

★★★ Psychoderelict Edition ★★★

Meet the Runner

SCR meeting day changed to Tuesday

The Southern Colorado Runners club has changed the day of its monthly meetings to the first Tuesday of each month through a vote of the members present at the monthly meeting for October. The meeting time and site - 7:30 p.m. at the YMCA - will remain the same.

One of the reasons for the change will be so that those attending meetings won't have to miss Monday night football games on ABC. Notable is that, with this change going into effect in November, those attending on Tuesday, Nov. 5, won't miss the Denver Broncos' game against the Oakland Raiders on Monday, Nov. 4. Hey, since they've been winning, this is crucial to all those fair weather Donko fans.

Equally important is that club member Bill Veges, a fixture at meetings, plays recreation basketball games on Monday nights.



Thanks to his brother, Mike ain't heavy

NAME:
Michael Archuleta

AGE: 36

MARRIED:
Diane

CHILDREN:
Michael, 5
Nicole, 15,
Eric, 15

OCCUPATION:
RN, Assistant Director
of Intensive Care
Cardiac Unit and
Neuro Intensive Care
at Parkview Hospital,
14 years

by Marijane Martinez

Mike Archuleta has been an SCR member for the past six years. He started running approximately 10 years ago. He initially ran for about three years but then quit. Two years later, after starting to put on weight, he resumed his running. Since then, he's dropped approximately 25 pounds. It was Mike's older brother, Richard (40), who got him to start running in the first place. A doctor in La Junta, Richard wanted to train for the Pepsi



Mike Archuleta's goal is to run a marathon in every state.

Photo by Gary Franchi

10K and needed a training partner. Ironically, while Mike is now a fixture at races, that Pepsi 10K turned out to be Richard's only race and he no longer even runs anymore.

Mike comes from a family of six boys and one girl. His role model is his oldest brother, Bill (48), who is a federal attorney in Denver. Bill told his younger brothers and sister that they could be anything they wanted to be and encouraged them to go to college and pursue their goals. Besides running, Mike enjoys triathlons, which he started doing this year. He took private swim lessons at the YMCA (so he wouldn't drown,

he said) and did three triathlons this year - the Ordinary Mortals, Evergreen and Avon. He also enjoys fishing and going to the mountains with his family. Mike goes to the YMCA every morning at 5 a.m. (that's NOT a misprint) and alter-

Continued on Page 2



Meet Mike Archuleta

Continued from Page 1

nates swimming, the stairmaster, weights and running until approximately 6:30 a.m. His goal is to run a marathon in every state of the U.S. providing his body will hold out. Thus far he has run marathons in Seattle, San Francisco and Colorado. His favorite will always be the River Trail Marathon because that was his first and because the River Trail is such an integral part of Pueblo.

Mike's most memorable running experience is when he had the honor of running with the Olympic Torch this past May. He ran his leg in Colorado Springs. He said he has the torch, if anyone is interested in borrowing it for a special event. Oddly, Mike still doesn't know who nominated him to be a torch carrier.

Interestingly, Mike said he learns something new at every race, so he probably will never consider himself a veteran runner.

His advice to new runners is to start slowly and look at it as time to spend with yourself, to relieve the stresses of the day, and to sort things out. Indeed, he noted that running is what helps him cope with his often stressful job. He recommends enjoying it, not overdo-

ing it, and mixing it with other activities such as cycling, swimming, or weightlifting. Further, he advises to do it for yourself and not with the intent of beating someone else; breaking your own Personal Bests is sufficient, in his opinion. Some of Mike's PRs are:

- 42+ Pepsi 10K
- 1:36+ Rock Canyon Half-Marathon
- 21:20 St. Patrick's Day 5K (Springs)
- 3:45 Pueblo and Seattle

I encouraged Mike to join other SCR members on Wednesday evenings for track work under the guidance of Dan Caprioglio and for long runs on Sunday mornings. We'd love his company, as well as that of other SCR members who might be interested in joining us.

Getting to know Mike Archuleta has been my pleasure and I hope all of you out there are lucky enough to get the same opportunity. He's quite a friendly guy, so don't hesitate to go up and say "hello" the next time you see him. I think we can look for Mike's running times to continually improve in the next year or so, especially if he starts going to the track.

SCR has annual T-shirt contract with silkscreener

Through a bid proposal process, the SCR now has a one-year contract to take all of its race shirt business to Imprinted Sportwear in Pueblo. This pertains to all of the races that the SCR produces. In addition, when the club is helping another organization produce a

race, it also will ask that group to take its business to Imprinted.

The bid received from Imprinted was by far the best of a handful of bids submitted by local silkscreeners. The SCR should realize a substantial savings from this during 1997.

SCR training

When there isn't a local race or a BIG race in the Springs or elsewhere, club members gather Sunday mornings for a training run in Pueblo. They meet at 7:30 a.m. or thereabouts in the parking lot of the City Park swimming pool. All club members are invited to join them. If you're interested, check with Marijane Martinez (564-6043) or Dave Diaz (564-9303) a day or so prior to the run.

Note that Robert Pratt, Sr., our beloved Secretary, is not a heathen like many of us and attends church on Sunday mornings. Hence, Robert is wondering if some club members would like to meet for a training run on Saturday mornings instead. If you're interested, call Robert at 566-0389.



Too small

In India, dowries were banned in 1991. Last year, about 7,300 women were killed in India over arguments about the size of their dowries.



**No tricks at the Dust.
Come see us for the
best Halloween
treats anywhere!**

**Gold Dust Saloon
130 S. Union Avenue**

Arlana is known as "The Human Arrow" in the Kingling Bros. and Barnum & Bailey's circus show.



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, Airiana (ID's below center)	
•		

Footprints is published monthly and mailed to all SCR members in hopes of giving them some serious relief from the comedic world of the back-and-forth political banter.

SCR meetings are held the 1st Tuesday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings, help devour Karin Romero's homemade cookies, and buy the first pitcher afterward at the Gold Dust.

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 a soon-to-deliver Madonna: "I'm not interested in being Wonder Woman in the delivery room. Give me drugs."

Musings on running, fitness, life, etc.:

It's been a while, but I'm thinking of going trick-or-treating on Halloween this month. I'll burn 252 calories if I do. That's assuming, of course, that I don't pork out on the goodies I collect.

How do I know this? Well, it says so right here in this newspaper article I tore out of *The Denver Post*. The *Post* health and fitness reporter lifted that calorie-burning statistic from a newsletter named *BodyTimes*. Sure hope she doesn't lift some of the stuff I print every month in the "Stats That Rule" category of *Footprints*. You know, like last month when I said the number of SCR members who sought psychiatric help after reading the previous month's edition was 170. I suppose that could be true, but I certainly didn't conduct a survey to get the data.

Anyway, the *Post* article also said that painting a fence uses 312 calories per hour, raking leaves burns 192 calories in 60 minutes, and playing touch football eats up 468 calories per hour. Hold on - there's more! While researching further, I discovered some fitness-related ways to burn 150 calories:

- Running 1½ miles in 15 minutes
- Swimming laps for 20 minutes
- Walking 2 miles in 30 minutes
- Bicycling 4 miles in 15 minutes

Pretty neat stuff, eh? But what I want to know, especially concerning the activities in the *Post* article, is how do they know this? How can you measure how many calories someone burns while trick-or-treating? Who does this? To whom? Have you ever seen anyone hooking up some kid to a "pyro-ometer" that gauges how many calories they burn while chasing around the neighborhood in an ET costume? How can this be done? And how can you figure the number of calories burned when raking leaves? What constitutes an "average" amount?

And if these activities burn calories, why not measure how many calories you burn doing a few more mundane types of things, too. Like:

- Working a finish line at a race and saying "Good job" or "Nice run" to every finisher.
- Walking from your car to the inside of Loaf'n Jug and back to get a coffee and newspapers.
- Sauntering from your car to the registration table and back to pick up your race packet. Sauntering is slower than walking and a

close cousin to ambling.

- Moving the oscillating sprinkler around all day to water the lawn.

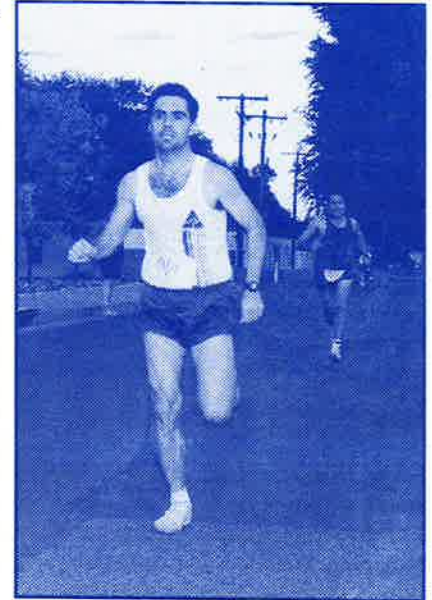
- Putting a full tank of gasoline in the car.

I'll bet going trick-or-treating sounds like more fun to you. By the way, is that why you're already wearing that scary mask?

This month's smorgasbord: The stuff you can find by snooping around the Internet is awesome. Besides the flesh, I mean. For instance, I discovered recently that **Lindsay Hunter** of the Detroit Pistons had a **4:53 time** in a 1-mile time trial at the opening of training camp. Afterward, he was talking of challenging the SCR's Dan Caprioglio, winner of the big company division of the Corporate Cup (see photo) in the same 4:53 time as a member of Team USC ... Editorial Consultant Nick Nasch, obviously having too much time on his hands, wonders how many **calories employees burn every night when putting away all the pumpkins they tried to hawk during the day in the Regency shopping center parking lot** ... I'm always intrigued by the "For the Record" section that appears on Page 2 of *The Daily Bugle*. That's where it lists the boo-boos from a previous edition. The ones I enjoy are where it says the address given in a previous edition by someone arrested was incorrect, that "so-and-so does not live at such-and-such address." This happens a lot. At first, I figured it was because the people arrested purposely gave **incorrect information to the police**. Now, however, I'm beginning to think these mush-heads don't do it on purpose. Think about it ... This month's cliché I could do without: "They're selling like hotcakes." Get real, syrup breath! If the truth be known, hotcakes don't sell so good these days. How about: "They're selling like breakfast burritos" ... By the way, I wonder how many **calories you burn eating a shortstack?** ... One night a month a group of us converges at the Gold Dust Saloon to **assemble the SCR newsletters for mailing**. This is where SCR ideas truly originate. Plus, did you know we all earn **volunteer points** that will qualify us for SCR merchandise? Imagine, we earn points for chatting and pouring down the suds. Is this a great country or what? But if the truth be known, we really do this every month because, through information gleaned from "Pork Out Digest," we know we burn 160 calories per hour inserting fliers into the newsletters and folding them in half ... Trick or treat, folks!

Ultimate in idiocy item of the month:

This month's *Lights Are Dim Award* goes to whomever responds to an ad I discovered in the Classified Advertising section of *Runner's World* magazine. The ad says that if you want to talk live to female gladiators, bodybuilders and wrestlers, and hear "muscle stories," just dial (900) 454-HARD. It costs \$1.95 per minute. What a deal! But I sure hope those muscle stories are kept brief.



Dan Caprioglio won the Corporate Cup 1-mile in 4:53, 1 second ahead of Tim Mondragon.

Photo by Gary Franchi

Training to do your best

One workout a week with the weights can make a big difference in your running. A stronger musculature means a lower risk of running-related injuries such as stress fractures, back problems and shinsplints, not to mention better running times, since every strike takes less effort.

– *Men's Health* magazine



It's a girl!

Congratulations to Mark and Lisa Brockie for the recent birth of their first child -- a daughter. The SCR members, who live in Colorado Springs, can be expected to spring back into the local racing scene in the not-too-distant future.

In next month's issue:

- River Trail Marathon and Half-Marathon coverage

Run for the Rose 5K (3.1 miles)

Held Sept. 8 at City Park in Pueblo

Results provided by Hilbert Navarro

RUN

Overall winners

Male: Peter DeLaCerde 15:36.

Female: Rhonda DeLaCerde 18:35

Age-division leaders

Male

13-19 – 1, Aaron Reyes 20:17. 2, Christopher Montoya 25:08. 3, John Thomason 25:36

20-29 – 1, Paul Prado 27:27.

30-39 – 1, Tim Vigil 16:12. 2, Robert O'Callahan 18:50. 3, Robert Santoya 21:32.

40-49 – 1, Dave Diaz 18:55. 2, Rand Morris 22:03. 3, Michael Parlapiano 27:00.

50+ – 1, Bill Wellman 24:47. 2, Dauro Santos 25:26. 3, Frank Perez 25:44.

Female

13-19 – 1, Rhiannon Boies 27:06.

20-29 – 1, Misti Frey 22:16. 2, Bernadette Leyba 24:22.

30-39 – 1, Coleen Montolongo 21:48. 2, Patti Lobato 27:05. 3, Raylene Matic 27:28.

40-49 – 1, Lorraine Hoyle 22:32. 2, Theresa Leyba 25:05. 3, Donna Wheeler 25:58.

50+ – 1, Betty Duran 25:52. 2, Jessie Quintana 26:16. 3, Lillian Rivera 28:13.

WALK

Overall winners

Male: Robert Adler 36:35.

Female: Claudia Pasqual 36:35.

Age-division leaders

Male

12 & under – 1, James Adler 38:26. 2, Jonathan Leyba 45:01. 3, Jacob McAuffe 47:19.

13-19 – 1, Richard Martinez 49:30.

20-29 – 1, Everett Baker 51:06. 2, Steve Montoya 58:28.

30-39 – 1, John Wolfe 39:10. 2, O'Neil Wolf 44:58. 3, Ruben Martinez 51:08.

40-49 – 1, Warren Little Ford 39:40. 2, R. Swartwood 41:33. 3, Dean Hills 46:50.

Female

12 & under – 1, Jean Adler 48:50. 2, Natalie Martinez 49:53. 3, Lara Gallegos 53:36.

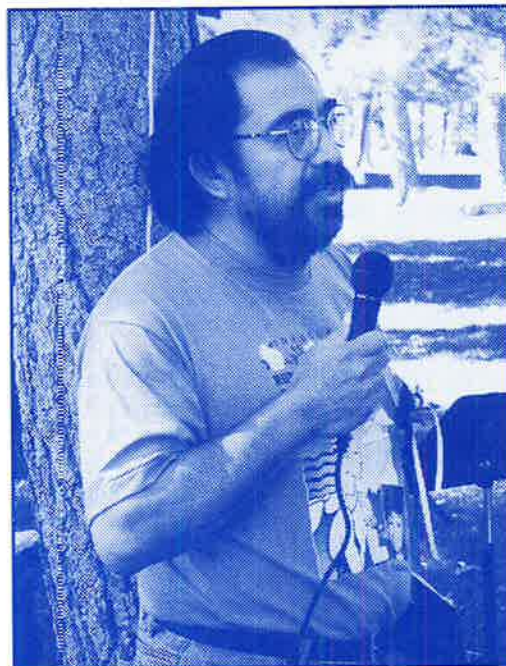
13-19 – 1, Jennifer Samora 53:06. 2, Melissa Peterson 53:07. 3, Amando Torrez 1:05:25.

20-29 – 1, Theresa Santos 41:56. 2, Kim Cheesley 48:18. 3, Jacqueline Wall 50:50.

30-39 – 1, Nancy Aguirre 38:00. 2, Laura Moreschini 39:04. 3, Elma Rael 41:55.

40-49 – 1, Debbie Santos-Apodaca 45:22. 2, Donna Leffler 48:01. 3, Elizabeth DeHerrera 48:03.

50+ – 1, Lois Pfost 40:27. 2, Lupe Beltran 44:18. 3, Carmen Peralta 45:28.



Co-Race Director Carlos Rodriguez gave a moving and eloquent speech prior to the awards ceremony.

50+ – 1, Nicholas Rodriguez 39:41. 2, Harvey Herzog 41:34. 3, Robert Beltran 44:46.



“Walk This Way!”

Nick Leyva (far left) gives final instructions to the throng of more than 100 participants who took part in the walking division of the Inaugural Run for the Rose 5K held at City Park in September.

Photos by Gary Franchi

Canon City River Run Classic

Results from The Daily Record

10K (6.2 Miles) Results

Runner	City	Time
1. Jim Robinson	Pueblo	37:39
2. Neal Taylor	Monument	38:25
3. Jack Janney	Colo. Springs	39:06
4. Sam McClure	Cañon City	?
5. Allen Weaver	Cañon City	42:18
6. Roger Peterson	Cañon City	42:41
7. Buddy Lambrecht	?	42:59
8. Teresa Taylor	Cañon City	43:13
9. Timothy Anderson	Monument	43:59
10. Ron LaFreniere	Gardner	45:10
11. Kerri Coulter	Cañon City	45:43
12. Don Pfost	Pueblo	46:10
13. Norm Cooling	Cañon City	46:55
14. LaDonna Gunn	Cañon City	47:18
15. John Mills	Colo. Springs	47:19
16. Steve McDermott	Colo. Springs	47:57
17. Sally Taylor	Pueblo	48:47
18. Steve Kirkman	Cañon City	49:43
19. Nick Leyva	Pueblo	49:45
20. John Merrell	Colo. Springs	51:34
21. Mike Atwood	Cañon City	52:20
22. Edward Baker	Colo. Springs	52:42
23. Les Lundin	Colo. Springs	53:08
24. Martha Kinsinger	Colo. Springs	53:48
25. D. Nicholas-Griesel	Coaldale	55:05

26. Norma Hughes	Cañon City	57:38
27. Jeffery Smith	Cañon City	57:44
28. Ann Haley	Cañon City	63:00
29. Holli Bradish	Florence	75:00

5K (3.1 Miles) Results

Runner	City	Time
1. Dave Diaz	Pueblo	18:19
2. Bill Veges	Pueblo	18:31
3. David Bradford	Cañon City	19:19
4. Misti Frey	Pueblo West	20:48
5. Helen Robinson	Pueblo	21:09
6. Marijane Martinez	Pueblo	21:34
7. Mike Jolliffe	Cañon City	22:57
8. Bob Roa	Pueblo	23:50
9. Ruben Espinoza	Cañon City	24:56
10. Frank Jaquez	Cañon City	25:18
11. Linda Kelly	Colo. Springs	25:22
12. Michael Parlapiano	Pueblo	25:54
13. Dereck Winning	Culpepper, VA	28:18
14. Neal Kinsinger	Colo. Springs	26:49
15. Bruce Taylor	Pueblo	27:05
16. Eldred Chicoine	Cañon City	27:22
17. Maria-Elena Weaver	Cañon City	27:58
18. Diana Quattlebaum	Penrose	28:09
19. Wayne Holstine	Florence	28:10
20. Ray Mulay	Cañon City	29:18
21. Christopher Spurlock	Cañon City	32:48

Hot to Trot Run Run

Approximately 2.9 miles

Race held September 21, 1996

Results provided by Susan Finzel

OVERALL WINNERS

Male

1. Dan Vega	Colo. Springs	27	13:16
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2. Tiim Vigil	Walsenburg	32	13:27
3. Melvin Watson	Colo. Springs	27	14:07

Female

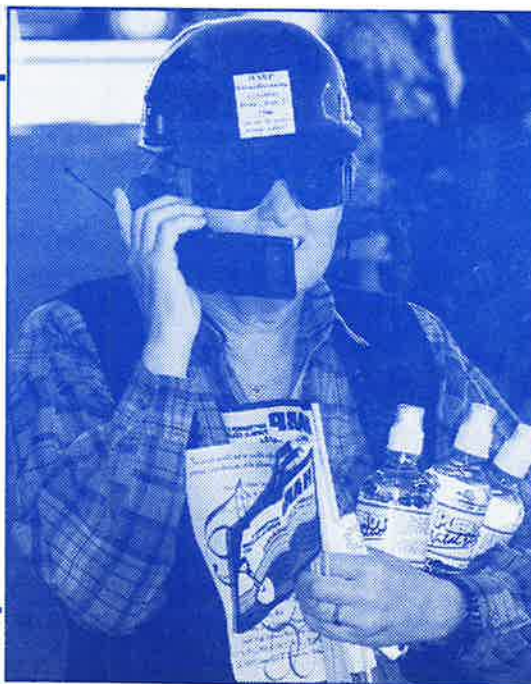
1. Marilyn Weisinger	Colo. Springs	34	18:08
2. Marijane Martinez	Pueblo	44	19:04
3. Jean Zapf	Colo. Springs	46	21:07

Mystery Photo

Okay, buckos, so you think you know your club members, eh? Okay, then identify the person in this photo. What is he/she/it doing? Where is this taking place? Why? Why am I asking you?

Those able to identify this person will win a "Get into Jail" free card courtesy of the Pueblo constables.

Photo by Frank Childress



Our condolences

The SCR sends its condolences to long-time club member Dick LeDoux, whose father died last month.



Colorado has new state rep

Lisa Paige, a member of the Colorado Columbines and who resides in Littleton, has been named the Road Runners Club of America's Colorado Representative. In that role, Lisa will serve as the communication link between RRCA clubs in Colorado and the RRCA itself.

Lisa said she hopes to have a state club meeting and will keep us posted about the future date of such a meeting. She can be reached at (303) 972-1619.

Stay clear of this car

This bumper sticker was spotted somewhere on this planet:

"I swerve to hit people at random."

With this surgery, seeing is believing

by Rocky Khosla, M.D.

Matt & Kim rule in Duke City

Matt Martin and his fiancée, Kim Westerman, completed the Duke City Marathon in Albuquerque last month. Both just missed the 4-hour mark, Kim finishing in about 4:01 and Matt about 28 seconds later after hitting the wall at the 24-mile mark. I'm told Marv Bradley and his son also did the marathon, but I have been unable to confirm this. Maybe they're still on the course. Tomas Duran and Gil Cruz did the half-marathon.



A thought from beyond

"There could be Symphony Sprints, wherein two orchestras would compete head-to-head to see who could get through a given piece of music the fastest. There could even be defense, wherein, for example, the trombone players would void their spit valves at the opposing violin section."

– Dave Barry, humor writer

Since I have just undergone laser surgery on both eyes for correction of near-sightedness, I thought that a lot of other folks may be contemplating getting this done and would like to know a little bit more about these procedures.

First of all, near-sightedness is not due to watching too much TV or reading too much. It is largely due to having longer-than-normal eyeballs with too much curvature in the front part of the eye, which is called the cornea. As light enters the eye, the cornea is responsible for bending the rays so that they should focus on an area on the back of the eyeball, called the retina.

Having a longer-than-normal eye with a more curved cornea leads to the image being focused in front of the retina. Having a longer-than-normal eye with a more curved cornea leads to the image being focused in front of the retina, so things look fuzzy. All of the newer eye surgeries take the common approach of changing the curvature of the cornea so that, hopefully, the image gets focused precisely on the retina.

The first surgeon to do this type of surgery was a Russian physician named Dr. Fyodorov in 1972. Supposedly he got the idea after taking care of a patient who had suffered cuts to the cornea from broken glass and subsequently had marked vision improvement. So, Dr. Fyodorov started to make radial cuts on the cornea, and word of this spread around the world.

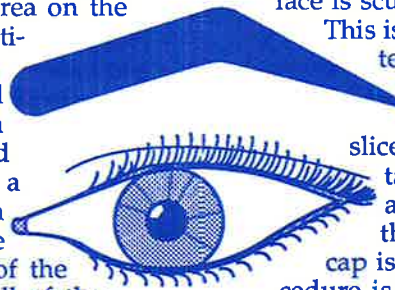
While the first type of eye surgeries done on the cornea for correction of near-



sightedness used manual means such as scalpels or diamond blades, better results have been obtained when a laser is used to make the cuts on the cornea. This procedure is called laser keratotomy.

A further advancement is now available in which a laser is used to remove thin layers of the corneal surface, and the underlying surface is sculpted with the laser as well.

This is called photorefractive keratectomy.



Finally, there is the latest variant in which a small slicer called the microkeratome takes a cap off the cornea, and the laser is used to sculpt the underlying tissue, and the cap is then replaced. This last procedure is called LASIK (laser-assisted

intrastratal keratoplasty), and it may be the best procedure for people (like myself) who have high degrees of myopia.

I had the LASIK done on both eyes at the end of August and have nothing but high praise for it. Of course, this is not a blanket recommendation for everyone to run out and have their eyes done, but it is wild to be able to see without glasses.

If you are considering having this type of surgery done, get all of your questions answered by the ophthalmologist, and then only have any of these procedures done by someone who has done a bunch of these.

Till the next time, I'll SEE you around.

SCR supports Amendment 16

The majority of SCR members at the club's monthly meeting for October voted to support Amendment 16, an initiative that is intended to preserve Colorado's open space.

Currently governed by a 120-year-old mandate that requires the Colorado State Land Board to maximize revenues, much of the state's three million acres of public trust land controlled by the Board is being sold off to the highest bidder for development. This is not considered a positive "quality of life" situation for Coloradans, according to backers of Amendment 16.

The amendment will change the mission

of the Land Board from "maximizing revenue" to "producing reasonable and consistent income over time." This change is intended to provide for long-term stewardship of Colorado's trust lands. It would add open space and wildlife habitat as part of this mission and set aside a 300,000-acre stewardship trust based on a statewide nominating process.

It also will change the composition of the board from three paid to five unpaid members, thus increasing public accountability and representing those most affected by the board's decisions.

Racing Calendar

Pueblo-Canon City area

November

9	Sat	4:00 PM	Harvest Run, 10K.....	Pueblo West	543-5151
23	Sat	9:00 AM	Atalanta Run, 5K.....	City Park	564-4410
30	Sat	5:30 PM	Jingle Bell Run, 5K run & walk	Union Avenue	-

December

8	Sun	8:00 AM	Rock Canyon Half-Marathon	City Park	564-9303
15	Sat	10:00 AM	Marijane & Nick's Excellent Adventure.....	117 Regency	564-6043

About 9 Miles - This is a potluck brunch

Other areas

October

20	Sun	Fall Series II, 4.5M, Kids 1.25M	Colorado Springs	(719) 590-7086
31	Thur	Halloween Hustle, 5K	Wash. Pk., Denver	(303) 694-2030

November

3	Sun	Fall Series III, 6M, Kids 1.5M	Colorado Springs	(719) 590-7086
9	Sat	Rim Rock Run, 37K	Grand Junction	(917) 241-0410
9	Sat	Race for Hope, 5K	Wash. Pk., Denver	(303) 694-2030
10	Sun	Veteran's Day 10-Mile	Cherry Crk. State Pk.	(303) 694-2030
17	Sun	Fall Series IV, 7.5M, Kids 1.5M	Colorado Springs	(719) 590-7086
17	Sun	President's Day Run, 7M	Cherry Crk. Reservoir	(303) 238-4405
17	Sun	Fall Series III, 6M, Kids 1.5M	Colorado Springs	(719) 590-7086
23	Sat	Turkey Trot Predict, 5K	Prospect Lake, Springs	(719) 473-2483
28	Thur	Turkey Trot, 4M	Wash. Pk., Denver	(303) 694-2030

December

7	Sat	Jingle Bell Run, 5K run & walk	Colorado College	(719) 598-2953
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Notable & So-So Marathons

October	20	Colorado, Denver (& Half & 5K)	719-871-8366
	20	Chicago(& 5K)	800-527-3214
	20	St. Louis	314-781-3926
	27	Tri Cities (Richland, WA)	509-946-5570
	27	Marine Corps	703-784-2225
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
December	30	Seattle (& Half, Wash.)	206-821-6474
	1	Dallas White Rock	214-526-5318
	7	Alamogordo (NM)	505-382-8869
	8	Honolulu	503-650-7272
	8	California International	916-983-4622
January	8	Dallas White Rock	214-528-2962
	12	Houton-Methodist	713-864-9305
February	19	San Diego	619-792-2901
	11	Las Vegas (& Half & 5K)	702-876-3870
	22	Cowtown (Fort Worth, TX)	817-735-2033



November Handicap

The next Handicap Series race will be held in November, although the date, time, distance, etc., had not been set yet when this sterling edition of "Footprints" went to the printer.

Details next month.

(READER'S NOTE:

Well, I HOPE so, putts brain! That's when it's gonna be held.)



Corporate Cup

To prove once again that readers of "Footprints" are brain dead, your beloved editor included a Corporate Cup logo (the one just above this item) on this same page last month for absolutely no reason at all. It was not identified either. I had hoped to get someone to ask me 1, what it was, and 2, why it was there. No one said a word. I can only assume that no one noticed it. I also can only assume that no one noticed it because all "Footprints" readers are brain dead.

Noteworthy is that more than 1,000 walkers and runners finished the 5K predict in the Corporate Cup last month.



Useless yet vital area racing information

by the Editor

Stats that rule

- The largest U.S. road race is the Bay to Breakers 12K in San Francisco with more than 55,000 runners.
- The largest U.S. marathon is the Honolulu with more than 27,000 participants.
- For every ounce of muscle you build, you burn 25% more calories.
- In a survey, 75% of SCR members said "weightlifting" is a 4-letter word.

Harvest Run

We've had to change the date of the Harvest Run because there was a cactus-watching contest scheduled at Lovell Park in Pueblo West on the same date as our race/pot luck bonfire. It's now set for **Saturday, Nov. 9**, beginning at 4 p.m. at the same location. By the way, it's actually a softball tournament, NOT a cactus-watching contest.

As noted last month, the race is serving as a membership drive. The fee for the race and a meal of barbecued hot dogs and hamburgers is a mere \$5. Non-members can join the club, race, and enjoy the meal for just \$15. The normal cost of a membership is \$12 for a single (\$18 for a family). The memberships will be good through the final two months of this year and for all of 1997.

Those attending are asked to bring food items that will complement the main eats. Liquid refreshment will be provided. Rich Barrows is the director.

Atalanta

Males will again produce this year's 5K race for the ladies in hopes of learning where

the extra "a" came from in Atalanta.

The run and walk is set for **Saturday, Nov. 23**, which is the Saturday before Thanksgiving, at City Park. The Race Director is Helen Robinson. Long-sleeved T-shirts will be given.

Jingle Bell Run/Walk

The third annual version of this event, set for **Saturday, Nov. 30**, is again part of the Parade of Lights. There are costume and team contests, awards for the most pledges, door prizes, and long-sleeved shirts for all. The SRDA is letting us use their facility for the post-race shindig.

This will be another great event.

Miscellaneous notes

- The **Rock Canyon Half-Marathon** will start and finish at City Park this year to take advantage of the pavilion. Attempts to move the race to Saturday, Dec. 7, failed because the pavilion wasn't available that morning. Race Director Dave Diaz wanted to move the race because the Broncos-Packers play at 11 a.m. that day. Dave is considering moving the starting time up to 8 a.m. from 9 a.m.
- The **Spring Runoff** needs a Race Director, and it appears it will be handled by "committee" unless someone steps forward.

FOR THE SOUL: "Take a risk. By facing and meeting new challenges, you can't help increasing your self-esteem." -- Ellen McGrath

*Marathon
axiom*

"Needed cool fronts always arrive a day after the marathon;
dreaded cold fronts always arrive a day before the race." – The Franch

SOUTHERN COLORADO RUNNERS
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