



# FOOTPRINTS

An award-winning newsletter.

January 1998 Fresh Start Edition

## Training Series to precede 20th Spring Runoff

In preparation for the 20th annual Spring Runoff that will take place on Sunday, March 1, *The Pueblo Chieftain* newspaper, sponsor of the event, will publish a training series for the six weeks prior to the races. The first article in the newspaper is scheduled to be published on Monday, Jan. 19. In addition, it is anticipated that training runs prior to the Runoff will be held every week leading up to the event beginning the fourth weekend of January.

This year's Runoff will follow the same format and include the same races as last year. A 5K walk and run will kick off the event at 8:15 a.m. At 9:15, there will be a toddlers' race. At 9:30, the 10K and 10-mile divisions will be-

gin. All events are based at Peppers on Pueblo's north side, with the finish lines at that spot.

The long-sleeved Spring Runoff T-shirts will have a new design this year as provided by *Chieftain* Artist Tim Acosta. The SCR's Matt Martin is the new Race Director this year.

Getting back to the training schedule, it will be geared for people who haven't been running or doing much other aerobic activity and will serve as getting them started on a running program. However, all levels of runners can come to the race site and participate in training runs every weekend leading up to the race.

### You're invited to attend SCR's Banquet Jan. 24

By now, you should have received in the mail an invitation to the annual SCR Awards Banquet that is scheduled for Saturday, January 24, at the Gold Dust Saloon's Banquet Room. No? Then go check your mailbox right now!

*(Pause while you check.)*

Every year the Banquet is the culmination of the past year's activities, and this year's version will be no different.

The evening promises to be exquisite. It will include a great meal of chicken fried chicken and all the trimmings, the election and announcement of new officers for 1998, and the presentation of several awards to deserving SCR members, including the Most Val-



uable Club Member, outstanding male and female runners of 1997, the coveted Dirty Sock Award, and several others. There also will be entertainment provided by Fireweed, a tremendous bluegrass band.

#### Here's the schedule:

- 6:00 p.m.: Social Hour
- 6:15 : Fireweed starts
- 7:00: Dinner
- 7:45 or thereabouts: Awards, intro. of new officers, etc.

This will be a night to remember. We hope you will attend.

### SCR revises service, equipment rental fee structure

To change an outdated policy, the SCR voted at its January meeting to adopt a new fee structure for club services as well as SCR equipment that is used by outside groups. A copy of the new **Equipmental Rental Policy**, provided cheerily by club member Marijane Martinez, is included in this issue of "Footprints."

In the new fee structure, the SCR will charge \$100 per race per event and \$1 per person above 100 runners and walkers.

The new fee structure is an attempt by the SCR to align its revenue more evenly with the costs of purchasing and maintaining the equipment that is needed to produce racing and walking events in this area. It also aims to compensate the SCR in a way that's commensurate with its efforts.



# Rocky on Fitness

## Get your new year started on the right foot

by Rocky Khosla, M.D.

Happy New Year, everyone! Before I get into my column for this month, I would like to announce the arrival of my daughter, Kaylene Noelle, on December 22, 1997, weighing in at 6 pounds, 15 ounces. Both mother and daughter are thankfully doing just fine!

I thought it would be a good idea to suggest some reasonable resolutions that could help make 1998 healthier and happier for all of us runners, bikers and other aerobic addicts.

First, take an inventory of your stuff. The second most common reason why runners are seen by physicians is due to injuries suffered as a consequence of running on old, worn-out shoes. The most common reason, by the way, is trying to do too much too fast (more on this in a bit). You should try to replace your shoes every 450 miles or so, even if the shoes look all right cosmetically. Also, get ready for the hot weather when summer rolls around by getting updated on your running singlets, shorts, water-carrying systems, etc.

Second, take an inventory of your physical self. If you have laid off from doing much physical activity regularly during the winter, then it may not be a good idea to start running 10 miles a day at a 6-minute/mile pace right off the bat. I suggest that you start working on developing a good aerobic base if you have been hibernating all winter. Talk with your own physician if you have any particular concerns, but a general guide-

lines is to start doing 30 minutes of regular aerobic activity per day before contemplating a rigorous training schedule. And I think cross-training, where you alternate between running, swimming, weight-lifting, biking, etc., is a good way to build this aerobic base without increasing your risk of getting injured.

Once you have a good aerobic base, then increase your running speed, distance or time by no more than 10% per week. Also, the older you are, the more easy days you ought to have in between hard days. Most importantly, when you run, back off. If this doesn't get you relief, see your doctor.

Finally, take a mental inventory. What is it that you like and what is it that you dislike about running? More people quit running because of psychological burnout than from physical injuries every year. I like regular, daily physical exercise such as running because it allows me to burn off stress and calories. If I happen to run fast enough to place in a race (which happens every once in a great while), then terrific. But that's just icing on the cake.

I think that we place too great an emphasis on winning and not enough on just participating, and I think this has turned a lot of people off from regular exercise. May I suggest that every once in a while you don't time your run, and may I suggest that just once this year you try to go for a PR by running your slowest time. This won't get you listed in *Runner's World*, but it could keep you from burnout.

Till the next time, run happy and run healthy.

Chewta says:

Happy New Year!



### 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 on days 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. They want YOU to join them. You can do someone else's workout or your own. No matter what, you'll have a good support group to help you.

### Battling arthritis

According to "Arthritis Today," a mere 3 - 5 grams of omega-3 fatty acids, found in cold-water fish, can reduce the amount of tenderness in joints and also reduce morning stiffness for some arthritis sufferers.

We want to see YOU at the SCR Banquet on January 24. Be there or be square!



Gold Dust Saloon  
130 S. Union Avenue

*"Charlots of Fire" who played competing runners in the movie  
Ian Charleson and Brad Davis were the actors*



### 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 Pfof	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, Ian Charleson & Brad Davis

*Footprints* is produced monthly and mailed to the SCR membership to help make all their fitness and everyday life dreams come true.

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, help clarify the issues discussed, and periodically remind everyone of the need to conclude the agenda and hustle to the Gold Dust.



# Great (& so-so) Stuff

by Gary Franchi



## This is a good time to heed the word

Thought for today's lunch, compliments of Rod Dishman, an exercise physiologist: "People would rather have their jaws wired or their stomachs stapled than exercise."

**Musings on running, fitness, life, etc.:** Well I'll be gosh darn if there isn't some benefit to going to church after all.

Recent proof emerged from Christmas Eve mass at the Catholic church in Rye. Christmas Eve is one of the rare times that I usually "give in" to my other half and attend mass, whether I need it or not. I say "usually" because I had wiggled out of going the previous couple of years. I think there were legitimate excuses, something like "I think I've got to check the laces in my running shoes" two years ago and "Sorry, I didn't have the chance to add air to the car tires today" last year. Or some such similar legitimate excuses.

But this year, feeling acquiescent and an inner cheerfulness, I had decided ahead of time to go along with her request in order to contribute to the peaceful state of our marital coexistence, which in turn would allow a tranquil atmosphere to engulf our homestead in Colorado City over the holidays. Besides, I had started this great novel by Richard Ford and figured attending mass would be a great way to read a dozen pages or so.

The result was all of these! The light, feathery snow that was falling throughout the evening made for an idyllic setting both entering the church and then leaving amidst the smiles of the congregation afterward. The ol' lady was in a great mood, and our daughter, home from college for 10 days, was with us, which added to the glow. And, yes, I was able to read a good 20 pages of one of Mr. Ford's finer literary creations.

However, the real revelation came from the words of the priest, whose name is not important. Well, it probably IS important to him, but I don't know it. His name, I mean – not whether it's important to him. Anyway, every once in a while, while taking perfunctory breaks to look up from the Ford novel, I noticed Mr. Priest would raise his two arms and say "Let us train," and the entire congregation, in rote-like fashion, would rise and listen to him as he proceeded to speak, sing, or both, usually in a foreign language that I couldn't decipher but that I assumed was Latin. Pig Latin would have been more understandable.

But the church populace understood. I figured standing must be a new form of aerobics and that the congregation was trying to heed the priest's admonishment to "Let us train." At least I THINK this was what he said. I assume this was the message he wanted them to take into the new year.

Hence, that's exactly what I did. I decided then

and there that, by gum, 1998 was going to be a great year for training. Not that I haven't been a physical-ly motivated fitness disciple in the past. But 1998, I deemed, would be even better, and I would continue to make strides in my fitness discipline. In other words, I would go completely deficient of rational thinking in quest of health and fitness.

While 1997 had been a breakthrough year for me with the escalation of my low running mileage and the completion of my first half-marathon in close to a decade, I figure 1998 will be the time to go one step further.

Thanks to "the light" I have seen because of Mr. Priest, anything is possible now. In fact, the new fitness regimen has already begun. Racing in the Rescue Run 10K in Colorado Springs on January 1 was just the start. Upcoming is the Las Vegas Half-Marathon on Feb. 1. The 10-miler in the Spring Run-off, avoided for about 15 years because of various ailments and illnesses, not to mention "The Hill" at Platteville Road, also beckons on March 1.

Three- and four-hour bike rides, despite the sterility that may ensue, are no longer out of the question. Who knows, maybe Michael O., our resident world-class masters triathlete, will even talk me into attempting the Half-Ironman in Grand Junction, where total humiliation most definitely would occur. (But don't hold your breath, Michael.)

All this to look forward to because of Mr. Priest on Christmas Eve.

Let us train.

Indeed. See you on the roads.

(Proofreader's Note: Could Mr. Priest have been saying "Let us pray?")

**This month's smorgasbord:** My 16-year-old son, Aaron, says his lack of skiing prowess is a real downer. That's because the only chicks he can pick up on the beginners' green hills are pre-teens. So it goes, Don Juan ... Speaking of the green hills, anyone for some "slopes football?" (Ouch!) ... While on a recent jaunt around Lake Beckwith, I was thinking about the old rock band *Men At Work*. Remember them? Had maybe one hit, something about a vegamite sandwich. Anyway, I was thinking that if they ever have an e-mail address, it should be: **men@work.com** ... Editorial Consultant Nick Nasch wins the *Trendsetter of the Year Award*, brains down. Nick, who lost some square footage after moving from a 2-bedroom house in Pueblo into a 1-bedroom apartment in Lakewood, has found a way to maximize his living space. Showing mental acumen well beyond his 40-something years, Nick now stores his bicycle on the patio outside his third-story apartment. In the winter ... Well, gang, time to bag the reading and heed Mr. Priest's words: "Let us train." Have a great year!

## Ultimate in idiocy item of the month:

You probably remember all the controversy during the past year surrounding the Rim Rock Run in Grand Junction because the National Park Service would not grant a race permit until political pressure caused the NPS superintendent to relent. Well, earning this month's *Lights Are Dim Award* is that same NPS. Despite requests from Race Director Katie Hill, the NPS still has not granted a special-use permit for the 1998 race and has not scheduled a discussion meeting.



## Movie Line of the month:

"From now on, I want you to put an equal amount of blueberries in each muffin."

Hint: This was a great movie in terms of capturing the "feel" of Las Vegas. And I'm not referring to boxers biting off parts of ears or rap singers getting shot to death. Anyway, guess the movie and speaker and win world riches.

Answers below.

Answers:  
"Casino"  
Robert DeNiro in



# Definitely Not Great Stuff

by Matt Martin

## “Rolfing” comes to the rescue

*“Human beings can alter their lives by altering their attitudes of mind.”*

– William James

### Training to do your best

The weekly long run has many benefits because it improves your muscles' ability to use oxygen. It teaches your body to be more efficient by using fat as fuel, thus sparing your precious reserves of muscle glycogen. At the same time, the long run increases your body's ability to store glycogen in the muscles and liver. The long runs should be done at low intensity because this will stimulate the growth of new capillary beds, which in turn will allow more oxygen-carrying blood to reach your muscles. The result will be an increase in your body's capacity to do work.

– Darrin Eisman, Rocky Mountain Sports

### See ya in Vegas

It may be getting late, but you can still register for the Las Vegas Half-Marathon, Marathon, 5K & Marathon Relay. If you're hooked up to the Internet, you can get a registration form at: [www.lvmarathon.com/registration.htm](http://www.lvmarathon.com/registration.htm) Or call me at 676-4100.

The year 1997 was very difficult for me as a runner. I have a nagging back condition that has kept me from the roads since February. I have had lower back pain for years, but I have always been able to control it with chiropractic treatment and exercise. But in February 1997, the pain worsened to the point where I doubted I would ever run again. My entire back was in spasms. Each square inch was in excruciating pain most of the time. Every physical act in the day and night tortured me. I arose from bed doubled over most mornings.

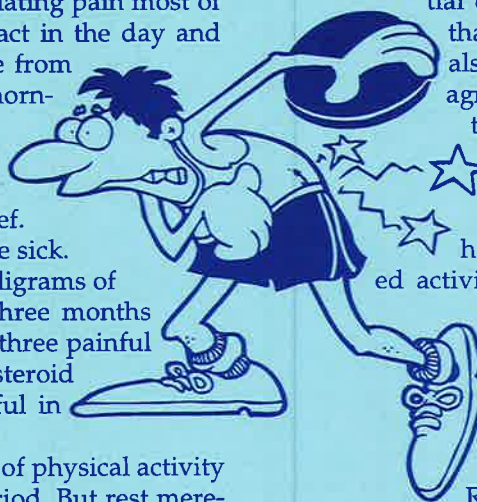
Nothing seemed to help. Chiropractic rendered only temporary relief. Pain medications made me sick. Twenty-four hundred milligrams of ibuprofen each day for three months did not work. A series of three painful and expensive epidural steroid injections was unsuccessful in permanently relieving the pain. I was glad to lay off of physical activity during my recovering period. But rest merely masked the problems. Once I resumed any physical activity, the pain and spasms returned. Finally, my doctors, including my chiropractor, told me never to run again. They pointed to an MRI as justification for their opinions. Surgery was an option but not one that I wanted to pursue.

I became depressed. My wife, with whom I had trained and ran for years, was now training alone and, worse, lining up at the start of races without me. I was now a mere spectator at these races. Sure, I still had my legs and general health, but not running, which for me had become a source of relief from the daily grind of work. Running had been something that also had given me time alone when not training with Kim, and time to spend with Kim when we ran together, without the kids interrupting us every two minutes.

Now, I had none of that. Many issues of *Runner's World* lay on the table untouched by me since reading it just brought on more

depression and frustration. The low point for me came when my medical doctor gave me a corset for back support.

A switch in doctors and a tip from a friend about a little-known therapy called “Structural Integration” have turned my life, and attitude, around. I went to see Dr. Rocky Khosla at the urging of my wife. I knew Rocky, of course, and was aware that many athletes swore by his treatment and positive attitude. However, my loyalty to my long-time family doctor had kept me from seeing Rocky when my problem first cropped up. During the initial exam, Rocky gave me hope



that I would run again. He also decided on a course of diagnostics that had not been tried yet. Indeed, a bone scan ordered by Rocky showed a possible stress fracture in a vertebrae. I have been placed on restricted activity (no pounding, such as I would receive by running) until a second bone scan can be done in a few more weeks.

Meanwhile, I investigated and started (with Rocky's blessing) Structural Integration, also known as “Rolfing.” My friend had two herniated disks and used to take morphine to kill the pain. Then, ten years ago, he underwent Structural Integration and has been pain-free ever since. I was at the end of my rope, so I decided to give it a try, although I knew nothing of it other than that it worked for my friend.

Rolfing was founded by the late Ida Rolf, Ph.D. Rolfing is based on the idea that the body balances on a center line of gravity.<sup>1</sup> Rolfing helps the body maintain its balance on this line.

Rolfing is hands-on treatment but is not massage. Massage focuses on muscles, while Rolfing focuses on their protective layer, called the fascia. The body is in balance in its natural state. The fascia is connective tissue. When the fascia is knocked out of line by trauma, then all the muscles and tendons in the body can become misaligned and out of

See Matt on Page 6

**SOUTHERN COLORADO RUNNERS CLUB**  
**Equipment Rental & Race Policy**

**POLICY**

Southern Colorado Runners Club (SCR) is a non-profit organization devoted to promoting running and walking at all ability levels for fitness and recreation. Southern Colorado Runners, in addition to producing its own race calendar, will assist outside groups with runs, walks, or other athletic events whenever possible following these guidelines:

**GUIDELINES**

- 1) A SCR member must volunteer as the race director to have overall responsibility for details pertaining to the event including volunteer recruiting, picking up and returning SCR finish line equipment, and coordination with the outside group. The race director is also responsible for collecting any SCR fees which should be immediately submitted to the treasurer.
- 2) If SCR equipment such as chronomix, finish line clock, flagging, etc. is used for the event, the outside group will be responsible for an equipment user fee to help defray the cost of maintaining and replacing the equipment. The fee will be determined by the number of participants as follows:

1 to 100 participants - \$ 100.00

101+ participants - \$ 1.00 per person over 100 entrants

Under unusual circumstances, the SCR assigned race director can ask for a fee variance at a regular monthly membership meeting.

- 3) If the outside group does not have access to liability insurance for their event, coverage can be provided under the SCR policy if all insurance requirements are met including the registration forms showing the event is produced by SCR and Road Runners Association of America. The outside group will reimburse for this insurance coverage (\$65.00 per event). If the outside group has their own liability insurance coverage they must list SCR as being additionally insured on their policy and show proof to race director.
- 4) Registration forms for any athletic event can be included in the monthly issue of Footprints free of charge. All flyers must be on unfolded 8 1/2" x 11" paper.
- 5) Exempt from the equipment fee will be the Pueblo Family YMCA in exchange for waiving fees for use of meeting rooms, the SCR mailbox and use of the YMCA's non-profit postage permit. Also exempt, with approval at a SCR membership meeting will be an event produced by a SCR member who has been an active volunteer during the previous 12 months (20 hours or more per year).

(over)

## **RACE ASSISTANCE GUIDELINES**

- 1) Normal SCR race assistance will consist of:
  - ▶ Furnishing of chronomix, race clock, finish board, finish chute equipment
  - ▶ Volunteers for finish line and results
  - ▶ Course marking
  - ▶ Course measurement
  
- 2) The sponsoring organization shall be responsible for:
  - ▶ Ordering race bib numbers and awards; bib numbers can be purchased through the Gold Dust Saloon
  - ▶ Registration (pre as well as race day)
  - ▶ Course marshals, split timers
  - ▶ Ordering t-shirts
  - ▶ Coordinating with outside sources such as ambulance, police, park officials, etc.
  - ▶ Water and aid stations
  - ▶ Approval from city for parade permits, etc.
  - ▶ Advertisement/promotion/flyers
  - ▶ Insurance
  - ▶ Sponsorship
  - ▶ Lead bicyclist, sweep bicyclist
  - ▶ Water and/or refreshments
  - ▶ Publicizing results in newspaper
  - ▶ First Aid
  - ▶ Clean up following event
  
- 3) Additional fees may also include:
  - \$.30 per bib for bib numbers
  - any other items deemed necessary to produce a quality event

# Rock Canyon Half-Marathon

Race Held Dec. 7, 1997  
Results Provided By Dave Diaz

**Overall Winners:**  
**Male – Brian Cates, 1:17:17**  
**Female – Maddy Tormoen, 1:23:07**

Name	City	Age	Sex	Time
1, Brian Kates	Colo. Springs	26	M	1:17:17
2, Thom Santa Maria	Colo. Springs	34	M	1:18:28
3, Paul Koch	Colo. Springs	29	M	1:20:50
4, Tom Kelecy	Monument	42	M	1:21:07
5, Bob Stoneman	Parker	43	M	1:22:27
6, Mark Koch	Pueblo	38	M	1:22:56
7, Gary Weston	Colo. Springs	42	M	1:23:01
8, Maddy Tormoen	Pueblo	35	F	1:23:07
9, Rich Hadley	Florence	41	M	1:23:18
10, Dan Tessler	Colo. Springs	48	M	1:23:22
11, James Robinson	Pueblo	46	M	1:26:00
12, Mark Jankelow	Pueblo West	34	M	1:27:05
13, Neal Taylor	Monument	34	M	1:27:34
14, Larry Miller	Colo. Springs	47	M	1:28:22
15, Matt McGowan	Boulder	29	M	1:28:33
16, Mike Connerghnt	Breckenridge	34	M	1:29:03
17, Scott Swan	La Junta	17	M	1:29:29
18, Rick Hessak	Colo. Springs	31	M	1:29:38
19, Tracy Horton	Denver	34	F	1:27:34
20, Dave Scmaltz	Boulder	47	M	1:30:37
21, Fred Creamer	Colo. Springs	36	M	1:30:40
22, Bev Zimmerman	Palmer Lake	34	F	1:33:18
23, Eck Zimmerman	Palmer Lake	46	M	1:33:19
24, Bill Veges	Pueblo	40	M	1:33:49
25, Jack Janney	Colo. Springs	45	M	1:35:11
26, Marv Bradley	Canon City	58	M	1:35:22
27, Valerie Shckley	Englewood	31	F	1:35:33
28, Beth Meyers	Colo. Springs	31	F	1:36:11
29, Stacy Huser	Colo. Springs	35	F	1:36:36
30, Pat Drayton	Louisville	49	M	1:36:59
31, Sam McClure	Canon City	44	M	1:37:09
32, Terrie Archer	Colo. Springs	40	F	1:37:24
33, Peter Doyle	Colo. Springs	51	M	1:37:25
34, Jack Harris	La Junta	55	M	1:37:50
35, Hector Leyba	Penrose	35	M	1:38:28
36, Joe Stommell	Pueblo	48	M	1:38:30
37, Jim Beckenhaupt	Colo. Springs	50	M	1:40:07
38, Lonney Vogt	Colo. Springs	43	M	1:40:15
39, John Ullsh	Westcliffe	48	M	1:40:18
40, Roy Hughes	Canon City	45	M	1:40:29
41, Frank McGill	Boulder	33	M	1:41:05
42, Teresa Taylor	Monument	37	F	1:41:15
43, Kari Fraser	Boulder	31	F	1:41:21
44, Phillip Atkinson	Westminister	32	M	1:41:49
45, Douglas Freeman	Parker	52	M	1:41:54
46, Jeff Miller	Pueblo	40	M	1:42:39
47, Bill Turley	Broomfield	67	M	1:42:49
48, Robert Lyons	Denver	31	M	1:43:11
49, Steve Walls	Colo. Springs	41	M	1:44:26
50, Roger Sajak	Pueblo	45	M	1:44:27
51, Claire Bueno	Pueblo	33	F	1:44:45
52, Bill Cox	Colo. Springs	40	M	1:44:48
53, Mike Borton	Pueblo	42	M	1:45:42
54, Doug Forsyth	Colo. Springs	28	M	1:45:44
55, Steve Ruff	Monument	31	M	1:45:45
56, Debora Archuleta	Colo. Springs	35	F	1:46:32
57, Jeff Arnold	Avondale	56	M	1:46:51
58, Deb Robeda	Pueblo	47	F	1:46:58
59, Susan Gebhart	Penrose	42	F	1:47:50
60, Marcey Wriedt	Boulder	21	F	1:48:15
61, Ed Gleason	Colo. Springs	42	M	1:48:54
62, Sean Bryan	Colo. Springs	38	M	1:49:10
63, Carla Devaughn	Colo. Springs	52	F	1:49:37
64, Mike Archuleta	Pueblo	37	M	1:50:32
65, Gary Franchi	Colorado City	49	M	1:50:54
66, Henry Hund	Pueblo	56	M	1:51:01
67, Timothy Mitros	Colo. Springs	38	M	1:51:14
68, Laura Schilf	Canon City	35	F	1:51:17
69, Anthony Fruge	Colo. Springs	47	M	1:51:22
70, Ken Greenberg	Littleton	43	M	1:51:25
71, Shawna McKenna	Colo. Springs	33	F	1:51:33
72, John Castanha	Rye	38	M	1:51:49
73, Carla Flores	Pueblo	39	F	1:51:50
74, Steve Farley	Ft Lyons	47	M	1:52:07
75, Chad Warren	La Junta	17	M	1:52:16
76, Bev Shepperd	Creede	47	F	1:52:28
77, John Mills	Colo. Springs	47	M	1:53:23
78, Don Pfof	Pueblo	57	M	1:53:47
79, Stacey Diaz	Pueblo	37	F	1:54:10
80, Bruce Zimbleman	Aurora	39	M	1:55:18
81, Diane Lopez	Pueblo	39	F	1:55:26
82, Laura Engleman	Woodland Park	44	F	1:55:31
83, Wayne Chesney	Boulder	59	M	1:56:10

Continued on Page 6



## No. 100

The Rock Canyon Half-Marathon was a milestone for Marv Bradley of Cañon City – it was the 100th race of Marv's career. His exquisite 1:35:22 time made No. 100 that much more special.

Photo by Gary Franchi

## SCR contingent starts '98 right

About a million local runners and walkers got 1998 started the right way by racing in the Rescue Run 5K & 10K at Palmer Park in Colorado Springs on January 1. Well, OK, only about a thousand of us made it.

Great day – about 55 or 60 degrees, no snow or ice on the roads in the park, and many of us took home valuable merchandise or coupons for freebies.

The SCR's **Mark Koch**, **Rich Hadley** and **Chris Borton** finished 3-4-5 in the 10K men's division. In the 5K, **Bill Veges** was 9th. For the women, **Laura Engleman** was 22nd in the 10K, while **Misti Frey** and **Marijane Martinez** were 11th and 12th & **Carol Saucedo** was 14th in the 5K.



## Winners ...

... in their own right for completing the Rock Canyon Half were Puebloans' **John Holiman** and **Jessie Quintana**, who recorded times of 2:03 and 2:06, respectively.

Photos by Gary Franchi



# Rock Canyon Half-Marathon

## Area racers survive Rim Rock Run

Six participants from southern Colorado were among the finishers in the 5th 22.6-mile Rim Rock Run held Nov. 8 in Grand Junction. Leading the way was the SCR's **Joe Stommel**, who flashed to a 3:20 time to take 11th place in the Male 45-49 division. Finishing in the same ballpark was **Shaun Gogarty** of Colorado City with a 3:23 for 18th place in the 35-39 division. On the female side, **Gloria Gogarty** was 16th in the 40-44 division with her 4:08 run. Rye's **Kristen Inman**, race-walking studette, was 11th in the 25-29 division with her 4:41 clocking. **Donna Nicholas-Griesel** of Coaldale, a regular at local races, had a 4:13 clocking for 4th in the 50-54 division, followed by **Cheryl McCoy** of Salida in 4:30 in the same age category.

## SCR dudes star in Fall Series

Thirteen-year-old Jenna Dorsey-Spitz led five SCR members at the 4-race Fall Series held in the Springs area. Jenna was 3rd overall in the female division. On the mens' side, the SCR's Jim Beckenhaupt of the Springs was 45th, Rich Barrows of CS was 60th, 11-year-old Brendan Dorsey-Spitz was 63rd and Henry Hund took 76th place.

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Name	City	Age	Sex	Time
84, Daphne Werth	Denver	30	F	1:56:13
85, Joseph Phaneuf	Colo. Springs	33	M	1:56:36
86, Les Lundin	Colo. Springs	48	M	1:56:47
87, Tomas Duran	Pueblo	52	M	1:57:03
88, Ed Mighell	Denver	67	M	1:57:12
89, Emily Bomar	La Junta	17	F	1:57:14
90, Carol Kinzy	Pueblo	49	F	1:57:20
91, Matt Bomar	La Junta	15	M	1:57:36
92, Phyllis Allen	Denver	31	F	1:58:31
93, Cathy Kelley	Pueblo	29	F	1:58:32
94, Deb Haverfield	Monte Vista	38	F	1:58:36
95, Wayne Whitney	Pueblo West	58	M	2:00:27
96, Evelyn Gottschall	Colo. Springs	42	F	2:00:34
97, Julie Leslie	Lakewood	33	F	2:00:44
98, Kim Taylor	Pueblo	28	F	2:02:07
99, Matt Sherman	Pueblo	25	M	2:02:56
100, Mary Zehringer	Colo. Springs	34	F	2:03:48
101, John Holiman	Colo. Springs	70	M	2:03:58
102, Rachel Fruge	Denver	21	F	2:04:07
103, Beth Ganz	Denver	30	F	2:06:02
104, David Sorenson	C/s	43	M	2:06:09
105, Jessie Quintana	Pueblo	54	F	2:06:34
106, Ellen Sacksteder	Canon City	26	F	2:08:50
107, Donna Nicholas-Griesel	Coaldale	51	F	2:09:52
108, Denise Bingham	Littleton	41	F	2:11:08
109, Stephanie Andrews	Denver	26	F	2:11:25
110, Don Ferrer	Wheatridge	40	M	2:11:33
111, Martha Kinsinger	Colo. Springs	63	F	2:12:19
112, Charles Ripp	Colo. Springs	44	M	2:12:39
113, Enid Schantz-Hagelberg	Goodland, KS	42	F	2:12:52
114, Erin Strand	Denver	26	F	2:13:03
115, Kelley Griffith	Denver	26	F	2:13:03
116, Felix Magalong	Colo. Springs	42	M	2:13:59
117, Mary Rowanus	AFA	38	F	2:14:04
118, Trisha Ferguson	Pueblo	46	F	2:14:31
119, Katherine Marshall	Fort Collins	36	F	2:21:08
120, Beth Bryant	Arvada	57	F	2:21:59
121, Jeanne Golding	Colo. Springs	37	F	2:22:49
122, Fred Bender	Colo. Springs	54	M	2:24:23
123, Ted Puls	Pueblo	38	M	2:28:19
124, Gerold Puls	Fort Collins	71	M	2:28:20
125, Katherine Hoggan	Denver	23	F	2:31:13
126, Shawna Tolman	Denver	25	F	2:31:14

## Pueblo & Hinterlands Division Males

1, Mark Koch	Pueblo	1:22:56
2, Rich Hadley	Florence	1:23:18
3, James Robinson	Pueblo	1:26:00
4, Mark Jankelow	Pueblo West	1:27:05
5, Scott Swan	La Junta	1:29:29
6, Bill Veges	Pueblo	1:33:49
7, Marv Bradley	Canon City	1:35:22
8, Sam McClure	Canon City	1:37:09
9, Hector Leyba	Penrose	1:38:28
10, Joe Stommel	Pueblo	1:38:30

## Females

1, Maddy Tormoen	Pueblo	1:23:07
2, Claire Bueno	Pueblo	1:44:45
3, Deb Robeda	Pueblo	1:46:58
4, Susan Gebhart	Penrose	1:47:50
5, Laura Schilf	Canon City	1:51:17
6, Carla Flores	Pueblo	1:51:50
7, Stacey Diaz	Pueblo	1:54:10
8, Diane Lopez	Pueblo	1:55:26
9, Laura Engleman	Woodland Park	1:55:31
10, Emily Bomar	La Junta	1:57:14

## Matt

Continued from Page 4

balance. Rolfing is designed to bring the fascia, and hence the muscles and tendons, back into alignment and balance.

Rolfing can be painful. However, I was ready for a change as I did not want to live with the back pain for the rest of my life. Thus, I was able to overcome the pain in order to effectuate changes to my back. Also, my Rolfer has been helping me learn new stress-relieving techniques. Rolfing itself is a lesson in stress relief because I know that I need to relax to overcome the pain from Rolfing and the pain in my back. My attitude is to let go of all of my inhibitions to allow my practitioner to heal me. After my first Rolfing session, a lot of my pain was gone. I walked out of the office with a huge smile on my face. Then, I went for a long walk to experi-

ence the pleasure of being pain-free.

Rolfing requires ten sessions, with one or two weeks between sessions. I have only been through four sessions, but I can attest to its success. Other than some slight pain in the location of the possible stress fracture, I am absolutely pain-free in the rest of my back. My attitude has taken a definite upswing, and I am feeling very positive about myself and my future. I see myself running again. Time will tell whether I do or not.

<sup>1</sup> Much of the information in this column about Rolfing comes from an article by Frances E. FitzGerald, "Structural Integration: The Many Benefits of Multi-layered Body Work (Rolfing)," appearing in Vol. 5, No. 4 of Health Counselor, at pp. 33-35, and from my discussions with Doug Martin (no relation to this author), Certified Advanced Rolfer.

Next SCR meeting

7 p.m. Tuesday, February 3, 1998. All SCR are members are invited.



# 1997 Racing Calendar

## Pueblo County - Canon City area

### February

7	Sat	10:00AM	Frostbite Five & Dime, 5K & 10K .....	City Park	(719) 563-5151
14	Sat	9:00AM	Valentine's Twosome, 1.6M each partner ...	City Park	(719) 543-5151

### March

1	Sun	8:15AM	Spring Runoff, 5K, 10K & 10M .....	Peppers	(719) 543-5151
		TBA	Canon City Predict Run		

### April

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

### January

17	Sat		Run for the Dream 5K, Run & Walk .....	City Park, Denver	(303) 694-2030
24	Sat		Winter Series #2, 4M & 8M .....	Fort Carson	(719) 598-2953
25	Sun		Super Bowl 5K .....	Washington Park, Den.	(303) 694-2030

### February

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

### March

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

### April

11	Sat		Tortoise & Hare Predict, 5K .....	S. Monument Valley Park, Colo. Springs	(719) 533-1025
18	Sat		Run the Ridge, 5K & Half-Mile Kids Run .....	Colorado Springs	(719) 596-3507
18	Sat		Horsetooth Half-Marathon .....	Fort Collins	(920) 493-4675

## Regional Marathons (& others of interest)

January	17	Mardi Gras - New Orleans, LA .....	(504) 482-6682
	18	Houston .....	(713) 957-3453
	18	San Diego (& Half) .....	(619) 792-2900
February	25	San Francisco (& Hal) .....	(415) 333-4780
	1	Las Vegas, NV (& Half & 5K) .....	(702) 876-3870
	15	Desert Classic (& Half) - Scottsdale, AZ .....	(602) 954-8341
March	17	Mardi Gras - New Orleans .....	(504) 482-6682
	28	Cowtown Marathon - Fort Worth, TX .....	(817) 735-2033
	29	Los Angeles .....	(310) 444-5544
April	4	Marathon of the Great SW - Abilene, TX ....	(915) 677-8144
	20	Boston Marathon .....	x
May	26	Big Sur - Carmel, CA .....	(408) 625-6226
	26	MEDCOM - San Antonio (& Half) .....	(210) 221-4893
	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

**May 16**  
Ordinary Mortals  
Triathlon

**May 16**  
Armed Forces Day Run  
- Fort Carson

**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. 6**  
Run for the Rose

**Sept. 13**  
Royal Gorge Challenge

**October 11**  
River Trail Marathon,  
Half-Marathon & 10K

**November 21**  
Atalanta 5K

**December 6**  
Rock Canyon  
Half-Marathon

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



## Stats that rule

- An amazing 57% of last year's finishers in the Lilac Bloomsday Run were women. – *"Self" magazine*
- The attrition rate from annual health club memberships is 38%. – *"Prime Health & Fitness" magazine*
- Projections indicated that mountain bike sales would fall about 10% in 1997. – *National Bicycle Dealers Assoc.*
- Health club members who read *"Footprints"* were 89.8% less likely to renew their memberships. – *Pollsters Unlimited*

# Information you can't live without

by the Editor

### Frostbite Five & Dime

We have to wait until Saturday, February 7, for the first local race of 1998 – the **Frostbite Five & Dime** that will begin and finish at the City Park Pavilion. These 5K and 10K races will begin at 10 a.m. Race Director Ben Valdez has come up with a fantastic long-sleeved mock turtle-neck shirt for all entrants. Ben could use some volunteer assistance to help conduct the Frostbite. If you can help, please call him at 543-5151 (days).

### Valentine's Twosome

A week later – on Saturday, February 14 – the SCR will celebrate club member Judy Tucker's birthday by conducting the annual **Valentine's Twosome** at City Park. This one is based at the opposite end of the Park by the Aquatics building.

In this race, each member of male-female teams runs one loop of the Park, or 1.6 miles each. There also is a Lonely Hearts division for, well, lonely hearts who can't find a partner. The lonely hearts will run both loops.

The wearing of Valentine's attire is encouraged, as well as the use of exchange batons that have a Valentine's theme.

### Miscellaneous racing notes

The **Rock Canyon Half-Marathon**, covered on Page 5, was a great success last month with 141 registered runners and 126 finishers. While quite cool for spectators, it was a great day for runners. Compliments to Race Director Dave Diaz for another fine race.

I'm told the Arthritis Foundation is still intent on keeping the evening format for the next **Jingle Bell 5K** run and walk but is thinking of starting it slightly earlier than its previous 5:45 p.m. time. The race is held late in the year (November or December) prior to the holiday Parade of Lights.

The SCR was recently faced with taking care of one of its uglier duties of the year – paying its **insurance** to the RRCA to ensure that we are covered for all of the road races we will produce this year.

For the soul ...

**"Good health is a gift you give to yourself. The longer you wait to start exercising, the harder it gets."**

– Morton Dean

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

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**Let the good times roll in 1998!**

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