

★★★ Lame Edition ★★★

Ben Valdez named 1996 SCR President

*Rich Barrows voted 1995's
most valuable club member*

by the Editor

Now we know who the *REAL* worker bees are.

They were all revealed at the SCR's annual dinner banquet held Jan. 20. The banquet serves as a means for the club to pay homage to those individuals who:

- Have served the club well during the past year,
- Put in the miles and workouts to improve their running ability, and
- Will be the officers for the current year.

Indirectly, it also is a tribute to the banquet planning committee that somehow outdoes itself every year by dreaming up gags and contests that the best comedy writers would be proud of.

So on with the show:

The faces in the photo above right were the main award winners for 1995. Rich Barrows capped his year as President by being named the most valuable club member. Rich is tireless, which is good news for his wife, P.J. (*did I say that?*), and has made him a tremendous asset to the SCR. Marv Bradley and Marijane Martinez were named the male and female runner of the year, respectively. Marv, though in his 50s, has consistently kicked sand in the faces of runners 20 and 30 years younger than him. No ultra distance is beyond his reach. Marijane somehow continues to improve by training, racing, and cross-training. And her zest for life makes all of it an enjoyable experience.

Meanwhile, the new officers named for 1996 are:

- Ben Valdez – President
- Joe Stommel – Vice President
- Robert Pratt, Sr. – Secretary
- Melinda Badgley Orendorff – Treasurer

They undoubtedly will serve the SCR very nicely as evi-

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Big Winners

Capturing the big awards at the SCR Banquet were (from left) Rich Barrows, most valuable club member; Marv Bradley, male runner of the year; and Marijane Martinez, female runner of the year. *Photos by Gary Franchi*



Head Honchos for 1996

Illustrating how they will conduct meetings during 1996 were the new SCR officers. From left are Melinda Badgley Orendorff, Treasurer; Robert Pratt Sr., Secretary; Ben Valdez, President; and Joe Stommel, Vice President.

Footprints tops in U.S. – Page 5





Nice Job!

Many thanks to the SCR Banquet Committee for providing us all with an excellent evening of fun, surprises and, most of all, the craziness we needed to feel we belonged there. The committee was comprised of Rich Barrows, Nick Leyva, Marijane Martinez, Melinda Badgley Orendorff, Mike Orendorff, Robert Pratt Sr., Joe Stommel, and Kathy Stommel.

Raffle to be held at SCR meetings

Club members attending SCR meetings, held once a month, will have the chance to win certificates for dinner and other items by buying raffle tickets at those meetings. Yummy! All proceeds will go toward our Youth Fund that is used to help send area youths to out-of-area track competitions.

Banquet

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denced by the "oath poem" they recited in unison at the banquet.

Meanwhile, Andy Ballou will continue as the club's Membership Chair and yours truly will embark on his 12th year as the Newsletter Editor.

Other award winners for 1995 were:

- Don Pfoth – champ of the Handicap Series.
- Dan Caprioglio – Dirty Sock Award for setting up the Wednesday evening speedwork sessions for the "Pueblo Globetrotters."
- The Pueblo Chieftain (accepted by SCR's Len Gregory) – Packard Friendship Award for its support of running.

The evening was organized by the committee members noted at left. They are to be lauded for putting together an exquisite evening. It included a Meet the Runner Bingo contest, a Shadow Guessing Game, a Heads or Tails Quarters Game, a Kids Scavenger Game, and more silly awards than I could keep track of.

Importantly, many sponsors donated items for a series of



Joe Stommel (rt.) can't believe what he's hearing & seeing as he gazes at Mike Orendorff.



Marijane Martinez presents Jim Robinson with a new Rawhide Marathon shirt

raffles that were held throughout the evening. The raffles refueled our depleted Youth Fund with \$250 in cash. That fund is used to help send area youths to out-of-area track and cross country events.

Through those raffles, Andy Ballou won a free 1996 membership, a fitting gift for our Membership Chair. Also, Len Gregory and Marijane Marti-

nez won free entry into all SCR-produced races in 1996.

The meal served by the Gold Dust staff also was superb.

This is going to be a great year for the SCR. The positive vibrations can be felt in everything that has happened so far in 1996. I invite you all to climb aboard the Fun Train and enjoy the ride.

County to apply for new river trail system grant

The best local news I heard during the last month was the decision by the Pueblo County Public Works Department to proceed with a grant application to study a proposed river trail system on the St. Charles Mesa. It would involve three trail projects:

- 8.3 miles along the Arkansas River from Runyon Lake east.
- 7 miles along the St. Charles Mesa from 36th Lane to 27th Lane.
- Pedestrian and bicycle lanes along 23rd Lane, 27th Lane and Aspen Road.

This comes on the heels of successful efforts to develop dual-surface trail systems where possible.

Pawel Wlodkowitz is a tad better known as the current Pope John Paul II.



Southern Colorado Runners

A member of the Road Runners Club of America



Current SCR Officers:

President	Ben Valdez	543-5151
Vice President	Joe Stommel	546-1569
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, Pawel Wlodkowicz

Footprints is published monthly and distributed to all SCR members to confuse them as much as possible about racing schedules, nutrition and diet, and other fitness-related issues.

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, bring snacks for everyone, question Mr. Secretary's minutes, and doodle with the paper and crayons provided.

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 Howard Pyle: "The right to suffer is one of the joys of a free economy."

Musings on running, fitness, life, etc.: I could tell that Mr. Pyle above a thing or two about suffering. I've done my share of it already in 1996.

Remember last month's *Great Stuff* column where I talked about some of the things I wanted to accomplish in 1996? You DID read that, didn't you? (C'mon, have a heart and say you did!) Well, I was about to accomplish two of those things in one shot by running in the Las Vegas Half-Marathon on Feb. 11. For one, it would get me out of state for a race. Second, it would be my first half-marathon in about a half-dozen years. At the same time, I could visit with my daughter, Amanda, who is attending the Uni-

home was set for about 11:30 a.m., but Kathy, not a speedster to begin with, wasn't sure if she'd even be able to finish since she'd had the flu for a week. Not to worry, Joe finished in a salty 1:28, then ran to the hotel, got the car, and drove to the finish line. Kathy finished in 2:11 and they made their flight with ease.

- Having been in contact with original SCR member Judy Tucker off and on for quite a while, I knew she had been running very little since taking up --get this! -- tap dancing. I had a feeling she would be at the race though and, sure enough, I ran into her in the spectator area as she waited to greet long-time running pal Sue Campbell, who clocked a 2:11:59. Sue and her hubby stayed with the Tuckers while in Vegas. (Thanks for the congratulatory note, Judy!)

- I was reading the classified section of the Vegas newspaper and found this ad:

"Natural Breast Enlargement. Average increase is two inches and one full cup size through hypnosis."

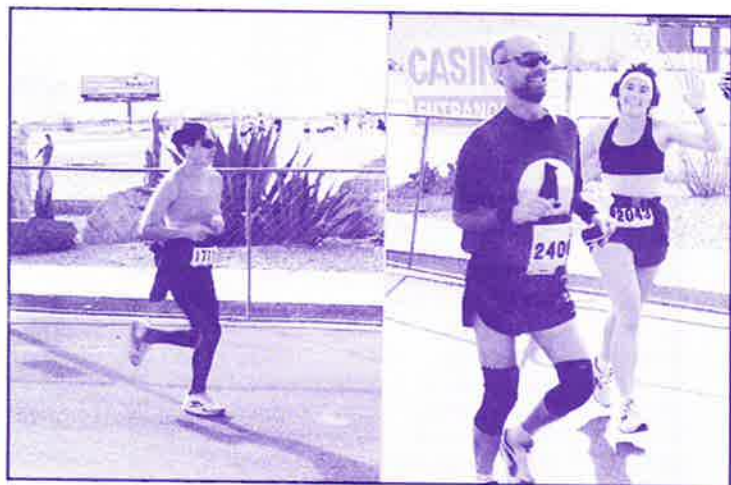
Anyone want the phone number?

- You can catch a bus just about anytime and go anywhere on the strip for \$1.50. Gives you the chance to observe some true degenerates, too.

Viva Las Vegas!

This month's smorgasbord: Here is some cheery news: A story in a recent issue of *Men's Fitness* magazine claims that, even if a male runner runs 50 miles a week, **his waist will still grow 2½ inches between the**

ages of 20 and 50. To avoid it, he'd have to increase his weekly mileage by 1½ miles each year to maintain the same waist size – and that's no guarantee. Oh, and have a nice day! ... I always like to bore you with information about weightlifting because I'm a regular lifter. The reasons are many. The latest comes from "Running With George," a column by George Straznitskas on the Internet. George says that lifting increases the thickness of muscle fiber. Okay, we knew that! But he goes on say that **the extra thickness enables the muscle to store more glycogen, which fuels muscular activity.** Also, the increased upper body strength makes it easier to maintain form on hills and at the end of a run. Cool! ... Let it now be revealed that Jim Robinson has named his infamous yellow and brown long-sleeved Rawhide Marathon shirt "Golden Boy." (Sorry, Jim. Couldn't resist.) ... Well, gang, until the next time, see you in my dreams.



"El Sicko" Franchi spotted Lorraine Hoyle (left) chugging to the finish line while Kathy Stommel extended a warm greeting.

– Photos by Gary Franchi

ersity of Nevada-Las Vegas. Plus, so many club members have attended the races (there also is a marathon and 5K) in past years that it's almost become a cult event to area runners.

I was revved. I got in an 11½-mile run two weeks before, five of those coming in the Frostbite Five race that I really didn't "race." It seemed like I was ready, but I swear I started feeling sick the moment my race application form landed at the bottom of the public mailbox. "Sick" turned into walking pneumonia, canceling my running plans. But the trip still had its moments:

- It's weird – you can go to Vegas and see members of the SCR that you haven't seen in months. I can't remember the last time I saw the SCR's Lorraine Hoyle until, there she was, flying toward the finish line with a 1:37 half-marathon time.

- The Stommels – Joe, Kathy and Jessie – all ran, and they faced a time crunch. Their flight

Ultimate in idiocy item of the month:

In saner days, products with at least some semblance of a relationship to fitness would become an "official sponsor" of the U.S. Olympic team. No more.

Today, if you put up the bucks, you can become an official sponsor.

The latest example: *Eagle Snacks* is the Official Snack Food Sponsor of the U.S. Olympic team. Eagle makes potato chips, tortilla chips, pretzels, and "Cheegles."

So, I'm wondering: what if *Penthouse* antes up? would it be the official magazine?

What about Listerine? The official mouthwash?

Another vintage role for an actor who starred in a series of these flicks many years ago. Guess the actor and the movie and win a free trip to your local video store.

Answers below.

Movie Line of the Month:

"Oh, I like being in the arms of a good-looking nun. How do YOU like it, sister?"

Answers:

"Sarah," "Two Mules for Sister" Clint Eastwood in

Answers:



Frostbite Five



Frostbite Five Results (5-mile race held Jan. 27)

Results extracted from results board

MALE

Runner	City	Age	Time
1. Tim Vigil	Walsenburg	31	28:57
2. Mark Koch	Pueblo	36	29:41
3. Rich Hadley	Florence	40	29:56
4. Jim Robinson	Pueblo	44	31:20
5. John Gonzales, Sr.	Folsom, NM	40	32:41
6. Marty Garcia	Pueblo	35	33:02
7. John Gonzales, Jr.	Folsom, NM	17	33:25
8. Jack Janney	CO Springs	43	33:49
9. Mike Borton	Pueblo	40	33:57
10. David Klein	Rocky Ford	40	34:04
11. Bill Veges	Pueblo	38	34:14
12. Marv Bradley	Cañon City	56	34:20
13. Sam McClure	Cañon City	42	34:32
14. Roger Sajak	Pueblo	43	35:37
15. Robert Santoyo	Pueblo	33	35:40
16. John Ulsh	Cañon City	46	35:55
17. Mike Archuleta	Pueblo	35	36:00
18. Ronnie Burmeister	Raton, NM	15	36:15
19. Eugene Mares	Pueblo	33	36:22
20. Blake Ottersberg	Pueblo	13	36:36
21. Emmett Foster	Pueblo West	59	36:48
22. John Castanha	Rye	36	37:14
23. Len Gregory	Pueblo West	53	37:16
24. Matt Martin	Pueblo	40	38:26
25. Jeremiah Edwards	Raton, NM	16	38:29
26. Wayne Whitney	Pueblo West	57	39:28
27. Benny Terry	CO Springs	43	40:13
28. Jack Bilak	Pueblo	54	40:50
29. Jeff Cleaver	Pueblo	45	41:15
30. Jack Harris	La Junta	53	41:18
31. Gary Franchi	Colorado City	47	42:19
32. Doug Mesner	Pueblo	45	44:59
33. Paul Willumstad	Pueblo	46	45:13
34. Mike Bauserman	Swink	42	45:16
35. Martin Ottersberg	Pueblo	43	45:31
36. David Jobe	Raton, NM	43	48:32



Tim Vigil and Misti Frey were the overall winners of the Frostbite Five.

– Photo by Gary Franchi

37. David LaSalle	CO Springs	33	51:31
38. Bruce Taylor	Pueblo	47	53:05
39. Jim Neblick	Pueblo	37	53:25
40. Gary Shelatz	Pueblo	49	54:42

FEMALE

Runner	City	Age	Time
1. Misti Frey	Pueblo West	28	37:55
2. Jenna Dorsey-Spitz	Pueblo	11	39:39
3. Helen Robinson	Pueblo	37	39:40
4. Barb Fox	Florence	30	42:17
5. Sally Taylor	Pueblo	40	43:29
6. Lori Gregory	Pueblo West	45	43:46
7. Cindy Stone	Florence	31	44:04
8. Tammy Stone	Florence	23	45:30
9. Jessie Quintana	Pueblo	52	46:25
10. Kathy Stommel	Pueblo	39	48:59
11. Barbara Manning	Florence	25	50:08
12. Christine LaSalle	CO Springs	33	51:31
13. Michele Fearheiley	Pueblo	33	53:06

Triple Crown of Running

The Triple Crown is having 4 races this year and there are 2 different divisions of 3 races each (there are 2 races common to both divisions). The 2 divisions are the Foothills Series and the Mountain Series.

The Foothills Series will consist of the Palmer Park 10K, the Garden 10 Mile, and the Colorado Springs Classic. The Mountain Series will consist of the Garden 10 Mile, the Colorado Springs Classic and the Pikes Peak Ascent.

Race dates are:

- **Palmer Park 10K**
– Sunday, May 5
- **Garden 10 Mile**
– Sunday, June 9
- **Springs Classic**
– Sunday, July 14
- **Peak Ascent**
– Sunday, Aug. 17

You can compete in one series for \$60 or in both for \$65. To tell you the truth, I haven't been able to figure out why there are two series this year, but I'm sure there's a good reason for it.

Another great Handicap Race Series is in the works

by Don and Lois Pfost

The 1996 Handicap Series will be similar in many ways to what has been done during the past three years when Michael Ordendorff was at the helm. Although we often didn't know where he was steering us, it was Michael's playfulness and unpredictability which gave the Series an added element of enjoyment. We'll try to include a few surprises and challenges.

Scoring will be based on a handicap for both gender and age, with points for predicted time and run time. There will be a maximum of 45 points for the predict portion and 30 points for the run portion, with one's overall score the sum of predict and time points for the nine Handicap Series races scheduled. Because only six of nine races will really count in the standings, you can elect not to participate in as many as three handicaps,

and there will be no makeups. There will be an entry fee of \$2 per race. This money will be used for awards and administrative costs, mainly beer and pizza for the coordinators.

The first handicap in the 1996 series was held last Sunday, February 18. The second will be a Trail Run at 9 a.m. Sunday, March 10, at the Nature Center.

We are now working on the schedule for the rest of the year. If you have suggestions for courses or ways to make the series more interesting and fun, please give us a call at 544-9633.

Also, in past years the series has included run and eat events hosted by club members. These have been highlights of the series and great occasions for socializing and chowing down. We'll be checking with those who have hosted these events in the past to see if they are willing to do it again this year. Any other members willing to host one of the handicaps, please give us a call.

Footprints selected top newsletter in U.S. of A.

by the Editor

You've heard the rumors. Now you're wondering – are they true?

Yes! Yes! Yes! Yes! Yes!

Footprints, the newsletter that makes the ability to read a wonderful character trait, has indeed been selected the top small club newsletter in the country by the *Road Runners Club of America*. Yours truly was notified of this on Feb. 16 by Laura Kulsik, the Western Region Director. Being a kind sort, Laura said we could probably have won the medium club newsletter award as well.

Your beloved editor is to be presented with the award



at the RRCA's national convention to be held May 9-12 in Knoxville, Tennessee. Fortunately, that's the week after PCC's commencement, meaning I won't lose my job by attending the RRCA convention.

Most important, the RRCA will pick up my expenses for the trip. That's good news for the SCR,

which is still counting its pennies despite now being in the black financially.

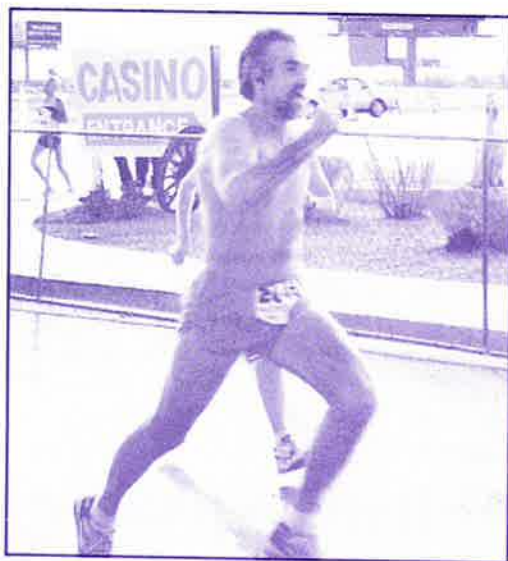
Laura also asked me to encourage other club members to attend in order to make "polite" applause at the awards banquet sound a bit more raucous. So, if anyone is interested in attending, give me a buzz (676-4100) and I'll fill you in on the details. The convention consists of fun runs, schmoozing, a myriad of workshops, freebies, the awards dinner banquet (Jeff Galloway will speak), a Health and Fitness Expo, a picnic, and the EXPO 10K and 5K RRCA national championship races.



Information #s

- Road Runner Information Line: 303-871-8366
- Pikes Peak Road Runners Race Coordinator: Rick DiMuccio 719-548-9426
- Road Runners Club of America: 703-836-0558
- RRCA Western Region Director: Laura Kulsik 916-983-5272
- Racing West: Paul Norris 303-699-8085
- Athlete's Source Darrin Eisman 303-279-0397
- Ultrarunning club in Colorado Springs: Anthony Quinn 719-475-8607
- Mad magazine: Alfred E. Newman 800-HES-NUTS

Las Vegas Marathon & Half-Marathon



Joe Stommel – well, whatta ya know, that's him at left – paced a huge throng of Pueblo-area runners at the Las Vegas Marathon and Half-Marathon on Feb. 10 by steamrolling to a superb 1:28 time in the half. That time was a PR for the 47-year-old. Joe likes this course – last year he qualified for Boston with his marathon run. John Ullsh of Cañon City was the next area runner to finish, clocking a 1:33. Lorraine Hoyle had a splendid 1:37. Neat!

Rich Hadley of Florence shrugged off an injury (sciatica, I believe) to record a 3:02 time in the marathon.

Meanwhile, the relay team of Dave Diaz, Misti Frey, Nick Leyva, Marijane Martinez and Bill Veges clocked a 3:06 time to take 3rd place in the mixed team category. They all received a cool plaque and split \$100.

Photos by Gary Franchi



Dave Diaz anchored the relay team (left) while Rich Hadley ran a 3:02 marathon.



Here's the real scoop on osteoporosis

by Rocky Khosla, M.D.



Training to do your best!

When training for a marathon, you shouldn't have to make any changes in your normal training diet as you get close to the marathon. Lower your mileage rather than change your diet. This rest allows the muscles to store carbohydrates that typically get burned during harder training.

- Adam Bean & Beth Moxey Eck



Quote of note:

"Even if you manage to jog yourself into shape, you still don't look all that great. I mean, look at marathon runners: they appear gaunt and desperately hungry, like refugees wearing numbers."

- Dave Barry (humor writer)

There have been a lot of people asking me about new approaches to treating osteoporosis, so I thought that I'd write a column about that.

Osteoporosis is a condition where bones lose their calcium content and become architecturally weak. There are about 25 million Americans with this condition, 80% of whom are women. Women seem to be at higher risk of developing osteoporosis because they have a lower peak bone mass than men and tend to live longer than men. The total health costs from osteoporosis exceeded \$10 million in 1990. The significance of osteoporosis is that it increases the risk of fractures of the hip, wrist and back.

Women at risk for developing osteoporosis are as follows:

- Caucasian or Asian race
- Slender or small frame
- Older
- Smokers
- Low intake of calcium
- Excessive alcohol intake
- High caffeine intake
- Physical inactivity
- Menopausal

As far as calcium is concerned, calcium carbonate is the best value, and I recommend that most women get between 1,200 to 1,500 mg per day, and take it with dinner.

As far as exercise is concerned, weight-loaded activities such as running and aerobics are much better than swimming and

biking at preventing osteoporosis. If exercise is excessive to the point that it causes the woman to quit having periods, that leads to increased risk of osteoporosis.

How can you tell if you have osteoporosis? Plain X-rays are not very accurate, but there is a new test called DEXA (dual energy X-ray absorption) that is probably the best test available right now. However, if a patient has obvious bowing of the spine or has had a previous hip fracture, then the clinical diagnosis is made and a DEXA isn't necessary.

What can you do if you have osteoporosis? I would recommend the following:

1. Change your lifestyle. Give up the smoking, decrease the alcohol and caffeine, increase the exercise (unless you have exercise-induced loss of periods), and make sure you are getting enough calcium.

2. Talk to your doctor about estrogen replacement. There is controversy, and there are risks and benefits. But overall, estrogen seems to help prevent and treat osteoporosis.

3. Talk to your doctor about newer agents that may help reverse bone loss: these newer agents are calcitonin nasal spray and Fosamax, which is a pill.

Till the next time, keep those bones healthy and happy!

Entries due Feb. 22

Time to get in the Ride the Rockies lottery

Just a few days after we were suffering in a minus-25 degree temperature reading, registration opened for the 11th annual Ride the Rockies bicycle tour. This year's event will start on June 16 in Cortez and will cover 410 miles before finishing five days later in Colorado Springs.

The tour will include stops in Durango, Pagosa Springs, Alamosa and Salida. It will take a maximum number of 2,000 cyclists over Wolf Creek Pass (10,850 feet) and Poncha Pass (9,010-foot ele-

vation).

Those 2,000 cyclists will be selected by a lottery of registration applications that are due Feb. 22. Riders will be notified if they have been selected by April 1.

Daily mileage totals this year range from 48 to 89 miles. The *Denver Post* is planning to publish a 13-week series of articles on training for the tour beginning March 22.

For more information, call (303) 820-1338.



Racing Calendar

Pueblo-Canon City area

February

25 Sun 11:00 AM Spring Runoff, 4M or 8M 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.

10 Sun 9:00 AM Trail Run (Handicap), ?? Nature Center 542-4128

April

6 Sat 10:00 AM USC Baseball Team Run, 5K & 10K ... USC baseball field 549-2577

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

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

14 Sun Ramsgate 8 8K Handicap 8 Ramsgate, Belmont 544-9633

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

Other areas

March

16 Sat St. Patrick's Day Run, 5K Old Colorado City (719) 548-9426

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

16 Sat Canyonlands Half-Marathon & 5M Moab, Utah (801) 259-5934

16 Sat H₂O Air Land Conservation Run, 25M, 50m, 75M .. (ultra series) (719) 475-8607

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

24 Sun Shriners Fun Run, 10K, 5K & 2M walk Washington Pk. Denver (303) 694-2030

30 Sat Panoramic Run, 5K Palmer Pk., CO Springs (719) 548-9426

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

April

13 Sat Low Budget Marathon & Half-Marathon Trail run (ultra-distance series) (719) 475-8607

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

20 Sat Horsetooth Half-Marathon Fort Collins (970) 493-4675

25 Thur D.A.R.E. Twilight 5K Run/Walk Aurora (303) 363-0055

28 Sun Clean Air Challenge, 5K & Walk Cherry Creek (303) 694-2030

28 Sun Cherry Creek Sneak, 5M Denver (303) 841-1456

May

6 Sat Boulder Dash, 5K Gee, I wonder where (303) 442-2778

Notable & Unnotable Marathons

February	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	508-435-6905
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
	26	Wyoming (Cheyenne)	307-635-3316
June	1	Governor's Cup Ghost Town, Helena, MT	406-447-3414
	2	Steamboat Springs & Half, & 10K	303-879-0880
	22	Grandma's, Duluth, Minn.	218-727-0947



Local racing dates in 1996

- Ordinary Mortals Triathlon -- May 18
- Women's Distance Festival -- July 7
- Beulah Challenge 10K & 5K -- Aug. 3
- Drag'n On In Triathlon -- Aug. 25
- River Trail Marathon & Half-Marathon -- Oct. 13.
- Rock Canyon Half-Marathon -- Dec. 8
- Marijane & Nick's Excellent Adventure (Handicap) -- Dec. 15

Other 1996 racing dates

- Bolder Boulder -- May 27
- Steamboat Marathon & Half-Marathon -- June 2
- Mosquito Marathon (Leadville) -- July 20
- Colorado Marathon (Denver) -- Oct. 20

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

by the Editor

Boost the immune system

This is the stuff I like to see:

Studies are showing that a copper deficiency can reduce the activity of some immune system cells that attack invading bacteria.

But there are some excellent options that provide copper.

Like beans, nuts, seafood and -- now control yourself -- even **beer** and **chocolate**.

Hershey bar, Cath?
Another Fat Tire,
Andy?

We need volunteers for Runoff

Race Director Rich Barrows needs volunteers to help conduct the Spring Runoff that is set for Sunday, March 3. It takes quite a few folks to put on this race from course marshals to finish line helpers, so please help if you can. Also need help before the race. Remember that if you're running the 5K, you'll have plenty of time to cool down and help with the 10K and 10-mile races. Call Rich at 544-4349.

Take me out to the road race

The University of Southern Colorado baseball team is having a racing event on Saturday, April 6, as a team fund-raiser. This will include 5K and 10K races, with a ticket to that day's USC game to be included in the race packet. Neat! These guys are gung-ho and really plan to do what's necessary to have a quality event. The races will start and finish on the baseball diamond. Team competitions will also be encouraged.

The 5K will basically mimic the Corporate Cup 5K run/walk. Part of the 10K will be on the trails north and west of USC.

Stay tuned. This will be a great event!

Race Budget Committee

Imagine this! A committee has actually been formed to help establish individual race budgets in an effort to make our races at least break even if not be profitable. The committee will meet after each monthly club meeting, probably at the Gold Dust. If you'd like to take part, call Ben Valdez at 543-5151 (daytime).

Busy, busy April

There are all kinds of racing opportunities in April. We haven't received confirmation on the Run for Justice tentatively set for April 7, but the rest of the month is full. There's the Race Against Violence 5K on April 13 (noon), the Ramsgate 8 8K Handicap Race from the Pfosts' home in Belmont on April 14, the Y-Bi Classic Biathlon on April 21, and to get you out of town for a race there's the Cherry Creak Sneak up north on April 28. Start training, buckos!

Handicap Series

The second Handicap this year is a trail run, starting at the Nature Center, on Sunday, March 10, at 9 a.m. Other traditional Handicap races are expected to be held, and a new trail run is being considered at Camp Jackson in Rye. *Read more about this series on Page 4.*

Some of us are faster runners than others, but all of us are good. – Joe Henderson

*Injury & illness
axiom*

"The wonderfulness of the weather is directly proportional to the severity of your debilitating injury or illness" – The Franch

SOUTHERN COLORADO RUNNERS
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