

Promoting fitness throughout southeast Colorado.



EDITOR: Gary Franchi

# FOOTPRINTS

An award-winning newsletter.

December 1997 Good Tidings of Joy Edition

## Make plans now to attend SCR's Banquet Jan. 24

While I will have the details in next month's issue of "*Footprints*," please mark your calendars or your Daily Planners now and plan to attend the SCR's annual Awards Banquet that is scheduled for Saturday, January 24, at the Gold Dust Banquet Room.

The evening will include a great meal, the election and announcement of new officers for 1998, and the pres-

entation of several awards to deserving SCR members including the Most Valuable Club Member, Outstanding Male Runner, Outstanding Female Runner of 1997, the coveted Dirty Sock Award, and several others. The Banquet will include lots more, too, I think.

Please plan to attend. We'd love to see you there.

## No. 1: "*Footprints*" selected RRCA's top newsletter in Region

by the Editor

You are holding something special in your hand right now. (Notice I didn't say "*you are READING something special.*" Hey, we can't assume anything!)

Anyway, I base my first statement on the fact that, for the fourth time in the 1990s, "*Footprints*," the monthly newsletter of the Southern Colorado Runners, has been selected by the Road Runners Club of America as its top small club newsletter in the Western Region for 1997.

"*Footprints*" previously won the regional award in 1992, 1993 and 1995. And in 1995, it was selected by the RRCA as the top small club newsletter in the country. Having won the national award, it was not eligible for the prize in 1996.

As Editor of this publication, yours truly will be presented a plaque at the RRCA's 1998 national convention to be held June 18-21 in Peoria, Illinois. Also, our newsletter



will now be one of four newsletters, the top one from each district, that will be vying for the distinction as the top small club newsletter in the U.S. That winner will be announced June 20 at the awards banquet that also will be held during the 1998 national convention. The national winners will have their trips to the four-day convention paid for by the RRCA. (More RRCA notes on Page 6.)

While I will get the recognition for this award, there are many others

who have made it possible:

- There have been several writers, like Assistant Editor Matt Martin, Joe Stommel, Marijane Martinez, Dr. Rocky Khosla, club Prez Ben Valdez and Paul Vorndam.
- Results have been furnished by the "Andy Ballou Team" of Andy, Tammy Miller, Kathy Simpson and Mary Lou Henson as well as by Dave Diaz, the duo of (listed as they should be) Nick Leyva and Marijane Martinez, Mark Counterman (of PCC) and Dave Diaz (Handicap results).
- When not opening inspecting the inside of cameras, Matt Martin has given us some sterling pictures. Boney Cosyleon and Stacey Diaz also have provided pictures for publication.

Plus, we use the best printer in Pueblo - Pride City Printing and its ace pressman, Cary Biondolillo.

I thank everyone who has helped make this newsletter what it is -- the top newsletter in our region.





**Chewta wishes you The Best holiday season**

**Run with SCR members**

SCR members of varying ability levels gather at about 7:30 a.m. each Sunday to get in their weekly long runs. They meet 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. They invite YOU to join them.

A few SCR members also meet at 5:30 p.m. on Wednesdays at the East High School track to get in some speedwork.

Why don't you join them? And help them shovel snow. You can do someone else's workout or your own. No matter what, you'll have a good support group to help you.

**Quoteworthy**

"You can observe a lot by watching people."

– Yogi Berr



**Great (& so-so) Stuff**

by Gary Franchi



**Weird thoughts to warm your holidays**

Thought for today's lunch, compliments of Mark Twain: "Get your facts first, and then you can distort them as much as you please."

*This month, a few thoughts to add cheer to your holidays ...*

... First the good news: Didya read about the study that says having **one beer a day** reduces the rate of heart disease by something like 286%? Well, OK, so I made up that figure, but I'm sure the benefit was by a substantial rate. I'm also sure that, despite whatever the study went on to find, the more beer you drink the healthier you are and the better you run.

... Now the best news: While we're on the topic of beer and good health, a report in the December issue of *Runner's World* said that both **beer and chocolate** are high in copper, an important member of your immunity arsenal. Hence, I declare that if you constantly gorge yourself with beer and chocolate you'll reduce your chances of getting sick. ("Uh, I'd better skip the salad tonight, dear. Got to take care of my health by loading up on Miller Lite and Snickers bars.")

... Continuing the gorging discussion, a study reported last month in the *Journal of the American Medical Association* found that the effects of high intakes of **fat foods** were reduced if huge doses of vitamins C and E were added to the diet. Is this great news or what!! Now we can slosh down Big Macs at McLube's endlessly as long as we keep contain-

ers of vitamins C and E in our car glove boxes.

... We've now got this **Dish TV satellite** system in our house and it's just great. I can't even count the number of channels. Shoot, man, you can watch such great shows as Mother Angelica and Ready-Set-Cook all the time or reruns like Happy Days and the Odd Couple till your frickin' eyeballs fall out. Of course, you may not want to watch that crap. But, hey, it's on there. You know something, though? With however many dozens of channels we have, I **STILL** can't find a running show. Guess there's more of a market for Mother Angelica.

... Getting back to that Dish TV satellite system, it also has – now get this – 33 "**music only**" stations. That's true! There's a reggae channel, a couple of jazz channels, Fiesta Mexicana, Latin, Urban Beat, etc. No visuals – just music. Naturally, I sometimes turn to one of those channels and put the "Mute" switch on. (Still with me?)

... Remember my chat about all the "**Dummies**" books a while back. Well, Christmas shopping this year has made me aware of a whole new slew of them. Like "*Customer Service for Dummies*," "*Classical Music for Dummies*," etc. So how come these haven't been published yet: "*Race Pit Shop Techniques for Dummies*," "*Post-Race Restaurant Selecting for Dummies*," "*Summertime Clothes Layering for Running Dummies*," etc.?

... One more thought, gang. It's **not snowing** right now. In keeping with the season, Hallelujah!

May Santa be good to you, buckos!

**During this holiday season, remember the 4 basic food groups: Popcorn, Peanuts, Beer & Whiskey!**



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

*Distance runner Lynn Bjorklund ran 6 miles from her camping site to phone for help and rescue nearby airplane crash survivors.*



**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
<b>Non-elected Officers</b>		
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
Assistant Newsletter Editor	Matt Martin	542-5350
•		
Editorial Consultants	Nick Nasch, Lynn Bjorklund	

*Footprints* is produced monthly and distributed to the SCR membership to add merriment and cheer to their otherwise mundane everyday lives.

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. All SCR members are invited to attend, bring gifts for the newsletter editor and holiday-ish snacks for everyone in attendance, and say "Ho, Ho Ho!" in response to all suggestions.

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

# Rocky on Fitness

## Some gift ideas for those fitness fanatics

by Rocky Khosla, M.D.

Sine I am writing this column on the weekend after Thanksgiving, which is traditionally the weekend when the heaviest amount of shopping is done, I thought that I would join in with the madness. So here's a list of my recommendations for Christmas/Kwanzaa/Hanukkah gifts to get for the favorite runner/biker/endurance junkie in your life:

**Earhugger earphones.** If you are still using the old rigid over-the-top-of-the-head style of ear phones, you will just love these! I use these when running or skiing and think they are the best thing since sliced bread. I have not seen these in stores, and I get mine through The Road Runner for \$14.99 (1-800-551-5558).

**Lightweight radio with clip.** I can't believe how many people run while holding a radio in their hand. Put that on your waistband and set your hands and stride free! I like the plain old cheapy made by Uniden for \$19.99, available at Target (pronounced "Tar-Jay" to make it sound classier than it is!).

**Big jar of vaseline.** Yes, you can get the newer special runner's lube and anti-chaff material. But, hey, it costs about 8 times more and doesn't beat the old standard, in my book.

**Timex triathlon watch.** I broke down and bought a new Ironman triathlon watch because the old one was 7 years old and had so many scratches on the crystal that you had to hold it at just the right angle to see the numbers. You can spend anywhere from \$29 to \$79, and I can't think of any feature that you would want that you can't have in these. There is even a "data link" model that can allow you to enter personal and workout data from your watch into your P.C. And now the watches have this cool blue-green Indiglo for seeing the numbers in the dark, and a backlit screen to see the num-

bers better even during the day. I think the best deals on these watches are at K mart (there's no way to pronounce it that adds any class here).

**Sunglasses.** You can't have enough of these because, if you are like me, you are forever sitting on them or losing them, etc. Once again, I like getting these from Road Runner, and the price range is from \$19.99 to \$84.99.

**Socks.** You can't have enough double-layer, blister-free socks if you are a runner. I like to wear the mini-crew length in the summer and the crew length in the winter. I get mine through the Road Runner once again and pay about \$19.99 for 3 pairs.

**Gift certificates from catalog.** To avoid the hassle of getting the wrong size or color or model, nothing beats a gift certificate. And once again, the Road Runner is a good place for this since most runners/aerobic junkies can surely find something that they want (I'm really not getting a commission for all of the plugs that I've given to the Road Runner, though I really should!). Other advantages to this approach are that it allows you to avoid the hordes at the mall, unless you enjoy the gang tackling and milling about. Also, most catalog companies can be talked out of charging shipping, and there is usually no sales tax.

Finally, there are some things that a runner has to do for himself/herself and this allows you to let them help themselves. For example, never give a runner a pair of running shoes unless you know the exact size and model that they want, and even then you could face trouble: "I know that I've run in size 10 Asics Gel Exults for 10 years now, but I really wanted to try the new hip Reebok DMX thing!"

So, till the next time, good luck shopping, Happy Holidays and have a fabulous New Year!

So, till the next time, good luck shopping, Happy Holidays and have a fabulous New Year!



### Ultimate in idiocy item of the month:

As if trying to *climb* Mt. Everest weren't bad enough, did you know there is such a thing as an Everest Marathon? The race begins at an altitude of 17,000 feet and takes runners over ice-covered boulders, cliff-hugging paths and suspension bridges that contain rotted planks. OK, that sounds tough. But what merits this month's *Lights Are Dim Award* is the rule that if an unconscious runner is found on the trail, athletes must pin a note to the victim that says the person needs medical help.



### Movie Line of the month:

"The only reason you're still alive is because I didn't kiss you. I hope you enjoyed the chocolates."

A movie classic that contains vintage work by one of the all-time top actors. This line, though, came from a supporting actor. Guess the speaker and the movie and earn a handful of popcorn from the Dust.

Answers below.

Answers:  
"Tootsie"  
Charles Durning in

## SCR to check bylaws before considering adding Board

The SCR has discussed re-instituting a Board of Directors beginning in 1998, but it was decided that we should first check our corporation bylaws to determine if there is a written provision for a Board or if we need to change our bylaws. The first task is to locate those bylaws and/or to consult with our incorporating attorney, Dan Kogovsek. Club member Mike Orendorff will be probing this and hopes to have an update at the January SCR meeting.



## Training to do your best Speed interval training

Research has shown that you recover the quickest when you jog during your recovery, because doing so helps to clear lactic acid from your blood.

In general, running a set of intervals of the same length is preferable to doing intervals of varying length because it allows you to learn what it feels like to maintain speed while fatigue increases, and therefore more closely simulates the conditions of a race.

– Pete Pfitzinger

## As race day nears ...

... avoid dramatic changes in your diet. While the tendency may be to overeat to fuel up for your event, you'll have long since lowered the intensity of your training, which means you won't burn off excess calories so easily.

– Mark Allen

## Bumper sticker

Spotted on I-25:

*El Niño caused your brain damage*

# Definitely Not Great Stuff

by Matt Martin

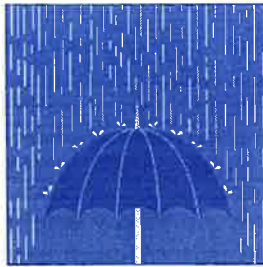
## Paying the price for disregarding the "do's"

"I think, therefore, I am. I think."

– Anonymous

Rational thinking, including deductive reasoning, is what separates homo sapiens from the rest of the animal kingdom. However, our ability to think critically does not always equate to correct choices. An animal can sense when the weather will take a turn for the worse and will act accordingly. Bears, for instance, hibernate when winter approaches. Cows walk away from a storm, albeit, they do not know what to do when they run into the fence. Animals act on instinct. They do not have the ability to refuse instinct.

Humans have the ability to refuse to act on conclusions they have deduced from well-established facts. Kim Westerman-Martin, an otherwise perfect example of the all-together female human being, refused to act on reasonable conclusions deduced from facts about weather patterns in the Dallas, Texas area during the weekend of the Dallas White Rock Marathon, which was run on Dec. 7.



The forecast, which we heard but did not heed before we left Colorado on the 5th, called for low- to mid-40s and rain. Kim did not bring warm clothes. She brought quality rain gear (a hefty bag; see June 1995 *Footprints*, "The Do's and Don'ts in Preparing for Your First Marathon," Do #3: Spend Money On Quality Rain Gear), but she failed to wear it. This was so despite repeated warnings on Dallas-area TV the night before and the morning of the race that we should expect temperatures in the 40s AND rain.

Of course, it rained the last 10 miles of Kim's race. The rain was light for four miles but turned into a veritable downpour the last six miles. Nevertheless, Kim ran a PR of 3:51:05, good for 128th place of 775 females, and 39th in her age group (35-39), out of 197. She also beat 1,125 men to the finish line. This despite running the last 2.2 miles in 23-plus minutes, after hitting the wall (and suffering cramping leg muscles) at 24 miles, and, therefore, missing her Boston Marathon qualifying time by just over 6 minutes.

Cheryl Grainger of Englewood, CO, was the top female Colorado finisher in 3:07:35. Kim's time was good for fourth out of eighteen Colorado women finishers. A total of 1,889 men,

not counting relay racers, were in the field.

Alberto Salazar was the guest speaker at the Marathon Exposition the day before the race. We missed Salazar's presentation, however, as we decided to tour the 6th Floor Museum in the infamous Texas Book Depository. History buffs will easily remember that the sixth floor of this building housed the window from which Lee Harvey Oswald fired three shots at President Kennedy and one at Governor Connally. What an eerie feeling we had as we walked Oswald's path from the elevator to the window. The museum is full of Kennedy memorabilia and information about the assassination, including tapes of Oswald's shooting by Dallas nightclub owner Jack Ruby.

This was a very depressing tour and it brought back vivid memories of my life at the time when Kennedy was shot. I remember, for instance, watching the funeral on TV. Also, I was watching when Oswald was shot. I yelled to everyone in the house about what had just happened. The tour did not have a happy ending, of course, and we left it feeling very depressed for the next several hours. However, I recommend the tour to anyone visiting Dallas as it covers an important part of our nation's history.

Race organizers declared in a handout with the packet pickup that the course would be closed at 1:30 p.m. on December 10. Any runners on the course would run at their own risk and must run on the sidewalks. Considering that the race began on December 7th, I calculated that most people would be able to finish by the deadline three days later. If not, then perhaps they should find another form of recreation. (Ed. Note: Yeah, like knitting.)

What do Tegla Laroupe, former New York Marathon champion, and yours truly have in common? Speed? Endurance? Money? None of the above. LaRoupe ran one of her worst marathons upon her return to New York recently. She found out after the race that she was suffering from a stress fracture in her vertebrae. Pueblo doctors believe I may have the same problem although I am still undergoing testing. Doctors told LaRoupe that she would be running in four months. I cannot even walk without pain. I deduce, therefore, that I should not run. But I want to run. Watching Kim run in Dallas and reading that LaRoupe may be able to run again lit the fire in me. I will try, therefore, to do what I can to run again, though the facts tell me otherwise at this point.

# Atlanta Women's 5K Run/Walk

Races held Nov. 22, 1997

Results extracted from bib numbers provided by Misti Frey

## Run Division

Runner	City	Age	Time
1, Traci Dworshak	Colo. Springs	33	19:15
2, Rita Vigil	Pueblo	30	20:25
3, Stacy Huser	Colo. Springs	25	20:46
4, Stella Heffron	x	30	21:13
5, Teresa Taylor	Monument	37	21:36
6, Claire Bueno	Pueblo	33	22:02
7, Lausa Schilf	Cañon City	35	22:55
8, Christine Cruz	Pueblo	29	22:58
9, Stacey Diaz	Pueblo	37	23:06
10, Jerrie McFadyen	Pueblo West	40	23:28
11, Constance Martinez	Lakewood	57	23:39
12, Gloria Gogarty	Colorado City	41	23:57
13, Misti Frey	Pueblo West	30	23:58
14, Marijane Martinez	Pueblo	45	24:10
15, Anne Baxter	Cañon City	42	24:13
16, Clare Kerr	Colo. Springs	38	24:27
17, Carrie Slover	Pueblo West	44	24:42
18, Jessie Quintana	Pueblo	54	25:32
19, Mary McLendon	Colo. Springs	41	25:51
20, Dotsy Baxter	Cañon City	39	26:47
21, Alvera Mayoral	Pueblo	12	26:53
22, Donna Nicholas-Griesel	Coaldale	51	27:30
23, Diana Reno	Pueblo	35	27:53
24, Patricia Orendorff	Pueblo	16	29:08
25, Sandy Messick	Cheraw	38	29:35
26, Kathy Stommel	Pueblo	40	29:37
27, Sara Sheehan	Beulah	10	29:52
28, Jessie Pacheco	Walsenburg	11	30:53
29, Emily Vorlage	Florence	25	31:12
30, Pam Peters	Colo. Springs	43	31:14
31, Christine Furrey	Pueblo	29	31:23
32, Tiffany Reno	Pueblo	12	31:54
33, Barbara Neumann	Colorado City	46	31:58
34, Cheryl McCoy	Salida	53	35:02
35, Priscilla Portillos	Pueblo	61	35:12



By the halfway point, eventual winner Traci Dworshak of the Springs had a huge lead.

Photos by Gary Franchi



Laura Schilf of Canon City used a good late kick to finish 7th with her 22:55 time.

## Walk Division

Walker	City	Age	Time
1, Kristen Inman	Rye	28	32:53
2, Ida Mae Martin	Walsenburg	59	37:36
3, Evonne Berken Kilter	Cotopaxi	32	39:18
4, Verda Youong	Cotopaxi	54	39:18
5, Tina Follmer	La Junta	38	42:19
6, Lois Pfof	Pueblo	55	42:59
7, Nancy Oswald	Cotopaxi	47	44:17
8, Patricia Rafferty	Cotopaxi	53	44:18
9, Frances Banda	Pueblo	44	44:30
10, Laurie Pearson	La Junta	38	45:21
11, Maribel Mendoza	Walsenburg	36	49:27
12, Jolene Slade	Walsenburg	13	49:27

Sixteen-year-old Patricia Orendorff (left) was all smiles after completing the 5K following the long journey from her home to the race at City Park.

At right, Walk Division champion Kristen Inman already had a 20-yard lead after the 1st 50 yards of the race.



## Like a walk along the river

Marv Bradley of Cañon City and Rich Hadley of Florence, both SCR members, were among the top finishers in the field of 1,572 that competed in the San Antonio Marathon last month. Rich blazed to a 3:02:18 time for 44th place while Marv finished 200th overall with his time of 3:32:06 despite very humid conditions.

Splendid, gentleman! I'm told the San Antonio Riverwalk is gorgeous, and the pre-race pasta party was superb.

## Membership fees raised

Escalating expenses in virtually all aspects of our club operations and the fact that the SCR's membership dues don't even come close to covering the cost of our newsletter caused the SCR to raise its 1998 membership rates. At the December SCR meeting, those in attendance voted to raise the rates from \$12 for an individual and \$18 for a family to \$15 for an individual and \$20 for a family. Those rates are now in effect. People who have already renewed their memberships for 1998 can figure they got a discount by signing up early.

# Jingle Bell 5K Run/Walk



## RRCA Notes

### Award Winners

Besides the SCR's "Footprints," other RRCA Western Region award winners are:

- Medium Club Newsletter – "Runner's Pulse" produced by the Salt Lake City Track Club in Utah.
- Large Club Newsletter – "The Buffalo Enquirer," produced by The Buffalo Chips Running Club of Sacramento, CA.
- Club Writer – John Farrow of the Albuquerque (NM) Road Runners.

### About the RRCA

The RRCA is a national association of non-profit running clubs and events dedicated to promoting long-distance running as a competitive sport and as healthful exercise. Its mission is to represent and promote the common interests of its member clubs and individual runners through education, leadership, programs and other services.

For more information, call Laura Kulsik, RRCA Western Director, at (916) 983-5272, or e-mail her:

Laura\_Kuskik@bbs.macnexus.org

Races held November 29, 1997

Results extracted from the finish board supplied by Paul Barela

### Running Division

#### Overall winners

Male – Jayson Middlemiss, 17:18

Female – Maddy Tormoen, 19:01

#### Males

Runner	Age	Time
1, Jayson Middlemiss	26	17:18
2, Marty Romero	40	17:44
3, Mark Koch	38	17:45
4, Rich Hadley	42	17:47
5, Angelo Araron	40	18:31
6, Marty Garcia	37	19:02
7, James Robinson	46	19:07
8, Gerald Romero	26	19:43
9, Bill Veges	40	19:46
10, Robert Santoyo	25	20:18
11, David Baker	40	20:34
12, Sam McClure	44	20:47
13, Joe Stommel	48	20:56
14, Rob Lyons	31	21:49
15, Jeff Thomas	28	22:01
16, Blake Ottersberg	15	22:03
17, Mike Borton	42	22:21
18, Ted Quintana	47	22:27
19, Travis Humphreys	15	23:00
20, Jeff Arnold	56	23:05
21, Brendan Dorsey-Spitz	11	23:50
22, Jim Peterson	59	23:53
23, Jeremy Gregory	13	24:27
24, John Thomason	15	24:41
25, Randy Barnes	37	24:44



26, Gary Carter	43	24:47
27, Don Pfof	57	24:55
28, Karl Carpenter	61	24:56
29, Dino Aragon	39	25:34
30, John Gust	19	25:36
31, Todd Kelly	32	26:07
32, Martin Ottersberg	45	26:44
33, Patrick Swank	49	26:56
34, Jack Sheff	59	27:22
35, Robert Fowler	48	27:41
36, Matt Nolting	14	30:02
37, Mark Thomason	10	30:52
38, Nathan Fowler	11	30:52
39, Jim Neblock	39	31:07
40, John Kelly	56	37:27
41, Ray Valdez	47	31:52
42, Mark Wisthoff	17	32:20
43, Joseph Mayoral	10	35:04
44, Gary Rael	32	35:05
45, Michael Zewelke	13	40:48

#### Females

Runner	Age	Time
1, Maddy Tormoen	35	19:01
2, Rita Vigil	30	20:52
3, Jenna Dorsey-Spitz	13	21:14
4, Jamie Barnes	11	22:08
5, Fran Borton	50	25:55
6, Cheri Hayes	17	26:17
7, Alvera Mayoral	12	26:28
8, Lauren Dorsey-Spitz	7	26:35

9, Eva Cosyleon	18	27:15
10, Donita Massengill	27	27:18
11, Jessie Quintana	54	27:20
12, Beth Gladney	30	27:48
13, Diana Reno	35	28:15
14, Victoria Contreras	16	29:16
15, Jaclyn McCloskey	16	29:16
16, Tammy Stone	35	29:54
17, Deb Hadley	41	29:55
18, Susan Gebhart	42	29:56
19, Annie Pruitt	13	30:01
20, Lindsay Snider	9	30:07
21, Diana Quattlebaum	38	31:01
22, Shannon Hobbs	13	31:05
23, Sarah Koch	10	31:18
24, Tiffany Reno	12	31:22
25, Rochelle deVargas	36	32:10
26, Yvette Lyons	28	32:12
27, Julie Schafer	16	32:21
28, Maxi Sandoval	46	35:54
29, Lorraine Rodriguez	48	36:12
30, Melissa Nolting	12	38:40
31, Laura Kelly	28	38:26

### Walking Division

Walker	Age	Time
1, Charlene Alfonso	x	x
2, Leslie Alfonso	x	x
3, Vicky Tanos	x	x
4, Kristi Musso	18	40:44
5, Alyce Gangaware	47	41:09
6, Angie Holdren	18	41:50
7, Jenel Burk	18	41:43
8, Tracy Arilano	32	41:55
9, Georgina Kelly	55	43:55
10, Georgia Orcutt	51	46:03

## Spring Runoff keeps North Side courses

With Race Director Matt Martin at the helm, planning is well under way for the 20th annual Spring Runoff races that are scheduled for Sunday, March 1. The Runoff includes 5K, 10K and 10-mile divisions.

Noteworthy is that we have retained the Northridge/Eagle Valley courses despite earlier talk that they would be moved elsewhere because of the growing traffic pattern on the North Side.

The race times have been retained – 8:15 a.m. for the 5K, 9:15 for the Toddlers Race, and 9:30 for the 10-mile and 10K races.

Race brochures will be distributed in January and should be included in your issue of "Footprints" that month.

## Equipment Fund still taking contributions

The SCR continues to close in on its \$1,000 Equipment Fund goal that will be used to replenish the Equipment Fund that was depleted by the club's purchase of a new race clock this year.

This issue includes a 1998 SCR Membership Application Form. You'll notice it has a line for making contributions to the fund. Help us reach our goal.

All contributors will be listed in an upcoming issue of this newsletter once we reach our goal.



Next SCR meeting

7 p.m. Tuesday, January 7, 1997.  
All SCR are members are invited.

# 1997 Racing Calendar

## Pueblo County - Canon City area

### February

7 Sat 10:00AM	<b>Frostbite Five &amp; Dime, 5K &amp; 10K</b> .....	City Park	(719) 563-5151
TBA	<b>Valentine's Twosome, 1.6M each partner</b> ...	City Park	(719) 543-5151

### March

1 Sun 8:15AM	<b>Spring Runoff, 5K, 10K &amp; 10M</b> .....	Peppers	(719) 543-5151
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### April

26 Sun 9:00AM	<b>Y-Bi Classic Duathlon, 11.2M bike, 5.5M run</b> .	Pueblo West	(719) 543-5151
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## Other areas

### December

31 Wed	<b>First Night 5K Run/Walk</b> .....	Washington Park, Den	(303) 517-9898
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### January

1 Thur	<b>Rescue Run, 5K &amp; 10K</b> .....	Palmer Park, Springs	(719) 598-2953
10 Sat	<b>Winter Series #1, 5K &amp; 10K</b> .....	Fox Run Park, Springs	(719) 598-2953
17 Sat	<b>Run for the Dream 5K, Run &amp; Walk</b> .....	City Park, Denver	(303) 694-2030
24 Sat	<b>Winter Series #2, 4M &amp; 8M</b> .....	Fort Carson	(719) 598-2953
25 Sun	<b>Super Bowl 5K</b> .....	Washington Park, Den.	(303) 694-2030

### February

14 Sat	<b>Winter Series #3, 5M &amp; 10M</b> .....	Santa Fe Trail, Springs	(719) 598-2953
14 Sat	<b>Valentine's Day 5K, Run &amp; Walk</b> .....	City Park, Denver	(303) 694-2030
22 Sun	<b>Washington's 5K Run/Walk</b> .....	Washington Park, Den	(303) 694-2030
28 Sat	<b>Winter Series #4, 10K &amp; 20K</b> .....	Wolford Elem. School	(719) 598-2953

### March

14 Sat	<b>St. Patrick's Day Run, 5K &amp; 1M Kids Run</b> ....	Old Colorado City	(719) 685-5055
15 Sun	<b>Runnin' of the Green, 7K Run/Walk</b> .....	Downtown Denver	(303) 694-2030
22 Sun	<b>Littleton Stride 5K</b> .....	Littleton	(303) 694-2030

### April

11 Sat	<b>Tortoise &amp; Hare Predict, 5K</b> .....	S. Monument Valley Park, Colo. Springs	(719) 533-1025
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## Regional Marathons (& others of interest)

<b>January</b>	11	Walt Disney World – Orlando, FLA .....	(407) 939-7810
	17	Mardi Gras – New Orleans, LA .....	(504) 482-6682
	18	Houston .....	(713) 957-3453
	18	San Diego (& Half) .....	(619) 792-2900
	25	San Francisco (& Hal) .....	(415) 333-4780
<b>February</b>	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
<b>March</b>	29	Los Angeles .....	(310) 444-5544
	4	Marathon of the Great SW – Abilene, TX ....	(915) 677-8144
<b>April</b>	20	Boston Marathon .....	x
	26	Big Sur – Carmel, CA .....	(408) 625-6226
	26	MEDCOM – San Antonio (& Half) .....	(210) 221-4893
<b>May</b>	2	Whiskey Row – Prescott, AZ (& Half) .....	(520) 445-7221
	3	Lincoln, Nebraska (& Half) .....	(402) 423-4519
	23	Andy Payne Bunion Run – Oklahoma City ..	(405) 424-3010
	24	Wyoming – Laramie .....	(307) 635-3316



## Other known racing dates

- April 18**  
Horsetooth  
Half-Marathon
- 
- April 26**  
Cherry Creek Sneak
- 
- May 16**  
Ordinary Mortals  
Triathlon
- 
- May 25**  
Bolder Boulder
- 
- June 20**  
Sailin' Shoes
- 
- July 5**  
Women's Distance  
Festival
- 
- August 15**  
Pikes Peak Ascent
- 
- August 16**  
Pikes Peak Marathon
- 
- Sept. 13**  
Royal Gorge Challenge
- 
- October 11**  
River Trail Marathon,  
Half-Marathon & 10K
- 
- November 21**  
Atalanta 5K
- 
- December 6**  
Rock Canyon Half

**Stats that rule**



- 139 of the 198 starters were able to finish this year's 21-stage Tour de France. - *USA Today*
- Training errors were associated with 60% of runners' injuries, and 29% of those injuries were due to excess mileage. - *A study*
- In a *Penn State study*, wearing compression shorts improved weightlifting efficiency by an average of 30%.
- Cyclists who read "Footprints" were 93.6% more likely to suffer training errors. - *Pollsters Unlimited*

# Information beyond comprehension

by the Editor

**Aftermath**

In case you were busy polishing your dress shoes for the holidays and haven't raced recently, you missed some pretty good races.

Misti Frey's first effort as race director of the **Atalanta 5K** women's race was a great success as a nice turnout of 51 runners and walkers (there were 2 registered no-shows) participated at City Park on November 22. Traci Dworshak of Colorado Springs and Kristen Inman of Rye won the run and walk divisions, respectively, quite handily. (*Results and photos are on Page 5.*)

The following week - Nov. 29 - there were 86 finishers in the running and walking divisions of the **Jingle Bell Run**. While it was a good field, it could have been larger had many potential runners in the hinterlands area (like yours truly in Colorado City) not gotten snowed in the previous day. Paul Barela was the SCR liaison with the Ar-



thritis Foundation on this race. I hear there is some talk of moving the Jingle Bell Run to a morning time slot next year.

**Rescue Run**

The 1998 racing season will kick off for a lot of SCR members on Thursday, January 1, in the **Rescue Run** at Palmer Park in Colorado Springs. The event includes 5K and 10K divisions, and race time is 10 a.m. A small caravan of SCR members annually make the trip north to race and, more important, enjoy searching for an early Happy Hour somewhere.

**Frostbite Five & Dime**

The first local race of 1998 will take place on Saturday, February 7, with the annual running of the **Frostbite Five & Dime**, which includes 5K and 10K divisions. You may remember this as the Frostbite 5 when it was just a 5-mile race from the Lake Pueblo Dam to City Park. Now it's a loop course of sorts that originates from City Park. (*Are you still awake, oh readers?*)

*Did you know ...*

**"The more aerobically fit you are, the higher percentage of fat you're burning at every level of intensity."**

- Mark Allen, triathlete

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

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**Keep the good cheer coming!**

Issues of "Footprints" are not forwarded. Hence, if you move, 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