



FOOTPRINTS

An award-winning newsletter.

A Heart-Warming February 1998 Edition

Annual SCR Banquet is a runaway success

By Matt Martin

"No wonder nobody comes here--it's too crowded."

- Yogi Berra
(at the 1939 SCR Banquet)

The SCR held the annual Southern Colorado Runners Banquet Saturday, January 24, 1998, the day before the Greatest Day in Sports (Super Bowl XXXII). We held the banquet at The Gold Dust Saloon, where local bluegrass band "Fireweed" entertained early attendees. The band really got down with such rousing numbers as "Orange Blossom Special."

The evening's festivities included games, dinner, the entertainment by "Fireweed" and the presentation of a multitude of awards.

The evening's biggest awards went to three deserving members. The Club named **Ben Valdez**, Immediate Past SCR President, as the Outstanding Club Member. **Maddy Tormoen** and **Bill Veges** were named Female and Male Runners of the Year, respectively (you could have figured that one out, right?).

The SCR hands out the Dirty Sock Award annually to a member who works tirelessly, usually behind the scenes, for the club. The winner is usually one who never whines about all that they do for other runners. The Club gave this year's award to Club Treasurer **Melinda**



Big Winners

Major award winners announced at the SCR Banquet were (from left) Ben Valdez, Outstanding Club Member; Maddy Tormoen, Female Runner of the Year; and Bill Veges, Male Runner of the Year.

Photos by Matt Martin

"I Swear"

Sworn in as new SCR officers by outgoing President Ben Valdez (left) during the SCR Banquet were (l-r) Jesse Quintana, Secretary; Joe Stommel, Vice President; Mike Orendorff, Treasurer; and Rich Hadley, President.



Badgley Orendorff (or, as my assistant, daughter Julia, wrote her name: Melinda Baglendwarf), who is always there when the club needs her.

The SCR's new officers are **Jesse Quintana**, Secretary; **Mike Baglendwarf**, Treasurer (so he can cover up his wife's 1997 embezzlements); **Joe Stommel**, Vice-President; and, **Rich Hadley**, President. Rich's election re-

minds me of what Will Rogers said many years ago: "When I was a boy, they told me that anyone could grow up to be President. Now that I am a man, I know that to be true." Meanwhile, **Robert Quintana** won the traditional "Quarter Toss" contest. He donated all the proceeds from his victory to

See Banquet on Page 3





Chewta says:

"Here's some information about the '98 RRCA convention:"

Location:

Peoria, Illinois

Dates:

June 18-20, 1998

Headquarters:

Holiday Inn City Centre
(800) 474-2501
and
Hotel Pere Marquette
(800) 447-1676

Official travel airline:

United Airlines and
United Express
5% off published fares

Call:

Sutton Travel
(800) 383-5555
or
(309) 347-5555

Rental cars:

Sutton Travel
(above number)

Visitor information:

(800) 747-0302
<http://www.peoria.org>

Club hosts:

Illinois Valley Striders
Starved Rock Runners

RRCA web site:

<http://www.rrca.org>

Race accompanying convention:

Steamboat Classic

Rocky on Fitness

What stress fractures are & how to treat them

by Rocky Khosla, M.D.

I was asked about stress fractures recently, so here goes:

Stress fractures are what happens when the ability of bone to heal itself cannot keep up with forces that cause it to weaken. When you hear the word fracture, it conjures up people in traction, but this type of fracture is different than the traditional traumatic type of fracture. In a traumatic type of fracture, there is usually a large force that gets applied to a section of bone, the bone breaks. So, for example, if you slip on an icy walk and put your hands out to cushion your fall, you may end up breaking one of what are called the scaphoid bones in your wrist.

Generally, the treatment of this type of fracture depends on the location of the fracture and the "displacement" and "angulation" of the fragment that is broken. These last two words just indicate if the bone is lined up end to end and if there is any angle to the pieces when lined up. If the broken bone fragments are lined up and not at an angle, we are able to put a cast on, and usually things heal just great. At other times, an orthopedic surgeon may have to put pins or plates in to bring the pieces together.

Unlike traumatic fractures, stress fractures occur slowly over time. Think of these as occurring in slow motion. For example, a runner might decide to increase his/her mileage and start developing mild pain initially in a lower leg. As he/she keeps increasing the mileage, the pain starts

to occur earlier in the exercise, and lasting longer. What is happening is that at the cellular levels of bone, the repetitive trauma of running is doing more damage than the body can repair, and a small break on the surface of the bone is enlarging.

But how can this be, you say? Isn't bone just like a rock, hard and unchanging? And the answer is that bone is living, changing tissue. There are cells called osteoclasts that actually go around and destroy bone that is old and frayed, and there are cells called osteoblasts that make new bone. A bunch of factors can tip this balance, so that may end up getting gobbled up than laid down, and this can lead to trouble. It turns out that estrogen is a big stimulator to the osteoblasts, and that is why women whose estrogen levels drop may be at significant risk for osteoporosis and stress fractures.

The treatment of stress fractures usually involves resting the affected bone, and rarely it may involve casting. To diagnose stress fractures, often a plain X-ray may not be enough, and a bone scan may be necessary.

You can decrease your chance of getting a stress fracture by using a reasonable training schedule, eating right and, if you are a female, making sure that you have an adequate estrogen level. Generally, if you are having regular periods, your estrogen level is fine. But if you are not having regular periods, talk with your doctor.


Till the next time, keep on truckin'!

*Stop in and
enjoy Pueblo's
best burgers &
fries while
registering for
the Runoff.*

**GOLD DUST
SALOON**
M^{SR}RID INC.

Gold Dust Saloon
130 S. Union Avenue

Sean Combs is the real name of Puff Daddy, who in 1997 was the top-selling rap star in the United States.



Southern Colorado Runners

*A member of the
Road Runners Club of America*



Current SCR Officers:

President	Rich Hadley	784-6514
Vice President	Joe Stommel	546-1569
Secretary	Jessie Quintana	564-2350
Treasurer	Mike Orendorff	561-2956
Non-elected Officers		
Membership Chair	Mike Orendorff	561-2956
Newsletter Editor	Gary Franchi	676-4100
Assistant Newsletter Editor	Matt Martin	542-5350
•		
Editorial Consultants	Nick Nasch, Sean Combs	
•		

Banquet

Continued from Page 1

the equipment fund. **Julie Wirmers** won the "Ice Breaker," which was a fun game that combined trivia with deductive reasoning. **Julia Martin** won the "Scavenger Hunt," which four youths hotly contested. The kids had to find, among other things, a Broncos item. **Adrienne Martin** found her item as a club member wearing a Terrel Davis shirt. Adrienne forgot, in the excitement of the hunt, that she had worn a Broncos jacket to the dinner.

Dave Diaz directed the Handicap Series in 1997. By the looks of things, he will be back as director of the Series in 1998. Dave handed out awards, as follows: 1st place: **Bill Veges**; 2nd place: **Don Pfost**; 3rd place: **Rich Hadley**; and 4th place: **Paul Barela**.

Septuagenarian **John Holiman** won the EverReady Bunny Award. The always jovial **Andy Ballou** won the Packard Friendship Award that is given annually to a club member who embodies the true spirit of running.

The club recognized *Footprints* editor

Gary Franchi for his work for the club. Gary's journalistic efforts bring fame and fortune (well, maybe just fame) to all of us. The Club awarded Gary movie tickets at Tinseltown and a dinner. We would have given Gary a million dollars, payable in annual installments over twenty years, but we decided not to when he failed to show for the banquet. In all fairness to Gary, he was watching his BMOC son, Aaron, play a basketball game in Falcon, Colorado. We just hope that Gary remembered to give Aaron a ride home from the game, unlike the time that Gary left Aaron, then just a young child, at the YMCA while he went to the Gold Dust to swig beer with other SCR members.

The people who received awards at the banquet are volunteers. They give of their time, without complaint, so you and I can have a good time. I doubt very seriously whether they have any more time to devote to the club than most of the club's members (this author excepted, of course). We owe each of them a deep debt of gratitude (although Franchi will accept cash).



Paul Barela presents Melinda Badgley Orendorff with the coveted Dirty Sock Award.



Outgoing President Ben Valdez (left) presents Andy Ballou with the Packard Friendship Award.

Photos by Matt Martin

Avon women's running series coming to Colorado

The Denver-based Colorado Columbine women's running club will host one of 10 races that have been selected by Avon for its first year of the new Avon running Global Women's Circuit. The women-only 10K race will be held on Mother's Day – May 9 – at Cherry Creek State Park in Arapahoe County. The race will consist of a 10K and a 5K walk.

Three trips to the National Championship race in Chicago will be awarded – to the first overall 10K finisher, to the master's winner,

and to an Avon representative. The prize purse at National will total \$50,000.

Ladies, there are registration forms for this race available at the YMCA in the TV room. For information, you can call (303) 972-4931 or check out the Internet site:

www.avonrunning.com

As an early prelude to the race, a clinic will be held in March, with former long-distance star Grete Waitz the featured speaker.



State RRCA News

State Meeting

Lisa Paige, the RRCA state rep for Colorado, will convene a state meeting in Buena Vista for any SCR member who is interested. The meeting will take place from 4 - 6 p.m. Friday, April 24. The following day, the Collegiate Peaks Trail runs will take place in Buena Vista. Anyway, if you are interested in attending, please contact an SCR officer (they're listed on Page 2, bucko!), or contact Lisa Paige at (303) 972-1619.

Upcoming RRCA Championship

The National RRCA Marathon Championship is the Sutter Home Napa Valley Marathon to be held March 1, 1998. The Western Region hosted 11 RRCA Championships in 1997.

Quoteworthy

"You have to stay in shape. My grandmother started walking five miles a day when she was 60. She's 97 today and we don't know where she is."

– Ellen DeGeneres



Definitely Not Great Stuff

by Matt Martin

The inside skinny on Las Vegas



"The truth is a precious commodity. That's why I use it so sparingly."

– Mark Twain

Training to do your best

Some thoughts to help you avoid overtraining during your marathon preparation:
"Runners with specific goals are most at risk for overtraining. People who train for a marathon simply to finish are less likely to overtrain."

– Dr. John Cianca

"A combination of increased mileage and decreased rest is the typical overtraining recipe. Over time, this leads to a buildup of stress in the back, legs and feet and can set the stage for an injury that can knock a runner out of the race."

– Steve Sievert, Houston Area Road Runners Association

"Constant fatigue, lingering aches and pains, irritability, weight loss and recurrent viral infections can all be signs that you're putting too much stress on the body."

– Dr. John Cianca

Ironman qualifier

In case any of you have masochistic tendencies, note that this year's Hawaii Ironman qualifier in Colorado this year is the Desert Sun Half Ironman to be held July 19 in Grand Junction.

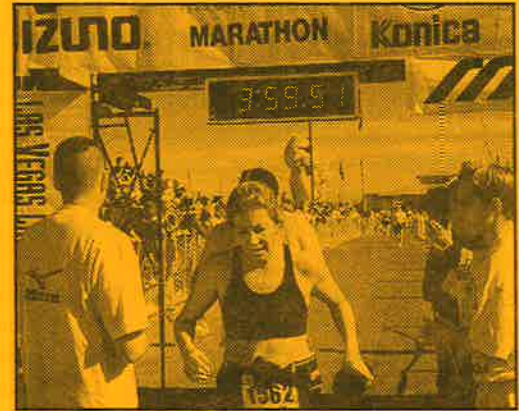
My wife, Kim, and I flew to Las Vegas, Nevada, on January 30, 1998 for the February 1 running of the Las Vegas International Marathon. I was, of course, along for the ride and to offer Kim my undying support. Since I was not running, I was not worried about whether I got any sleep or hung around with a room full of drunken, smoking gamblers. So, I took advantage of some Vegas nightlife, and learned a few truths in the process. What follows is some of what I learned:

1. Always bring a coffee maker to Las Vegas, because the hotel rooms do not have any. I saw a "runner type" boarding our plane in Colorado Springs carrying a coffee maker in a backpack. I laughed, then wondered why he would pack a coffee maker into a backpack. I soon learned why (see truth #2 below).

2. Never stay at the Hotel Continental unless your pocketbook forces you to stay there. We booked a room at the Continental because it was cheap and we believed it was merely two blocks from where Kim needed to catch the bus to the marathon start (see truth #3, below). This place was a pit. It was pure trash. When God made Pueblo's South Dump, he used the Hotel Continental as a model. Anyway, our first room at the Continental was a mere 20 feet from the casino and all the noise from those slot machines. We put our bags down, walked out of the room directly to the front desk and demanded another room. We got one. Nevertheless, the first thing we did the next morning was check out of that dump. Did I mention that neither room had a coffee maker? We checked into a mini-suite in a much classier joint, the Imperial Palace. This place, despite all of its accouterments, also did not have a coffee maker. This lack of coffee makers was becoming a problem for me, since I have a hard time functioning on three hours of sleep.

3. Never believe the map included in the Las Vegas International Marathon brochure. Everything looks so close together on the map. Well, the Hotel Continental was at least a mile from where Kim needed to catch the bus, not the two blocks that it appeared to be on the map. The mappers forgot to draw in some side streets.

4. Never ask anyone in Las Vegas at 4:00 a.m. how they are doing. If they were doing well, they



Hubby Matt was at the finish to photograph Kim Westerman-Martin's marathon finish.

Photo by Matt Martin

would not be up at 4:00 a.m. Which will tell you how I was doing at 4:00 a.m.

5. Never book a room at a Las Vegas motel that advertises hourly rates, unless one wants strange women walking into one's room asking for money in exchange for something else. We did not check into this type of motel, but I thought you might find it amusing to know that such places exist in Las Vegas.

6. Never remember your bank card's PIN. If you do, you will access your checking account from an ATM in a Las Vegas casino, the worst place to access your account.

7. Never trust entrepreneurial ideas dreamed up by you at a blackjack table. Desperate times call for desperate measures. I had seen a TV commercial for "Aquabell." An Aquabell is an inflatable dumbbell (you would have to be one to buy one). You carry it in your suitcase while traveling, then fill it full of water, and use it as you would use a dumbbell at the gym. While pondering whether to take a hit on a sixteen when the dealer was showing a face card, I came up with the idea of "Aqua Coffee Maker." Why should one have to carry a bulky coffee maker in a backpack on a plane? Why not just have an inflatable coffee maker? All one would have to do is unfold it from the suitcase, fill it full of water, and make some coffee. Life would be grand.



Well, that is about all the truth I learned about in Las Vegas. Maybe next time I will learn the meaning of life. (Ed. Note: How about **GETTING a life!**)

Local runners flock to Las Vegas

Close to two dozen runners and spouses with ties to southern Colorado made the trip to Las Vegas for the annual Las Vegas International Marathon and Half-Marathon held Feb. 1 and to cast a wager or two via the tables or the slot machines. Thanks to the Internet and the LV Marathon Home Page, I was able to extract most of the results. I say "most" because I'm sure I'm missing someone that I didn't know was out there. Anyway, these are the times I was able to find:

Half-Marathon

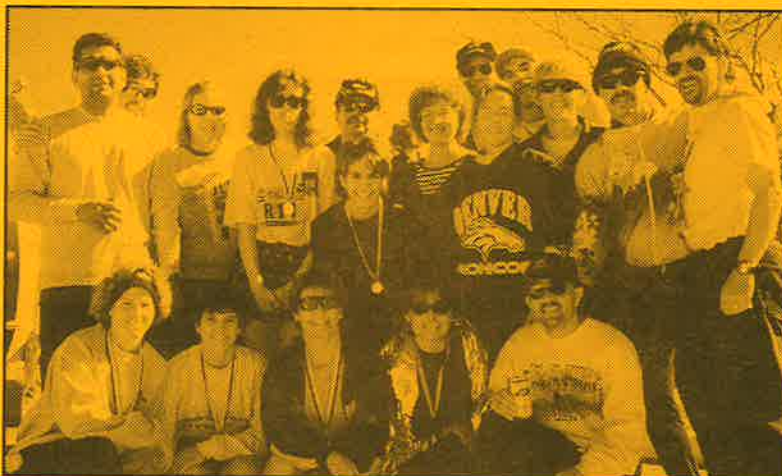
- David Barker 1:27
- Gil Cruz 1:45
- Dave Diaz 1:28
- Stacey Diaz 1:59
- Betty Duran 2:00
- Tomas Duran 2:00
- Gary Franchi 1:47
- Dick LeDoux 1:09
- Nick Leyva 1:46
- Kathy Stommel 2:12
- Bill Veges 1:29

Marathon

- Mike Archuleta 4:06
- Herb Brockman 3:32
- Trish Ferguson 5:36
- Carol Ann Kinzy 4:16
- Greg Laney 3:32
- Joyce Laney 5:36
- Laura Schilf 4:23
- Joe Stommel 3:22
- Kim Westerman-Martin 3:59

Women's Relay

The Colorado Gold Dust unit of runners took 2nd place in the Women's Relay division. In their running order were Misti Frey of Pueblo West; Adrienne Kramer of Arden, North Carolina; Amanda Franchi of Henderson, Nevada; Marijane Martinez of Pueblo; and Stella Heffron of Elizabeth, CO. They recorded a 3:16 total time.



They Were There

Here's part of the throng that made the trip to Las Vegas, Nevada, either to run in the Las Vegas International Marathon & Half-Marathon held February 1 or just to take in the sights and the sounds of the glitter city.

Photo by Matt Martin's camera

Former Puebloans Greg & Joyce Laney (from left) journeyed from Maiden, North Carolina, to run the marathon with old friends. Greg ran with Herb Brockman, while Joyce ran with Trish Ferguson. They are shown here after surviving the ordeal.

Photo by Stacey Diaz



In the Money

Finishing 2nd in the women's relay division was the Colorado Gold Dust team of (from left) Marijane Martinez, Misti Frey, Stella Heffron, Adrienne Kramer and Amanda Franchi.

Photo by Nick Leyva



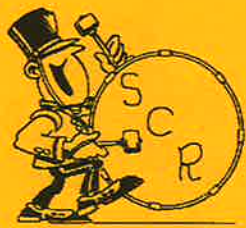
Good news for chocoholics

A new study conducted by the University of Pittsburgh Medical Center of 63 women plagued with chronic headaches has dispelled chocolate as being a cause, even in people with migraines. The study examined the onset of migraine, tension or combined migraine-tension headaches after the women ate disguised samples of either chocolate or carob, which resembles chocolate in appearance and flavor. The study showed no consistent pattern of headaches for either the subjects eating chocolate or carob. Pass the Snickers bars, please.

Charles likes Vegas, too

"What would I rather do: spend three days in New York, where it is going to be twice as crowded as usual, or spend three days in Las Vegas rolling the dice?"

– Houston Rockets forward Charles Barkley on not being voted to the NBA All-Star Game



Frostbite Five & Dime



Races held Feb. 7, 1998
Results provided by Ben Valdez

5K Division OVERALL WINNERS

Male: Lavon Shelton, 17:56
Female: Towanda Nitzky, 20:45

Congrats, Mike

I read in *The Daily Bugle* where the SCR's Mike Archuleta is one of 11 registered nurses from Pueblo who have been nominated for a 1998 Nightingale Award. The award was established by the University of Colorado School of Nursing to recognize nurses for exceptional achievement in all areas of professional practice. Mike works at Parkview Hospital. He also is a long-distance runner and multi-sport dude who most recently ran a 4:06 marathon in Las Vegas. The nominees will be honored at a dinner on April 4, and 15 finalists statewide will be honored at a banquet in Denver on May 2. Six nurses will be announced at that time as winners of the award.

New "Dummies" book title

You may recall from reading past issues of "Footprints" that your beloved editor likes to poke fun at the various "Dummies" books. The latest I've seen may take the cake: "Beer for Dummies." The coolest part is that I heard SCR members Bill Veges and Dave Diaz were consultants on the book. Congratulations!

MALES

12-17 division

Matt Bomar La Junta 15 20:57

18-29 division

Randy Sandoval Pueblo 27 20:32
Brian Vanbuskirk Golden 22 20:45
Jeff Keller Pueblo 26 21:00
Adam Watters Colo. Springs 25 24:49
Gabriel Cosyleon Pueblo 20 25:08
Greg Cooper Pueblo West 27 26:37

30-39 division

Lavon Shelton Fountain 32 17:56
John Castanha Rye 38 23:10
Brad Vanbuskirk Pueblo 36 23:39
Butch Faoro Penrose 31 26:37
Dan Cansino Cañon City 35 27:52
Paul Metz Pueblo 32 40:51

40-49 division

Kenneth Johnson Raton, NM 44 18:11
Woody Noleen Colo. Springs 42 18:26
Bill Veges Pueblo 40 19:45
Gilbert Madrid Aurora 44 20:14
Roy Hughes Cañon City 45 20:46
Hector Leyba Penrose 47 20:47
Bob Mutu Colo. Springs 49 21:57
Basil Hernandez Pueblo 41 24:58
Wayne Smith Pueblo 48 28:20
Bruce Taylor Pueblo 49 30:10
David Klein Rocky Ford 42 36:07
Bobby Goble Pueblo 41 40:37

50-59 division

Marv Bradley Cañon City 58 20:45
Lou Huie Colo. Springs 51 21:26
Hilbert Navarro Pueblo 57 24:50
John Dengler Pueblo West 50 26:46
Stan Burgess Peyton 53 26:50

60 & over division

William Vanbuskirk Lamar 62 25:20
Bruce Batting Rye 60 27:11

FEMALES

12-17 division

Jaimie Klein Rocky Ford 9 36:06

30-39 division

Towanda Nitzky Fort Collins 33 20:45
Misti Frey Pueblo West 30 22:38
Angelina Madrid Aurora 32 31:13
Kim Cansino Cañon City 31 31:18

40-49 division

Jan Huie Colo. Springs 48 27:06

50-59 division

Fran Borton Pueblo 50 25:56
Carol Rooney Pueblo 50 26:41

10K Division OVERALL WINNERS

Male: Gerald Dasilva, 33:47
Female: Maddy Tormoen, 37:02

MALES

18-29 division

Geraldo Dasilva	Denver	22	33:47
Paul Koch	Colo. Springs	29	34:37
Jayson Middlemiss	Colo. Springs	26	36:14
Karl Haunold	Boulder	29	38:41

30-39 division

Lawrence Alesch	Colo. Springs	35	35:35
Mark Koch	Pueblo	38	36:24
Jeff Lindemann	Peyton	39	36:30
H. McGuillicuddy	Boulder	35	37:07
Robert Santoyo	Pueblo	35	41:45
Shaun Gogarty	Colorado City	38	42:53
Sean Finley	Pueblo West	38	45:17
Tom Black	Pueblo	35	46:12
Doug Cullison	Pueblo	31	46:45
Brent Stoltzfus	Colo. Springs	35	47:09
Dan Quigley	Denver	37	49:50
Kerry Meier	Pueblo	32	52:16
Lance Givens	Florence	32	52:56
Chris Chambers	Wetmore	30	52:59
Chris Jaquez	Cañon City	35	54:00
Scott Nicklin	Penrose	30	57:48
J.D. Walters	Pueblo West	39	57:48
George Reichert	Florence	33	58:30
Tim Caudill	Florence	37	58:30
Terry Robertson	Pueblo West	39	66:52

40-49 division

Dave Diaz	Pueblo	49	41:47
Jack Janney	Colo. Springs	45	42:57
Michael Pugh	Pueblo	49	43:48
Anthony Soto	Pueblo	40	44:33
Michael Rogan	Denver	45	47:25
Gary Franchi	Colorado City	49	48:25
Benny Terry	Colo. Springs	45	49:21
Craig Vaughn	Boulder	41	49:59
Les Lundin	Colo. Springs	48	50:07
David Trombley	Colo. Springs	48	51:01
Steve Farley	Fort Lyon	47	51:48
Anthony Diaz	Pueblo	40	52:21
Jeff Cleaver	Pueblo	47	53:34
Boney Cosyleon	Pueblo	48	53:55
John Sell	Cañon City	40	55:37

50-59 division

Steve Rademacher	Colo. Springs	50	42:08
Dave Crockenberg	Pueblo	50	48:59
Wayne Whitney	Pueblo West	59	51:33
Don Pfof	Pueblo	57	52:20
Jeff Cosyleon	Pueblo West	51	56:46

60 & over division

Phil Rose	Colo. Springs	60	48:25
-----------	---------------	----	-------

FEMALES

30-39 division

Maddy Tormoen	Pueblo	36	37:02
Lisa Goldsmith	Boulder	33	39:52
Keith Towanda Frates	Boulder	37	40:11

40-49 division

Gloria Gogarty	Colorado City	41	52:52
Sally Taylor	Pueblo	42	53:40
Kathy Stommel	Pueblo	41	61:41
Kathy Spencer	Pueblo West	47	63:00
Virginia Vanburen	Colo. Springs	43	66:01

50-59 division

Carol Kinzy	Pueblo	50	51:47
Jessie Quintana	Pueblo	54	53:17
Donna Nicholas-Griesel	Coaldale	51	58:48

Next SCR Meeting
7 p.m. Tuesday, March 3, 1998.
All SCR members are invited.

Rim Rock feast:

SCR runner gets to meet famous writer

by Joe Stommel

The winter breezed by this year after we survived the now famous Blizzard of '97. I just made it to the Rim Rock Run spaghetti dinner in time to listen to Don Kardong, 4th-place marathon finisher at the 1976 Olympic Marathon and staff writer for *Runner's World* magazine. I have much appreciated his writing wit and the way he incorporates good eating stories into his articles.

He brought slides from the Good Ol' Days of the '70s with Shorter, Pre, and Bill Rodgers, snapshots from the Olympics, and even a group shot with Dr. Kenneth Cooper of the Aerobics laboratory research.

Good Talk! I liked his answer when he was asked, "Since you finished 4th by just a few seconds, couldn't you have just dug down for that last energy to pass the other guy for an Olympic medal." Don replied, "I'm sure that's just what the other guy was doing, too."

After completing the well-organized 23-mile Colorado National Monument course and while stuffing down pizza, I said hello to the runner next to me. It was Don, pizza sauce on the corners of his mouth.

The Parks Service now has a write-in forum on how to manage next year's race. I hope that many runners can provide support for this race.

(Editor's Note: Don Kardong lives in Spokane, WA, and has been the President of the Road



Joe Stommel (right) got to meet Don Kardong at the Rim Rock Run spaghetti dinner.

Runners Club of America for the past two years.)

Running 20-milers as well as mile repeats through the months of November and December can hardly be called smooth, but that all progressed well for me. This led to surpassing my goal for the Las Vegas Marathon (3:22 time). My wife, Kathy, did well in the Half. And what a great group from Pueblo all together at the finish congratulating each other. The Vegas weather was perfect again. We had a great Pueblo women's relay team and lots of other participants from Southern Colorado. Kathy and I saw the Circe de Soleil Mystere show and almost broke even in gambling.

5 alternatives offered for Rim Rock Run

A decision on the future of the controversial Rim Rock Run through the Colorado National Monument is expected by mid-March. The National Park Service's environmental assessment of the environmental impact of the race listed the following 5 suggestions for the future of the race:

1. Have no race in the monument.
2. Use the 1997 rules in which the park was closed to traffic for 5 1/2 hours.
3. Allow 1-lane traffic for vehicles and 1 lane for runners. The first 4 Rim Rock runs were held this way.
4. Use alternative race routes, with portions in the monument and portions outside of it.
5. Close the monument to all traffic for 1 day per year, thus allowing the race.

Comments on the 5 alternatives will be accepted until Feb. 20.

Top energizers

- Exercise
 - Adequate sleep
 - Healthful diet
 - Snickers bars
(OK, so I'm kidding!)
 - Listening to music
 - Talking to a friend
- Robert Thayer,
Cal State psychologist*

Valentine's Twosome

Race held Feb. 14, 1998
Results provided by Joe and
Kathy Stommel & Matt Martin



Distance: 3.2 miles (1.6M each partner)

Runners	Total	Age	Time
1. Ben Valdez-Misti Frey	67	20:58	
2. Robert Santoyo (<i>Open Heart</i>)	35	21:39	
3. Mike Borton-Jenna Dorsey-Spitz	56	22:11	
4. Lorraine Hoyle-Troy Cacon	80	22:37	
5. Marijane Martinez-Nick Leyva	89	23:34	
6. Mark & Susan Koch	48	23:56	
7. Joe & Kathy Stommel	89	24:18	
8. Len & Lori Gregory	102	24:28	
9. Jessie & Robert Quintana	109	26:45	
10. Basill Hernandez & Paulette Keith	69	28:26	
11. Don & Lois Pfost	112	29:08	
12. Don Scarafiotti & Beth Lardner	46	29:22	
13. Matt & Jenny Sherman	50	29:56	
14. Tom & Sandra McKenna	107	30:06	
15. Kevin & Cindy Hudson	62	33:36	
16. Sidney Arnold & Ruth McDonald	106	35:54	

Good news for avid bikers

Triathlete magazine reports that Georgina Terry has created soft-tipped female and male bicycle seats (the *TFI Liberator* and *Liberator Pro* models) that have big holes in the noses of the seats to relieve pressure in "areas of most sensitive vascularity."

The new products reportedly were the result of a "sterility" comment made by your beloved editor in the "Great Stuff" column last month. Well, OK, they actually stem from widespread reports of how extended saddle time can lead to impotency.

One additional note (and triathletes should pay heed): doctors studying the connection between biking and impotency say riding in a lean-forward position with aerobars is the most dangerous position. Enjoy the ride, pedal breath.



Great (& so-so) Stuff

by Gary Franchi



Ultimate in idiocy item of the month:

The following is true. Stephanie Jackson has come out with a book called *"Catflexing"* on how to make working out fun for a person who has a pet. It involves just what it sounds like: lifting a cat to achieve a full-body workout. Without a doubt, Jackson earns this month's *Lights are Dim Award*. Oh, and you can purchase the book for \$12.95 from Peer Press in California.



Movie Line of the month:

"You can put a cat in the oven, but that don't make it a biscuit."

This was just one great lines that came from this flick which is now several years old. Hint: there were some great outdoor schoolyard hoop shots in this movie.

Guess the movie and speaker and win a free basketball inflating pin.

Answers below.

Answers:
"White Men Can't Jump"
Wesley Snipes in Wesley Snipes

Behind the scenes in Las Vegas

Thought for today's lunch, compliments of Samuel Butler: *"We are all born mad. Some remain so."*

Musings on running, fitness, life, etc.:

The Las Vegas trip at the top of this month sure was a memorable one, as you will gather by checking out the literary endeavors of Matt Martin and Joe Stommel elsewhere in this edition. As expected, some things in Vegas caught my fancy:

- All of the winners in the Las Vegas International Marathon and Half-Marathon were foreigners. Just a few feet from where the southern Colorado contingent had gathered near the finish line after completing either the half or the entire marathon, local TV was interviewing men's marathon winner Zoltan Holba of Hungary. An interpreter was needed for this. As the interpreter relayed questions to Holba and his answers to the TV reporter, I started wondering whether the interpreter was making up the questions and answers. Who would know?

Holba remark as stated through the interpreter: *"Even though I was fatigued in the last few miles, I knew I had to give everthing I had because there were some great runners right behind me."*

What Holba actually said: *"I wanted that winner's check so I would have a lot more chips for the craps table and cash for the hourly-rate motels."*



Holba remark as stated through the interpreter: *"I ran this marathon because I wanted to compete against some of the best runners from around the world."*

What Holba actually said: *"I came here because too many good runners go to New York and Chicago and I figured I could really kick some fancy in this marathon."*

- Dave Diaz (1:28) and Bill Veges (1:29) were the top SCR finishers in the half-marathon. As expected regardless of their finish, they also were the first ones to be seen swilling cold ones following the race.

- Carbo-loading takes on new dimensions in Las Vegas because of all the great buffet deals. However, most of the carbo-loaders are obese visitors who would never recognize a running shoe.

- Fellow scribe Matt Martin is a resourceful recorder of history. I couldn't figure out why Matt had brought the tripod for his camera until we decided to gather the SCR contingent for a group shot. Matt mounted his camera on the tripod, aimed and focused the camera, set the timer, and jumped into the group to be part of the picture (see photo at top

of Page 5 -- that's Matt on the right).

- While in Vegas, I met with a friend of mine that I grew up with but hadn't seen in 21 years. Over dinner, I learned his e-mail address is:

sincity@prodigy.com

Pretty descriptive, I'd say.

- My 21-year-old daughter, Amanda, who lives in Vegas and attends UNLV, was recruited by Marijane Martinez to run a 5-mile leg of the Colorado Gold Dust women's relay team. Although she keeps in better overall shape than probably 99% of the population, Manda was apprehensive because all of her running is done on a treadmill and usually only a couple of miles at a time. *"Do they know that I don't run, dad?"* Manda asked me. Yet "the one who doesn't run" turned in a 36+-minute time on the third leg as the relay captured 2nd place and earned \$200 plus individual plaques.

This month's smorgasbord: Saw a biker at the corner of Orman and Thatcher waiting for the light to change. Two things gave me an indication of his intelligence quotient. One, he wasn't wearing a helmet. Two, he was dragging on a cigarette. I think perhaps he has taken too many bicycle spills while not wearing a helmet ... There really is a lot of great fitness-related information on the Internet, if you're willing to look. You can find running columns, health information, race schedules, etc. It's kind of nice to have a separate site for the Spring Runoff (see Page 10). On the flip side, I can't believe all the drivel. For instance, a coupon that was included on the box for Purina moist dog food (Chewta's special treat) mentioned that there is a **Purina dog food web site**. Now think about that. Why would Purina have a web site? What the heck would be on it? Why would you want to access it? And what poor sucker got stuck creating it? ... **"Things not always as seem"** department: I was browsing through the running shoe pages in the most recent issue of *Eastbay* magazine when I noticed the Nike Air Max Light shoe with the word "lightweight" highlighted in bright yellow. It listed the men's shoe as weighing 12.3 ounces. So I checked the weight of the Air Max Triax shoe on another page. It weighs 12.1 ounces. I also learned that the only thing lighter if you buy the Air Max Light shoe is your wallet since the Light shoe costs \$69.99 and the Triax costs \$59.99 ... Noticed this **Kasey Furniture ad** in the *Rocky Mountain News*: *"Pay nothing now and nothing later!"* Boy, that's MY kind of furniture store ... *The Denver Post* ran a statistic from *Boating* magazine that said 71% of boaters are more likely to remember the day they bought their boats than the day they met their spouses. My question: So what's their point?

1998 Racing Calendar

Pueblo County - Canon City area

March

1 Sun 8:15AM **Spring Runoff, 5K, 10K & 10M** Side Pocket (719) 543-5151
 5K at 8:15, Toddlers Run at 9:15, 10K & 10M at 9:30

21 Sat 8:00AM **Canon City Predict Run, 5K** Reynolds bridge on the
 Riverwalk (719) 275-1578
 or 275-3344

April

18 or 19 8:00AM **Ramsgate 8, 8K** 8 Ramsgate (719) 5
 26 Sun 9:00AM **Y-Bi Classic Duathlon, 11.2M bike, 5.5M run....** Pueblo West (719) 543-5151

Other areas

February

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 (719) 533-1025
 Park, Colo. Springs
 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
 25 Sat **Elbert Reflections, 5K & 10K** Elbert (719) 590-7806
 25 Sat **Collegiate Peaks Trail Run, 25M & 50M** Buena Vista
 26 Sun **Cherry Creek Sneak, 5M** Cherry Creek (303) 394-5170

Regional Marathons (& others of interest)

February 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
 20 **Boston Marathon** x
 26 **Big Sur – Carmel, CA** (408) 625-6226
 26 **MEDCOM – San Antonio (& Half)** (210) 221-4893
 26 **Big Sur – Carmel, CA (& 5K)** (
May 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
June 20 **Grandma's – Duluth, Minn.** (218) 727-0947
October 4 **Portland, OR**
 11 **Chicago Marathon** (312) 243-0003
 25 **Marine Corps – Washington, DC** (800) RUN-USMC
November 1 **New York City** (212) 423-2249
 28 **Seattle, WA** x



Was there any doubt?

The *New England Journal of Medicine* reports that marathon runners have a "pathological" personality.



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

Another Spring Runoff beckons

by the Editor



Stats that rule

- Yuan Ruan, a Chinese swimmer, was caught with 13 vials of a banned human growth hormone in her baggage at Sydney airport. - *Associated Press*
- Every day, 3,000 kids start smoking, and 1,000 of them will eventually die of a tobacco-related disease. - *David A. Kessler, M.D.*
- 86.8% of kids who read "Footprints" while smoking are more likely to get caught using vials of banned growth hormone. - *Pollsters Unlimited*

Training runs have been progressing for the upcoming Spring Runoff that is scheduled for Sunday, March 1. Runners - and alleged runners, for that matter - have been gathering each Saturday at 8:30 a.m. at the Nature Center for a jaunt. The week prior to the Runoff - Saturday, Feb. 22 - the training run will be on the 10K Runoff site (by the Side Pocket on the North side of Pueblo).

I hope those of you who are relatively new to running have been reading the series of short training articles published in *The Pueblo Chieftain*. The articles, fueled by information provided by the SCR's Jeff Arnold, have stressed the hard day/easy day training approach, and the training schedule is pretty simple to follow. Especially if you know how to read. If you don't, call an SCR officer and he/she/it will be more than happy (possibly overjoyed with glee) to read the articles to you, providing instant analysis along the way.

The Runoff will consist of a 5K run and walk, and 10K and 10-mile runs. Kids in the

5K get a special discount. If you need a registration form for the race, look in last month's issue of "Footprints" which is still on the end table next to your bed. Or check the bottom of your bird cage. If you used it to train a new puppy, keep watching *The Chieftain*, which will be publishing a form throughout the month of February. There also are forms at the YMCA, Gold Dust Saloon, and *The Chieftain*.

Or you can access a registration form on the Runoff's Home Page:

<http://www.chieftain.com/springrunoff/>

Canon City 5K Predict

This race - scheduled for 8 a.m. Saturday, March 21 - is a nice run along a fast dirt Riverwalk course. Makes you think you're faster than you are, which is all right by me.

Trail runs

SCR Prez Rich Hadley enjoys long trail runs and would like to get a group together for these. If you are interested, give Rich a call (784-6514) late in the week to find out where the weekend trail run is scheduled.

For the soul ...

"The genuine athlete must have a strong spirit, be vigorous and sane, not easily demoralized or defeated."

- Coach Joe Vigil in "Road to the Top"

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

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



Don't be a squirrel -- renew!

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