

★★★ Brain Sludge Edition ★★★

SCR members run in 100th Boston Marathon

by The Editor

Monday, April 15, was the big one. The big enchilada. The event that was talked about reverently for a year.

No, silly, it wasn't my birthday. It was the 100th anniversary of the Boston Marathon. All the big names in running circles took turns extolling the magic of "Boston" prior to the big race held on Patriots Day.

All last year, runners from throughout the country traveled to distant locales in bids to qualify on "fast" courses. Personally, I don't know what "fast" means when you're talking about the marathon distance, but that's another story for a time when everyone's really hurting for something to read.

Anyway, there were a few qualifiers from Boston from the southern Colorado area, but as far as I know only five SCR members registered to run, and I believe only three of them actually made the trip and ran it.

From Pueblo, Rocky Khosla and



100th Boston Marathon
1996

Joe Stommel went. Paul Chacon and Dave Diaz also registered, but both decided not to make the trip. And a new club member from Colorado Springs – Woody Noleen, also ran it. Paul Koch, not an SCR member but a former Puebloan and brother of the SCR's Mark Koch, also ran it.

I'll try to print their results in the May issue of *Footprints*.

In all, 620 runners from Colorado registered for Boston. I learned this stuff from checking out the Boston Marathon Home Page on the Internet. You can find out anything about Boston there, except for maybe the

underwear Bill Rodgers wore after winning the race four times a few years back. But, I don't know, that might be on the "Net," too, if you look long enough.

For what it's worth, the race utilized 62,360 feet of rope, 72 mile-marker signs and 2,300 medical personnel. Not mentioned on the Home Page was the record number of post-race kegs that were consumed.

Unlike the Rosie Ruiz situation of 1980, there was no cheating in the 100th Boston. Ruiz was the idiot who took a bus to less than a mile from the finish and tried to make everyone believe she had run the entire race.

But this year, runners wore special computer chip devices in their shoe-laces. The chips acted as transponders registering whether runners stayed on course, and they provided accurate readings of their times.

Hey, I didn't make this up. I read it in *USA Today*. Wait, maybe I heard it at the Gold Dust. Or maybe at that kegger last week. Or maybe ...

We Want **NEED** You!

The Southern Colorado Runners club needs your help. To get right to the point, we are in need of more volunteers to help conduct races. The list of club members who help in this capacity at SCR-produced races has shrunk over a period of time, and the volunteers who continue to work races could use a break.

Hence, if you don't plan on running in a particular race, please help out as a race volunteer. This is something that is painless – it does not require much time

nor a rocket scientist's mental prowess, and is fun because it gives you the chance to exchange pleasantries & barbs with fellow club members. Upcoming races where you can help are the Y-Bi Classic (April 23) duathlon, the Cinco de Mayo 10K (May 5), the Ordinary Mortals Triathlon (May 18) and the Holy Family Run (June 7). Volunteers earn points toward SCR apparel (tank tops and polo shirts, I believe). Please note that points earned by volunteers last year are being carried over to this year.

Please call SCR President Ben Valdez (days, 543-5151) or another officer if you can help. Thanks!



SCR notes, news and pure drivel

by The Editor

SCR meetings open to all members

SCR meetings are held the first Monday of each month beginning at the YMCA beginning at 7:30 p.m.

Meeting protocol is followed very loosely. The SCR has always had a policy of allowing any SCR member both to attend club meetings and vote on all issues brought to a motion.

Sunday A.M. training runs

When there isn't a big local or out-of-town race scheduled on Sundays, SCR runners of various ability levels gather at 8 a.m. at the Pueblo City Park swimming pool parking lot for a training run.

Distances vary. All club members are invited to join in and hear all the latest bad jokes.

Speedwork sessions

SCR members gather at 5:30 p.m. each Wednesday for a speed workout at the East High School track. All SCR members are invited to join the group. The workouts – designed by the SCR's Dan Caprioglio – vary from week to week.

SCR picnic to be held July 20

This being the "let's wait until even AFTER the last minute" society, you're not going to believe this. We've already set a date for the annual SCR summer picnic – July 20 at Greenhorn Meadows Park in Colorado City. The picnic site has already been reserved. Amazing!!!

Mark that date on your calendar NOW. If someone schedules a wedding or something equally as frivolous on that date, make them reschedule it.

Kids sought for training group

Club member Mike Borton has been helping train a small group of youngsters, who happen to be kids of SCR members, and Mike would like to have a few more. Mike is very knowledgeable concerning training matters and has an acquiescent low-key style that works well with kids.

Those who have trained with Mike have benefitted tremendously. For instance, 13-year-old Ryan Dorsey-Spitz recently clocked a super 40:46 10K time in the Spring Runoff last month (*that's him in the photo at right*).

For more information, call Mike, 561-8751.

Wooten seeking nationals

SCR member Jeff Wooten, a junior at Western State, is hoping to qualify for the nationals in the 5,000 meters and/or 10,000 meters, and the SCR will provide him with a nominal amount from its Youth Fund to run in a meet in Long Beach. The Youth Fund was



The "Mike Borton Training School" helped Ryan Dorsey-Spitz record a sizzling 40:46 10K time in the Spring Runoff.

– Photo by Gary Franchi

created by the club to help send young runners to out-of-area meets. It is funded mainly by raffle drawings.

Miscellaneous

The March for Hearts 3K walk will be held April 20 for all those interested ... Saturday, May 11, will be River Trail Cleanup day beginning at 9 a.m. The SCR has a segment of the trail near the Nature Center, that it is responsible for cleaning. Please help if you can ... The SCR has devised a Race Director Kit that it will now make available to all persons directing races. Many thanks to the committee members who came up with this kit.

April showers
bring many
May drinking
hours at the
Gold Dust
Saloon.

GOLD DUST
SALOON
M^oRID INC.

130 S. Union Ave. • Pueblo

Nordberg was the name of the character played by O.J. Simpson in the "Naked Gun" movies.



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, Nordberg (*ID'd below left*)

Footprints is published monthly and distributed to all SCR members to help provide quality liners for their bird cages and help them train their puppies.

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, contribute meaningless drivel like everyone else present, and help keep the president in line when he gets rowdy.

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



Great (& so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of comedian Stephen Wright: "It doesn't make any difference what temperature a room is, it's always room temperature."

Musings on running, fitness, life, etc.:

Well, I got my income tax return completed about the time that SCR members Rocky Khosla, Woody Noleen and Joe Stommel were getting ready to start the Boston Marathon about 10,000 runners back from the starting line. That was April 15, remember? Hey, I'm not a procrastinator; I merely believe in adhering to deadlines.

To be honest, after this year's tax ordeal I was wondering how Uncle Sam can possibly make tax returns any more complicated. If you own a business, you've got about 80 different forms to fill out, each one more innocuous than the one before. I'm surprised you don't have to provide documentation of your Social Security number. And how about photos of your children? Or proof that you're alive.

In contrast, about a week before, I had helped out Mark Counterman, race director for the inaugural *Celebration of the Arts Fun Run and Walk*, by setting up his race flyer on my computer. What struck me was the simplicity of the race registration form. You need to fill out your name, address, age, sex (I usually write in "whenever I can"), T-shirt size, then sign it and you're on your merry way. Simple. Succinct. To the point. Easy to understand.

This all got me to wondering what would happen if the federal government stuck its collective nose into the world of road racing. Just imagine:

On race forms, you'd probably have to provide a copy of your birth certificate to verify your name and age. You would need to fill out and include IRS Form 1077-413 to verify you live where you indicate. And form 1077-413 would only be available at the Post Office. They'd make you stand in a long line to get one, and they would be out of the form the first time you went there to pick up one. Your signature? Since it could be a forgery, you would have to provide that prior to the start of each year and it would be scanned and available in a computer data base for verification purposes. And you'd have to pick up your T-shirts at an IRS Race Merchandise Center. The regional center for southern Colorado would be in Colorado Springs. You'd have to wait in line when you arrived. There would be four customer service windows but just one clerk on duty. Two other clerks would be behind windows that have a "Closed" sign, and they would be drinking coffee and doing paper work.

Let's be thankful that running remains a relatively pristine activity. It's just another reason for us to love the sport we're involved in.

This month's smorgasbord: A good turnout of roughly 350 at the Spring Runoff was making race director Rich Barrows feel pretty good about the race turning a decent profit. But that was before he got the bill from the local constables. I'm not going to get into details, but we were charged about three times as much as a year ago. Ouch! However, maybe the the extra stipend was deserved for officer Dick Harsch going beyond the call of duty. Noticing loose gravel just in front of the finish line, Dick wielded a broom and swept off a bunch of the debris before the first finishers could arrive. (Photo at right.) Nice touch. Good technique, too ... I always get excited about an upcoming Olympics, especially the distance running events. But the commercialization of the Summer Olympics in Atlanta is getting to be more than annoying. The latest example: Cabbage Patch OlympiKids. They are called the "Official Mascots of the 1996 U.S. Olympic Team," and a pair of porcelain OlympiKids sells for - choke! - \$150. What's that? You say you've got your pair already? ... Speaking of the Olympics, it was reported that Olympic Stadium in Atlanta needed \$3 million in repairs before it even opened. What's more, there has been no public documentation of why the unexpected reinforcement of the steel structure was needed. How nice! ... Club member Marv Bradley rolls on. The 50-something Cañon City resident, voted the SCR's top male runner of 1995, ran the Canyonlands Half-Marathon in Moab, Utah in a splendid 1:34:35. Afterward, though, he was talking more about the Eddie McStiffs microbrewery in Moab. Shows all the miles have not damaged his mental processes ... I stopped at the 7-Eleven store at Orman and Northern in Pueblo earlier this month for a cup of java before heading home to Colorado City. The reading junkie that I am, I started perusing the new *Men's Health* magazine. Being a hockey follower, I noticed a copy of the weekly *Hockey News* buried on the lowest display rack. It was dated December 12. Was this an April Fool's joke? Afraid not. In fact, next to it was a copy dated November 17. I'm surprised a rat didn't crawl out from under it Over and out, comrades. And get those race forms in early so we can verify your signaturs.

Ultimate in idiocy item of the month:

The Food and Drug Administration has classified acupuncture needles as medical devices for "general use" by trained professionals. But it has refused to say that acupuncture is effective for any particular condition. Say what?



Police officer Dick Harsch did some early spring cleaning at the Spring Runoff.

- Photo by Gary Franchi

Movie Line of the Month:

"If you were me, then I'd be you, and I'd do it with your body."

This is from the sequel to a big comedy hit from a couple of years ago. Here's a big hint: The guy who uttered these words recently signed to receive the largest sum ever for his next flick. Guess the actor and the movie. The answers are below.

Answers:
"Ace Ventura II,"
Jim Carrey in

To lose weight, sweat & reduce fat intake

by Rocky Khosla, M.D.



Quote of note:

"Until you face your fears, you don't move to the other side, where you find the power."

– Ironman champion Mark Allen

Grand Prix of racing:

The Colorado Circuit includes 15 races in the Grand Prix schedule this year, but none south of Colorado Springs. The first two were the Runnin' of the Green in Denver and the Boulder Dash in Boulder. The Cherry Creek Sneak is next.

History Trivia:

This month's Boston Marathon reminds me of the story of how the marathon legend began. No doubt you've heard the story from old Greek times about the guy who ran from the city of Marathon to Athens to deliver a message before collapsing and dying.

True or not, who was the runner who made that infamous trek.

Answer below.

Answers:
Does the name
Phidippides ring a
bell?

I have been getting a lot of questions about medications that help with weight loss, so I thought this would be a good topic for this column.

As far as weight loss goes, we as a nation are really obsessed with this notion, possibly because we have the greatest percentage of obese people than any other country. So, what can you do if you are overweight? There are some new approaches that are being touted heavily out there, so here goes:

First of all, there are genetic and metabolic differences between people that make one person tend to be heavy while another who eats and exercises in a similar fashion may not gain as much weight. Furthermore, as we age, our metabolic rate tends to slow down so that it gets harder to burn off the calories. And finally, women tend to have a slightly lower metabolic rate than men, and therefore are at a higher risk of obesity.

The safest approach, in my opinion, is still the tried and true one using a combination of diet and exercise. As far as diet goes, really cutting down on the fats (which is what we get in most snacks) is the way to go.

Though there are all sorts of diets out there, there is none that has been found to work universally for everyone. The very low calorie diets that were popular in the mid-'80s have fallen out of favor (remember Optifast?) because they did not lead to any good long-term results, and may have precipitated gallbladder stones in some folks.

The approach I suggest is to just shoot for a net deficit of 500 calories per day by exercising more and eating less. This will lead to a deficit of 3,500 calories a week, which is the exact amount of calories in one pound of fat.

As far as drugs go, most of the over-the-counter preparations have either got lots of caffeine or stimulants such as dexedrine or

ephedrine. My advice is to stay away from these. As far as prescription medications are concerned, the newest drug that is currently hip is Pondimin, which is a combination containing hentermine and fenfluramine. This combination supposedly increases norepinephrine and serotonin in the central nervous system. In one study of 121 patients, however, only 3 patients still weighed less than 120% of ideal body weight after 4 years of being on the combination (all 121 patients in the study weighed between 130% to 180% of ideal body weight at the start of the study). My problem with this drug is that it can cause irreversible pulmonary hypertension, which can be lethal.

Lastly, Prozac, an anti-depressant, has been shown to have good results for weight loss when combined with a nutritional and behavioral program. The most weight loss was seen when Prozac was used between 40 - 60 mg per day. By the way, Prozac got a lot of media attention when it first came out because it supposedly would make you want to do bizarre things such as commit homicide or suicide, which studies have shown NOT to be the case.

Recently, the author of the best seller "Listening to Prozac" has implied that Prozac can make all of us super people, and I don't buy that either. I believe that Prozac is a good medication that may help some people suffering from depression, and it may be of use in helping some folks lose weight.

But the best advice is still what Ben Franklin said: "Eat to live, and not live to eat."

Till the next time, happy trails!

Anyone interested in attending RRCA convention?

Hey, I'm still waiting to hear from someone about attending the Road Runners Club of America's convention next month in Knoxville. The convention will be held May 9-12, and it promises to be a wonderful time. There are fun runs, workshops and seminars, cool times schmoozing with runners from all over the country, an auction of running-related stuff, an awards banquet that will feature keynote speaker Jeff Galloway, and more other things than I can list here.



Not only that, but your beloved editor will accept our award for our newsletter having been selected the outstanding small club newsletter in the country. That will take place at the awards banquet.

In addition, your editor will be one of the panelists at one of the workshops. Cool.

To find out more, call me (676-4100). Or check out the RRCA's Home Page on the Internet:

<http://www.rrcaorg/~rrca>

There's all kinds of information there.

1996 Handicap Series update

by Don & Lois Pfost

The 1996 SCR Handicap Series is "off and running," with foul weather affecting the turnout for the first race held on the Spring Runoff course on Sunday, Feb. 28. A new host and hostess provided a warm and welcome retreat for the ten hearty souls who braved the wind and rain. Many thanks to Diane and Rich Cozetta!

Then on a sunny but crisp Sunday, March 10, twenty runners showed up for the second Handicap race. It was a trail run featuring a charge up the bluffs to the west of the Nature Center, two crossings of the railroad tracks (rats, no trains), a loop around the perimeter of Osprey, and a fast finish on the road which parallels the River Trail as it cuts through the meadow between the Osprey picnic grounds and the Nature Center.

In addition to the regulars, it was encouraging to see a number of new faces. These included Sean Lee, a CSU student on spring break, who placed first overall based on his combined score for the run and predict. Rich Hadley, Jessie Quintana and her daughter Christy, Roger Sajak, Marty Garcia, and Chris Monteyo, the youngest of the lot, who ran with his uncle, Hilbert Navarro. Several of the newcomers finished near the top. (Refer to the insert in the March newsletter, which gave the results for handicaps #1 and #2 and the overall standings.)

Not surprisingly, the eight runners who've done both races in the series occupy the top

spots in the overall standings. With at least six more races planned, the picture is sure to change, though, before the December finale at Nick and Marijane's. This also means you can join the series with plenty of opportunity to test how well you can predict your performance based on your age and gender.

We plan to give awards to the five top handicappers, based on total scores for their best six races. Also, anyone who does at least six races in the series will get one of Don's handcrafted pieces created with his scroll saw.

Lois wants to thank Michael Orendorff and Robert Quintana for their help at the finish line of the first two Handicap Series races.

The third Handicap race was an 8K held April 14, at our home at 8 Ramsgate Place in Belmont. We'll report those results and some highlights next month.

No Handicap will be held in May, since this is a busy month for racing. The June Handicap race – a 4.1-mile run on Sunday, June 23, starting at 8 a.m. – will be hosted by Joe and Kathy Stommel. This will be another run and brunch, so put it on your calendar.

(Author's note: This is a slightly revised version of a piece that was to have been an insert in the March newsletter. Because of a snafu at the printer, it was omitted and one set of results got printed twice.)

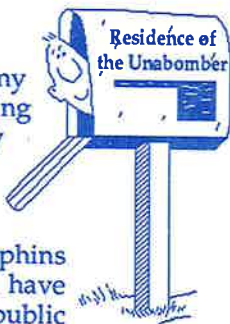


Information #s:

- 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
- Footprints Editor: Gary Franchi 719-676-4100
- SCR President: Ben Valdez 719-543-5151 (day)

Know Reply

Dear Know:



Bob Kempainen is my hero. I have been vomiting for years during my training runs. Vomiting increases my speed and endurance. Plus, I receive such a rush. Endorphins do not even compare. I have been so ashamed to go public with my vomiting while running that I could not even train with a partner. I have never had the courage to vomit during an actual race.

But now that Kempainen has done it in one of the most highly visible races of the last decade, I can finally come out of the water closet, so to speak, and vomit during a race. I have also started a support troupe: *Running Hurlers of the World*. If anyone is in-

terested, please write in care of **Know Reply**.

Ttam Nitram

Dear Ttam:

Hey, thanks for writing. It's always nice to hear from someone who ~~is weird~~, er, has a weird problem. I know one thing – I'm never going to offer you any cookies before a race; you'd probably just toss them.

All seriousness aside, when you start running as fast as Kempainen did when he was finishing first in the Olympic Marathon Trials, then we'll let you vomit on a race course. Until then, carry one of those air flight barf bags. And make sure you use it, slobber breath!

Send your questions to:

SCR/Know Reply
c/o Southern Colorado Runners
700 N. Albany Avenue
Pueblo, CO 81003

Crucial information about area races

by the Editor

The bookmaker's special

After years of horrible weather for the annual Y-Bi Classic duathlon, Race Director Ben Valdez is taking bets that this year's race will be a beaut. Ben moved the race forward a week to this Sunday, April 21, this year and is confident the weather will cooperate. Let's hope it does.

Held in Pueblo "Windy" West, the duathlon includes an 11.2-mile bike and a 5 1/2-mile run. This event is considered the start of the "non-winter" multi-sport season for many athletes and draws a ton of out-of-town participants.

If you can help conduct the race, give Ben a call at 543-5151. Like the competitors, volunteers also get **FREE PIZZA** after the race.

Celebration of the Arts race

Be sure not to miss the inaugural **Celebration of the Arts 5K Run and Fun Walk** on Saturday, April 27, at Pueblo Community College.

Mark Counterman, the Director of the new Fitness Center at PCC, has laid the groundwork for a great race, which will go from PCC to Dettmer to City Park, through the center of the Park to the swimming pool

parking lot, around the zoo to the straight-away, and back to PCC via Goodnight/Cleveland. The walk will start at 8:30 a.m. and the run at 9:30.

The course has been measured accurately. Great T-shirts have been ordered. There will be some nice prizes (Latka Pottery) and merchandise drawings.

Be there!

Cinco do Mayo

This May 5 race gives you the chance to get a fast 10K qualifying time for the Bolder Boulder. Pretty much a nice, flat course. The contingent of runners from Chihuahua, Mexico offer a difficult challenge for local speedsters, but the prize money is a good carrot.



Race time is 8 a.m. at the Fairgrounds. There will be an awards ceremony afterward in the President's Room on the second floor of the Ag Palace building. Looks like a chili treat will again be available at the awards ceremony.

If you can house one or two runners from Mexico, call **Marijane** or **Nick** at 564-6043.

Ordinary Mortals

Tri Geeks get to ease into a fresh season with this enjoyable short-distance event on Saturday May 18 (the weekend before Bolder). Here's hoping the race directors will keep the out-and-back bike course they adopted last year so we can see the other bikers after they zoom past us. This is always a very high-quality and low-key event.

Internet Home Pages

Southern Colorado Runners:
<http://www.usa.net/~norton/scr/>

Road Runners Club of America
<http://www.rrca.org/~rrca>

Runner's World magazine:
 73302,1661@cserve.com.

Athlete's Source publication:
<http://www.interealm.com/p/source>

Triathlete magazine:
<http://www.TriathleteMag.com>

Rocky Mountain Sports publication:
<http://s2.com/rms/>

Summer Olympics:
<http://www.atlanta.olympics.org/>



Training to do your best!

It may seem logical that lengthening your stride will help you run faster, but *Jeff Galloway*, former Olympian and famous author, disagrees. Jeff claims taking longer strides actually slows you down by creating a braking action when your foot meets the ground.

"Taking more steps, not longer ones, is the key to going faster," says Jeff.

Overstriding also overextends muscles and tendons, which can lead to injury.

Oops!

Entry forms for next month's **Bolder Boulder** are out, and I picked up mine at the YMCA in Pueblo. In case you were wondering, the basic race package costs \$22 this year (includes shirt and lunch), or the cost is \$14 if you don't want a shirt. I was pouring over the race calendar in *Rocky Mountain Sports* and it must not have heard of the race because it's NOT on its schedule. So it goes.

Fitness Extravaganza 5K Predict Run

Results provide by Jeff Friesner

Runner	Predict Difference	Actual Time
1. Dave Diaz	0:03	19:07
2. Bill Veges	0:04	19:57
3. Trevor Hadley	0:11	26:11
4. James Robinson	0:13	18:46
5. Hector Leyba	0:14	21:46
6. Margie Osborn	0:15	27:57
7. Rich Hadley	0:17	17:28
8. Diana Quattlebaum	0:25	30:40
9. Joe Stommel	0:27	20:02
10. Ann Haley	0:28	32:28
11. Mike Archuleta	0:32	21:28
12. Heather Marshall	0:34	27:14
13. Warren Marshal	0:34	27:14
14. Norma Hughes	0:39	29:09
15. Janel Anderson	0:39	21:51
16. Kathy Stommel	0:40	27:43
17. Nick Leyva	0:48	21:30
18. Camille Tveller	0:59	23:42
19. Helen Robinson	1:09	24:09
20. Ray Mulay	1:49	30:34
21. Robert Hubbell	1:50	38:10
22. Becky Reed	2:52	36:20
23. Allen Weaver	4:04	22:16
24. Christie Simons	4:23	35:53
25. Chelsea Karlowski	7:08	32:22
26. Arabella Clouthier	walker	
27. Alfreda Schoenholtz	walker	

NOTE: One runner did not finish.

Racing Calendar

Pueblo-Canon City area

April			
21	Sun	9:00 AM	Y-Bi Classic , 11.2M bike, 5M run Pueblo West 543-5151
27	Sat	8:30 AM	Celebration of the Arts 5K & walk Pueblo Comm. College 549-3200 <i>(Walk at 8:30 a.m.; run at 9:30 a.m.)</i>
May			
5	Sun	8:00 AM	Cinco de Mayo , 10K State Fairgrounds 564-6043
18	Sat	7:15 AM	Ordinary Mortals Triathlon Pueblo West Reg. Center 543-5151 525-meter swim, 12-mile bike, 3-mile run
June			
7	Fri	7:00 PM	Holy Family Run , 5K & 1.5K Walk..... Holy Family Parish 564-6043 <i>walkers at 6:45 p.m. Prairie & Lakeview</i>
23	Sun	8:00 AM	Power Waffle Run - Handicap , 4.1M ... Stommel home 544-9633 27470 Woburn Abbey on the St. Charles Mesa

Other areas

April			
20	Sat		Horsetooth Half-Marathon Fort Collins (970) 493-4675
25	Thur		D.A.R.E. Twilight 5K Run/Walk Aurora (303) 363-0055
27	Sat		Elbert Reflections , 5K & 10K Elbert (719) 590-7086
28	Sun		Clean Air Challenge , 5K & Walk Cherry Creek (303) 694-2030
28	Sun		Cherry Creek Sneak , 5M Denver (303) 841-1456
May			
5	Sun		Palmer Park Spectacular , 10K Colorado Springs (719) 473-2625
11	Sat		MS Run the Bluffs , 5K Colorado Springs (719) 596-3507
12	Sun		Jackson's Hole LoDo Classic , 4M Downtown Denver (303) 694-2030
18	Sat		Armed Forces Day 10K Ironhorse Pk., Ft. Carson (719) 637-8488
18	Sat		Predict Your Time Run/Walk , 10K .. Memorial Park (719) 475-8607
27	Mon		Bolder Boulder , 10K Boulder (719) 544-7223
June			
1	Sat		Turquoise Lake 20K Leadville
2	Sun		Columbine Classic , 2K & 5K Washington Pk, Denver (303) 972-4931
9	Sun		Creek to Springs Relay , 63M starts in Aurora (303) 871-8366
9	Sun		Garden of the Gods Run , 10M Coronado H.S. (719) 473-2625
15	Sat		Mayor's Cup , 5K & 10K Woodland Park (719) 574-8570

Notable & Unnotable Marathons

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	
July			
20		Mosquito, Leadville..... ?	
October			
13		River Trail (& Half), Pueblo 719-543-5151	
20		Colorado, Denver 719-871-8366	
20		Chicago 800-527-3214	



Other local races in 1996

- **Women's Distance Festival** -- July 7
- **Beulah Challenge 10K & 5K** -- Aug. 3
- **Fremont County Fair 5K** -- Aug. 4
- **Drag'n On In Triathlon** -- Aug. 25
- **Dam Run** -- September date TBA
- **Atalanta Run, 5K** -- Nov. 23
- **Rock Canyon Half-Marathon** -- Dec. 8
- **Marijane & Nick's Excellent Adventure (Handicap)** -- Dec. 15

Other 1996 racing dates

- **José Muldoon's Sailin' Shoes** -- June 22
- **Flame Out 4** -- July 4
- **Colorado Springs Classic 10K** -- July 14
- **Pikes Peak Ascent & Round trip** -- August 17 & 18

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.



Tidbits of fitness wzdumb

by the Editor

Stamp of approval

With this being the 100th anniversary of the Boston Marathon, the U.S. Postal Service has issued a 32-cent commemorative stamp to honor the event. I haven't seen one yet, but a story on stamps I ran across (*gee, what a punny guy!*) said the design features a long-distance runner. Not bad – now we're right up there with Elvis.

Rollin', rollin' rollin'

Fans of the annual Elephant Rock cycling ride who have been living in a Lincoln, Montana-like cabin should note that the event will be held June 2 in Castle Rock. It includes three different distances of both off-road and road courses. Entry forms are at the YMCA. You know, I was thinkin', wouldn't participants appreciate getting seat cushions in their ride packets?

The Bicycle Tour of Colorado, a 415-mile tour that crosses five mountain passes, will be held July 14-19. A benefit to the Mile High Down Syndrome Association, the tour begins and ends in Breckenridge. It costs 200 smack-

eroos to enter, and forms are available at King Soopers and Safeway stores. If you can't find 'em, call (303) 985-1180.

"Coke or Pepsi, sir?"

You may remember reading my comments about the Hawaii Ironman last month. Or maybe, like the rest of the issue, you tried to forget it. Anyway, here's another tidbit of trivia to dig about the Ironman:

Both winners – Mark Allen and Karen Smyers – drank de-fizzed cola during the marathon leg. Naturally, they had it loaded down with all kinds of energy boosters. But the basic liquid was de-fizzed cola. Allen reportedly downed a half-cup of cola at all 26 aid stations.

Brain power

A professor of psychology at the University of Virginia, whose name wouldn't mean anything to you if I noted it here, claims that sugar may help your memory and other brain functions. Studies this guy has done show that oral glucose can improve performance on memory tests and may improve attention spans as well.

Meanwhile, *U.S. News and World Report* claims that running increases one's IQ by fueling the brain with a better blood supply.

Stats that rule

Researchers estimate that half the decline in aerobic power is due NOT to age per se but to body fat increase and decreased physical activity.

– Johnson Space Center

Of the 1,441 starters in the 1995 Hawaii Ironman, there were only 113 who did not finish. Also, there were only 48 flat tires.

A survey of SCR members showed that 71% don't remember anything from the previous issue of *Footprints*.

"You have an obligation as a person to be the best you can be. Develop a passion that helps you grow." – Scott Tinley

*Locker room
locker axiom*

"Whenever you get stuck with a lower level 'cage' locker, the one above you will contain a dripping bathing suit." – *The Franch*

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

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The address for the Road Runners Club of America is: 1150 S. Washington St., Suite 250 • Alexandria, VA 22314-4493