



FOOTPRINTS

April 1997 Spiritual Predators Edition



Joe Vigil talk gets on schedule

The SCR has confirmed that it has arranged to have famous distance running coach Joe Vigil speak in Pueblo as part of the River Trail Marathon and Half-Marathon pre-race pageantry in October.

The clinic/talk will take place early in the afternoon on Saturday, Oct. 11, at a site to be determined. Club President Ben Valdez, who made the contact with Coach Vigil, will seek a location that can accommodate a large crowd since the public will be invited.

A book signing/purchasing period will follow the talk, and the traditional pre-race pasta dinner will follow at 4 p.m. at the Gold Dust Banquet Room. The River Trail Marathon and Half-marathon races will take place the following day - Sunday, Oct. 12.

Vigil is legendary for his distance running training expertise. He coached Adams State College distance runners to national prominence for many years and since then basically has gained international prominence for his work with male and female distance runners all over the world.

Cool!

Volunteers get SCR tyvek jackets

by Gary Franchi

The SCR, which had sort of, uh, gotten behind in awarding SCR merchandise to its volunteers, has made up for it in a big way.

In case you were wondering, volunteers who earned points in 1995 had their points carried over to 1996.



Then when volunteer points coordinator Nick Leyva was figuring point totals at the beginning of this year, the club stumbled upon a great deal on tyvek jackets. So, upon the proposal of Nick, the club voted that, instead of having two levels of awards for 1996 (including the 1995 points carried over), the club would award a tyvek jacket, bearing the SCR logo, to everyone who has accumulated at least 50 points.

Most of the jackets have been dis-

tributed. If your name is listed below and you haven't received yours yet, please call Nick at 564-6043.

Those who didn't have enough points to qualify for a jacket are having their points carried over to this year. The list of those individuals is on Page 5 of this issue. Keep in mind that these totals include points earned in both 1995 and 1996.

For the record, these are the SCR members who qualified for the cool jackets along with their respective point totals:

Nick Leyva	155
Ben/Robin Valdez	155
Gary Franchi	125
Bill Veges	120
Dave Diaz	115
Marijane Martinez	115
Ruth McDonald	110
Misti Frey	100
Don Pfof	100
Lois Pfof	100
Shelley Riddock	100
Rich Barrows	85
Andy Ballou	80
Joe Stommel	80
Paul Barela	70
Kathy Stommel	70
Michael Orendorff	65
Helen Robinson	65
Carl Mapps	50
Mary Lou Henson	50





Chewta Says:

"SCR members of varying ability levels convene 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. The group does NOT meet when there is a local race or a big race in the Springs or elsewhere or when they are on the trail of a UFO. They invite all interested club members and others to join them. Woof! Woof!"



Quoteworthy

"I remember them showing up, talking about Jesus and UFOs ... They also made weird chirping noises. They were really weird."
 – Tabby Runnels on Heaven's Gate cult members who attended the Ozark UFO Conference three years ago.



Rocky on Fitness

Here's how to avoid getting hurt



by Rocky Khosla, M.D.

Since spring has sprung in the Rockies, I thought that it would be nice to review some basic points that may help you decrease your chances of getting hurt during this season.

First, check your equipment. I recommend that you get new running shoes if you have put 500 to 700 miles on the old ones. And do not rely on how they look to help you decide if and when to get new shoes, since the shock absorbency of the mid soles may be gone long before shoes start looking bad. I buy about 5 to 6 pairs at a time because I usually can get a break on the price that way.



Then I alternate pairs during the season, which keeps the shoes from getting uneven wear and smelling bad. To help me remember about how many miles I have put on a particular pair of running shoes, I take a laundry pen and write the date that I started running with the new pair of shoes on the inside tongue of the shoe. Since I average about 50 miles a week, I generally will replace my running shoes every 2½ to 3½ months.

Second, set reasonable and realistic goals for your running. You do not need to run more than 20 miles per week if you are just running for wellness. You may want to run more if your are going to compete in races,

but I think the tendency for almost all runners is to overtrain. In general, you will want to get up to about 20 miles per week if training for a 10K, about 40 miles per week for a half-marathon, and about 70 miles per week for a marathon. Notice that you do not double your training miles as you go from a half- to a full marathon, because the extra miles will accomplish nothing more than just beating you up. Do not increase your mileage, intensity or frequency of running or, for that matter, any exercise by more than 10% per week.

Third, all runners should not feel that their life and worth will not be actualized (I know, sounds like one too many self-help books!) unless they finish a full marathon. Biomechanically, there are some folks that just shouldn't attempt a marathon and shouldn't feel any less like real runners for not having put themselves through this particular type of insanity that some of us have.

Finally, get enough rest to let your body recover. Running hard, long miles every day is a guaranteed way to burn out fast! Younger runners may be able to alternate hard and easy days, but as we get older, we need to throw in more easy days between hard days. And no matter what your age, try to get some variety in your workouts – how about some biking, swimming and weight lifting on non-running days?


Till the next time, happy trails to you.

Follow the Hale-Bopp comet into the Gold Dust for a quick beer before you get lifted to a distant planet.



130 S. Union Avenue


Bo & Peep were nicknames for Heaven's Gates Marshall Applewhite & Bonnie Lu Nettles.



RRCA
ROAD RUNNERS CLUB OF AMERICA

Southern Colorado Runners

A member of the Road Runners Club of America



SOUTHERN COLORADO RUNNERS

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	542-5350
•		
Editorial Consultants	Nick Nasch, Bo and Peep (ID'd bottom center)	
•		



Great (& so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of actress Carrie Fisher: "As you get older, the pickings get slimmer, but the people don't."

Musings on running, fitness, life, etc.: Looks like you can kiss the north side Spring Runoff courses good-bye. With the Cracker Barrels and Days Inns and Sam's Clubs having opened in the vicinity, the traffic count there has risen to a point where the percentage of idiots traversing the course by moving vehicle has risen to a somewhat uncomfortable level. That's progress.

We could probably hire some security personnel to shoot out the tires of some of the mentally-challenged drivers who try to turn in front of runners, but that might not be the smartest solution. Tempting, but maybe not the smartest. Hence, talk began almost immediately after this year's "Runoff" about where we could move the race. Of course, talk is cheap. And often goes on and on without a decision being made.

Thus, to get a fast resolution to the situation, your beloved editor took it upon himself to hire Pollsters Unlimited to conduct a random phone survey of 1997 Runoff participants to ascertain where THEY would like to see the race moved. Here is a sampling of their thoughts:

"Stick it in your ear." (Oh, sorry, how did THAT note get in there? That was what I said to the last telemarketer who called my house.)

Okay, here goes again:

"How about at the dog track? We could do laps around the track. And there's lots of parking." (Maybe we could race the greyhounds too, dogbreath!)

"How about the Baculite Mesa? There's already an artesian well out there for water on the course." (Are you wearing a Breathe Right nasal strip, sand brain?)

"How about the far northwest corner of Pueblo West? No traffic. Plus we could whistle at Len Gregory's beloved spaniels and get them all riled up." (Hmm, now we're starting to make some sense.)

"How about downtown Pueblo? We could take in Union Avenue, utilize that spiffy new 2-story parking structure, and add the dimension of the convention center." (Ah, a genius has finally spoken.)

This course is now under discussion. Early on, it appears to have the support of the police, which is crucial. Everyone I've talked to - all two of them -- like the idea of having the race down there. And neither of those two was Ruth or Shelley, proprietors of the Gold Dust Saloon on Union Avenue who conceiva-

bly could make a killing on race day. The options for the three courses (5K, 10K and 10 miles) are limitless.

For this stroke of intelligentsia I paid a mere \$300. (Or was it \$3,000? \$30,000?) Whatever, it's chicken feed for such a concept. I think this was money well spent, but if you'd like to help pay for the service, please write out checks to "Gary Franchi" and send them to my home in Colorado City. Consider it an investment. Then kiss it good-bye. Like the north side Spring Runoff courses.

This month's smorgasbord: You're probably aware that the SCR, thanks to the sue-happy nature of our society, pays for race insurance to avoid liability suits. Bet you didn't know we're also considering purchasing **UFO abduction insurance** for each of our races, just in case the Heaven's Gaters return via the saucer that supposedly is trailing in the Hale-Bopp comet's blaze ... Editorial Consultant Nick Nasch, a well-read fellow, wonders if the Nike shoes worn by the Heaven's Gate cult members were running shoes ... Here's a reason for **carrying a slingshot** during training runs - you never know when you'll want to take aim at someone who is using a cell phone while driving a car. This would take "reach out and touch someone" to a new level ... By the way, just kidding about the SCR's interest in UFO insurance ... **Loaf'n Jug patrons, Part II:** I saw a female adult drive up to a Loaf'n Jug store in order to purchase one item -- Swizzle liquorish. She must be a runner ... By the way, you actually CAN purchase UFO abduction insurance ... Finally,



"Golden Boy" has left Jim Robinson's life

let us all bow our heads and say a prayer for "Golden Boy," the infamous gold, long-sleeved Rawhide Marathon shirt that the SCR's Jim Robinson wore in cold-weather races for about the past 15 years. Because the shirt was as thin as water and falling apart, Jim, undoubtedly choking back tears, finally had to dispatch the shirt to the great Worn-out Shirt Box in the sky. May it rest in peace ... Later, gang. Say "hi" to the Gaters if they return to earth.

Ultimate in idiocy item of the month:

There's simply no contest for the *Lights Are Dim Award* honor this month. It goes to Jim Thorsen, a patriot movement leader who purchased a 40-acre New Mexico plot of land from the Heaven's Gate cultists. Ever-cerebral Jim had this to say when queried about the Heaven's Gaters:

"These were wonderful people. OK, they were screwed up. But they were wonderful."



Movie Line of the month:

"I don't have to care. I'm your attorney. That means I'm your mother, your father, your best friend and your priest."

Hint: Matt Martin didn't say this. Actually, it comes from a pretty good flick that recently came out on video. As usual, guess the movie and the speaker and win a big smile from your beloved editor.

Answers below.

"Primal Fear"
Richard Gere in

Answers:



Definitely Not Great Stuff

by Matt Martin

"There are three kinds of lies: lies, damn lies and statistics." Mark Twain

Training to do your best

Long runs increase the myoglobin content of your muscle fiber cells, so more oxygen can reach the mitochondria to produce energy.

Enzymes in the mitochondria speed up aerobic energy production.

Long runs increase the activity of these enzymes by teaching your muscles to store more glycogen, the storage form of carbohydrate.

– Pete Pfitzinger

Club picnic

The SCR will again have its annual summer picnic in Colorado City this year, with the date to be either July 13 or July 20. Those are Sundays. I'll let you know the exact date next month. Previous SCR picnics at that location have been enjoyed immensely by those attending and the cooler temperatures have been appreciated. The committee heading up the picnic are Dave Diaz, Lois Pfof, Nick Leyva, Marijane Martinez, Gary Franchi and Ben Valdez. Stay tuned!

Spring is upon us. Robins, green grasses, flowers, omphaloskepsis* and baseball. With baseball comes, of course, "fantasy baseball." What is fantasy baseball? People without much else to do create fake baseball teams of major league players and keep track of their real-life statistics throughout the season in several categories: RBIs, home runs, stolen bases and batting averages for batters and ERA, wins, saves and the ratio of walks and hits to innings pitched for pitchers. All of this consumes vast amounts of one's "discretionary" time.

Several teams comprise a "fantasy league." A "team owner" drafts forty players, although a team may play only nine batters and nine pitchers at a time. The "fantasy" team finishing with the best stats wins. Yours truly is a member of one such league, "Men Without Lives."

Fantasy baseball is not an idle pastime. One must put in countless hours getting ready for the annual draft. Once the draft occurs, then one must stay on top of things by making the right "managerial" moves, i.e., making a player roster and making changes to that roster twice a week. Also, one must keep track of their players' statistics. Each of the twenty-eight Major League Baseball teams plays 162 regular season games. They play games nearly every day for six consecutive months. Thus, keeping track of player stats over this six-month period is a very time-consuming undertaking. My fiancée, Kim, is so disgusted with the amount of time that I spend on fantasy baseball that she has told me if I do not pay more attention to real-life situations, that our league may as well change its name to "Men Without Wives."

Well, I have hit upon a solution: fantasy marathoning! What is fantasy marathoning? Like baseball, you pick a fake team of world-class marathoners. Everyone keeps track of their team's marathoning statistics over the course of a year, and the team with the best statistics at the end of the year wins the league.

Fantasy marathoning will take far less time away from the family than fantasy baseball. First, we can keep the teams smaller, perhaps five marathoners per team. Thus, not as much time needs to go into the draft. Second, a person can run only so many marathons a year.

Superhuman types might be able to do one a month. Two a year for the world-class marathoners is more the norm. Keeping stats for two marathons is much less time-consuming than keeping stats of 162 games for twenty-eight baseball teams. Also, there are fewer stats to keep. I can think of only two: finishing time and number of hurls in the last two miles of a race.

Some fantasy owners might tend to load up with world-class runners. Just to keep things fair, we would allow each team only one Kenyan. Also, to balance things out, each team must have at least one American.

Things are not so good here on the old home front.



Readers of this rag will remember that Kim and I ran the Desert Classic Marathon in February. I ran my worst time ever despite a pretty good winter of training.

I fought back spasms from one and one-half miles into the race through to the end. Well, I have not been able to run much more than one-half mile at a time since that marathon. My back goes into spasms almost immediately. Back pain is a constant with me now. I am even having trouble walking. I guess my body is saying, "Enough already! Seven marathons since June 1995 is enough for you, buddy! If you will not voluntarily take a break, we will make you!" I have to let things heal a bit.

So, I have been pretty depressed lately. Running for me was a tonic for stress. So, now I must take up other stress-relieving but less taxing activities, such as fantasy baseball, contemplating my navel, and irreverent, or maybe irrelevant, writing. In fact, my doctor is advising that I write as many articles for "Footprints" as possible. He says its good therapy. Will you let me heal?

(Matt Martin is the Assistant Newsletter Editor of "Footprints." When not omphaloskepsizing, he has been known to spend hours checking out the Heaven's Gate Home Page on the Internet in search of the true meaning of life.)

* – Whoever knows the definition of this word will be eligible for an all-expenses-paid trip to the 1997 RRCA Convention. A clue appears elsewhere in this article.

Volunteer point totals carried over to 1997

NAME	POINTS
AGUIRRE, NANCY	5
ARELLANO, GENE	20
ARELLANO, JULIE	15
ARNOLD, SIDNEY	35
BALLES, GEORGE	10
BALLOU, ANDY	5
BARELA, MICHAEL	45
BARRETT, ROB	15
BARROWS PJ	35
BRADLEY, MARV	10
BROCKMAN, PAT	25
CAIN, JIM	5
CAPRIOGLIO, DAN	10
CAPRIOGLIO, HELEN	5
CARTENSEN, MARIUS	10
CHACON, PAUL	10
CRAVER, PATRICIA LEE	5
DEHN, CATHY	15
DEHN, RON	5
DIAZ, DAVE	35
DIAZ, MATT	20
DIAZ, STACEY	25
DIAZ, TOM	10
DOMINGUEZ, GEORGE V.	10
DURAN, TOMAS	5
ERICKSON, BOB	5
FARNUM, DAVE	5
FOSTER, EMMETT	10
FRANCHI, GARY	25
FREY, MISTI	15
GARCIA, MARTY	40
GREET, DICK	5
HILL, BETSY	10
HUND, CAROL	40
HUND, HENRY	10
HUND, TODD	5
JACQUEZ, FRANK	30
KINSINGER, NEAL	5
KOCH, BRENDA	10
LEYBA, HECTOR	15
LEYBA, RAY	5
LEYVA, DOUG	20
LEYVA, NICK	25
LEYVA, NICOLE	25
LUJAN, CECELIA	25
LUJAN, FRED	10
MAPPS, JULIE	20
MARTIN, MATT	20
MARTINEZ, MARIJANE	20
MONTOYA, GLORIA	5



MONTOYA, JERRY	10
NAVARO, HILBERT	50
ORENDORFF, AARON	20
ORENDORFF, MELINDA	25
ORENDORFF, MICHAEL	5
ORENDORFF, PATRICIA	40
OTTERSBERG, MICHAEL	5
PERRY, KOLLEEN	5
PFOST, DON	20
PFOST, LOIS	35
PRATT, ROBERT SR.	40
QUINTANA, BOB	30
QUINTANA, JESSIE	20
RIBAL, JOHN	5
ROBINSON, JIM	30
ROMERO, CARMEN	5
ROMERO, GIL	5
ROMERO, KARIN	25
ROTOLO, DAMIAN	25
ROWELL, FORREST	5
ROWELL, MARY	10
SAJAK, ROGER	5
SALING, DON	20
SAUCEDO, MIKE	10
SENA, LINDA	5
SLAUGHTER, GEORGE	20
STOMMEL, JOE	25
STOMMEL, KATHY	25
THOMPSON, DON	10
THOMPSON, JORGANNE	5
VALDEZ, BEN	25
VEGES, BILL	20
VIGIL, TIM	5
VUCKICH, JOHN	5

Ramsgate 8K predict results

(Held April 13, 1997)

1. M. Orendorff 32:23
2. Dave Diaz 33:01
3. Bill Veges 33:36
4. R.Santoyo 36:12
5. Rich Barrows 38:43
6. Joe Stommel 38:44
7. Don Pfost 40:46
8. M. Martinez 41:41
9. Gary Franchi 41:41
10. Paul Barela 48:24
11. Kathy Stommel 52:02



Good news about red wine

Two Colorado State University, probably test subjects themselves, have discovered that moderate consumption of red wine doesn't affect body weight. They theorize that calories from alcohol are metabolized differently than those in foods. Specifically, they say that moderate red wine consumption often doesn't affect levels of glucose and insulin in the blood, which often increase with weight gain. The researchers say additional studies are needed to measure more precisely alcohol's influence on converting calories to energy.

MAY DAY:

The next SCR meeting will be held at 7 p.m., Tuesday, May 6, at the Pueblo YMCA.

Trivia

Okay, smartypantses, you've heard the word pentathlon many times in your lifetime, but do you know what events make up the event?

Answer ▼

The five sports constituting the modern pentathlon are shooting, fencing, swimming, riding and running.

Answer:



Notable races & events

• **May 3:**

Special Olympics at South High track

• **May 4:**

Lilac Bloomsday 12K in Spokane, WA

• **May 18:**

Bay to Breakers 12K in San Francisco

• **June 1:**

Elephant Rock Cycling Adventure

• **June 15-21:**

Ride The Rockies bicycle tour

• **July 4:**

Peachtree 10K

• **July 13 or 20**

SCR Picnic in Colorado City

• **Oct. 11:**

Joe Vigil Clinic

Politics rears its ugly head in Grand Junction

by Joe Stommel

(quotes excerpted from Denver Post)

I've run the 37k Rim Rock Run in the Colorado National Monument for the last four years. The November run near Grand Junction is one of the best and most beautiful runs in Colorado -- breathtaking scenery, tough and long.

But in mid-March the local U.S. Park Superintendent, Steve Hickman, denied permission for the Mesa Monument Striders to hold the race. He cited safety concern and interference with auto traffic as reasons for his denial. In February, he blocked an application for a special-use permit and in March cited traffic safety experts who claim the race would create problems.

Each year I have seen more and more participants, nearly 200 last year. I have run the race without interfering with traffic. I cannot remember seeing more than twenty cars on that entire route, and I believe many of those were involved with the race.

The purpose of the National Parks is to provide a wide range of uses. Certainly runners deserve to enjoy this privilege. The race surely draws many diverse people to enjoy this area.

The local reaction to the shut-down race has been harsh and critical.

Dan Peterson, outgoing president of the Striders said, "We fully intend to take it to the



lawyers now. If he really believes what he's saying, he should shut down all pedestrian and bike traffic that takes place almost every day. He's denying 300 people a chance to run in the park during a low-traffic season on a weekend morning."

The dispute has been taken to Washington by Congressman Scott McInnis and Senators Ben Nighthorse Campbell and Wayne Allard. Scott and Wayne are runners who support the cause. Club 20, a Western Slope lobbying organization, will take 50 leaders to Washington this month to make the case at the capital.

"It's incredible that he's so proprietary," said Club 20 President Greg Walcher. "He's arbitrarily denying the public use of public property. It's an example of when somebody comes in and decides that this is his personal park."

Peterson said the Mesa Monument Striders will appeal. If efforts to change Hickman's decision fail, the organizers have told of plans to have interested runners go for a long training run together in the area that day.

I encourage the assistance of SCR members in supporting a process to renew the special-use permit of the Mesa Monument Striders. We'll see if we can mobilize a little help in this direction. Maybe a small information board at the Road Runners Club of America's annual convention in June can be arranged.

SCR goes from riches to rags in a hurry

Gee, at the start of its April meeting, the SCR was in hog heaven financially. The intricate financial analysis sheets provided by SCR Treasurer Melinda Badgley Orendorff showed the club's total assets at about \$3,450. There were some large bills that hadn't been received yet at that time, but we still had a notable amount of assets, possibly around \$2,500. This contrasts with some past years' finances when we've been scraping the barrel at this time of year.

However, by the time the meeting was over, SCR members in attendance, which included newsomier Michelle Olson, were ready to take up collections on street corners.

That's because the SCR voted to purchase a new race clock since our old one has fizzled.



We're looking at an investment of anywhere up to \$1,500. Club Prez Ben Valdez and Jeff Arnold will pursue the purchase of the new clock. We also will again try fixing the old clock, possibly to use as a backup at the finish line of races.

Later in the meeting, it was noted that it is going to cost the club about \$140 to buy a boom box and

speakers to enable us to play tunes and make announcements at races. Thus far, we've been using a system owned by a club member. Club members Nick Leyva and Marijane Martinez are doing the research on the new system and expect to have some solid information on this to report at the SCR's meeting for May.

1997 Racing Calendar

Pueblo - Canon City area

April					
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	State Fair	(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
June					
13	Fri	6:45PM	Holy Family Fun Run & Walk, 5K	Holy Family Church Parish on South Side	(719) 547-4187
14	Sat	8:00AM	Power Waffle Run, 4M	St. C. Mesa	(719) 546-1569
29	Sun	x	Royal Gorge Rim Run, 10K	Royal Gorge	x

Other areas

April					
19	Sat		Arbor Day 5K	City Park, La Junta	x
			5K run at 8 a.m., 5K walk at 8:15, 1M fun run at 9 a.m.		
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
4	Sun		Casino de Mayo, 5K	Cripple Creek	(800) 711-7234
10	Sun		Panoramic Run, 5M & Kids Run	Palmer Park, Springs	(719) 391-9875
17	Sat		Armed Forces Day Run, 10K	Fort Carson	(719) 637-8488
26	Mon		Bolder Boulder, 10K	Boulder	(303) 544-7223
June					
1	Sun		Columbine Classic, 5K & 2K Run	Wash. Park, Denver	(303) 972-4931
8	Sun		Garden of the Gods, 10M	Manitou Springs	(719) 473-2825
15	Sun		Strawberry Shortcut, 10K & 5K Run/Walk...	Glenwood Springs	(970) 945-7740
21	Sat		Sailin' Shoes, 5K & 10K	Downtown Colo. Springs	(719) 597-8736

Regional Marathons (& others of interest)

April	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
	31	High Plains - Goodland, Kansas	(913) 899-5280
June	8	Steamboat Springs (& Half)	(970) 879-0882
	8	Taos, NM (& Half)	(505) 776-1860
	21	Grandma's - Duluth, MN	(218) 727-0947
July	13	San Francisco, CA	(800) 722-3466
	21	Desert News Marathon (& 10K) - Salt Lake..	(801) 468-2560
October	19	Colorado Marathon -- Denver	(303) 871-8366



Other known racing dates

July 6:
Women's Distance Festival

July 12:
Donkey 10K Run & 5K Walk

July ?:
Nirvana Run

August 2:
Beulah Challenge

August: 16 & 17:
Pikes Peak Ascent & Round Trip
(719) 473-2625

Sept. 7:
Run for the Rose

Sept. 20:
Hot to Trot 5K

Oct. 12:
River Trail Marathon & Half-Marathon

Nov. 22:
Atalanta 5K

Dec. 7:
Rock Canyon Half-Marathon

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



Extremely crucial racing information

by the Editor

Stats that rule

- This year's Peachtree 10K Road Race is limited to 50,000 runners, with the final 10,000 to be picked by a drawing.
- Peachtree is the largest 10K race in the U.S. The Boulder Boulder is second with 30,000+ runners.
- A pound of muscle burns about 50 calories a day while a pound of fat burns only 3 calories a day.
- Reading an 8-page issue of "Footprints" uses approximately 2.8 foot pounds of energy per page.

Cinco de Mayo 10K

Thanks to Marty Garcia and Total Terrain for again sponsoring this "fast" 10K race that will take place May 4 at the State Fairgrounds as part of the Cinco celebration. We again expect to have a contingent of runners from Chihuahua, Mexico, competing. So co-race directors Nick Leyva and Marijane Martinez need housing for them for a couple of nights. If you can house one or more of our visitors, please call Nick or Marijane at 564-6043.



Volunteers also are needed to conduct this race. Call Nick, Marijane or an SCR officer if you can help.

Handicap Series

Well, we do have a Handicap Series this year after all, albeit a mini-series. Including the Ramsgate 8 that was held earlier this

month, it appears there will be approximately 5 Handicap races in 1997. A "predict" system will be used. The next "predict" race will be the Power Waffle Run in June.

Power Waffle Run

Speaking of the Power Waffle Run, its date has been changed to Saturday, June 14, at the St. Charles Mesa home of Joe and Kathy Stommel. It will be a 4-mile predict, with a yummy potluck brunch to follow. All runners outracing the neighborhood dogs will win a special prize. Bring tasty grub!

New race added to schedule

A 5K walk/10K run to serve as a political fund raiser has been scheduled for July 12. It will be based at City Park and will be a loop course utilizing the River Trail System.

Ordinary Mortals Triathlon

Scheduled for May 17, this tri-geek event is being limited to about 150 competitors. Volunteers are needed, so call an SCR officer if you can assist.

FOR THE SOUL: "Good health encompasses everything -- how you eat, how you exercise, how you deal with stress." - Cheryl Tiegs

Did you know ...

"It takes about 48 hours for a person over 35 to recover from a hard workout, almost twice the amount than for younger athletes." - Gabe Mirkin, M.D.

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

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Don't be a nerd -- let us know if you move!

Issues of "Footprints" are not forwarded. Hence, if you change your place of residence, please get your new address to the SCR Membership Chair in care of the YMCA at the address listed above left.



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