

Promoting fitness throughout southeast Colorado.



EDITOR: Gary Franchi

FOOTPRINTS

November 1997 edition to be thankful for

You are invited to an SCR Pizza Party

It's decision-making time for the Southern Colorado Runners, and we want YOUR input. At its upcoming year-end meeting, scheduled for 7 p.m. Tuesday, December 2, at the YMCA, the SCR will be discussing and voting on a number of important issues for 1998.

For instance, we need input on whether to raise our membership fees to help cover escalating expenses. We may need to formulate a new fee structure charged to outside organizations that use our equipment and SCR personnel and expertise at races. We need opinions on whether to have board members. Etc., Etc. Because the issues to be discussed are important ones, we'd like the help of the membership in making these decisions.

To draw you to the December meeting, we will have **FREE** pizza and soda for all members who attend. All we ask is that you call SCR President Ben Valdez at the Y - 543-5151 - by Monday, Dec. 1, and let us know if you plan to attend. Remember, anyone attending any SCR meeting can contribute to all discussions and **CAN VOTE** on all issues. I repeat that this is the case at ALL SCR meetings.

This is a great opportunity for you to get involved in the club and to have a say on key decisions that are made for the SCR.

SCR Pizza Party & Meeting

7 p.m. Tuesday, December 2
at the Pueblo Family YMCA

RSVP at 543-5151 by Dec. 1



SCR seeks candidates for office, board

With a new SCR year upcoming, the SCR is looking for candidates who would like to expand their horizons by being either club officers or board members in 1998. You may not have been aware that we have board members. That's because we haven't for many years. But at the SCR meeting for December, those present are expected to decide whether to re-institute having board members, beginning in 1998.

If you would like to run for either an office or a board member position, please contact either Ben Valdez at the YMCA or another officer.

Spring Runoff

Planning begins, 1998 race date set

Planning for the 1998 Spring Runoff began last month with a small number of the committee members on hand for the initial meeting. The most important accomplishment was the naming of a new **Race Director - Matt Martin**, who is the Assistant Newsletter Editor of "Footprints." Matt will have plenty of assistance, since the race chores will be divided up amongst the committee members.

Also, it has been determined that the Runoff will be held on Sunday, March 1. The course has yet to be determined, but there is a good possibility that it will again be held in the Northridge/Eagle Ridge area on Pueblo's North Side. The Runoff consists of 5K, 10K and 10-mile divisions.

The next committee meeting will be at 7 p.m. Thursday, November 20, at the YMCA. The club asks all members to consider joining the committee to ensure that a quality event is produced once again.





Chewta talks about the SCR Banquet:

“Hey, SCR members, I want all of you to mark down Saturday, January 24, on your personal calendars and planners and keep that date open so you’ll be able to attend the annual SCR Awards Banquet at the Gold Dust Saloon. I’ll have details in an upcoming issue. Ruff! Ruff!”

Harvest Run

Well, did anyone show up for the Harvest Poker Run last month? Hope not. In case you wondered, the race and accompanying pot luck & bonfire were dealt a bad hand and were cancelled. And club members present at the November SCR meeting decided that, because of weather considerations and lack of open race dates, it will not be rescheduled this year. So it goes.

Time to renew

A 1998 membership form is included with this newsletter. Please renew as soon as possible. Thank you!

Rocky on Fitness

What’s good for the elite may not be good for us

by Rocky Khosla, M.D.

Well, another season of running is winding down, and I am looking forward to my real passion in life – downhill skiing. If I might, I have just a couple of comments on the Pueblo River Trail Marathon and the very interesting talk given by coach Joe Vigil.

Congratulations to Ben Valdez for putting on a well-organized race under extremely challenging conditions. It humbles us all when, despite all our preparations, Mother Nature decides to play havoc with our plans. I don’t think I had ever experienced the variety of weather conditions as I did during this race: it rained, snowed, hailed and seemed to blow with a stiff headwind throughout the race. Ah, well, they say that’s the kind of thing that builds character (though I’m not sure what kind of character!)

As far as coach Vigil’s presentation is concerned, I thought he was wonderfully motivating, and I enjoyed his positive approach to life. However, I think that it is im-

portant to make sure for the people who attended his talk not to attempt his recommended training regimen unless they are elite-level runners. For example, he recommended that his marathoners run between 100 and 200 miles a week in the 8 weeks of training prior to the race. For the average recreational runner, 70 to 80 miles per week is the most they should shoot for.

Also, when asked what he thought about cross-training, coach Vigil said, “I don’t believe in it. Liberace didn’t get good at playing the piano by chopping wood.”

Once again, this may be good advice for the elite runner (and even then I am not so sure), but the recreational runner should not just run 7 days a week. For the recreational runner, cross training can cut down on over-use injuries and help you avoid getting burned out on running.

So here’s to all of us who, hopefully, have had a satisfying season of running. Give yourself a chance to heal and recover. And let’s all THINK SNOW!



Quoteworthy:

“My goal in running is not to look as old as I am.”

– Frank Shorter

Don’t be a turkey!



Gobble down your beers at the Gold Dust.

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

Susie Maroney completed the 107-mile swim from Havana, Cuba, to Key West, Florida, in 2 1/2 hours and 31 minutes.



Southern Colorado Runners

A member of the Road Runners Club of America



Current SCR Officers:

President	Ben Valdez	543-5151
Vice President	Joe Stommel	546-1569
Secretary	Lois Pfost	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, Susie Maroney

Footprints is produced monthly and distributed to the SCR membership in an attempt to give them reason to be thankful.

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA. All SCR members are invited to attend (on time), bring hot turkey sandwiches smothered in gravy (use the Y’s microwave) for everyone there, and inject some meaningful insights to all the blamey talk.

SCR’s Home Page URL: <http://www.members.iex.net/~norton/scr/>



Great (& so-so) Stuff

by Gary Franchi



There's much to be thankful for

Thought for your Thanksgiving dinner, as eyeballed on the Internet: "Everyone has a photographic memory. Some don't have film."

Musings on running, fitness, life, etc.: Well, it's just about Thanksgiving Day, one of my personal favorites. That's not to be confused with my "impersonal" favorites. But that's another story for another time – maybe when I can figure out by myself, or when someone tells me, what "impersonal favorites" really means.

Anyway, Thanksgiving always reminds me that there are many things in life for which I am deeply thankful. It tells me not to take these things for granted. Yes, on Thanksgiving Day, I have a real need to feel thankful about all the good things in life. You know, like my hockey jersey collection and Jethro Tull music. Cool stuff like that.

No, wait; that was a slipup. I really meant to say I'm appreciative of those things that represent the true essence of life.

Having Thanksgiving Day off from work and being able to sleep in and then go for a nice long run in Colorado City do NOT qualify.

No, I'm talking about the intangible things that can't be felt or seen but that give life deep significance.

Don't think for a minute that I mean being able to watch the Lions, my boyhood team, in their pretty Honolulu blue and silver uniforms on Thanksgiving morning while reading the paper leisurely, and then taking a good nap in the afternoon.

Uh, uh! I'm referring to having been blessed with a way of life that transcends the material things it has to offer.

I DON'T mean the great feeling I will get by breaking out a new pair of running shoes on Turkey Day, either.

What I really give thanks for are the spiritual aspects that are associated with being born in a country like America, where freedom is a part of life.

Hey, the big turkey pigout, followed by pumpkin pie, mean zilch!

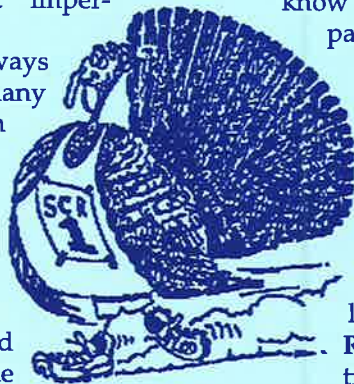
All jesting aside, Thanksgiving Day re-

minds me to be thankful for people willing to read about someone who writes about breaking in a new pair of shoes, watching the Lions, inhaling turkey and taking a nap on that holiday.

They are my personal favorites.

Not to be confused with my impersonal favorites.

This month's smorgasbord: Did you know that **Hawaii Ironman** participants over the age of 65 are exempt from paying an entry fee for that event? Now that's something to be thankful for. Of course, they still have to qualify. And be foolish enough to train for it ... Speaking of Ironman foolishness, the name of a company that produces triathlons in Euless, Texas, is **Ironhead Race Productions**. Pretty descriptive! ... In its June 1997 issue, *Runner Triathlete News* said one of the top 10 road racing rules under consideration is that runners must say "thank you" to every course marshal and police officer. Uh, it was just kidding. I think ... I used to have a true fetish for the **Lemon-Lime Powerade** drink until I noticed one of those Lemon Scent Cleanser spray bottles at the Y that was the same color as my Powerade drink and said "Do Not Swallow" on its label. Think I'll try the Punch flavor next time ... I would have enjoyed watching the **New York City Marathon** on ESPN2 had *The Daily Bugle* listed it at its correct 8:30 a.m. time instead of 8:30 p.m. in its Sports on TV schedule. Ah, what's one wrong letter anyway, eh? ... While browsing in **Hastings** last month, I noticed it was still trying to sell the February issue of *Triathlete* magazine. Nice try! And good luck, too! ... Editorial consultant **Nick Nasch**, now working for *The Denver Post* in Denver, says we should all be thankful that running is a relatively lesser sport in the eyes of the media. This way, it's not subjected to the usual nonsensical **Sports Blather** he hears daily on local radio sports talk shows ... Just a thought: If **flute players** are "flautists," are flauta producers "flutists?" ... This piece is over. Be thankful, gang. And have a happy and deeply spiritual Turkey Day!



Equipment fund update

As of early this month, the SCR had raised nearly \$550 in its fund-raising drive to help pay for the new race clock we purchased earlier this year. Our goal is to raise \$1,000. Once the goal is reached, we will list the names of all contributors in "Footprints."

You can still contribute by sending a check to:

Southern Colorado Runners
700 N. Albany Ave.
Pueblo, CO 81003

We also will have a collection jar at local races beginning at the **Atalanta Run**.



Movie Line of the month:

"It's what people know about themselves inside that makes them afraid."

More heady words from one of the all-time masters of heady one-liners that are used in promos when his movies are shown on TBS. Guess the actor and the old western in which this appeared and win a free trip to some little town full of cowardly cowpokes.

"High Plains Drifter"
Clint Eastwood in
Answers:



Nice cap to career

Todd Hund, above, capped an outstanding cross country career by finishing 7th in the Class 4A state cross country meet held at Pueblo's City Park. On a somewhat windy day, Todd clock a 16:48 on the 5K course. His South High School teammates – Blake Ottersberg and Ryan Dorsey-Spitz – also ran in the state meet and also had great efforts despite being underclassmen. That experience should help them next year. For the girls, SCR member Sydney Mondragon ran in the state meet in her first year of high school. *Congrats to you all for an outstanding season!*

Good efforts

SCR members John and Katherine Ulsh and Don Pfof all ran in the Mesa Verde Indian Summer Run. John and Don placed in their age divisions of the half-marathon and 5 Mile races, while Katherine ran the 2-mile race.

Meet The Runner

This runner aims at loftier peaks

Name: Matt Sherman
Age: 25
Occupation: Teacher

by Gary Franchi

Matt Sherman's got this training stuff all backwards. While most of us cross train to help our running and to give us a break from the pounding of the roads, Matt runs to help his endurance for hiking and mountain climbing.

He rides the Lifecycle bike indoors at the start and finish of his workouts merely to warm up and cool down, respectively. He lifts weights and uses weight machines, but mostly just enough to be stronger when climbing. He tackles the stairmaster – occasionally while sporting a weighted backback – to build his power for hiking. He runs outside as well as on an indoor treadmill (speedwork), but mostly for the strength and cardiovascular benefits.

This is not your typical runner. But for someone who's mind is mainly on climbing the next 14,000-footer – (he's done 35 of the 54 such peaks in Colorado so far) – Matt does pretty good on the roads, too.

A brief look of his background shows how he got where he's at.

Matt's parents were into hiking and climbing while he was growing up in Colorado Springs and he accompanied them on some of their adventures. His dad also has been a runner for years, and Matt sometimes joined dad on his jaunts.

But with an inclination, talent and eventual size (he's about 6-foot-3) for basketball, Matt gravitated to the hoops in the fourth grade and went on to play three years of varsity at Wasson High and three more at the University of Southern Colorado. At USC, he majored in Biology with a minor in Kinesiology, and he took the teaching classes that

he would need.

Eventually, he lost interest in basketball and the type of training that went along with playing college ball.

"I played basketball every day from the fourth grade until I finished at USC and I just burned out on it," Matt explained.

Fortunately, he never lost his interest in being fit.

"I've always been an active person, and now I want to stay in shape," said Matt. His training philosophy, he noted, "is to get as much endurance as I can. I want to increase my range before I hit a wall (plateau)."

In addition to the above-mentioned cross-training workouts at Pueblo Community College's Fitness Education Center, Matt runs about 20 miles a week and goes for bike rides or walks with his wife, Jenny, and their dogs, Apollo and Cassie, in their Regency Park neighborhood.

While he doesn't have a lot of racing experience, his times indicate his superb fitness level. His first race in Pueblo was the PCC Fitness Run in May. He ran that course – estimated somewhere between 3.4 and 3.55 miles – in 25:15. In August, he finished the tough Beulah Challenge 10K in 50:20, and followed that in September by completing the Run for the Rose 5K in a salty 22:25 despite fading late. He was looking forward to the Harvest Poker Run only to have it canceled by last month's big snowstorm.

"I really want to get my times at a competitive level,"

said Matt, a middle school teacher and coach in Beulah.

That's one thing. His MAIN thrust, however, are those mountain peaks. In June, he did the 14,410-foot Mt Ranier in Washington, his first climb on glaciated snow. He dreams of the 20,000+-foot Mt. McKinley in Alaska and other "peaks" around the world.

Climbing, you see, is his first love.

Running is just part of the cross training.



Matt Sherman uses running as part of his cross training for hiking and mountain climbing.

Photo by Gary Franchi

1997 Racing Calendar

Pueblo County - Canon City area

November

22 Sat 8:45AM	Atalanta 5K, Run (9AM) & Walk	City Park	(719) 547-9030
29 Sat 5:45PM	Jingle Bell Run, 5K Run & Walk	Union Avenue	(719) 544-1136

December

7 Sun 8:00AM	Rock Canyon Half-Marathon	City Park	(719) 564-9303
14 Sun 9:00AM	The Excellent Adventure, 8M	117 Regency	(719) 564-6043

Other areas

November

16 Sun	Fall Series IV 6M, Kids 1.5M	Colorado Springs	(719) 590-7086
16 Sun	President's Run, 7M	Englewood	(303) 238-4405
22 Sat	Turkey Trot Predict, 5K	Prospect Lake, Springs	(719) 575-0287
29 Sat	John C. Falls Memorial Run, 5K R&W	Aurora	(303) 694-2030

December

6 Sat	Jingle Bell Run, 5K Run & Walk	Colo. College, Springs	(719) 598-2953
7 Sun	Frosty 5K	Denver	(303) 694-2030
14 Sun	Jingle Bell Run, 5K Run & Walk	Denver	x
14 Sun	Teddy Bear Run/Walk, 5K	Mon. Val. Pk., Springs	(719) 598-4069
14 Sun	Santa's Surprise 5K	Fairmount Park, Denver	(303) 238-4405
31 Wed	First Night 5K Run/Walk	Denver	x

January

1 Thur	Rescue Run, 5K & 10K	Palmer Park, Springs	(719) 598-2953
10 Sat	Winter Series #1, 5K & 10K	Fox Run Park, Springs	(719) 598-2953
24 Sat	Winter Series #2, 4M & 8M	Fort Carson	(719) 598-2953

February

14 Sat	Winter Series #3, 5M & 10M	Santa Fe Trail, Springs	(719) 598-2953
28 Sat	Winter Series #4, 10K & 20K	Wolford Elem. School	(719) 598-2953

Regional Marathons (& others of interest)

November	22	Tulsa - Oklahoma (& Half & 5K)	(918) 744-0339
	29	Seattle (& Half)	(206) 524-RUNS
December	6	White Sands - Alamogordo, NM (& Half)	(505) 382-8869
	7	Dallas White Rock	(214) 855-1511
	7	Tucson (& Half) - Arizona	(520) 320-0667
	7	California International - Sacramento	(916) 983-4622
	7	Fiesta Bowl - Phoenix	(602) 277-4333
	14	Honolulu	(808) 734-7200
January	11	Walt Disney World - Orlando, FLA	(407) 939-7810
	18	Houston	(713) 957-3453
	18	San Diego (& Half)	(619) 792-2900
February	1	Las Vegas, NV (& Half & 5K)	(702) 876-3870
	15	Desert Classic (& Half) - Scottsdale, AZ	(602) 954-8341
	17	Mardi Gras - New Orleans	(504) 482-6682
	28	Cowtown Marathon - Fort Worth, TX	(817) 735-2033
March	29	Los Angeles	(310) 444-5544
April	4	Marathon of the Great SW - Abilene, TX	(915) 677-8144
	26	Big Sur - Carmel, CA	(408) 625-6226



Racing Notes

Volunteers needed

Race officials could use some help in producing a couple of upcoming races.

SCR liaison Paul Barela needs some assistance at the finish line of the Jingle Bell Run on Nov. 29, and Dave Diaz could use some a few hands to help produce the Rock Canyon Half-Marathon on Dec. 7.

Call Paul at 544-8645 and Dave at 564-6043. Your help will be appreciated.

Marathon wrapup

Despite unbelievably lousy weather, there were some good facts associated with the River Trail Marathon, Half and 10K this year:

- 368 runners registered.
- 40 registered runners didn't start because of the weather.
- About a dozen or so runners came to their senses during their races and dropped out.
- The Pueblo Police Dept. waived the fee to us for our use of officers.

Thanks

Tammy Miller of the Y thanks all those who helped at the Corporate Cup this fall.



Stats that rule

- 252 people died in recreational activities in Colorado from 1993-1995, with bicycling leading the way with 69 deaths. – *Colo. Dept. of Public Health & Environment*
- 90% of runners experience injuries that interfere with their training. Knee pain is the most common. – *“Triathlete” magazine*
- The largest world road race in 1996 was the Cursa El Corte Ingles 12K in Barcelona, Spain with 58,322 finishers. – *USA Track & Field*
- More people died from reading “Footprints” from 1993-95 than from biking. – *Pollsters Unlimited*

Information beyond understanding

by the Editor

Atalanta Run

This great all-women’s 5k (3.1 miles) race, which draws entries from up and down the front range, promises to be another great race this year. The day and date are Saturday, November 22, which is the Saturday before Thanksgiving. Remember, ladies, that the City Park course is nice and flat, conducive to a fast time. And bring your daughters since the field usually contains quite a few youngsters runners and walkers. The race is based at the Aquatics Building, NOT at the Pavilion. Race times are 8:45 a.m. for the walk and 9 o’clock for the run.

Jingle Bell Run

One week later, the annual Jingle Bell Run 5K will take place in the Union Avenue area of Pueblo beginning at 6 p.m. (NOT 5:30 as in past years). I’m told the course from 2 years ago will be used instead of last year’s course, whatever that means. The Senior Center is headquarters. Wear Christmas-related attire, the more ridiculous the better.



Rock Canyon Half-Marathon

Remember that this race will start at 8 a.m. this year, an hour earlier than in the past, so that we can all get our footsies warm and comfortable at home in time to see the Broncos play at 11 a.m. The race starts and finishes at City Park Pavilion.

The Excellent Adventure

This 9 a.m. 8-mile race is a pot luck event at the Regency Park home of Nick Leyva and Marijane Martinez (listed alphabetically to irk MJ). This is the final Handicap Series race of the year and it’s a good one. Come out, get sociable, bring a good breakfast item that can be shared. We’d love to see a bunch of new faces show up to help us enjoy one of the top schmoozathons of the year. Hope to see ya there!

GOOD ADVICE: “Always be composed at the finish, regardless of your final placing.” – Scott Tinley

Did you know ...

Training intensity is the key to overcoming age’s effect on the body. Being active and healthy doesn’t forestall aging like hard training.

– Rick Niles, triathlon coach

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

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



Have a reason to give thanks!

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