



FOOTPRINTS

December, 1996 edition for Select Mutes

Meet The Runner

John Holiman turns 70 as fit as ever

by Gary Franchi

Back in his days as a kid growing up in Sheridan, Arkansas, John Holiman got used to walking just about everywhere he went. Being a rural town about 35 miles south of Little Rock, Sheridan left one with little other means of getting around.

While turning the tender age of 70 years young this month (Dec. 20), John still hasn't stopped moving. His weekly routine includes two biking workouts and a session on the Nordic track in addition to running about 20-25 miles. That includes a speedwork session of 400s on either the Pitts Middle School or South High track. He also likes to gauge his fitness at a local race whenever he's not out of town visiting his daughter (one of his two kids) in Littleton.

When he races, he doesn't stick to the short stuff, either. In fact, John's

most recent race was the Rock Canyon Half-Marathon in which he accomplished his goal of finishing under two hours. Being a "little sore" the following day, John took it easy and merely raked leaves in his Pueblo yard. You also may recall the cover of the September issue of "Footprints" where a photo showed John sprinting toward the finish of the Beulah Challenge, in which he ran a 54:07 on a tough 10K course.

In essence, John, a vegetarian, is probably fitter than most SCR members. His fitness philosophy has a lot to do with it.

"Anybody who doesn't take care of their health is a damn fool," John noted when queried about this philosophy.

John wasn't always a runner, however. In fact, he said he became somewhat of a couch potato (except



"Anybody who doesn't take care of their health is a damn fool."

— John Holiman

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***SCR's annual
Awards Banquet
to be held Jan. 18***

The Southern Colorado Runners club has set the date for its annual Dinner/Awards Banquet. It will take place Saturday, January 18, at the Gold Dust Banquet Room. There, you've been told! No excuses now for not attending.

The event will consist of raffles, dinner, games, prizes, the introduction of new SCR officers for 1997, and the awarding of many awards, the biggest being the male and female runners of the year and most valuable club member.

This is just to wet your appetite. Full details to be provided later.



Meet John Holiman

Continued from Page 1



John Holiman's most recent race was the Rock Canyon Half-Marathon

Photo by Gary Franchi

for walking) after graduating from the University of Arkansas in 1949. He was hired out of the Kansas City region as a Montgomery Ward management trainee, with his first job being with the Ward store in Pueblo. In order to be promoted with Ward's, one usually had to transfer to another store. Hence, John proceeded to transfer to La Junta and then back to Pueblo.

Since his next transfer would have been out of the area, John, who while in Pueblo had met his future wife on his first stint in Pueblo, decided to go into the insurance business.

While selling property and casualty insurance over the years, John got into mountain climbing after seeing a newspaper ad about a local mountain climbing club. He eventually would climb every 14,000-footer in Colorado at least once and others in Mexico as well as in the Alps. One of his favorite climbing buddies was the late father of current SCR member Jeff Arnold, one of the SCR founding fathers.

Arnold was a runner and some of his love

for the sport may have been picked up by Holiman since, having grown tired of mountain climbing and fishing in the high lakes, he eventually took up running. He hasn't stopped. Over the years, he has run four marathons (the Denver three times and the River Trail once), but he says his marathon days are over because he doesn't want to be out on the course for more than four hours.

His next races, if he's not out of town, will probably be the Frostbite Five & Dime in February and the Spring Run-off in March. He usually alternates between the 10K and 10-mile distances in the Runoff, and this time he'll be doing the 10-miler.

John still sells insurance one day a week even though he's in what he calls his "third retirement" after selling two other agencies and retiring briefly on both occasions.

Folks, John Holiman is a remarkable man and a fun guy to chat with. You can't miss him at races -- just look for the angular guy with the full head of vanilla white hair. Go up and meet him. You might learn something about fitness.



Chewta Claus

Training runs on Sundays

Fools that they are, many SCR members or varying ability levels rise early Sunday mornings to get in their weekly long runs. They meet at 8 a.m. in the parking lot of the City Park swimming pool. Distances vary.

Note that the group does NOT meet when there is a local race or a big race in the Springs or elsewhere. Hurting for someone able to speak coherently while running, they invite all interested club members to join them.

If you're interested, check with Marijane Martinez (564-6043) or Dave Diaz (564-9303).

We'll be prepared

An injury suffered by an SCR member during a race this past summer has caused the SCR Board to get serious about making sure we are always prepared for an injury to a runner during one of our races.

Hence, the race director for each of our races will be responsible for having first aid kits (which we already have) on hand for these races.

Ho! Ho! Ho!



Beer! Beer!
Beer!

Gold Dust Saloon
130 S. Union Avenue

Declan MacManus happens to
Elois Costello's real name.



Southern Colorado Runners

A member of the
Road Runners Club of America



Current SCR Officers:

President	Ben Valdez	653-5151
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, Declan MacManus (ID'd bottom center)	

Footprints is produced monthly to add some "real meat" to the usual frivolous material that members receive in the mail each month.

SCR meetings are held the first Tuesday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings, try to make some sense of discussions, and perhaps explain to the rest of us just what the heck the issues are all about.

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



Great (& so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of economist J.K. Galbraith: "Banking may well be a career from which no man really recovers."

Musings on running, fitness, life, etc.: The nose knows. It can tell a rat when it smells one.

So I wasn't surprised by a recent report based on three studies conducted by researchers at Illinois State University. The studies measured the ability of nasal strips to enhance athletic performance. Nasal strips are those banda-aid-like strips – wait, make that "ridiculous-looking" banda-aid-like strips – that athletes in many sports now wear on the bridge of their noses during competition. They believe these strips improve their athletic performance by holding their nostrils open, thereby allowing for improved breathing.



However, the report said that, despite their growing popularity, nasal strips don't improve athletic performance at all. Not one iota. "If people like them for aesthetic reasons, they're welcome to wear them," David Thomas, associate professor at Illinois State, said jokingly, realizing full well how stupid the athletes look when wearing these strips.

Ha! Finally, a study I agree with. Redemption at last. There IS a Santa Claus after all.

What this means is that all those football players you see on TV wearing nasal strips, while succeeding in making themselves look stupid, haven't improved their ability to perform better. Unfortunately, their helmets don't cover their noses. I hear some swimmers are using them, too. Well, at least you don't notice how stupid they look because their faces are buried in the water.

I mention all this not because I have any disdain for stupid-looking football players and swimmers but because some runners are wearing nasal strips in competition, too. In fact, I can think of one SCR member who, though a fine fellow in every way, has worn a nasal strip in marathons. He's certain these strips help him. Now, I don't want to question the judgment of this fellow because he is a very likeable chap and an excellent runner. But, you know, maybe his 50-something years are beginning to have an affect on his ability to put 2 and 2 together rationally. Plus, he's a banker. Re-read now the quote by Galbraith at the top. (You DO have a sense of humor, don't you Mr. B?")

Anyway, with all this in mind, I think a vast potential market is being missed here. If pro

football players are wearing worthless nasal strips – and looking stupid – on national TV, why limit the marketing to athletes? Why not claim that "Breathe Right" strips can improve one's ability to think rationally in an office setting, too, claiming that improved breathing causes better blood flow to the brain?

Think about it. Marketers could claim that every Tom, Dick and Gary has the capacity to think more clearly and make better decisions in the office simply by wearing a nasal strip. They might look a bit funny (stupid) wearing them in the office while typing up memos and reports on their Pentium computers, but

think of the production! Need a product motto? Try this: "Think mo' with better flow."

What's that? You say you smell something funny?

This month's smorgasbord: The junk that sports fans will buy is amazing. Hats with tubes that connect from a liquid container to the mouth of the wearer. Official seats from Olympic Stadium in Atlanta. "Authentic" jerseys priced at \$200 or more. Ridiculous! But as silly -- and undoubtedly overpriced -- as these items are, at least they could be useful. On the other hand, I noticed an ad for NHL goaltenders masks while browsing through "The Hockey News." Now what I want to know is, when would you wear a hockey mask? Other than on Halloween. Or when wearing one of those nasal strips ... Editorial Consultant Nick Nasch and I were riding to the McClelland Library in Pueblo to do some research on fitness training schedules. On the way there, we got behind a car with New Mexico plates. Prior to falling asleep while trailing this slowpoke, Mr. Nasch wondered how it is that every out-of-state driver seemingly has negative mental acumen. Is there a border check that weeds out the smart ones and doesn't let them enter? (Border patroller: "Are you or have you ever been stupid?" Out-of-stater: "I wear a nasal strip when running." Border patroller: "Ah, yes! Come on in!") ... Noticed this bumper sticker on a car at City Park during the Atalanta Run: "Save an Elk. Hit a Land Developer" ... A good hint that your fat-free diet tendencies have gotten a little out of hand is when you start looking for fat-free Saran Wrap – or fat-free nasal strips ... Getting back to those out-of-state drivers and using a running term, maybe they've all been saddled with "slow-twitch brain muscles" ... Enjoy the holidays, comrades! See ya next year!

Ultimate in idiocy item of the month:

You just never know when idiocy will rear its ugly head. I heard this gem while listening to a college basketball report on the radio on my commute home to Colorado City. Unfortunately, I didn't catch the name of the guy who earned this month's *Lights Are Dim Award*.

While getting carried away with his oratorical pre-game team analysis, Mr. Blather delved into weaknesses, strengths, tendencies, injuries and a player who would have to sit out the night's game because of "an academic injury." Uh, okay.



Movie Line of the month:

"Sometimes you do your best work when you have a gun to your head."

Great recent flick starring an actor who has resurrected a seemingly dead career and now makes big bucks again. Guess the movie and the actor and earn the right to make yourself a batch of fresh popcorn.

Answers below.

Answers:
John Travolta
"Get Shorty."

Atalanta 5K Run/Walk



Thanks from the Race Director

by Helen Robinson

The 17th annual Atalanta Women's 5K Fun/Walk had 43 ladies, a pretty good turnout despite the only thing that didn't cooperate -- the weather.

I would like to thank some people for their help: Jim and Mark Robinson for using 10 pounds of flower to mark the course so the ladies would not get lost; Dave Diaz for being my lead bike in the park; the men who helped on the course so I could run -- Gary Franchi, Paul Barela, Tomas Duran, Nick Leyva, Don Pfof, Roger Sajac, Joe Stommel and Bill Veges. Thank you for all your great help and support. And a special thanks to Shelley and Ruth of the Gold Dust for their help with registration on race day as well as early registration. Thank you all for your help in making the 17th Atalanta another success.

They're Off!
A portion of the field in the Atalanta 5K run is shown here blasting away from the starting line near the Aquatics Building at City Park.

Photos by Gary Franchi



Traci Dworshak had no one to push her at the finish line of the 5K run.



Race Director Helen Robinson had Christy Olsen on her heels at the halfway point.

Atalanta 5K (3.1 miles) Run/Walk

Race held Nov. 23, 1996

Results provided by Helen Robinson

RUN

Runner	City	Age	Time
1. Traci Dworshak	Colorado Springs	32	19:52
2. Claire Bueno	Pueblo	32	21:18
3. Misti Frey	Pueblo West	29	21:32
4. Helen Robinson	Pueblo	38	21:54
5. Christine Olsen	Pueblo	33	21:56
6. Teresa Taylor	Monument	36	22:00
7. Deb Robeda	Pueblo	46	22:14
8. Stacey Diaz	Pueblo	36	22:33
9. Marijane Martinez	Pueblo	44	22:59
10. Kathy Hruby	Rye	33	23:08
11. Gloria Montoya	Pueblo	48	23:52
12. Diane Lopez	Pueblo	38	24:01
13. Sally Taylor	Pueblo	41	24:13
14. Laura Schilf	Cañon City	34	25:07
15. Anne Baxter	Cañon City	41	25:07
16. Julie Arellano	Pueblo	44	25:34
17. Trisha Ferguson	Pueblo	45	25:41
18. Betty Duran	Pueblo	54	26:01
19. Mary McLendon	Colorado Springs	40	26:14
20. Jessie Quintana	Pueblo	53	26:19
21. Donna Nicholas-Griesel	Coaldale	50	27:08
22. Maribeth Butler	Pueblo	32	28:15
23. Anne Severs	Pueblo	31	32:21
24. Deborah Conroe	Poncha Springs	42	32:30
25. Cheryl McCoy	Salida	52	32:33
26. Patricia Orendorff	Pueblo	15	32:02
27. Kathy Stommel	Pueblo	39	33:03
28. Pam Peters	Colo. Springs	42	33:54
29. Priscilla Portillos	Pueblo	57	34:58

WALK

Walker	City	Age	Time
1. Kristen Inman	Rye	27	35:34
2. Gloria Gogarty	Colorado City	40	35:36
3. Shelly Sutherland	Rye	29	35:37
4. Ida Mae Martin	Walsenburg	58	37:41
5. Sandy Messick	Cheraw	37	39:04
6. Lois Pfof	Pueblo	54	40:11
7. Tina Follmer	Pueblo	37	40:45
8. Maribel Mendoza	Pueblo	35	43:30
9. Theresa Martinez	Walsenburg	45	50:10
10. Kerry Kramer	Pueblo	-	50:10
11. Veronica Pedraza	Walsenburg	11	51:49
12. Mary Ann Boyer-Pedraza	Walsenburg	47	52:05
13. Sara Pedraza	Walsenburg	9	52:06

Jingle Bell 5K Run/Walk

Races held Nov. 30, 1996
Results extracted from the results board

Top overall finishers 5K Run

Male – Jayson Middlemiss, 15:46
Female – Helen Robinson, 21:12

5K Walk

Male – Daniel Tilton, 36:37
Female – Heather Barr, 30:21

Complete list of finishers

Participant	Age	Run/ Walk	Time
1. Jayson Middlemiss	25	R	15:46
2. Tim Vigil	32	R	16:21
3. Rich Hadley	40	R	16:53
4. Mark Koch	37	R	17:05
5. Angelo Aragon	39	R	17:22
6. Marti Garcia	36	R	17:34
7. James Robinson	45	R	17:34
8. Jim Schreiber	38	R	18:45
9. Bill Veges	39	R	19:00
10. Ryan Dorsey-Spitz	14	R	19:06
11. Blake Ottersberg	14	R	19:06
12. Joe Farra	50	R	19:55
13. Mike Borton	41	R	20:12
14. Robert Santoya	34	R	20:23
15. Rick Macias	36	R	20:26
16. Ted Quintana	46	R	20:40
17. David Baker	39	R	20:53
18. Tim Nitchen	36	R	20:56
19. Dan Gallegos	35	R	21:08
20. Helen Robinson	38	R	21:12
21. Rich Barrows	36	R	21:20
22. Denise Gonzales	16	R	21:25
23. Mike Archuleta	36	R	21:52
24. Jamie Barnes	10	R	21:52
25. Ron Dehn	48	R	21:54
26. Harold Masters	37	R	22:19
27. Brendan Dorsey-Spitz	10	R	22:23
28. Hilbert Navarro	56	R	22:24
29. Jenna Dorsey-Spitz	12	R	22:25
30. Gary Carter	42	R	22:25
31. Matt Gallegos	12	R	22:26
32. Jim Peterson	58	R	22:29
33. Don Pfost	56	R	23:04
34. Joel Levy	41	R	23:04
35. Dino Aragon	37	R	23:09
36. Jeremy Gregory	12	R	23:24
37. Joe Wach	28	R	23:54
38. Emily Gravell	20	R	23:59

39. John Thomason	14	R	24:32
40. Tim Stechert	43	R	24:37
41. Fran Borton	49	R	24:57
42. Melissa Green	14	R	25:33
43. Danielle Gallegos	14	R	25:33
44. Jack Sheff	58	R	25:35
45. Joe Ruppert	45	R	25:37
46. Robert Fowler	47	R	25:39
47. Martin Ottersberg	44	R	25:55
48. Jamie Swanson	27	R	27:22
49. Christin Morton	23	R	27:38
50. Rae Lewis	41	R	27:47
51. Lindsay Barnese	14	R	28:04
52. Duane Turner	36	R	28:18
53. Wendy Swanson	22	R	28:21
54. Christina Brown	13	R	28:59
55. Lauren Dorsey-Spitz	6	R	28:59
56. Ken Brown	46	R	28:57
57. Mike Moreno	57	R	30:14
58. Heather Barr	17	W	30:21
59. Nina Ogaz	30	R	33:45
60. Jamie Humphreys	17	W	33:56
61. Annie Pruitt	12	R	33:57
62. Claudine Schwartz	25	R	34:53
63. Doug Fair	35	R	34:53
64. Monica Aragon	9	R	35:54
65. Daniel Tilton	12	W	36:37
66. Melissa Nolting	11	R	36:48
67. Lorraine Hoyle	49	W	38:11
68. Nicholas Rodriguez	53	W	38:11
69. Andrea Burrows	47	W	39:20
70. Rexella Tilton	18	W	42:28
71. Aaron Root	20	W	42:28
72. Diana Tilton	14	W	42:29
73. Jesse Tilton	10	W	42:30
74. Karen Collins	30	W	46:26
75. Lisa Mauro	21	W	46:27
76. Brenda Schroder	36	W	46:29
77. Shawna Mensay	20	W	46:30
78. Ross Jarvis	40	W	46:31
79. Jane Hardy	3	stroller	46:32
80. John Hardy	35	W	50:06
81. Terrie Sajbel	38	W	51:01
82. Betty Sajbel	70	W	51:05



This isn't just "Kids Play"

A perusal of the results at left shows that there are some talented young runners in Pueblo. Look at the ages of those finishers.

And check out the performances by the Dorsey-Spitz kids -- all 4 of them. Brendan, age 10, was first in the 13-under division. Jenna (12) was first in the female side of that division. Ryan (14) was 1st in the 14-19 group. And Lauren, all of 6 years of age, was 3rd in the 13-under bracket. Is this awesome or what? Blake Ottersberg, by the way, ran with Ryan and was 4/100s of a second behind him.



We'll be ready

An injury suffered by an SCR member during a race this past summer has caused the SCR Board to get serious about making sure we are always prepared for an injury to a runner during one of our races. Hence, the race director for each of our races will be responsible for having first aid kits (which we already have) on hand for these races. And for bigger races, we will make sure we contact ambulance firms to have them on hand.

It'll cost you more to run Boston next year

Officials of the Boston Marathon have gotten some heat lately after it was learned that they raised the entry fee from \$50 to \$75 for the 1997 April race. In addition, Boston also requires all runners to be USATF members, which represents an additional \$15 charge.

The basic entry fee for Boston includes pre- and post-race meals, transportation, T-shirt, medals, a certificate, and results book.

The Boston field also will be limited to

15,000 runners on a first-come basis. The entry deadline for the 1997 Boston is Feb. 1. Because of the onslaught anticipated for last year's 100th running of the Boston Marathon, the deadline was moved up to Dec. 31. However, in past years it was March 1.

For your information, the entry fee for the New York City Marathon is \$45 (and \$35 for NYRRC members, and that same USATF membership is required.

Rocky ON FITNESS

Here's how to enjoy running in winter

by Rocky Khosla, M.D.

I thought that it would be a good idea to write an update on ways to make it easier, smarter and safer to run in the winter.

First of all, clothing is probably the most important issue here. And in clothing, layering is the key. I like to wear propylene-based longjohns, and then layer up as needed. The high-tech stuff such as thinsulate really is neat because it is light and allows you to ventilate your sweat, and it's also water resistant.

When getting dressed to go running in the cold, you should feel just a little bit nippy before you start running since the heat you generate while running will get you just the right temperature. If you will be running through snow, note that a trick that works for me is to wrap my feet in plastic bags before I put on my running shoes. This keeps my feet from getting wet.

Another clothing-related tip I have learned is that wearing looser-fitting tights decreases knee pain like some runners seem to get in the winter. It makes sense since



really tight tights may push against the top of the kneecap and worsen a condition called patellofemoral syndrome.

For those of us with exercise-induced asthma, the cold air can be a problem. The approach that works well for me is to take my inhaler puffs about 20 minutes before the run and to wear a face guard such as a balaclava that covers the mouth.

Finally, who hasn't developed the stream of nasal drainage that drives us nuts when exercising in the cold? Well, I have been very impressed by a prescription medicine called Atrovent nasal spray, which

blocks the cold-induced runny nose from developing. I take 1 to 2 puffs of the .03% solution about 20 minutes before running or skiing, and I am usually drip-free for about 4 hours. The only caution I would warn you about is that this stuff can really dry out your nose, so you should keep your nose moisturized with nasal sprays such as Ocean or Ayr, which it is a good idea to use regularly in the winter even if you are not using the Atrovent spray.

Wishing you all Seasons Greetings and a fabulous New Year!

Training to do your best

"Avoid injuries by following common sense. Rest when tired, stop when something hurts, quit when it seems harder than it should be.

"The key to performance is consistency. Better to miss one workout because it doesn't feel right than to miss a month for an injury."

Joe Friel,
personal coach



If you ski, be afraid of heights

If you're planning to go skiing in altitudes much higher than you're accustomed to – say, 8,000 to 1,200 feet above sea level – be aware that higher altitudes stress your body and make you extremely susceptible to influenza. The best thing you can do to keep your immune system strong is to get plenty of rest.

– Men's Health magazine

Letter to the Editor

Dec. 19, 1996

Dear SCR members:

I have a confession to make. All my life I have lied about my age for different reasons. So, since we are about to start a new year, I thought I would turn a new leaf and tell the truth. Besides, my family's on my back.

So, through them I finally realized what a privilege it is to be my age and still be able to run. And you can go public with this. It serves me right.

Your fellow member,
Priscilla Portillos

Editor's Reply

Ah, gee, that's really nice of you to 'fess up, and all, Priscilla, but we STILL don't know hold old you really are. Home come



you left THAT out?

However, for being big enough to come forward about this distasteful deed, let it be duly noted that we will NOT be sending a kamikaze pilot your way any time soon. Well, at least not THIS year anyway.

1997 Racing Calendar

Pueblo - Canon City area

February

1	Sat	10:00AM	Frostbite Five & Dime, 5K & 10K	City Park	(719) 543-5151
15	Sat	9:30AM	Valentine's Twosome, 1.6M each partner...	City Park	(719) 543-5151

March

2	Sun	8:30AM	Spring Runoff, 5K, 10K & 10M	Peppers	(719) 543-5151
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April

13	Sun	8:00AM	Ramsgate 8, 8K	8 Ramsgate	(719) 544-9633
20	sun	9:00AM	Y-Bi Classic Biathlon, 11.2M bike, 5.5M run	Pueblo West	(719) 543-5151

May

4	Sun	8:00AM	Cinco de Mayo, 10K	site TBA	(719) 564-6043
17	Sat	7:15AM	Ordinary Mortals Triathlon	Pueblo West	(719) 561-2956
			525-meter swim, 13-mile bike, 5K run		

Other areas

December

31	Tues		Resolution Run, 5K	Elitch Gardens, Denver	(303) 399-9005
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January

1	Wed		Rescue Run, 5K & 10K	Palmer Park, Springs	(719) 598-2953
11	Sat		Winter Series #1, 5K & 10K	Colorado Springs	(719) 598-2953
12	Sun		Run for the Dream, 5K Run & Walk	City Park, Denver	(303) 694-2030
25	Sat		Winter Series #2, 4M & 8M	Colorado Springs	(719) 598-2953
26	Sun		Super Bowl 5K, Run & Walk	Denver	(303) 694-2030

February

8	Sat		Winter Series #3, 5M & 10M	Colorado Springs	(719) 598-2953
9	Sun		Valentine's Day 5K Run & Walk	Wash. Park, Denver	(303) 694-2030
22	Sat		Winter Series #4, 10K & 20K	Colorado Springs	(719) 598-2953
22	Sat		President's Day Run, 5K Run & Walk	City Park, Denver	(303) 694-2030

March

2	Sun		Denver Police Chase, 4M	Coors Field, Denver	(303) 694-2030
15	Sat		St. Patrick's Day Run, 5K	Old Colorado City	(719) 637-8488
17	Mon		Runnin' of the Green 7K	Denver	(303) 694-2030
23	Sun		Shriners Run, 5K & 10K and 2M Walk	Wash. Park, Denver	(303) 694-2030
30	Sun		Orphans of Violence 5K, run and walk	Wash. Park, Denver	(303) 694-2030

April

12	Sat		Tortoise & Hare, 5K Predict	Colorado Springs	---
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Regional Marathons (& others of interest)

January	5	Dallas White Rock	(214) 526-5318
	12	Houston-Methodist	(713) 864-9305
	19	San Diego	(619) 792-2901
February	9	Las Vegas (& Half & 5K)	(702) 876-3870
	16	Desert Classic – Phoenix (& Half.)	(602) 954-8341
	22	Cowtown - Fort Worth, TX	(817) 735-2033
March	2	Los Angeles	(310) 444-5544
April	21	Boston	(508) 435-6905
	27	Army - San Antonio, TX	(210) 732-1332
	27	Big Sur - Carmel, CA	(408) 625-6226
May	3	Shiprock - Farmington, NM (& Relays)	(505) 327-5595
	3	Great Potato - Boise, ID	(208) 344-5501
	3	Whiskey Row - Prescott, AZ	(602) 445-7221
	4	Lincoln (NE)	(402) 423-4519



Other known racing dates

- May 26:
Bolder Boulder
-
- July 5:
Women's Distance Festival
-
- Oct. 12:
River Trail Marathon & Half-Marathon
-
- Nov. 22:
Atlanta 5K
-
- Dec. 7:
Rock Canyon Half-Mara.
-
- Dec. 14:
The Excellent Adventure

Walkers group

Individuals in the Mesa Junction area, or other areas for that matter, who are interested in creating/joining a walking group should call Kerry Kramer during evening hours at 544-9199.

In next month's sterling issue:

Coverage of Rock Canyon Half-Marathon

Get the results of your out-of-town races to "Footprints" Editor Gary Franchi at:
Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019 • E-mail to franchi@pcc.ccooes.edu



Stats that rule

- There were more runners from out of state (12) than from Pueblo (10) in the Pueblo River Trail Marathon.
- Only 37% of U.S. teens get at least 20 minutes of brisk exercise 3 days a week.
- 70% of the participants in this year's River Trail Marathon attended the pre-race pasta bash.
- An astounding 83.2% of SCR members get migraines just thinking about "Footprints."

Area racing information to read & forget

by the Editor

Frostbite format change

There is a date change for the Frostbite 5 already, but, more important, the site and the entire format of the race also are being changed.

Originally scheduled for Jan. 25, the date was changed to Feb. 1 to avoid conflicting with the Winter Series race in the Springs. The new date is Feb. 1, a Saturday. The new site for the start and finish of the race is City Park.

The big news is that the race, previously a 5-miler, is being changed to a 5K and a 10K. How about that?!?! Hence, your beloved editor has dubbed the race the **Frostbite Five & Dime**.

Also, Race Director Ben Valdez is adding a 60-and-over division to the race. Look for that division to be added to other races around here in the future as well.

Valentine's Twosome

In case you're new around these parts,

note that this is a partner's race, although solo runners can do both legs but aren't eligible for partner awards. Special awards are also given for race costumes, in a variety of baton categories, biggest smile by a runner crossing the finish line, etc.

The upcoming race will take place Feb. 15, which will be the day after SCR member Judy Tucker's 61st birthday. Happy Birthday, Judy!

By the way, I was just kidding about the biggest smile award. (Smile.)

Spring Runoff

The date for the annual Spring Runoff has been set for the first Sunday in March, and a committee of club members will be directing the race. More details, gleaned from the committee's first meeting, will be provided here next month. Last year's Runoff included 5K, 10K and 10-mile divisions, and I assume the upcoming version will, too. But don't count on anything until the committee meets.

See you at the Rescue Run on Jan. 1

FOR THE SOUL: "If you don't exercise on a regular basis, it's like going to bed with a rattlesnake." — Jack LaLanne

Did you know ...?

As people grow older, their resting metabolic rate falls about 1% a year. The slowdown occurs not as a result of aging but mainly as a result of muscle mass loss.

SOUTHERN COLORADO RUNNERS

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Keep the dog days away!

Issues of "Footprints" are not forwarded. Hence, to avoid the dog days of winter, send us your new address as quickly as possible to keep your issues coming each month.



»»»»» The address for the Road Runners Club of America is: 1150 S. Washington St., Suite 250, Alexandria, VA 22314-4993