



June, 1996

FOOTPRINTS

EDITOR: Gary Franchi

★★★ Mad Cows Edition ★★★

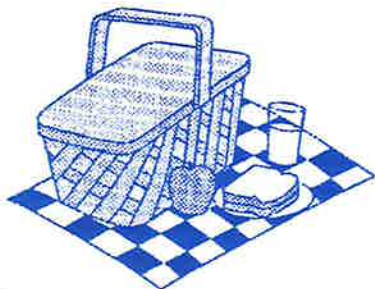
Annual SCR Picnic to be held July 20 in Colorado City

You're getting ample notification about this, so no excuses. We want **YOU** to attend this year's ...

- What:** Annual SCR Picnic
When: Saturday, July 20
Time: About 11 a.m. but I'll let you know the exact time next month
Where: Greenhorn Meadows Park in Colorado City
Events: Softball
Volleyball
Games for kids
Games for adults & kids
Food so good you won't believe it

We've had the last two SCR picnics in Colorado City and they've been great. You'll get all the details in the near future.

But make your plans right now to attend. We want you to be there!



What a Day to be Alive!

Footprints Editor Gary Franchi was presented with the Western Region's top small club newsletter award by Laura Kulsik, Western Region Director, during the national RRCA convention. He later received the national award as well.

Photo by Terrie Archer

Southern hospitality makes for a superb RRCA Convention

by the Editor

KNOXVILLE, TN – You know, these folks may talk a li'l funny and all but they sure can throw a party. Y'all know what I'm talkin' about?

OK, so that bit of "alleged" literature is a little lame. The 39th annual Road Runners Club of America National Convention, held here April 9-12, was not. Lame, I mean.

The folks from the Knoxville Track Club, deeply-imbedded Southerners through and through, were exquisite hosts. They had every detail of this convention down to a science. That included

the hotel accommodations at the downtown Knoxville Hyatt Regency, the News-Sentinel Expo 10K national championship road race (it included a 5K), the Tennessee hospitality suite on the 11th floor of the Hyatt, the greeting of travelers at the airport luggage pickup area and, generally, their overall hospitality.

The RRCA was no slouch itself. There were some great running- and fitness-related workshops, a fitness expo that went on for two days in the Hyatt, fun runs, a chance to meet Olympic athletes in the hospitality suite, and a slam-bam awards banquet.

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RRCA Convention notes

Jeff Galloway was the keynote speaker at the awards banquet and he did a masterful job of keeping the audience's attention riveted and limiting his speech to somewhere in the 10- to 15-minute area. In fact, I wanted him to keep talking, which is an unusual thing to say about keynote speakers.

Galloway's main theme, in a nutshell, was that running is a lifetime experience that helps us all stay healthy.

The dates of the 1997 RRCA Convention are June 5-9 and it will be held in Colorado Springs. The race to be held in conjunction with the convention will be the Garden of the Gods 10-Miler.

The 1998 RRCA Convention will be held in Peoria, Illinois.

Having won the national small club newsletter award this year (for 1995), our newsletter, "Footprints," will NOT be eligible for the 1996 award.

Eleven runners from Colorado attended the convention, including Terrie Archer and Nancy Hobbs from Colorado Springs.



Runners/authors Jeff Galloway (left) and Don Kardong posed for this photo during the Expo held at the hotel headquarters.

– Photo by Gary Franchi



RRCA President Carl Sniffen (center) is shown with the 4 journalism award winners who are all from the Western Region. They are (from left) Tim Martin (club writer), Cynci Calvin (large club newsletter), Joan Pribnow (medium club newsletter), and your beloved editor, Gary Franchi (small club newsletter).

– Photo by Laura Kulsik

RRCA Convention

Continued from Page 1

Naturally, it's the awards banquet that I'll cherish forever since it was there that I was recognized as the national winner of the outstanding Small Club Newsletter award. My "acceptance speech" was vintage Franchi.

Despite having rehearsed my speech about 20 times, I completely lost it after being presented with my RRCA plaque. Looking at the plaque while standing in front of the microphone, the first word out of my mouth was "Wow!" I followed by mumbling something about the plaque being the most beautiful and high-quality award I had ever seen. The beauty of it was that my words were totally spontaneous. I hope that feeling came

across. Somehow I was able to regain my train of thought and get across my intended "thank you" mentions in relatively ho-hum fashion.

It also was at the awards banquet that the Knoxville Track Club received several standing ovations. I hope we got our feeling across to them, too.

RRCA conventions are tremendous experiences. If you'd like to attend one, next year would be the perfect opportunity since it will be held in Colorado Springs in early June. These offer a great chance to schmooze and do things with runners from all over the country as well as to learn a few things about our wonderful sport in the process. I've attended three so far and look forward to more.

Believe me, you can't beat the hospitality.

NOTICE

The SCR's monthly meeting for July will be held on Monday, July 1, beginning at 7:30 p.m. at the Pueblo Family YMCA in downtown Pueblo.

Don Featherstone is the goon who got rich by creating the lawn-adorned pink flamingo.



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, Don Featherstone (ID'd at left)	

Footprints is published monthly and distributed to all SCR members to help fuel the Pueblo economy by contributing to the welfare of printers, the U.S. Postal Service, photo processing plants, etc.

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, supply No-Doz and good reading material to everyone present, and laugh at all of the officers' weak jokes.

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 Yogi Berra: "Remember that whatever you do in life, 90 percent of it is half mental."

Musings on running, fitness, life, etc.: On consecutive days recently I was treated to a couple of true goonfests. First, I watched Game 3 of the Bulls-Sonics NBA playoff series. The next night, I watched the Colorado Avalanche capture the Stanley Cup by beating Florida in the third overtime.

In the hoops game, the big men up front stayed busy by basically playing "push and shove" with each other. Seemingly every possession became a bodily challenge. Sometimes a verbal one, too. On the ice the following evening, things were so physical that I still can't believe no one splintered into pieces after being rammed into the boards. Maybe someone did and was merely swept up with the rats that were thrown on the ice.



Terrie Archer with Jeff Galloway

— Photo by Gary Franchi

OK, the goon stuff is outrageous, but I suppose I tolerate it because I love the games. Love the competition. Besides, I'd rather watch the games than hear pro athletes talk.

Anyway, in sharp contrast to all of this is the world of running. What a clean sport! No goading. No physical contact to gain an advantage. No referee-baiting. No head-butting. No trash-talking. It's so pristine.

Instead of taunting rivals, runners just go out and run and keep their mouths shut. You don't hear about too many arrogant runners. Hopefully, those few are ignored.

The latest example of what our sport is all about occurred at the News-Sentinel Expo 10K race that was held in Knoxville, TN in conjunction with the Road Runners Club of America's Convention last month. There, my newsletter counterpart with the Pikes Peak Road Runners up in the Springs – Terrie Archer – was tripped between miles 1 and 2 and took a wicked little tumble.

Witnessing this while running the race was Jeff Galloway, famous marathoner and author. Now Galloway could have put on blinders and gone on his merry way to

record the best possible race time he could. Instead, he backtracked, helped Terrie off the pavement and made sure she was all right before continuing his race.

Cool. Nice gesture. What a caring fellow. So foreign to the violent world of pro sports.

Of course, it would be kind of fun to see someone get hip-checked into a curb or a fence some time.

This month's smorgasbord: You know, I'm wondering how synchronized swimming got to be an Olympic sport. Even more, how the heck do people actually get interested in synchronized swimming in the first place? What is the lure? (Bob: "Hey, Jane, want to go see 'Twister' tonight at the Bijou?" Jane: "Sorry, Bob, but I've got to go to the high school pool to practice my synchronized swimming technique.") ... This month's expression I could do without: "Think Tank." The

next person who uses that expression in a memo should be forced to listen to a tape of a pro athlete talking for 8 straight hours ... Heard this on 98.1 classic rock recently: "More than 100 people died last year when typewriters fell on their heads." Well, I suppose that's interesting and all, but, you know, how does this happen? Think about it. And do more than 100 people even OWN typewriters anymore? I think we need to form a "think tank" of pro athletes to figure out how this happened. Maybe they can brainstorm, or is that an oxymoron? ... I've been told that the REAL lure of the Sailin' Shoes race in downtown Colorado Springs on June 22 is the beerfest afterward. The trick, however, is to get a table at José Muldoon's, the sponsor of the race. With a couple thousand runners or so in the race, this isn't easy. But a resourceful member of the SCR found a way: simply pay the entry fee of a speedy runner who would finish early enough to reserve a table for the SCR entourage also running in the race. This just goes to show that, given the right motivation, Dave Diaz is a genius.

Ultimate in idiocy item of the month:

This month's *Lights Are Dim Award* goes to the city of Atlanta police department. With probably ample amounts of murder, drug trade and other forms of degradation around them at every other turn, the constables have been utilizing their time by harassing the "street people" and offering them free transportation out of town as the Olympics draw near. Gee, great idea! Next time the Pope come to Denver or the NCAA Regionals are there, just ship all the loonies to Utah or Wyoming. Cool! Just think if Detroit did that – they'd lose half the population.

Movie Line of the Month:

"All freshmen must sign in. If you do not sign in, you do not exist."

If you know this one, you're a connoisseur of films like no one else. You also might possibly need to find something better to do with your life, assuming you indeed have one.

The answers are below.

Answers:
"Son-in-Law"
PA message in

Ordinary Mortals Triathlon

Held May 18, 1996 in Pueblo West

Results provided by Andy Ballou
and Mary Lou Henson

Distances: 525-yard swim, 12-mile bike and
5K run

(1st # denotes swim split + transition; 2nd #
denotes swim & bike splits + both
transitions; final time denotes overall time)

MALE DIVISION

19 and Under

Gary Black	10:06.0, 57:02.0, 1:21:44.7
David Martinez	12:57.0, 58:56.0, 1:24:38.8

20 thru 29

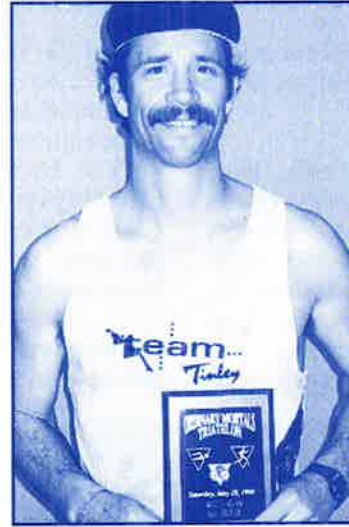
Ian G. Ramsey	8:42.0, 43:21.0, 1:00:45.2
Lance Larivee	8:12.0, 44:20.0, 1:04:54.1
Gerald Ben Romero	9:05.0, 47:45.0, 1:06:27.8
Greg Murnock Jr.	8:00.0, 44:15.0, 1:06:37.3
Jason Cleckler	8:41.0, 44:04.0, 1:07:26.2
Paul S. Heiman	7:34.0, 47:44.0, 1:07:27.6
Dennis R. Mellon	8:11.0, 44:27.0, 1:07:43.6
Robert Ryland	7:48.0, UA, 1:07:53.4
Brett Isenhower	8:55.0, 42:04.0, 1:07:55.3
S. Brad Hahn	9:03.0, 45:12.0, 1:08:47.0
Jay Bratie	8:05.0, 45:15.0, 1:08:58.5
Todd Newton	7:23.0, 49:05.0, 1:10:02.1
Mike Schlacter	7:40.0, UA, 1:10:47.2
Mickey McDill	6:47.0, 48:18.0, 1:11:54.3
Kevin McNulty	8:35.0, 51:17.0, 1:16:32.2
Jeff Kirby	8:32.0, 52:57.0, 1:17:07.8
Eric Mulder	10:21.0, 51:22.0, 1:18:37.5
Craig Skinner	8:16.0, 54:42.0, 1:18:56.2
Tim MacDonald	10:17.0, 55:24.0, 1:20:58.0
Augustus Machine	9:30.0, 54:45.0, 1:23:00.8
Brian Wagner	16:30.0, 1:12:15.0, 1:41:33.8

30 thru 39

Paul R. Dunn	9:31.0, 40:52.0, 1:00:07.9
Drew Wills	7:36.0, 43:22.0, 1:03:45.4
Ian Adamson	8:19.0, 43:59.0, 1:04:14.6
Mark Morgenstern	8:03.0, 42:07.0, 1:05:45.1
David Schipper	7:58.0, 47:16.0, 1:09:23.3
Michael D. Jackson	10:08.0, 46:55.0, 1:10:27.5
Harry McCrystal	9:12.0, 48:52.0, 1:10:41.1
Stewart Murray	7:02.0, 49:25.0, 1:11:19.6
Michael Carter	8:47.0, 47:36.0, 1:12:09.8
Mark Koch	18:06.0, 54:26.0, 1:13:48.9
David R. Mendoza	10:09.0, 50:22.0, 1:15:04.8
William J. Fore	9:52.0, 51:35.0, 1:16:07.2
Ted Cantrill	8:42.0, 50:18.0, 1:18:03.1
Jay D. Trujillo	13:01.0, 55:20.0, 1:18:31.6
Joe L. Cazares	8:08.0, 58:18.0, 1:20:42.5
Kelly Ammann	11:36.0, 54:16.0, 1:23:05.9
Steve Payne	15:33.0, 56:15.0, 1:24:14.7
Mike Archuleta	UA, 57:45.0, 1:24:35.0
Robert J. Lane	12:04.0, 59:42.0, 1:24:57.6
John Youngs	10:54.0, 57:44.0, 1:26:34.5

40 thru 49

"Woody" Noleen	7:59.0, 42:58.0, 1:02:41.1
Robert W. Smart	7:28.0, 41:06.0, 1:02:57.9
Michael H. Schuldes	8:16.0, 43:24.0, 1:05:36.0
John E. Buckley	8:55.0, 44:29.0, 1:05:41.5
Mark Stecher	12:32.0, 46:10.0, 1:09:43.7
Sam Francher	9:33.0, 45:57.0, 1:10:19.4



No Ordinary Mortal

The drive down from Colorado Springs was well worth it for new SCR member Johnny "Woody" Noleen as he blazed to a 1:02:41 time to capture first place in the 40-44 age division.

- Photo by Gary Franchi

Chris Hale	9:48.0, 48:46.0, 1:10:45.8
James McCartney	10:50.0, 47:13.0, 1:11:48.1
Robert Irving	14:38.0, 50:37.0, 1:14:17.9
Steve Holsenbeck	11:27.0, UA, 1:14:28.1
Terry Finnegan	10:27.0, 50:50.0, 1:15:00.6
Dean A. Myers	9:32.0, 48:35.0, 1:15:19.2
William G. Welter	9:39.0, 51:05.0, 1:15:35.7
Tom Logan	11:27.0, 52:33.0, 1:16:33.1
Buzz Borries	10:25.0, 50:54.0, 1:17:20.7
Nick Leyva	13:04.0, 54:05.0, 1:17:34.6
Gary Franchi	9:47.0, 55:30.0, 1:20:59.1
James S. Robinson	14:50.0, 1:00:55.0, 1:22:08.1
Dave Black	11:15.0, 52:53.0, 1:23:16.0
Paul McWhorter	11:05.0, 56:39.0, 1:27:07.8
Michael J. Hoover	12:46.0, 57:36.0, 1:27:10.5
Tom Nelson	10:47.0, 55:59.0, 1:28:19.9
Douglas K. Bury	11:05.0, 58:40.0, 1:29:12.9
Martin Ottersberg	10:04.0, 55:05.0, 1:29:59.0
James Roukema	10:52.0, 1:01:57.0, 1:34:24.5

50 thru 70

Frank Moyers	11:40.0, UA, 1:16:13.5
Don Whitford	11:30.0, 54:10.0, 1:21:34.2
George Balles	13:37.0, 55:57.0, 1:22:52.6
Jeffrey A. Hyman	14:59.0, 59:29.0, 1:33:14.5

FEMALE DIVISION

19 and Under

Lindsay Hyman	7:49.0, UA, 1:10:11.1
Lisa Stavrakas	10:25.0, UA, 1:20:35.4

20 thru 29

Susan Dallam	7:51.0, 43:31.0, 1:07:18.8
Traci L. Case	8:44.0, 47:06.0, 1:11:58.8
Dana Robertson	7:02.0, 46:58.0, 1:12:55.2
Lorrie Murnock	10:08.0, 50:49.0, 1:15:39.5
Diona C. Haley	8:26.0, 54:54.0, 1:20:46.8
Lara Keeley	10:15.0, 52:24.0, 1:20:51.9
Maggie L. Corbett	11:09.0, 55:09.0, 1:22:01.5
Kara M. Burke	8:40.0, 54:21.0, 1:23:58.7
Kimberly Lybarger	10:06.0, UA, 1:24:38.6
Laurie Nakauchi-Hawn	12:28.0, 56:08.0, 1:25:08.9
Jill S. Howard	13:32.0, 59:49.0, 1:29:35.2
Christina Brinker	14:00.0, 1:00:43.0, 1:30:53.0

Julie Young	8:54.0, 1:00:56.0, 1:34:25.5
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30 thru 39

Michelle Blessing	8:32.0, 44:38.0, 1:05:02.6
Jeanie Wills	10:49.0, 50:26.0, 1:14:17.3
Sharilyn Anderson	8:26.0, 48:32.0, 1:14:55.0
Alice Childers	8:19.0, 48:38.0, 1:15:52.8
Adrienne Kramer	8:43.0, 50:15.0, 1:17:16.0
Martha Baker	9:05.0, 49:21.0, 1:19:00.5
Tyra Johnson	11:10.0, 1:55:59.9, 1:22:17.8
Carol Smith	15:01.0, 57:50.0, 1:26:33.1
Liz Simonton	14:58.0, 58:38.0, 1:26:50.9
Lisa Wallner	10:51.0, 55:23.0, 1:27:06.8
Luell Fracas	15:59.0, 1:02:16.0, 1:28:44.9
Patti Lynch	11:05.0, 54:04.0, 1:29:18.7
Jo Becvar	13:16.0, 1:06:16.0, 1:31:07.2
Karen McArdle	11:20.0, 1:01:30.0, 1:34:18.0
Kim Ware	12:49.0, 1:03:53.0, 1:37:25.0
Katy Vorce	14:59.0, 1:10:32.0, 1:41:02.2
Mary E. Jeffers	9:45.0, 59:24.0, 1:42:42.9
Barb Haldorson	15:49.0, 1:09:57.0, 1:43:40.8

40 thru 49

Diane K. Cridennda	9:41.0, 46:31.0, 1:11:15.2
Dawn Obrecht	9:45.0, 54:57.0, 1:26:32.5
Marjane Martinez	14:05.0, 1:01:44.0, 1:27:24.8
Judith Russell	10:40.0, 57:40.0, 1:28:47.4
Debbie Chenoweth	13:39.0, UA, 1:31:08.3
Jean Ladue	13:16.0, 1:01:49.0, 1:36:41.8
Diana Enga	17:52.0, 1:10:22.0, 1:39:01.9
Rhoda Story	10:55.0, 1:03:38.0, 1:39:39.0
Sharon Hamman	13:40.0, 1:11:16.0, 1:46:24.4

50 thru 70

Carla Devaughn	9:37.0, 46:52.0, 1:12:41.6
Karen Fady	11:23.0, 54:33.0, 1:21:46.2
Betty Skipp	14:48.0, 1:05:10.0, 1:39:50.1
Heidi Cadena	16:05.0, 1:13:49.0, 1:55:06.8

TEAM DIVISION

Learned-Veges-Decker	8:11.0, 40:30.0, 1:01:20.2
Madrid/Weston	8:21.0, 47:56.0, 1:07:57.9
C.K.M. Inc.	12:01.0, 1:01:09.0, 1:19:42.3
Go Get Ims	11:08.0, 1:00:22.0, 1:33:39.4

Trail running group formed

I ran into Nancy Hobbs, an at-large member of the RRCA, out in Knoxville and she told me that a group of trail running devotees in the Colorado Springs area have formed the American Trail Running Association and are seeking more members.

For a membership of \$25 you get a calendar of events, local & regional trail guides, shoe reviews, resource materials, listing of mountain & trail running camps, a rating of trail systems, a quarterly newsletter, and all kinds of other stuff.

Interested? Call Nancy @ (719) 633-9740 and have her send you a membership form.



Quote of the millisecond:

"Smoking kills. If you're killed, you've lost a very important part of your life."

- Brooke Shields
(actress & buffoon)

Trash talking at the Steamboat Springs Marathon

by Matthew Martin

The organizers of the Steamboat Springs Marathon have proclaimed it America's most scenic marathon. This may attract quite a few out-of-towners who otherwise would not have any reason to trek to the middle of nowhere and spend large bucks on accommodations. No one would go if they knew the wicked truth about the Steamboat Springs Marathon: it is America's most insulting marathon. There is more trash talking during this marathon than during an entire season of NBA games. The screenwriters for "White Men Can't Jump" ran the Steamboat Springs Marathon to gather background material for the movie.

For instance, while standing around Hahns Peak Village waiting for the race to start, I introduced myself to a nervous-looking gent from Los Angeles. I told him my name was Matthew. Then, to ease his anxiety with a little lightheartedness, I told him that some call me "Mattmeister." He leered at me and said, "Mattmeister? How about Ratmeister? If you gain a ton of weight, how about Fatmeister?" I was a bit shocked by his response. I did not know what to say, but I managed to blurt, "Well, I guess Fatmeister would be appropriate if I gained a ton."

He then wondered if Matthew had two "t's" in it. I told him yes. Then he sneered, "Why does Matthew have two 't's' in it? It's not Matt-Thew. It's Ma-Thew." A good point, I thought. But, why was this stranger saying these rude things to me? I do not even know him! Then, he said, "Just think, someone about 700 years ago could have screwed up a birth certificate spelling of the name and it's merely been carried on for years and years by traditionalists who don't know how to spell. Probably don't know how to read either. Nor talk with any semblance of intelligence. Bet the person who did the first screw-up had a wreck of a life, too, and drank a ton of alcohol."

I was reeling from this barrage of insults. Before I realized it, the starting gun went off, leaving me alone at the start as the rest of the field took off. Having put in nearly 600 miles and countless hours in the weight room training for this race, this wasn't the way I wanted to start. My modest goal was to run faster than I did in the 1995 Steamboat Marathon, my first marathon, and I had run this race in my mind countless times, developing a strategy to take me from start to finish. Now, I was so upset I could not even remember the strategy.

I decided I was not going to let this jerk ruin my day. If I could not run my race, then I was going to have some fun, so I ran hard to get even with him. But just before catching him at the 4-

mile mark, I noticed that runners all around him were dropping off their pace as he ran by. I could hear the grumbling of these other runners as I passed them. I also heard his wicked laughter as more and more runners fell off his pace. Evidently, this man was hurling his verbal assaults at the other runners. So I decided I was going to save this race for all the other runners by beating him at his own game.

"Hey you! Pinhead," I said. "Remember me? The Mattmeister? Hey, Jesus spelled my name with two 't's.'" Remember Jesus? All he could do was raise the dead and heal the crippled."

A smile came over his face. "Oh, so you want to trade insults?" he asked. "Wait here while I go get a lobotomy, and we'll start even. You're going to need Jesus to raise you, buddy, when I'm done with you," he said.

"That's his best shot?" I thought. "You're so ugly," I said, "that when you were born, your mamma threw herself off of a bridge so she would not have to look at you again." A pained look came over his face.

"Hey brainiac," he replied, "I hear that you have a gap between your cerebrum and cerebellum. At least you talk like you have a gap."

Ouch, attacking my intelligence. That's low. He's tough. I better stick to the mamma stuff. "Hey, is it true you are a twin and your mamma named you No Life #1 and your twin No Life #2?"

This time, his face showed a much greater pained expression than before. I then noticed a sudden slowing of his running pace. Sweat started pouring off his brow. Runners started passing him. "Keep it up," I thought. "I've got him where I want him."

But, he seemed to get a second wind and shot back, as he bumped me with his elbow, "Hey, road hog, do you have a congenital defect or is stupidity a cultural thing with you?"

"Hey, you clumsy clod," I shot back, "let me guess -- your mamma used your soft spot as a planter, didn't she?" The color drained from his face. "I've got him where I want him," I thought. "Gotta go in for the kill now." Bubbling with confidence, I made my final thrust. "You'll never be the man your mother was." Suddenly, my rival fell to his knees. "Enough! Enough!" he cried. "Go on. I can't take it any more."

I smiled as I saw him slink off to the side of the road and roll over on his back, like he was road kill. No more would he wreak his havoc on poor unsuspecting runners. I felt a sudden surge of adrenalin and took off like I was running a 5K. The race was safe again. And I finished in 4:06:15, a full fifteen minutes faster than in 1995.



The Mattmeister in the finish chute at Steamboat



Police blotter

The SCR received some great news recently when, after a confab with the City of Pueblo Police, we learned we will no longer be charged for utilizing the services of local constables at races.

Instead, the police department will build into its annual budget a line item for funds to pay officers for any overtime they incur working at road races. The key stipulation is that the SCR will need to contact the police department well in advance for its planning purposes so it can try to avoid OT in the first place.

This will result in a substantial savings for the club and will give us a much better chance of turning a profit at particular individual races. Kudos are due the local police!!!



A few words about the SCR's Volunteer Point System

1995 SCR VOLUNTEER LIST

The Southern Colorado Runners club thrives on its members to volunteer at the races in order to produce quality events. We try our best to keep track of the club members that volunteer in order to provide a great race. The following is a list of volunteers and the amount of points earned for the year 1995. If for some reason you feel that you worked a race and have not been given the the proper credit for points earned just give me a call (Nick Leyva 564-6043) and it will be taken care of. Also, race directors if you race has not been listed please check with me so we can give everybody the credit they have earned. The club decided to award individuals when they reach either 50 points or 100 points. You will receive you volunteer award when you reach the goal. Let's say for example that you have earned 55 points you have the option of earning the 50 point award and carrying over 5 points to start over again or go for door number two and earn the 100 point award. Either way you will receive you award when it is earned and you will also be recognized at the annual SCR club banquet.

Corporate Cup 1 mi., Pueblo River Trail Marathon, Atalanta 5k, Rock Canyon 1/2 Marathon, Valentine's Twosome, Skyline Drive, and the Trail Run.

SCR VOLUNTEER POINT TOTALS

<u>Ben Valdez</u>	<u>185</u>	<u>Rich Barrows</u>	<u>77</u>
<u>Mike Orendorff</u>	<u>72</u>	<u>Dave Diaz</u>	<u>70</u>
<u>Melinda Orendorff</u>	<u>70</u>	<u>Kathy Stommel</u>	<u>70</u>
<u>Paul Barela</u>	<u>65</u>	<u>Don Pfof</u>	<u>65</u>
<u>Marijane</u>	<u>63</u>	<u>Gary Franchi</u>	<u>60</u>
<u>Martinez</u>			
<u>Mary Lou Henson</u>	<u>60</u>	<u>Nick Leyva</u>	<u>58</u>
<u>Andy Ballou</u>	<u>55</u>	<u>Lois Pfof</u>	<u>55</u>
<u>Mike Barela</u>	<u>35</u>	<u>P.J. Barrows</u>	<u>35</u>
<u>Carol Hund</u>	<u>35</u>	<u>Helen Robinson</u>	<u>35</u>
<u>Joe Stommel</u>	<u>35</u>	<u>Bill Veges</u>	<u>35</u>
<u>Misti Frey</u>	<u>30</u>	<u>Marty Garcia</u>	<u>30</u>
<u>Frank Jacquez</u>	<u>30</u>	<u>Ruth Mcdonald</u>	<u>30</u>
<u>Robert Pratt Sr.</u>	<u>30</u>	<u>Shelly Riddock</u>	<u>30</u>
<u>Jeff Arnold</u>	<u>25</u>	<u>Carl Mapps</u>	<u>25</u>
<u>Robert Quintana</u>	<u>25</u>	<u>Damian Rotolo</u>	<u>25</u>
<u>Doug Leyva</u>	<u>20</u>	<u>Cecelia Lujan</u>	<u>20</u>
<u>Patricai Orendorff</u>	<u>20</u>	<u>Jessie Quintana</u>	<u>20</u>
<u>Don Sailing</u>	<u>20</u>	<u>Rob Barrett</u>	<u>15</u>
<u>Nicole Leyva</u>	<u>15</u>	<u>Jim Robinson</u>	<u>15</u>
<u>George Slaughter</u>	<u>15</u>		

SCR VOLUNTEER POINT SYSTEM

Race Director	25pts
Race Coordinator	15 pts
Handicap Director	10 pts
Handicap Host	10 pts
Race Volunteer	5 pts
Newsletter stuffing	5 pts

AWARDS

(Club members only)

T-shirt/Tank top	50 pts
Hooded Sweatshirt	100 pts

VOLUNTEER POINTS

This list of races and events are the points recorded.

Carry over points from 1994, Pueblo Chile Hot to Trot, Martin Luther King, Frostbite 5, Spring Run Off, Yi-Bi Biathlon, Cinco De mayo, Holy Family, Ordinary Mortals Triathlon. Women's Distance Festival, Dragon On In Triathlon, Corporate Cup 5k,

10 points

Lisa Arellano	Sidney Arnold
Stacey Diaz	Cathy Dehn
Matt Diaz	Emmett Foster
Linda Garcia	Julie Mapps
Mary Rowell	Aaron Orendorff
Mike Saucedo	

5 points

Gene Arellano	Jim Cain
Dan Caprioglio	Helen Caprioglio
Paul Chacon	Marius Cartensen
Patricai Carver	Ryan Croasdell
Tom Diaz	George Dominguez
Bob Erickson	Dave Farnum
Betsy Hill	Todd Hund
Neal Kinsinger	Brenda Koch
Ray Leyba	Fred Lujan
Gloria Montoya	Hilbert Navarro
Koleen Perry	John Ribal
Forrest Rowell	Roger Sajak
Linda Sena	

1996 Race Directors please submit your SCR volunteers to me. (Nick Leyva 564-6043)

These feet aren't made for running

by Rocky Khosla, M.D.



I was asked to address an issue close to the heart and sole (no, my spellchecker is not broken) of all of us runners: our feet. It is amazing how something that appears to be fairly trivial can become a major problem that can affect our running. So let us take a look at some common foot problems of runners, from the skin on down.

Skin problems:

1. Warts. Runners are at particular risk of developing thickened areas, usually on the bottom of feet, called planter warts. These seem to be caused by viruses, and some people are at risk of contracting these, whereas others are not. I advise patients with these to use over-the-counter medications such as duoplant, which gradually peels off the layers of the wart. If the wart is large, then I often will freeze these with liquid nitrogen and try to shave the top layers with a scalpel blade.



2. Athlete's Foot. This is a fungal infection that tends to occur in any athlete when the conditions are right, namely in sweaty, closed, warm places like the feet. The treatment is using anti-fungal agents like tinactin, and keeping the feet dry.

3. Callouses and bunions. These are areas where the skin has had increased pressure applied chronically and has thickened, along with increased deposition of calcium over bony prominences. The treatment is to pad

these areas with such materials as moleskin or bunion pads, and to change the footwear so that these pressure spots get some relief.

4. Black heel syndrome. Basketball players often will notice a black film that dusts off the heels when they start playing in new shoes. This is actually due to excessive pressure on the heels from sudden starts and stops in shoes that may be larger than necessary. The treatment is to get the right size of shoes.

5. Blisters. These are usually due to excessive friction against skin, most commonly when it is wet. The treatment is to pad this area, and occasionally I will drain a large blister. Double-layered socks can really help prevent these from occurring.

Tendon problems:

1. Plantar fasciitis. There is a band of tissue, running from the inside forefoot to the heel, that can get inflamed and give pain over the front of the heel. Patients with this usually will complain of pain that is worse first thing in the morning. The treatment is usually medication to cut down inflammation, stretching of the plantar fascia, heel pads and icing. For difficult cases, I will use night splints, and on rare occasions injection or surgery may be considered.

Continued on next page

Training to do your best!

Spring is the time to reawaken those fast twitch muscle fibers for upcoming road races, because there is a distinct difference between being fit and being racing fit.

The only way to be able to run faster is by training faster. The trick is to enable the neuro-muscular system to handle additional stress without causing undue fatigue and injury.

- George Strazniuskas



Very low-fat diet not cool for runners!

Researchers at the University of Buffalo have found that trained athletes who eat a very low-fat diet may be hindering their performance. It seems that a normal amount of fat is needed to meet the energy needs of their training regimen. Runners who didn't have enough fat in their diets had trouble both with their endurance and muscle strength. The study was done of men and women who averaged 40 miles per week.

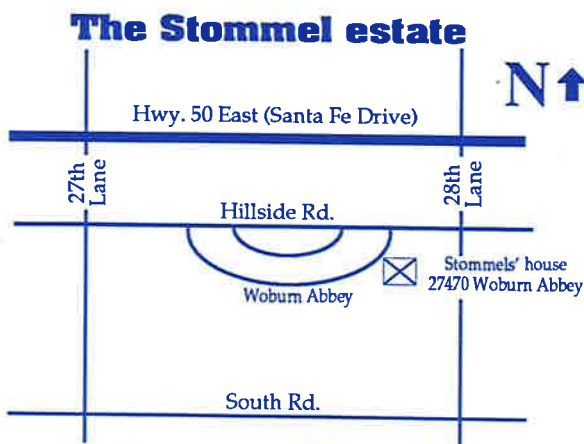
Handicap Series update

Power Waffle Run

Got an award-winning pancake batter you'd like to share with the SCR? Then bring it along to the **Power Waffle Run**, a Handicap Series 4.1-mile race that will be held at 8 a.m. Sunday, June 23, at the home of club members Joe and Kathy Stommel.

Rather than waste my breath trying to explain how to get there, just look at the handy map I've enclosed at right. To help you get there on the day of the event, remember to remove this newsletter from the bottom of your canary's bird cage.

The race itself will be followed by a potluck breakfast. Runners are asked to call the Stommels during the week prior to the race to find out what to bring - 544-9632.



Notice that you can access Woburn Abbey from Hillside Road by turning south on either 27th Lane or 28th Lane. It's easier from 28th Lane.

Drag'n may also include a swim race

There's talk that race organizers are considering having a separate 1,500-meter open water swim race in Lake Pueblo as part of the Drag'n On In Triathlon that is scheduled for August 25 at the North Shore Marina. For years now the Drag'n has included a 1,500-meter swim along with 40K bike and a 10K run. More details next month.



Out-of-town junkets on tap

If you happen to run in the Sailin' Shoes 10K on June 22 or the Flame-Out 4-Miler on the Fourth of July, chances are good that you'll see many fellow SCR members. Both Colorado Springs races attract a slew of SCR runners every year, and many of them are making plans to run those races again. The big lure of the Sailin' Shoes race is that it is part of a big festival taking place that day in downtown Colorado Springs. See ya there, comrades!



Team in Training participants sought

Team in Training has arrived in Pueblo. Team in Training is a program that enables runners and walkers to compete in major "name" marathons while benefitting the Leukemia Society of America (LSA).

Participants raise funds for the LSA. If they reach pre-determined fund-raising goals, their expenses to compete in these marathons are paid for by the LSA. They train as a team and have an assigned coach who sets up training programs for them and advises them.

This year, Team in Training participants can choose either the Chicago Marathon on Oct. 20, the Athens (Greece) Marathon on Oct. 20, or the Honolulu Marathon on Dec. 8.

In the past, Team in Training has pretty



much been a program for metro Denver-area runners and walkers. Persons in the Colorado Springs area competed but mostly attended meetings in the Denver area. Participation in southeast Colorado could change that. Training runs and team meetings are already being considered in Colorado Springs and Pueblo.

Local contacts are Laura Engleman (719) 687-5769 and Joe Cowell (719) 687-3252. They are in the Springs area. You also can call Tom Christner at the Leukemia Society office in Denver. Laura, by the way, ran the Pueblo River Trail Marathon as her first marathon. She did the London Marathon last year with 40,000 other runners as a participant in the Team in Training program.

Rocky

Continued from Page 7



2. Metatarsalgia. This is due to overuse of the tendons that attach to the bones at the base of the toes. Patients with this will usually complain of pain over the ball of the foot as they go to push off with the foot. The treatment is to use padding, anti-inflammatories and ice.

Bone problems:

1. Conventional fractures. Usually there is a history of direct trauma, and usually some form of immobilization has to be done.

2. Growth plate injuries. This is usually seen in kids when trauma occurs over an immature growth plate. The treatment is usually immobilization, but severe growth plate injuries may require urgent orthopedic evaluation.

3. Traction injuries on growth plates. These are also called apophysitis. (*Ed. Note: I THOUGHT so.*) The most common such injury in the foot is Sever's disease that gives pain over the heel. The treatment is padding

and rest until the pain is resolved.

Nerve problems:

1. Digital nerve compression. People who spend a lot of time on stairmaster types of equipment may get numbness in the toes caused by compression of the tiny digital nerves in the toes. The treatment is better forefoot padding and improved technique so that the users are not constantly on their toes.

2. Morton's neuroma. This is due to swelling and inflammation of the nerves in between the metatarsal bones. The treatment is padding, and occasionally shots or surgery are needed.

3. Sural or post-tibial compression. This is due to wearing shoes that are too tight at the ankle. The person may feel numbness in the foot after or during activity, and the treatment is loosening the laces.

Well, hope that the above was useful and that you are able to "de-feet" (yuk, yuk!) all your foot problems!

Young guns sparkle in Bolder Boulder

Did you catch the Bolder Boulder results that were printed in the Denver papers? Sure, you needed a high-powered magnifying glass, but it was worth it to foam at the mouth over all those study times.

Anyway, leading the way for the local contingent were Chris Borton, now a college

student, and Todd Hund, who attends Pueblo South High. Chris ran a 34:59 to take 95th in the citizen's division. Todd was 5 seconds behind Chris. Third locally was Sean Lee, ex-Centennial standout, who ran a 36:08. The leading local female was Cindy Paolucci, 28, with a 43:31 time.

Next Month: Coverage of the Holy Family Run/Walk

Racing Calendar

Pueblo-Canon City area

June
 23 Sun 8:00 AM **Power Waffle Run - Handicap, 4.1M** Stommel home 544-9633
 27470 Woburn Abbey on the St. Charles Mesa

July
 7 Sun 8:00 AM **Women's Distance Festival, 5K** City Park 564-6043
 19 Fri 7:00 PM **Nirvana Run (Handicap), 4M** Franchi home 676-4100
 5027 Vigil Drive in Colorado City

August
 3 Sat 8:00 AM **Beulah Challenge, 5K & 10K** Beulah 485-3820
 4 Sun 8:00 AM **Fremont County Fair 5K, run and walk** Cañon City 372-3226
 25 Sun 7:00 AM **Drag'n On In Triathlon** Lake Pueblo 543-5151
 1.5K swim, 40K bike, 10K run

Other areas

June
 16 Sun **Waterfest Do Your Best, 5K** Prospect Lake, CS (719) 597-8736
 16 Sun **Strawberry Shortcut, 5K & 10K** Glenwood Springs (970) 945-7456
 16 Sun **Run for a Child's Sake, 10K & 5K Run/Walk** Washington Pk. Denver (303) 694-2030
 22 Sat **Sailin' Shoes, 10K** Downtown Colo. Springs (719) 596-3507

July
 4 Thur **Flame Out 4, 4M** Memorial Pk., Springs (719) 637-8488
 14 Sun **Colorado Springs Classic, 7M** Tiffany Square, CS (719) 493-2625
 20 Sat **Run for the Hope, 5K** Prospect Lake, CS (719) 598-2953
 26 Fri **Chins Up Twilight 5K (6 p.m. start)** Prospect Lake, CS (719) 260-8993
 27 Sat **Women's Distance Festival, 5K** N. Monument Valley (719) 570-1006
 Park, Colo. Springs
 28 Sun **Clean Air Duathlon 5K, 30K, 5K** McGraw-Hill, CS (719) 633-6884

Notable & Unnotable Marathons

June	22	Grandma's, Duluth, Minn.	218-727-0947
July	20	Mosquito, Leadville.....	719-486-1856
	24	Deseret News, Salt Lake City	801-237-2135
September	7	Jackson (Wyoming)	307-733-5056
	29	Duke City, Albuquerque	505-890-1018
October	5	St. George (Utah)	801-634-5850
	6	Twin Cities (Minnesota)	612-673-0778
	12	City of Gallup, NM	505-722-4301
	13	River Trail (& Half), Pueblo	719-543-5151
	20	Colorado, Denver	719-871-8366
	20	Chicago	800-527-3214
November	3	New York City	212-860-4455
	3	Omaha (Neb.) Riverfront	402-553-8349
	10	Columbus (Ohio)	614-433-0395
	23	Tulsa (Okla.)	918-744-0339
	24	Seattle (Wash.)	206-821-6474
December	1	Dallas White Rock	214-526-5318
	7	Alamogordo (NM)	505-382-8869



Other local races in 1996

- **State Fair Run, 10K**
-- Sept. 1 (unofficial)
- **Rose Samora 5K**
-- Sept. 8
- **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

- **Colorado State Games 5K & 10K**
-- Cherry Creek State Park
-- August 3
- **Georgetown to Idaho Springs Half-Mara.**
-- Aug. 10
- **Pikes Peak Ascent & Round trip**
-- August 17 & 18





Crucial information about area races

by the Editor

Stats that rule

Olympic Torch

note:

Hanes supplied 30,000 T-shirts to Torch runners as part of its Olympic sponsorship.
– USA Today

This year's Boulder Boulder required:

- 1,250 traffic-control barricades
- 430 vertical feet of scaffolding
- 2.5 miles of temporary fencing
- 1,000 orange traffic cones
- One filled cooler per 5 SCR members partying afterward in Folsom Stadium.

Calling all women!

Hey, if you're of the female persuasion and a member of the Southern Colorado Runners, then we expect to see you at the Women's Distance Festival 5K run and walk on July 7 at Pueblo City Park. Bring a lady friend.

Three sponsors – all runners – have been lined up to help support the race this year. Thanks to Tomas Duran, a resident dentist; Byerly & Cosyleon Construction (Boney Cosyleon); and Rocky Khosla, the doc who pens a poignant monthly article for this newsletter.

As part of the national Women's Distance Festival, Moving Comfort and Saucony have contributed some great giveaways for this race. Like a pair of running shoes. Free pairs of socks. All-expenses-paid trip to Hawaii.

OK, just kidding about the Hawaii trip.

Walkers start at 7:45 a.m. and runners at 8 bells. The race will be produced by the All Male Revue team. Come see them perform.

Back-to-back race weekend

The Beulah Challenge – a 10K run and 5K walk set for Saturday, August 2 – is going to be a GREAT new addition to the schedule.

Karin Romero (that's right; it's with an "i") has had this puppy planned for months. You like hills? You'll get 'em here. And wait 'til you see the coooolll multi-color long-sleeved T-shirts.

The following day, the second annual Fremont County Fair 5K run & walk is set in Cañon City. This is a "funsy" race at the site of the County Fair.

Since both these races are being held in conjunction with other events, there'll be plenty to do there after the races.

Puff the magic Drag'n

Tri-Geeks will have the chance to test their multi-sport endurance capacity at the annual Drag'n On In Triathlon that is set for Aug. 25. Come see if Marijane Martinez will get a flat tire, or if Nick Leyva will find his way back to shore, or if Bob King will come out of tri-retirement, or if George Balles will take pictures while competing. Distances are 1.5K swim, 40K bike and 10K run. Bring sun guard.

State Fair Run

This annual 10K will again be held during the annual Colorado State Fair, and we're still trying to nail down the date. A good bet is Sunday, Sept. 1. Robert Pratt will direct with help.

"Always bear in mind that your own resolution to success is more important than any other thing." – Abraham Lincoln

Locker room axiom

"The more you're in a hurry, the greater the extrovertedness of the person next to you in the locker room." – The Franch

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

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



Keep the magic coming!

If you move and want to remain all-knowing, please get us your change of address to keep your issues of Footprints coming. Otherwise, your information source will go "poof."

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