

*** State of Torpor Edition ***

Meet the Runners

SCR kids reaping benefits of dedication to training

by Gary Franchi

Let's see, how about if we go for a 50-minute run after school today, have dinner, do a homework assignment, and then go to the Central High pool and swim a couple thousand yards. If it's nice tomorrow, maybe we can get in a bike ride outside. But if it's cold, we'll just get the wind-trainer out and put in a few miles while we watch videos.

Not your typical workout schedule; and certainly not for kids between the ages of 9 and 13 years old.

But these aren't typical kids who might try this workout regimen. They are 13-year-old Blake Ottersberg and his Pueblo South Side next-door neighbors, the Dorsey-Spitz kids: Ryan (13), Jenna (11), and Brendan (9). Blake is the son of Jody and Martin Ottersberg. Ryan, Jenna and Bren-

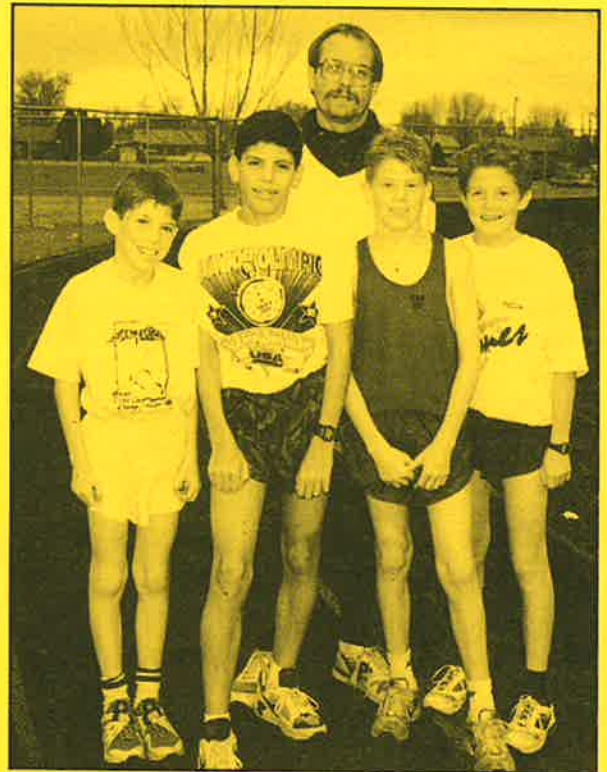
dan belong to Gayle and Larry Dorsey-Spitz.

Blake (8th grade), Ryan (7th) and Jenna (6th) attend Pitts Middle School. Brendan is in the 3rd grade at Goodnight Elementary.

All are members of the Southern Colorado Runners. All are runners. All are swimmers. All are bikers. All run cross country and track. All compete in triathlons. Equally as important, all are straight-A students. Well, Brendan got a "B" on his last report card.

More than anything else, though, these kids are dedicated. They never met a workout they didn't like. All four of them train with Mike Borton, whose son Chris now attends Drake University after winning two state cross country championships for South High.

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Mike Borton is helping develop the running talents of (from left) Brendan Dorsey-Spitz (9), Blake Ottersberg (13), Ryan Dorsey-Spitz (13) and Jenna Dorsey-Spitz (11).

- Photo by Gary Franchi

New regime set to take office for SCR

As you are reading this, a new team is about to take over as the new officers of the Southern Colorado Runners. The election results were to be tabulated and announced at the club's annual banquet scheduled for Saturday evening, Jan. 20, at the Gold Dust Saloon.

The new officers will have one big challenge of improving the financial status of the club. Because of the purchase of much-needed equipment in 1995 and a few other reasons, the club is NOT rolling in the bucks at this point. However, throughout the club's history, it has been in a similar

financial situation several times at this time of year.

We are counting on an influx of membership renewals soon to get us back on the right track financially. However, additional sponsorship in 1996 would be appreciated very much. Stay tuned!



SCR Kids

Continued from Page 1



Speedwork sessions

Those Wednesday SCR speedwork sessions will continue to be held during the winter. They have found a permanent location at East High School's track, since the track has lights. Sessions begin at 5:30 p.m. SCR members are invited to join the group. The workouts vary from week to week.

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 run different distances that vary from about 5 or 6 miles to more than 10 miles. A wide variety of ability levels attends these weekly runs.

"The kids really look up to him," Gayle said of Mike, shown at right with the kids during a weekly speedwork session at the South High track. They also do some hill workouts with Mike.

More than anything, Blake, Ryan, Jenna and Brendan love to compete. Because they're talented and dedicated, traveling to out-of-town events has become standard procedure for their families.

If it's not an Ironkids triathlon in Denver, Albuquerque or Oklahoma, it's a Junior Nationals cross country meet in Denver, Salt Lake City or who knows where. Jenna even attended a Junior Olympics track and field meet in San Jose last summer, taking a 2nd in the 1,500 meters and a 3rd in the 3,000. All four of them qualified for the 1995 national country meet as did Sydney Mondragon, a 7th grader.

The parents deserve some credit. Blake said he started running because his father was a runner. "I watched my dad and wanted to try it, and I got hooked," he noted. Blake has qualified for the Junior nationals triathlon to be held in



Weekly speedwork sessions at the South High School track under the tutelage of Mike Borton (far left) are part of the training program for Brendan, Jenna, Blake and Ryan. — Photo by Gary Franchi

Roswell, N.M., in June.

Gayle said she and Larry used to run daily a few years back. Ryan picked up on it. Now, he is beginning to place among the leaders in road races (see story at bottom of Page 4 and also note he ran 19:26 in the recent Jingle Bell 5K).

Jenna got the bug from Ryan. Both have won Ironkids triathlons in Nashville while riding mountain bikes.

With his 19th place in the November cross country regional, Brendan is soon to follow in the others' footsteps.

How do they do it?

Gayle credits people like Borton, Tim Mondragon (father of Sydney) for his coaching, and the SCR's George Balles for fitting them on their bikes or letting them borrow one of his bikes.

She pointed out that the kids know something about time management, saying "They've learned to budget their time and they don't procrastinate."

By the way, a fourth Dorsey-Spitz child - Lauren, 5 - is already training.

Mama Mia!



**Don't be
stupid, Cupid!
Get your shots
at the Gold
Dust Saloon.**

Ulu is the polar bear mother who rejected Klondike and Snow in order to spend more time training.



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 Nasci, Ulu (ID'd below left)

Footprints is published monthly and distributed to all SCR members to keep them informed about fitness issues and developments that they couldn't give a hoot about.

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, suppress their inevitable surges of laughter, and serve as much-indeed intellectual stimulus.

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 Mae West: "When choosing between two evils, I always like to take the one I've never tried before."

Musings on running, fitness, life, etc.:

Like many others, I go through this great cleansing experience at the start of every new year. No, I don't take any additional showers. Sorry to disappoint you. Instead, I go through this sort of mental deal where, feeling the freshness of the new year, I envision accomplishing all these great fitness-related things in the coming 12 months.

Man, I'm gonna kick butt! You know, run so many more miles than last year. Do all this speedwork. Get that 10K time down. Consider trying a half-marathon again. Get on the bike more and do some cycling intervals as well as the long rides that I've never done. Get rid of these love handles. Get buff. (Boy, this is getting pretty thick!) And on an on and on.

Every year I'm gonna strive to have more new fitness experiences. This means I'd like to train in some different places, race more, and try to get out of town to compete in more road races and triathlons. For a minute or so, I'm real serious about this, too, especially when I think of all the great restaurants out there that I haven't experienced. Wouldn't mind some fresh and unique T-shirts, either.

The only problem is that the ca-ca of life gets in the way of my "gonna do's." Instead of doing a triathlon in Denver, I'm low on funds and don't enter. Bummer! Instead of racing in the Springs on a Saturday morning, I can't take the time because I have some work to do at home. Poop! Instead of joining the SCR Globe Trotters for a Wednesday evening speedwork session, I'm injured. So it goes.

This year started off typically. Despite shunning all speedwork to avoid getting a blister, I was really looking forward to getting up to the Springs on January 1 for the Rescue Run. It's a great way to start the year and a festive schmooze with the large contingent of fellow SCR members who make the trip every year. You race, fib a little about your experience, pig out at a place like Bennigan's, and count how many brews Bill Veges and Dave Diaz can slam down with lunch. Plus it's always nice to see Jim Robinson race in his yellow and brown Rawhide Marathon shirt.

Alas, unexpected work needed to be attended to, and I was buried behind a computer screen all day and missed the race.

Ah, but 1996 promises to be a wonderful year anyway. I can just feel that we're gonna have good weather - for once - at the Y-Bi Classic biathlon. I can smell a rousing party with more filled coolers at the Bolder Boulder. Doggone it, I'm going to enter my first race in Raton and do another race somewhere out of state. Maybe the Bay to Breakers. How about a triathlon in Denver or the Springs? And, best yet, I see more showers in my future.

You're welcome.

This month's smorgasbord: *USA Today* recently published a story on how GM adopted the "Like a Rock" tag for its Chevy trucks campaign a few years back. It noted that Bob Seger wrote the song in 1984 as he recalled his high school days when he ran cross country. "I was a distance runner ... at 17, thinking 'I can do anything.'" Neato! ... Editorial consultant Nick Nasch read the blurb in the December issue of *Footprints* about Bill DeMoss trying to get hold of a tape of the New York City Marathon, and it made Nick wonder why it is that you always have too many VHF cassette tape labels until you need one - then you can't find one ... I was taking a jaunt around Lake Beckwith in Colorado City over the holiday break, listening to tunes on my headphones, when a caller requested the song "Red Rubber Ball" on an oldies station. Now I guess "Red Rubber Ball" is a decent enough bubble-gummy song, but can you imagine actually requesting to hear it? I mean, don't you think there might be a few better songs to request? ... Every time I go into Bollinger's magazine store in Pueblo it seems like there is a **new fitness-related magazine** on the shelf. Not only that, but it seems like almost every sub-group of society has its own magazine. Makes me wonder why there isn't one entitled "Serial Killers." Don't they deserve their own? And imagine a magazine for gangsters called "Drive-by Shooter Illustrated." This, of course, would have to contain all pictures ... I've been a consistent weight lifter for the last few years despite the fact that I hate the "lunkhead" culture. Like the grunting and groaning, the flexing in front of the mirrors, the spotters who yell cerebral things like "C'MON!" and afterward say "It was all you." The mush factor is extremely high. Need more proof? They never shower at the club after a workout. When they finish their workout, they casually pick up their tote bags and leave the gym. Guess they don't need any great cleansing experience as mentioned at the top. They're not sorry, either ... Have a great year, fellow SCR members! Hope you all accomplish a few "gonna do's" in 1996.



Ultimate in idiocy item of the month:

Don't you just love George Foreman? He keeps smiling through every bite of hamburger. He's made saddlebags acceptable. Okay, all that's cool. It's made Foreman a very personable fellow who comes across great in commercials.

But now George is teaming with Florence Griffith Joyner to publish a weekly fitness column in *USA Weekly* magazine. Hey, I'm not kidding! George is giving fitness advice. Every week he talks about pushups and situps and running and all that stuff. Is this a great country or what?!!?

Movie Line of the Month:

"I was sitting here, eating my muffin and drinking my coffee, replaying the incident in my head when I had what alcoholics refer to as a moment of clarity."

This was an excellent 1995 flick that drew both movie and screenplay honors as well as accolades for one of its main actors. Quite violent with ample amounts of blood, but a wonderful film with some great lines.

"Pulp Fiction."
"Jules" in
Answer:

Runners can take this information to heart

by Rocky Khosla, M.D.



Training to do your best!

When running in the winter, travel into the wind on your way out so you have it blowing at your back at the end of the run. This makes it easier when you're tired and won't slow you down, which can chill you if it's cold enough.

Also, be aware that you need extra fuel before running in the cold because more energy is used to keep you warm.

- Running and Fitness Association



Quote of note:

"I think if the Good Lord had wanted us to know what goes on inside our bodies, He would have given us little windows."

- Dave Barry (humor writer)

Key stat:

Percentage of pet owners who talk to their pets on the phone: 33%

- American Animal Hospital Association survey

I was asked recently to write about issues of the heart. No, not romantic ones, but more practical ones involving cardiology and the runner. So I thought that I would look at 3 separate areas: changes that may occur in runners as a consequence of their vigorous exercise habits, some conditions that may predispose runners for problems and, finally, conditions that runners may have that are really not anything to worry about.

First, runners often develop some changes as a consequence of the type of exercise they do and these changes are often lumped together as "the athletic heart syndrome," herein to be referred to as AHS. Features of AHS are having a slower heart rate, having increased muscle mass of the left ventricle, having more forceful contractions of the heart and having slightly increased frequency of ectopic or premature beats. All of these changes are felt to be healthy adaptations and should be nothing to worry about.

Second, there are a set of conditions that could lead to trouble with or without exercise, and these should be carefully evaluated. In people under the age of 35, the most common cause of sudden death while exercising is due to structural defects of the heart, the most common of these being a condition called asymmetric septal hypertrophy at the partition between the left and right sides of the heart.

Often people who have this condition will complain of feeling like they are going to pass out with exercise, and they may have a murmur (sounds made by blood as it passes the heart). If you remember, basketball star Hank Gathers died from this condition.

Over the age of 35, the most common cardiac cause of death during exercise is due to coronary artery disease (hardening of the arteries). That is why I recommend that people who have 2 or more risk factors for coronary

artery disease get checked before starting a vigorous exercise program (which usually includes a physical and a stress test). Risk factors for coronary artery disease include: smoking, high blood cholesterol levels, diabetes, obesity, a family history of heart attack before age 50, sedentary lifestyle, hypertension and being male (there are also some studies suggesting that being a post-menopausal female not on estrogen may also be a risk factor for coronary artery disease).

Lastly, there are some cardiac conditions that really are not a problem and should not keep people from exercising. For example, occasional irregular heartbeats called PVCs (premature ventricular contractions) are usually nothing to worry about. Also, not all murmurs are bad, and if they are found to be "innocent" by the way they sound or by echocardiography, then there are no worries.

Another condition to mention is called mitral valve prolapse: this is where the valve that separates the left atrium from the left ventricle closes with a little bit of a "billowing." People with MVP may have atypical chest pain and irregular heart beats, but are generally able to exercise without problems. In fact, exercise may help decrease some symptoms in these patients. The only thing to mention with MVP is that if the valve is also found to have regurgitation (slight leakage), then these patients should probably take antibiotics before procedures such as dental work, etc., are done.

Please consult your physician about any of the above issues before starting an exercise program (*this is called keeping the lawyers off my back*).

SCR members strut their stuff outside of Pueblo

SCR members have sparked recently in races held outside of Pueblo.

By reading the fine coverage of the Rim Rock 37K Run in the Mesa Monument Striders' newsletter I discovered the names of SCR members Joe Stommel of Pueblo and Marv Bradley of Cañon City. Joe was 10th in the 40-49 age division with a fine 3:29:15 time. Marv took 4th in the 50-59 division in 3:23:10. Cool!

Also, *The Long Run*, the newsletter of the Pikes Peak Road Runners, listed those who completed the entire 1995 Fall Cross Country

Series up there. Among the 83 were Tim Mon-dragon (7th), Woody Noleen (Springs, 8th), Ryan Dorsey-Spitz (18th), Lisa Brockie (Springs, 24th) and Carol Saucedo (68th). Ryan, who is 13 years old, was the youngest to complete all 4 races.

On New Year's Day, several SCR members ran in the Rescue Run in the Springs. Marijane Martinez won her 5K age division. Others who ran were Marv Bradley, Dave Diaz, Rich Hadley, Hank Hund, Nick Leyva, Jim Robinson and Bill Veges.

Racing Calendar

Pueblo-Canon City area

January

27 Sat 10:00 AM Frostbite Five, 5M Rock Canyon 543-5151

February

17 Sat 9:00 AM Valentine's Twosome, 1.6M x 2 ... Pueblo City Park 546-1569

18 Sun 11:00 AM Spring Runoff Handicap, 6M Northridge 544-4349

March

3 Sun 8:15 AM Spring Runoff, 5K, 10K& 10M Peppers, North Side 544-4349
5K at 8:15, Toddlers race at 9:15, 10K & 10M at 9:30 a.m.

April

7 Sun 9:00 AM Run for Justice, 10K Pueblo YMA 543-5151

13 Sat Noon Race Against Violence, 5K Boys & Girls Club 542-4128

21 Sun 9:00 AM Y-Bi Classic, 11.2M bike, 5M run ... Pueblo West 543-5151

Other areas

January

28 Sun Super Bowl 5K, run/walk Denver (303) 694-2030

February

10 Sun Valentine's Day 5K, run/walk Washington Pk, Denver (303) 727-8700

17 Sun Run/Walk Against Domestic Violence, 1/2 Mara. Colorado Springs (719) 475-8607

20 Tue Fat Tuesday 5K, run/walk City Park, Denver (303) 727-8700

March

16 Sat St. Patrick's Day Run, 5K Old Colorado City xx

16 Sat Air, Land Conservation Run/Walk, 25M, 50M, 75M (ultra-distance series) Colorado Springs (719) 475-8607

17 Sun Runnin' of the Green, 7K Denver (303) 727-8700

31 Sun Diesel Dash Washington Pk, Denver (303) 727-8700

April

14 Sun People for People, 5K, run/walk Washington Pk, Denver (303) 727-8700

Notable & Unnotable Marathons

January	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
	5	Revco, Cleveland, OH	216-487-1402
June	26	Wyoming (Cheyenne)	307-635-3316
	1	Governor's Cup Ghost Town, Helena, MT	406-447-3414
	2	Steamboat Springs & Half	303-879-0880
	22	Grandma's, Duluth, Minn.	218-727-0947



Spring Runoff training runs

- Feb. 4 - 2 miles
- Feb. 11 - 4 miles
- Feb. 18 - 6 miles
- Feb. 25 - 4 or 8 miles
(all runs start at 11 a.m.)

Every breath you take

Club member Marv Bradley of Cañon City begs to differ with my statements last month about the "Breathe Right" strip that football players are wearing on their noses. I noted that not only do these things LOOK ridiculous but odds are their worth will be disproven by studies in the future.

Marv said he wore the strip (probably the same one) in both the Rim Rock 37K in Grand Junction on Nov. 11 and the California International Marathon in Sacramento on Dec. 3. His times? Try 3:23 in GJ and 3:31:20 in the marathon.

However, the good Doc, Rocky Khosla, says so far no studies have proven that the nose strips helps athletic performances but notes they may help people with snoring problems.

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.

Stats of Note:

- This is for all the Len Gregorys in our club:
Walking 18 holes of golf while carrying your golf bag burns about 600 calories, according to the UC Berkeley Wellness Letter.
 - Bicycling is the most dangerous athletic pursuit, with 649,536 emergency room visits in 1993. Swimming was 7th with 32,647 visits. Running was not included on the list of the top 12 sports.
- U.S. Consumer Product Safety Comm.



Information about area races

by the Editor

Handicap Race Series

The Handicap Series for 1996 will have the same wonderful format as in the past but with a different organizational team. Don and Lois Pfof will be the ringleaders for the scheduling and setup for the races while Mike Orendorff will tackle the statistical data, providing the calculations and keeping the participants and SCR membership up to date on the results, standings, etc.

The first race will be the Springs Runoff Handicap, a 6-miler to be held on February 18 on the Runoff course.

Valentine's Twosome

Because so many club members will be running in the Las Vegas Marathon and Half-Marathon on Feb. 11, the date of the Valentine's Twosome will be Feb. 17, NOT Feb. 11 as your editor guessed last month. Marijane "Matchmaker" Martinez can provide you with a partner if you need one. Call her at 564-6043. I'm told she also will provide "significant other" counseling on the phone. The Twosome also will allow runners to race solo if they don't have a partner. This division is

being call the Open Heart or Heartless or Gotta Have Heart division or something like that.

Frostbite Five

Race Director Ben Valdez could use some volunteer assistance for this 5-mile race scheduled for Saturday, Jan. 27. Call Ben at 543-5151 if you can help. Challenge him to a racquetball game while you're at it.

Race Against Violence

The third annual version of this race will move to a noon Saturday starting time when it is held April 13. You may recall that the 1995 race was postponed until later in the year because of lousy weather. The most important thing is that the barbecue is expected to follow the race again. Angela Carpenter is our contact with the Boys and Girls Club.

Simplot Games

A number of East High School runners will be heading to compete in the Simplot Games in Idaho next month, and the SCR voted at its January meeting to help defray their expenses by providing them with some bucks out of our Youth Fund. The East kids have always been great about helping at SCR races.

Winter's the time to program your body to improve endurance - learn to burn more fat and conserve energy. -- Triathlete magazine

Running tote bag axiom

"The odds of forgetting to take the cold weather running clothes bag are directly proportional to the intensity of the cold front" - The Franch

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

Non-Profit Organization
U.S. Postage
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Does your mailing label have a [95] on it? That means you haven't renewed your SCR membership for 1996. Please do so with the form provided with this issue.



Find peace in '96!

To maintain tranquility in your life, make sure that you notify us of your change of address if you should move. That will keep each issue of *Footprints* arriving to your mailbox.
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