900
	28	San Francisco & Half .....	415-564-0532
February	10	Carolina, SC (women's Olympic trials) .....	803-929-1996
	11	Las Vegas International & Half, NV .....	702-876-3870
	17	Charlotte Observer (men's Olympic trials) ....	704-358-5425
	18	Austin, Texas (& Relay & 4M walk) .....	800-893-RACE
	24	Cowtown, Fort Worth, TX .....	817-735-2033
March	3	Los Angeles Marathon .....	310-444-5544
	26	Disneyland .....	800-524-9200
April	15	Boston .....	xx
May	4	Idaho Great Potato & Half, Boise, ID .....	208-344-5501
	4	Shiprock, Famington, NM .....	505-327-5595



## Ultrarunning club forms in the Springs

Colorado Springs is now the home of an ultra-distance running and leisure walking club that has an event scheduled each month from now through 1996. I've included December's event in the Race Calendar and will do so throughout the coming year. The group's President is Anthony Quinn, and his business phone # is (719) 475-8607. He also can be reached by e-mail:

[gexpress.aol.com](mailto:gexpress.aol.com)

## On the horizon

Local races coming up in January are the **Race for the Dream 5K** (I'll have the date next month) and the **Frostbite 5** on Saturday, Jan. 27.

The SCR is already sketching out most of the local race calendar for 1996.

**Get the results of your out-of-town races to Footprints Editor Gary Franchi: call 719-676-4100 or mail info. to P.O. Box 19910, Colorado City, CO 81019.**

## Information about area races

### Stats of Note:

- If you exercise aerobically for 20 minutes, you'll burn about 50 "bonus" calories in the next 3 hours. But if you exercise for 90 minutes, you'll get a bonus burn of about 90 calories.

– *Men's Fitness* magazine.

- In a recent survey, 80% of Americans say their feet hurt.
- About 75% of *Footprints* readers showed evidence of mental fatigue after reading the "Stats of Note" category.

### Catch the Hatchet

You won't want to miss the inaugural Early Turkeys Catch the Hatchet 2-mile run that is scheduled for Sunday, Nov. 19, beginning at 5 p.m. at the home of Robert Pratt, who lives at 19 Crestaloma (see map on Page 5).

The race will be followed by a turkey feast, with the Pratts providing the turkey and main dishes and all participants asked to bring a "potluck fixings" dish. Those planning to participate are asked to call the Pratt residence (566-0389) to find out what "fixings" dish to bring.

### Jingle Bell Run

As noted last month, the date of the Jingle Bell Run 5K is Saturday, Nov. 25. However, the last I heard, the exact course had not been finalized. However, assume the annual Parade of Lights will be held as scheduled and that the 5K race will be on that course in the Union Avenue area. Race time is 5:30 p.m.

Add fun by racing in a funny costume, the more ridiculous the better. Pre-race registration will take place at the Gold Dust Saloon and the post-race party at the Union Bingo Station.

### Rock Canyon Half-Marathon

Race Director Dave Diaz says he's received more inquiries than usual about this Sunday, Dec. 3, race set to go off at 9 a.m. I've also gotten some e-mail messages concerning the race from individuals who have seen our Home Page on the World Wide Web.

By the way, all runners will receive forest green sweatshirts with a new logo that is somewhat similar to the former logo.

Dave could use some volunteer help at the finish line. Call him at 564-9303.

### Odds and ends

• The Beulah Historical Society is talking about having a race next summer, possibly combining it with the Arts Festival there.

• The SCR is now marking all courses with a chalk that can be washed off. Hence, we no longer are leaving marks that will last for years on the River Trail.

• The Boys and Girls Club of Pueblo wants to have its Race Against Violence back on the schedule next year after skipping it this year. An April date is being eyed.

• There will be no Black Forest Series races this winter.

An added benefit of exercise is that not only does it burn calories but it burns the right ones, meaning fat.

*Weight machines axiom:*

"You'll always have to adjust each of the size settings on all of the machines on a workout circuit" – *The Franch*

SOUTHERN COLORADO RUNNERS  
Pueblo Family YMCA  
700 N. Albany Avenue

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



### Make your late nights pleasant!

Because it is bulk-mailed, *Footprints* is not forwarded. Hence, if you move, send us your new address and you'll get more than 10 reasons for reading each issue.

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