



EDITOR: Gary Franchi

FOOTPRINTS

February 1997 Buttonics edition

Santoya, Quintana selected year's top runners

Lois Pfof named outstanding '96 SCR member

by Gary Franchi

The SCR calls it an "awards banquet" because the ultimate intent is to pay homage to those who have made major contributions to the club during the previous year. Never mentioned is the frivolity involved with lightheartedly poking fun at everyone who ever breathed the wrong way in that time.

There was no shortage of either of these at the banquet held last month at the Gold Dust Banquet Room, much to the delight of the approximately 80 who showed up despite a reservation list that numbered less than half that. (Some of the comments/excuses for not calling: "I was going to call but I had a ton of knitting to do." "I almost remembered." "My phone was jacked up." "Couldn't get the knot out of a shoelace. Took forever.")

Okay, enough – let's pay tribute to the three big award winners:

- The most prestigious SCR award is for the outstanding club member. ("Gee, Gar', no foolin'?!") This is for the person selected by club members for having done the most for the club in the previous year. The real beauty about this year's winner – Lois Pfof – is that she is a low-key, humble, behind-the-scenes type of person. But one comment about her on a ballot submitted says it all: "She's always there to help." She is. And does. Congrats, Lois! By the way, 15 members received at



Outstanding SCR member Lois Pfof was sworn in as the club's Secretary by Nick Leyva during the annual awards banquet held last month at the Gold Dust Banquet Room.

Photos by Gary Franchi



Honored as top runners of 1996 by the SCR were Robert Santoya (left) and Jessie Quintana, shown above with daughter Chrissy at the Bolder Boulder. Boulder photo by Boney Casyleon

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More SCR Banquet coverage inside!





Ben Valdez was elected to his 2nd term as President of the SCR.

Good job by Banquet crew

Many thanks to the SCR's Awards Banquet committee for bringing us another night of entertainment to remember. Those members were Misti Frey, Nick Leyva, Marijane Martinez, Lois Pfof, and Kathy and Joe Stommel. Nice job!

Thanks to the Gold Dust

We also thank Gold Dust Saloon owners Ruth McDonald and Shelley Riddock for treating us so well at their establishment, and to their staff for providing us with such exquisite service. Thank you all very much!

Youth fund

Various raffles at the banquet raised more than \$400 for the Youth Fund that is used to help send young athletes to regional and national competitions.

SCR Awards Banquet

Continued from Page 1

least one vote.

• In a voting in which three members received double-digit votes, **Jessie Quintana** was selected female runner of the year. Cool. Jessie's like an ambassador for the sport of running with her upbeat personality. Races a lot and virtually always places in her age group. She edged Deb Robeda and Sally Taylor in a close vote.

• A guy who has made tremendous strides in the sport of running the past couple of years was selected male runner of the year. That's **Robert Santoya**. Here's a couple of written comments about him: "Robert has displayed a commitment to running excellence ..." "... A giving, caring person. Holds two jobs – a dedicated, consistent runner." Need more be said?

Another key honor was the Dirty Sock Award, which went to **Rocky Khosla**. Rock writes a monthly column on health and fitness for this newsletter and, being a physician, regularly assists in that capacity at SCR races, sometimes after competing himself.

The Packard Friendship Award went to **Rich Hadley**, Florence resident who deserves frequent rider points for all the races he attends. More, though, this award is for someone who makes great contributions to the sport of running. Rich does just that.

Meanwhile, the top five Handicap Series runners for 1996 were announced. They were, in order, **Dave Diaz**, **Bill Veges**, **Rich Barows**, **Nick Leyva**, and **Robert Santoya**. (See Page 5)

New officers for 1997 also were installed,



Sally Taylor took her twin 3-year-olds Catie (on her lap) & Alex with her while playing the "Name That Tune" game. Photo by Gary Franchi

complete with a different "Oath of Office" written by Robert Pratt, Sr., and administered by Nick Leyva. Robert, by the way, is the only officer leaving office, having been replaced as secretary by **Lois Pfof**. Officers serving another term are **Ben Valdez** as president, **Joe Stommel** as Vice President, and **Melinda Badgley Orendorff** as Treasurer. I believe this is Melinda's fourth consecutive term. Too, **Matt Martin** was sworn in as Assistant Newsletter Editor. **Andy Ballou** continues as Membership Chair and yours truly (**Gary Franchi**) as Newsletter Editor

The evening included tons of games, many geared toward kids. It's a good thing, because there was a ton of kids there. Look for next year's banquet to include prizes for the kids to help make their night special, too.

Have a tasty lunch while stopping by to register for the Spring Runoff!



Gold Dust Saloon
130 S. Union Avenue

Eugene Lee played Forky on the "Little Rascals" comedy shows.



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	Lois Pfof	544-9633
Treasurer	Melinda Badgley Orendorff	561-2956
Non-elected Officers		
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
Assistant Newsletter Editor	Matt Martin	545-0027

Editorial Consultants: Nick Nasch, Eugene Lee (ID'd bottom center)

Footprints is produced monthly to provide the SCR membership with help in taking their minds off their income tax returns.

SCR meetings are held the first Tuesday of each month at 7:00 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings, join in the jocularly, and generally makes fools of themselves like everyone else.

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



Great (& so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of Thomas F. Sherer of Vienna, Ohio: *"Proof that intelligent life exists elsewhere in the universe may lie in the fact that it has not made extensive contact with us!"*

Musings on running, fitness, life, etc.: We want your blood!

Like the blood center in Pueblo, the SCR's supply is running low. The "regulars" have given consistently in the past, and now some fresh donors are needed.

I'm referring to the need for some new faces to get involved in the SCR, to attend club meetings (which are open to ALL SCR members), to carry the ball on some club-related activities, to volunteer to work at races, etc.

A few situations have brought this need to light:

- We've been fortunate to have good people step forward to fill office every year, since we never seem to have more than one person running for any of the positions.

- This may not mean anything, but the SCR meeting for February had probably its lowest attendance in years.

- Nick Leyva and Marijane Martinez, who along with a few others have been mainstays on the Awards Banquet committee for years, noted at that February meeting that they felt it was time for them to step down from that role in favor of someone with fresh ideas.

- Your beloved editor seems to be reaching the end of the line in this position and probably will bow out after 13 years when this term ends. Having an assistant editor this year – Matt Martin – will help me. Thanks, Matt!

I've never been a joiner, and I recall thinking to myself when I joined the Southern Colorado Runners 15 years ago that a runners club was probably the most worthwhile thing I could be involved in. I haven't changed my mind, and I assume I will be active in the SCR until I'm six feet underground.

But the energy well is running dry for many of us "regulars." We need some others to step forward and accept some responsibility. This isn't like work, gang. The SCR is a fun and wonderful experience and doesn't involve the drudgery nor time that working on a project at work entails. Besides, as I've said many times before, this is the best group of people you'll ever want to be associated

with or get to know.

Have a heart. Give blood. If you do, we'll even give you cookies and soft drinks afterward.

This month's smorgasbord: While browsing through the most recent edition of *"Men's Fitness"* magazine at Loaf'n Jug, I noticed a car pull up and, while the driver stayed in the car with the motor running, a lady from the passenger side got out, went inside, bought nothing but a *"National Enquirer"* and came back out. Huh? Why would someone make a special trip to Loaf'n Jug to buy a *"National Enquirer?"* ... Speaking of Loaf'n Jug, a recent study conducted by Pollsters Unlimited, and I'm not kidding about this, says the **two worst**

places to meet someone are at convenience stores and in public restrooms ...

Looking for another way to shed a few extra pounds? You can now purchase a *"How to Do the Macarena"* video for \$17.90 (includes shipping and handling) via a TV promotion. Now is that a deal or what? ...

For some reason, I don't think *"Blue Crush"* is going to become the nickname of the Broncos' defense ... I needed a new unabridged dictionary and

figured Hastings would have some deals after Christmas. Found a great one for 20 bucks on a clearance table. On the same table was a book entitled *"How We Die."* Gee, just the reading material I was looking for ... I'm forever dropping off film for processing in order to publish the photos that appear in *"Footprints."* On a recent such excursion at King Soopers, I happened to examine the little **"tear off"** sheet at the top that the customer keeps and uses to redeem the prints. On this sheet is a line for the date. There also is a line for the customer's name. Now, think about that. Why would you need to write your name on the sheet that you keep? ... I love pizza. I often scarf a couple of pieces at lunchtime after going for a jaunt from PCC. And I've been wondering: If convenience stores let you bring in old drink containers for low-cost refills, shouldn't you be able to get **pizza at a discounted rate** if you bring in the original box? Just think if you stored it, say, in the back seat of your car ... Ponder this for a moment: Over a period of time, what do you think would smell worse– the pizza box or the Dirty Sock Award? ... See ya next month, comrades.



MAKING MEMORIES – Nick Leyva (right) gets the kids involved in another of the many games for kids that were conducted at the SCR's Awards Banquet held last month.

Photo by Gary Franchi

Ultimate in idiocy item of the month:

A study conducted by Dallas researchers found that the majority of arrhythmias (irregular heartbeats) suffered by 683 retired men occurred on Mondays.

This month's *Lights Are Dim Award* goes to Dr. James E. Muller, chief of cardiology at the University of Kentucky, for his "expert" medical opinion concerning the reason for this.

Muller said it may be due to a memory of what Monday meant to these men when they were working.

Uh, pardon me, but I think I'm gonna feel pretty wonderful on Mondays once I retire.



Movie Line of the month:

"If you do things someone else's way, you put your life into someone else's hands."

One of many classics by a dude who has great one-liners in all of his flicks. Hint: In this one, he is trying to save a mayor from a band of thugs.

Answers below.

Answers:
Clint Eastwood in *"Magnum Force"*



Definitely Not Great Stuff

by Matt Martin

RRCA Convention

Notes on the Road Runners Club of America's upcoming 40th annual Convention:

DATES

Thursday, June 5, to
Sunday, June 8

SITE

Red Lion Inn in
Colorado Springs
1775 E. Cheyenne
Mountain Blvd.
Colorado Springs, CO
80906

HOSTS

- RRCA
- Pikes Peak Road Runners

ACCOMPANYING RACE

Garden of the Gods
10-miler on June 8,
beginning at 7 a.m.

SOCIAL STUFF

- Early-morning fun runs
- Running Times Fun Run and Auction
- Runner's World State Representatives Breakfast
- Trip to Cripple Creek
- Tour of the Olympic Training Center
- Annual Dinner/Awards Banquet
- Outdoor Adventure Lunch series
- Two-day Health and Fitness Expo

WORKSHOPS

- Tons of 'em.

REGISTRATION

Will be available on-line. Send your e-mail and postal address to office@rrca.org.

Lin Yutang once said: "If you can spend a perfectly useless afternoon in a perfectly useless manner, you have learned how to live." If Yutang is right, then I can die a happy man, knowing that I have learned how to live!

What follows is a rundown of some of the most useless and, hence, most life-giving, acts I have ever experienced:

- Watching MTV.
- Reading anything Gary Franchi wrote.
- Paying even a smidgen of attention to the O.J. Simpson case.
- Exchanging e-mail banter with Gary Franchi.
- Writing for "Footprints."
- Sending e-mail to anyone in the same area code.
- Listening to Rush Limbaugh.
- Contributing money to the Democratic National Committee.
- Working, as a naive high school senior, to re-elect Richard Nixon.
- Watching "Young Frankenstein" when I was so drunk, I could not remember seeing the movie.
- Watching "Young Frankenstein" the next night so I could see what I missed the previous night.
- Majoring in Political Science.

What is all of this talk of ebonics, anyway? Ebonics is nothing but a bunch of bunkum. We at SCR have something better: moronics. Da bros in da 'hood haf nuttin on de speak of de SCR cabal. What is moronics? It's a street lingo from the Lake Beckwith neighborhood of Colorado City. Gary Franchi applied for a government grant to teach educators at PCC the language of Moronics. The feds turned Gary

down, however, because he could not find anyone smart enough to teach Moronics to the teachers!

Pueblo attorney Dan Casias once told me that "marathon training is an isolating experience." This is true but the isolation gives one the opportunity to ponder many things. For instance, Dennis Rodman paid a court-side cameraman \$200,000 after kicking him in the crown jewels. My question is, if Rodman had asked the cameraman to allow him to kick him where it counts for \$200,000, would the cameraman have accepted? I doubt it. Newt Gingrich will pay a \$300,000 fine for ripping off the American taxpayers, yet he will keep his powerful Speaker of the House seat. Newt does not even know whether he will pay the fine with his own money or with money donated by individuals and corporations. If Newt had robbed a convenience store instead of the American taxpayers, where would he be spending the rest of his term?

This banter leads me to ask a perfectly useless question: Of Dennis Rodman, Newt Gingrich or Gary Franchi, who would I choose to spend a perfectly useless afternoon with? Before I answer this question, I would like to recall a Talmudic saying: "We do not see things as they are, we see things as we are." I see absolutely no use for the likes of Gingrich and Rodman. Franchi? He makes me laugh. I choose Gary.

(Matt Martin is Assistant Newsletter Editor of "Footprints." When not running or writing or lawyering, he can be found wandering around aimlessly wearing a "Marathoning is Life" T-shirt.)

SCR to help conduct run at RRCA Convention

The Southern Colorado Runners and the Pikes Peak Road Runners may be jointly conducting that "Running Times Fun Run" listed at left under "Social Stuff." We're thinking of having a Poker Run around Quail Lake, which is located about 4 or 5 blocks from the Red Lion Inn. The run would be 1-hour long, with runners getting a card from decks of cards each time they make a loop of the lake. The runners with the highest and lowest poker hands (they would need to declare) would win prizes.

However, there is some question about whether the trail around Quail Lake is wide



enough in certain spots be able to handle the volume of runners. Too, it is thought that a small pavilion along the course at which the awards ceremony, dinner and auction would be held may not be large enough to accommodate the number of runners who would be participating (at least 200).

Club President Ben Valdez discussed some of these concerns with Larry Miller, PPRR president, at a recent informal pre-convention meeting held at the Red Lion Inn in Colorado Springs.

I'll provide more information in issues of "Footprints" as the scenario unfolds.

Dave Diaz races to '96 Handicap Series crown

by Don & Lois Pfof

1996 SCR RUNNING SERIES SUMMARY RESULTS

Place	Name	Total of Best	#1 2/18 6.1 Miles	#2 3/10 4.7 Miles	#3 4/14 8K	#4 06/23 4.1M	#5 7/19 4M	#6 10/5 5M	#7 11/08 10K	#8 12/15 8M
1	Don Pfof	411.5	71.5	63.5	67.5	61.0	64.5	72.0	68.0	68.0
2	Dave Diaz	400.0	67.5	54.0	72.0	72.0	62.5			72.0
3	Bill Veges	393.5	61.0	52.0	66.5	67.5	58.0		67.5	73.0
4	Rich Barrows	379.0	71.0	34.5	65.0	69.0		71.0	68.5	
5	Nick Leyva	374.5	66.0	58.0	64.0	59.0	57.5	67.5	70.0	59.0
6	Robert Santoyo	338.5	54.5	39.0		55.0	62.5		63.5	69.5
7	Marijane Martinez	317.0	61.5	58.0	58.5	65.5		71.5	75.0	
8	Matt Martin	280.5	62.5	46.0	70.0		68.0	68.0		65.5
9	Hilbert Navarro	259.0		39.5		60.5				
10	Joe Stommel	233.5	68.0	50.5			65.0			
11	Jim Robinson	115.5		45.5		58.0				
12	Kathy Stommel	103.5		35.0			64.0			
13	Dick Greet	99.0		31.5	66.5					
14	Chris Montoyo	98.0					72.0			
15	Mark Koch	72.0		71.0						
16	Sean Lee	71.0								
17	Patricia Orendorff	69.5				69.5				
18	Jessie Quintana	68.5		68.5						
19	Rich Hadley	66.0		66.0						
20	Mike Borton	64.5								64.5
21	Marty Garcia	63.0		63.0						
22	Mark Wilkerson	62.5						62.5		
23	Melinda Orendorff	60.5				60.5				
24	Misty Frey	59.5					59.5			
25	Ted Quintana	59.0		59.0						
26	Maggie Corbett	54.0	54.0							
27	Jennifer Alvarado	54.0					54.0			
28	Roger Sajak	50.5		50.5						
29	Christy Quintana	40.0		40.0						

The 1996 version of the SCR Handicap Series is, as they say, history.

Let us briefly review how the Handicap Series worked. It used a scoring system that awarded points both for speed, which was handicapped on the basis of age and gender, and for the accuracy of one's prediction of how long it would take to run the course. To qualify for an award at year's end, it was necessary for a runner to take part in six of eight events. The top five finishers were to receive awards in recognition of their accomplishments.

The results at left summarize the entire 1996 series.

While the results seem to indicate that I (Don) was the overall winner, I have disqualified myself for an award. This was done to avoid the appearance of a conflict of interest, since Lois and I coordinated the series and I had laid out several of the courses.

Hence, Dave Diaz finished first, followed by Bill Veges, Rich Barrows, Nick Leyva, and Robert Santoya. At the SCR's annual banquet, all five received an award consisting of a custom-made rendering of a gambel quail, cut by scroll saw from cherry wood and based on a pattern from a thousand-year-old piece of Hohokam pottery. In addition, each winner received a check which ranged, in \$5 increments, from \$25 for first place to \$5 for fifth place. These awards came from the \$2 entry fee paid for each Handicap run.

The fact that only five runners completed the minimum six events needed to qualify for an award strongly suggests that interest in the Handicap Series, at least in its present form, has waned.

The current plan, as we understand it, is to continue the "eat and run" events, including the Ramsgate 8K which we will host on Sunday, April 13, the Power Waffle Run from Joe and Kathy Stommel's home on the St. Charles Mesa, Franchi's Nirvana Run, and the Excellent Adventure hosted by Nick and Marijane in December. It also is our understanding that Dave Diaz has volunteered to coordinate these events and to tabulate the results.

Stay tuned to this newsletter for details on the above-mentioned events and for any further developments about the Handicap Series.



Heads will roll

Mark Counterman, Fitness Center Coordinator at Pueblo Community College, has set the date for PCC's second annual 5K run. It's going to be held on Saturday, May 31, with the same course used last year (from PCC down Aberdeen roads to City Park, around the park and return on Cleveland.

Since the race will NOT coincide with the Celebration of Arts on PCC's campus, a new name for the race is being probed. One being considered is the *Rolling Heads 5K* (don't ask; it's a long story).

Anyway, many sponsors have already committed, and organizers plan to actively target kids and the senior audience for the walk portion of the race, which begins at 8:30 a.m. (the run starts at 9:30).

Beulah Challenge

Yes, Karin Romero has already started organizing this 5K walk and 10K run. It's set for Saturday, Aug. 2. A T-shirt design contest is under way, and artwork will again be awarded to top finishers.

A Letter to Frostbiters, members

YMCA Frostbite participants & club members:

I would like to thank all those who participated in and volunteered for the YMCA Frostbite 5K/10K race was held February 1. We had a terrific turnout and a fabulous morning.

Those participants who are not members of the Southern Colorado Runners club are receiving this newsletter for two reasons: 1, We wanted you to get the results of the race, and 2, We want you to become a club member. There are many benefits to becoming an SCR member. Among them:

- * Receiving this monthly club newsletter that will keep you updated on local and regional races. It is a nationally recognized newsletter, having received top honors from the Road Runners Club of America.

- * You'll receive a free subscription to "FootNotes," the RRCA's quarterly tabloid publication.

- * We have a summer picnic and a Fall Bonfire that includes a potluck dinner and 10K race. Both are outstanding social events.

- * An annual Awards Banquet with delicious food and terrific entertainment.

- * A Handicap Race Series with potluck brunches. These are fun and excellent social events.

- * And one of the main reasons to join, you'll receive a \$2 discount on all races that are produced by the club. By the time the year is done, this will more than pay for your \$12 individual club membership fee.

In other words, we would like you to join and get involved in our club. It's fun, it's healthy and we have super events. And for past members who have not renewed for 1997, please do so with the enclosed membership form.

We would like everyone who runs and has an interest in a healthy lifestyle to participate in our club events and get involved by attending our monthly club meetings. We meet the first Tuesday of each month, from 7:00 - 8:30 p.m., at the Pueblo Family YMCA. Meetings consist of planning club events and races, discussing club needs, treasurer's reports, and other related items.

Come and join us! Get involved! I promise you won't be disappointed.



Sincerely,

Ben Valdez
SCR President

Area runners shine in Las Vegas

The annual February migration to Las Vegas for the Las Vegas International Marathon and Half-Marathon again proved a big success for area runners

The star shined brightest on the Colorado Gold Dust female relay team, which took second place out of seven female teams with its marathon time of 3:10. Comprising the team were Marijane Martinez of Pueblo, Misti Frey of Pueblo West, ex-Puebloan Stella Heffron of Parker, and ex-Puebloans Adrienne Kramer and Carol Smith, who made the trip from Arden, North Carolina, to join the relay contingent.

Southern Colorado Runners who completed the marathon were Puebloans David Bak-

er (3:35), Joe Stommel (3:43) and Dan Galle-
gos (4:09).

The half-marathon field included Peter De-LaCerde of Alamosa (1:02), Dick LeDoux of Pueblo (1:08), John Noleen of the Springs (1:20), Rich Hadley of Florence (1:23), Dave Diaz of Pueblo (1:26), Marv "Nasal Strip" Bradley (1:29), Bill Veges of Pueblo (1:33), John Ulsh of Westcliffe (1:38), Nick Leyva of Pueblo (1:38), Lorraine Hoyle of Pueblo (1:40), Tomas Duran of Pueblo (1:50), Jesse Stommel (Boulder resident with Pueblo ties) 1:57, Stacey Diaz (1:57), Kathy Stommel of Pueblo (2:23), Frank Jaquez of Cañon City (2:23), and Betty Duran of Pueblo (2:27).

Congrats to you all!



Rocky on Fitness



Here is the true cause of ulcers

by Rocky Khosla, M.D.

Well, I've got to start this month's column with a big "thank you" to all of you folks in the SCR for the kind words and accolades at the annual banquet. I have the "Dirty Sock Award" proudly displayed in my office. We had it displayed in the office, but the patients started to complain about the smell, so we had to move it (just kiddin').

This month's column is on peptic ulcer disease, and some very interesting possible causes. Whoa, you say, is this a topic for a runners club newsletter? And don't we already know that ulcers are caused by stress in those hard-driving upper-management types? Well, I thought it would be a good topic because we are all at risk, and these may not be caused by stress or any of the other things we used to think caused them: almost all peptic ulcers now are believed to be caused by a bacteria called *Helicobacter pylori*.

It turns out that up to 50% of the world's population is thought to be infected by this rod-like bacteria that has adapted to the acidic environment of the stomach. This little bugger likes to live by burrowing under the mucus layer of the stomach, and corkscrews its way in between the cells. There, it sets up its household, and can lead to the development of a large crater called peptic ulcer.

Most of us physicians now feel that unless someone has been on non-steroidal anti-inflammatories like ibuprofen, this bacteria is the cause of the ulcer. Said another way, we now believe that people can probably have all the stress in the world and eat the spiciest

food in the world, but they will not be likely to develop a peptic ulcer unless they are infected with *H. pylori*.

So, how do you know if you have a peptic ulcer? Most people with this will initially have a belly pain that gets worse when they are hungry and get a little better after eating, only to recur about 30 minutes after eating. Later on in the course of the disease, they may actually have pain even with food, and certain types of food such as spicy foods, citric juices and tomato sauce may really aggravate the symptoms.



Like unwanted smoke, the Dirty Sock Award was offensive to the eyes, not to mention the nasal senses, of Rocky Khosla.

Photo by Gary Franchi

These people can be confused with patients who have something called gastro-esophageal reflux disease (GERD), but patients with GERD usually have pain that is higher up, right at the bottom of the chest cage and the belly button. Also, people with GERD usually have typical heartburn and may taste sour stuff in their mouth,

especially if they lie down after eating a big meal, and patients with peptic ulcer disease typically don't have these symptoms.

If you think you have peptic ulcer disease, please do not keep taking the antacids and the newer over-the-counter H-2 blockers like Pepcid AC, Tagamet HB, etc., and please see your doctor soon. He or she may be able to diagnose and treat you for possible *H. pylori* infection with better results than you are getting. If you are having weight loss, dark stool or starting to feel full faster, see your doctor right away, because these symptoms may be seen in people who develop stomach cancer. And interestingly enough, *H. pylori* may also be linked to the development of certain types of stomach cancers.

Till the next time, don't just "gut it out" – get rid of that bad *H. pylori*.

Training to do your best

Smart runners know how to train moderately and when to stop a workout. They train with others when they know it will benefit them, but avoid training groups on days when they're tired.

They're also especially good at obeying the next bodily insight.

Do the least amount of the most effective training that brings continual improvement. All else is overtraining or, as best, wasted time.

– Joe Friel



Ironman qualifier

I know there are just dozens of you out there hoping to qualify for this year's Hawaii Ironman. Hence, note that the Desert Sun Half-Ironman in Grand Junction is the Hawaii qualifier for Colorado.

Distances are a 1.2-mile swim, 56-mile bike and 13.1-mile run.

Race date is July 20. For information, call *The Sport Connection* at (970) 241-6786 or send an e-mail to:

sport@sj.net

Quotable:

Marathoner Curtis Tripp on why he likes to run the New York Marathon:

"You go across the whole city and not one person gives you the finger."

NOTE:

SCR meeting times have been changed to 7 p.m., still on the first Tuesday of each month at the Pueblo YMCA.

Frostbite Five & Dime

Frostbite Notes

Jerry Davis of Littleton registered to run the 5K. But he missed a turn at and ended up doing the 10K. Said Jerry after finishing: "When you're training for a 5K (and you end up doing a 10K, that's ugly." But his time was a salty 39:15.

Joe Stommel crossed the finish line of the 10K without his bib tag. What happened to it, Joe? Well, it seems he tore it off in the last mile, I guess intending to hand it to the crew pulling tags in the finish chute. Nice gesture. Just one thing, though: Joe lost the name tag in that last mile.

Marv Bradley, chided a while back for wearing *Breathe Rite* nasal strips, pulled a reversal at the Frostbite. Marv wore the strip *BEFORE* the race, then took it off for the race itself. Proves yet again that banking is a profession from which no one can recover.

Marv, by the way, also wore a nasal strip during the social hour of the SCR Banquet, playfully mocking an SCR journalist.

Marv, showing his banker's mentality once again, proudly informed me recently that he had received a \$1.50 rebate from the Breathe Rite company for buying their product. I *KNEW* there was a reason for wearing those strips.

Race held Feb. 1, 1997
Results provided by Andy Bailou & Tammy Miller

5K (3.1 Miles) RACE

Runner	City	Age	Time
1, Timothy Vigil	Walsenburg	32	16:52.5
2, Dave Diaz	Pueblo	48	19:07.7
3, Bill Veges	Pueblo	39	19:26.6
4, Hector Leyba	Penrose	46	19:59.0
5, Brett Franz	Colo Springs	15	20:02.5
6, Marv Bradley	Canon City	57	20:08.5
7, Joe Farra	La Junta	50	20:24.5
8, Paul Verndam	Pueblo	49	20:44.8
9, Lou Huie	Colorado Springs	50	20:56.7
10, Ron Dehn	Pueblo West	48	21:25.9
11, Roy Hughes	Canon City	44	21:27.6
12, Greg Phillips	Salida	47	23:19.3
13, Farrel Flieder	Colorado Springs	38	24:32.5
14, Jeff Keller	Pueblo	25	24:35.4
15, Stan Burgess	Peyton	52	24:54.4
16, Brad Van Buskirk	Pueblo	35	24:57.7
17, John Thomason	Pueblo	14	26:05.4
18, Joseph Ruppert	Pueblo	45	26:56.7
19, John Palumbo	Pueblo	29	31:10.5
20, Phillip Potter	Colorado Springs	10	33:59.6
21, Bob King	Pueblo	59	34:09.7
22, Mark Wilkinson	Pueblo	46	34:15.1

Females

1, Kelly Hutchison	Colorado Springs	29	20:55.2
2, Misti Frey	Pueblo West	29	21:32.4
3, Jan Huie	Colorado Springs	47	25:39.3
4, Ruth Phillips	Salida	44	30:23.1
5, Patricia Orendorff	Pueblo	16	30:36.8

10K (6.2 Miles) RACE

Runner	City	Age	Time
1, J.J. Huie	Colorado Springs	16	34:50.2
2, Brian Kates	Colorado Springs	25	35:12.2
3, Mark Koch	Pueblo	37	36:26.4
4, Rick Hanley	Florence	41	38:23.5

5, Marty Garcia	Pueblo	36	38:23.5
6, Jerry Davis	Littleton	34	39:15.0
7, Sam Mc Clure	Canon City	43	40:42.3
8, Brian Van Buskirk	Lamar	21	41:37.3
9, David Baker	Pueblo	39	41:45.8
10, Joe Stommel	Pueblo	47	41:57.7
11, Michael Moe	Colorado Springs	25	42:33.6
12, David Klein	Rocky Ford	41	42:33.9
13, Joe Cowell	Woodland Park	43	43:45.9
14, Douglas Cullison	Canon City	30	44:04.5
15, Robert Santoyo	Pueblo	34	44:20.1
16, William Cox Jr.	Colorado Springs	40	44:53.6
17, Nick Leyva	Pueblo	43	45:00.4
18, John Ulsh	Westcliffe	47	45:14.2
19, John Castanha	Rye	37	45:42.7
20, Paul Brown	Wetmore	45	45:53.3
21, Jack Harris	La Junta	54	45:58.0
22, Rand Morris	Pueblo	44	47:41.4
23, David Crockenberg	Pueblo	49	48:19.8
24, Wayne Whitney	Pueblo West	58	48:50.2
25, Les Lundin	Colorado Springs	47	51:53.6
26, Paul Willumstad	Pueblo	47	52:37.9
27, Mike Bauserman	Swink	43	52:45.4
28, Tom Sprague	Pueblo	32	54:25.7
29, George Garcia	Pueblo	43	1:00:02.6
30, Wayne Smith	Pueblo	47	1:01:08.4
31, Jeffrey Walters	Pueblo West	38	1:01:08.8
32, Robin Reichert	Florence	32	1:01:09.8
33, Lance Givens	Florence	31	1:01:10.2
34, Kerry Meier	Pueblo	31	1:01:10.5

Females

1, Carla Augenstein	Colorado Springs	38	43:39.4
2, Helen Robinson	Pueblo	38	44:34.1
3, Carol Ann Kinzy	Pueblo	49	47:50.7
4, Marijane Martinez	Pueblo	44	48:11.3
5, Kristi Sprague	Pueblo	28	50:22.7
6, Sally Taylor	Pueblo	41	50:33.3
7, Jamie Miller	Pueblo	33	50:57.5
8, Laura Engleman	Woodland Park	43	51:33.2
9, Mary Zehringer	Colorado Springs	33	51:56.2
10, Donna Wheeler	Pueblo	48	53:20.3
11, Jessie Quintana	Pueblo	53	54:32.9
12, Donna Nicholas-Griesel	Coaldale	50	56:22.5
13, Brenda Cowell	Woodland Park	41	1:07:47.3



Donna Nicholas-Griesel (left) made the trip from Coaldale to run the 10K. Above, Jan Huie, 14-year-old John Thomason and his schoolteacher, Rand Morris (just behind John), duel early in the race.

Photos by Gary Franchi

1997 Racing Calendar

Pueblo - Canon City area

March					
2	Sun	8:15AM	Spring Runoff, 5K, 10K & 10M	Peppers	(719) 543-5151
22	Sat	x	Canon City Predict Run, 5K	Canon City	
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
10	Sat	8:00AM	Feet & Fur Run, 5K & 10K	Mineral Palace	(719) 542-1351
17	Sat	7:15AM	Ordinary Mortals Triathlon	Pueblo West	(719) 561-2956
			525-meter swim, 13-mile bike, 5K run		
31	Sat	8:30AM	PCC 5K Run & Fun Walk	PCC campus	(719) 549-3064

Other areas

February					
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	(719) 532-1025
19	Sat		Peregrine Run, 5K	Colorado Springs	(719) 596-3507
19	Sat		Horsetooth Half-Marathon	Fort Collins	(920) 493-4675
26	Sat		Elebert Reflections, 5K & 10K	Elbert	(719) 594-4365
27	Sun		Cherry Creek Sneak, 5M	Cherry Creek	(303) 394-5170
May					
4	Sun		Colorado West Duathlon, 5K, 31K & 5K..	Grand Junction	(505) 327-5595
17	Sat		Armed Forces Day Run, 10K	Fort Carson	(719) 637-8488

Regional Marathons (& others of interest)

February	22	Cowtown - Fort Worth, TX	(817) 735-2033
March	2	Los Angeles	(310) 444-5544
	15	Canyonlands - Moab, Utah (& Half)	(801) 259-5934
	23	Mau, HI	(808) 871-6441
April	5	Army Mule Mountain - Bisbee, AZ	(520) 533-1065
	13	Great Southwest - Abilene, TX	(915) 677-8144
	21	Boston	(508) 435-6905
	26	Collegiate Peaks - Buena Vista (& 50M)	(719) 395-6612
	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
	25	Wyoming (Laramie)	(307) 635-3316
June	8	Steamboat Springs (& Half)	(970) 879-0882



Other known racing dates

- May 26:
Bolder Boulder
- June 8:
Garden of the Gods 10M
- June 15:
Strawberry Shortcut
- June 21:
Sailin' Shoes 10K
- July 5:
Women's Distance Festival
- August 2:
Beulah Challenge
- August: 16 & 17:
Pikes Peak Ascent & Round Trip
(719) 473-2625
- Oct. 12:
River Trail Marathon & Half-Marathon
- Nov. 22:
Atalanta 5K
- Dec. 7:
Rock Canyon Half-Mara.
- Dec. 14:
The Excellent Adventure

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.ccoes.edu



Area racing information to take to heart

by the Editor

Stats that rule

- In 1995, the Cherry Creek Sneak was the largest 5-mile race in the U.S. with 7,944 entries.
- On average, a person can burn 150 calories by either shoveling snow for 15 minutes or gardening for 30-45 minutes.
- In 1995, the average age of female marathoners was 32.4.
- In a random survey of participants in the '97 Frostbite Five & Dime, 92.18% were glad they weren't getting issues of "Footprints."

Spring Runoff

Volunteers are still need for the Spring Runoff races that are scheduled for Sunday, March 2, on the north side of Pueblo near the Peppers nightclub. If you can help out, please call an SCR officer (see Page 2). Remember, you could run the first race (5K) at 8:15 and still have plenty of time to cool down in time to help produce the 10K and 10-mile races at 9:30. Your assistance will be appreciated very much.

Cañon City Predict Run

I just got word of this 5K race that is scheduled for Saturday, March 22. The location is the Riverwalk area. Most important, this is a good chance to renew acquaintance with the breakfast burritos at the Cañon Inn.

Branch run

The first local brunch run of 1997 will be the Ramsgate 8, an 8K race to be held from the home of Don and Lois Pfost who reside

at 8 Ramsgate in Belmont. Plan now to attend. They promise a wind-free day this year. Plan to bring a brunch item that can be shared with the group.

Du the Y-Bi

Race Director Ben Valdez has kept his later April date for the Y-Bi Classic duathlon that finally had good weather last year. This includes an 11.2-mile bike and a 5.5-mile run that no one locally is ever in shape for but that out-of-towners excel in. The location is again the fire station in Pueblo West.

New race scheduled

Pueblo's Mineral Palace Park will be the site of the inaugural Feet 'n Fur 5K & 10K that has been scheduled for Saturday, May 10, as a benefit to four local "concerned for animas!" organizations. The 5K will be a walk and the 10K a race. The course – from the Park to the River and back – will be very unique. The event's organizers promise nice "perks" for runners, and a breakfast and activities in the park after the race.

FOR THE SOUL: *The risk of failure is what makes a successful race so special.* – George Straznitskas

Did you know ...?

Studies show that if food is labeled as lower in fat, consumers use that as an excuse to eat more of the other foods accompanying it.

SOUTHERN COLORADO RUNNERS
 Pueblo Family YMCA
 700 N. Albany Avenue
 Pueblo, CO 81003

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 Pueblo, Colorado
 Permit #260



Have a heart -- let us know when you move!

Issues of "Footprints" are not forwarded. Hence, to make sure you receive your issues each month, drop the club a line and let us know where you are now residing. Wouldn't want you to be uninformed.



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