



EDITOR: Gary Franchi

# FOOTPRINTS

An award-winning newsletter.

April 1998 Edition that really sings

## Cinco de Mayo 10K

*Mexican runners help build race's rich tradition*



by Marijane Martinez

The 9th Annual Cinco de Mayo 10K run will be held on Sunday, May 3, 1998 beginning at 8:00 a.m. at the Colorado State Fairgrounds. I would like to take this opportunity to give a brief history of this event.

In 1990, Carlos Maldonado, who like me works at the University of Southern Colorado, approached me about this event since he was aware I was an avid runner. He indicated that he had the support of the Sister City Commission and the Colorado State Fair and that they were interested in having a run associated with the event. Carlos also indicated a desire to bring runners from Chihuahua, Mexico to participate in the 10K run.

I spoke to Nick Leyva and we decided it would be a great opportunity to bring back the popular old "Pepsi" 10K course that had once been held at the Colorado State Fairgrounds. The Southern Colorado Runners also supported the race and volunteered its expertise.

The Fair officials handled police coverage of the event, Carlos handled the transportation of the runners from Mexico to Colorado and back, and Nick and I handled the 10K run with the assistance of club volunteers. Nick and I were also charged with finding hosts to house the visitors from Mexico for the weekend.

Getting police coverage for this event is probably the most important thing that must be done. Since the SCR is a small club, it cannot afford to pay for police coverage for



The Cinco de Mayo 10K's history includes some fine duels between visitors from Mexico and area runners.

*File photo by George Balles*

events that are on city streets. Fortunately the Pueblo Police Department and the Pueblo County Sheriff Department have been kind enough to offer the services of their officers at no charge to the club. We will forever be indebted to them for this invaluable service. This year, in a gesture to reciprocate, I took it upon myself to offer both organizations the services of our club members as volunteers for their events.

Transporting the runners from Mexico is an arduous task. Carlos corresponds regularly with

the people in charge and eventually provides Nick and I with a list of runners who they anticipate will make the day-long trek in a van provided by the Sister City Commission.

In order to make the trip to Pueblo, the runners must compete in a qualifying event in Chihuahua. The driver of the van, Elias Martinez, will pick up the runners at the Mexican border and they will begin their trek. They normally arrive late Friday night before the Sunday race and are quickly introduced to their hosts and hustled off to bed.

The runners who have joined us in the past have been a joy to host for a weekend. You do not have to speak Span-

*Continued on Page 5*





**Chewta says:**

*"If I see you on the roads, can I sniff your feet? Please?"*

Remember that club members meet for a speed workout at 5:30 p.m. on Wednesdays at the Pueblo East High School track and at 7:30 a.m. on Sundays at the City Park swimming pool parking lot for a longer training run.

All club members are invited.

**Need a men's wetsuit?**

**Pair of 10 1/2 men's shoes?**

Mike Orendorff has a used wetsuit that he no longer needs and he's wondering if a club member can use it.

Size-wise, note that Mike is 5-foot-11 and 175 pounds. He says that, for whoever wants it, the price is free or \$5 (buyer's choice) - 561-2956.

Meanwhile, your beloved editor has a pair of 10 1/2 Brooks shoes --

I think the *Radius* or *Beast* model but I'm not sure -- that have only been worn 3 times. Real nice, lightweight shoe. Best (or any) offer gets 'em -

676-4100.

# Rocky on Fitness

## Even a little weight training is beneficial

by Rocky Khosla, M.D.

I was asked recently whether runners should include weight training in their exercise regimen, and if so, what was a reasonable approach.

It turns out that weight training as part of a fitness program has a lot of benefits, including reduction of the risk of coronary heart disease, non-insulin diabetes mellitus and certain types of cancer. Several studies have also shown that strength training in the elderly can significantly reduce the risk of falling. Finally, runners can benefit from strength training because it helps to keep the upper body from becoming relatively atrophied and may help us from getting burned out on running by throwing in a little variety to our workouts. In the shorter sprint distances such as the 100- to 400-meter races, it appears that improved upper body strength can make a big difference. But this difference doesn't seem to be as significant for the longer endurance type of running.

So what type of weight training regimen should the average runner pursue? The traditional approach has been to do three sets of 8 to 12 repetitions with 8 to 10 types of exercises 3 times per week. The problem is that I don't know too many runners who

have the time to run and do this type of program.

But not to worry, because several studies have now shown that single-set programs performed to fatigue are as effective as multiple-set programs for improving muscle strength in previously untrained persons. An excellent review of these studies is presented in February 1997 issue of *The Physician and Sportsmedicine*.



So the bottom line for us runners is that we can get into the gym and do resistance training once to twice a week, that should be plenty. When in the gym, warm up first, and then one set of a particular exercise is enough, as long as the quality of the lifting is good. What this means is that you should use good form and lift against enough resistance so that you get fatigued to the point that you can only do about 6 to 8 repetitions of that particular exercise.

By following the above recommendation, the average person will only have to spend 20 minutes compared with the traditional three-set approach which takes up about 50 minutes, with the same end result. Please bear in mind that this program is not geared to make you look like Arnold what's his face but to give you enough tone for balance in your running regimen.

Till the next time, *asta la vista, baby!*

**May flowers  
bring beer  
showers at the  
Gold Dust.**

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

*Bob Keeshan plays Captain Kangaroo. He recently was inducted into the National Association of Broadcasters' Hall of Fame.*

**RRCA**  
ROAD RUNNERS CLUB  
OF AMERICA

**Southern Colorado  
Runners**

*A member of the  
Road Runners Club of America*

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**Current SCR Officers:**

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

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member can attend and have a voice and a vote on all issues.

**ADVERTISING POLICY:** The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$20 to have non-race flyers inserted. There is no charge to have race flyers inserted. The club reserves the right to reject ads/flyers because of content.



# Great (& so-so) Stuff

by Gary Franchi



## Take this bike and shove it

Thought for today's lunch, compliments of Kiyoshi Nakamura, a Zen master: "If you think you are going to win, you'll lose. Moreover, if you think you are going to lose, you'll lose."

### Musings on running, fitness, life, etc.:

The party's over.

To the mechanically challenged, there's one thing about Spring time that is distasteful. Well, two if you count the wind. And I guess three if you add in having to maintain the stinkin' lawn again. Mostly, Spring means the start of another biking season.

As a pseudo multi-sport participant, I bike. You can't really do warm-weather duathlons and triathlons without biking.

But biking is not always fun to the mechanically challenged. Things happen.

You get flat tires. Gears don't always switch smoothly. Frickin' spokes somehow come loose. You get grease on your fingers. Plus, if you're like me, your biking prowess isn't too swift. And, unlike indoor LifeCycles, you can't read the paper when you bike outside.

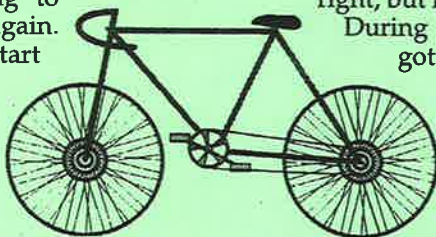
When I first started biking about 10 years ago, I usually rode with Cecil Townsend. This was ideal because Cecil knew everything about bikes and could handle any mechanical problems that arose. Alas, he gave up biking to play tennis with his wife, Jill.

Then just a few years back, Andy Ballou and I went for a few rides together. After realizing he was dealing with a mechanical degenerate, Andy offered to give me some expert instruction on changing a flat tire. I suggested that the smarter thing would be to invent impenetrable tires. Andy gave up biking, and my flat-changing lesson went down the tubes, so to speak.

This season started off typically. With Race Director Ben Valdez having moved the Y-Bi one week later this year, I was able to delay my first outdoor ride to April 3. For my first ride, my odometer – or cyclometer or whatever it's called – didn't work. Seems the battery went dead over the winter. I didn't even know these things HAD batteries, although it seems logical when you think about it. *IE* you think about it. Shoot, and all last year I thought I couldn't read the numbers very well anymore because the plastic cover plate was getting scratched.

Anyway, I figured it would be a simple matter to change the battery. You know, take

out the old one, plopping in a new one and away you go. Uh-uh! you've got to know your bike tire's circumference, then consult a table from an Egyptian cyclometer manual in order to get the proper number at which to set the cyclometer. After procrastinating for a week, I finally consulted a mummy and got up the courage to do all this and, amazingly, got the cyclometer instructions read and the job accomplished in about 15 minutes. I'm not saying it's set right, but it works.



The bane of Spring & Summer

During the week of procrastination, I got a reprieve when I learned I would be in Denver the weekend of the Y-Bi. So I can delay my bike training until the end of April for the Ordinary Mortals Triathlon in May.

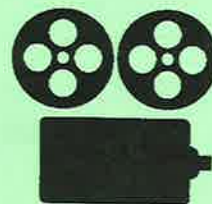
Now I'm thinking the key may be to get the Y-Bi and Ordinary Mortals moved to September. Then I could delay my bike training to late August, conclude the season with the Corporate Cup bike in early October, and avoid months of humbling rides.

Not to mention bumbling mechanical woes.

**This month's smorgasbord:** Speaking of being mechanically challenged, can some plumber out there please explain something to me. Why is it that you have to turn the shower handle at the "Y" at least 180 degrees to get hot water, yet if the handle isn't turned off all the way and just dribbles out, the water is so scalding hot you can't touch the handle to turn it off? ... Just received a copy of the New York City Marathon's merchandise brochure for the 1998 race. In addition to the usual marathon logo shirts, hats, singlets and sweat-shirts, you also can buy such items as a long trail pack, compression shorts, sports bra, and 50-foot flag pole and flag set. All with the marathon logo. Just thought you'd like to know ... Another question, Mr. Plumber: Why are there waves in the toilets in our home when the wind blows 40 miles an hour outside? ... Watching a pro hoops game on a close-captioned TV while working out at the PCC Fitness Center makes me wonder what it would be like if the words at the bottom of the screen were those of the athletes instead of the announcers. Think of all the bleeped-out words they'd need ... By the way, I was just kidding about the NYC Marathon flag pole and flag set ... Till next month, see you on the roads. Don't forget to stop and help me change my flat tire.

## Ultimate in idiocy item of the month:

This month's *Lights Are Dim* award goes to the National Park Service, long opposed to the 23-mile Rim Rock Run being held at the Colorado National Monument. The NPS came up with another reason to try to ax the race: the threat of collisions involving planes and helicopters vying for a close view of the ground-level race. I'm not kidding. Soon afterward, though, the NPS announced a compromise – letting runners use the eastbound lane while allowing vehicles to use the westbound lane. Hallelujah!



## Movie Line of the month:

"What I'm trying to tell you is that I've changed into a grownup but I'm really a kid."

Hint: This is a great movie starring a two-time Academy Award winner. The line will give you a good idea of the name of the movie if you think about it for a while. Guess the movie and speaker and win a free trip to your refrigerator.

Answers below.

Answers:  
"Big"  
Tom Hanks in



## National Running & Fitness Week

The American Running & Fitness Association is part of a partnership that is sponsoring May 17-23 as National Running & Fitness Week. It is designed to introduce more Americans to the benefits of recreation and exercise. Many events are scheduled in cities all across the country. To learn about these events and sites, call up this web site on the Internet: [www.fitnesslink/runfitweek.com](http://www.fitnesslink/runfitweek.com)

## RRCA state meeting

If you'd like to attend the RRCA state meeting, it will be held Friday, April 24, at the Buena Vista Community Center, beginning at 4 p.m. Two club members will be running the Collegiate Peaks run the following day and plan to attend the meeting. They'd like you to join them.

## Quoteworthy:

*"No animal should ever jump up on the living-room furniture unless absolutely certain that he can hold his own in the conversation."*

- Fran Lebowitz, author

# Definitely Not Great Stuff

by Matt Martin

## Just want to make you smile

*"A facility for quotation covers the absence of original thought."*

- Lord Peter Wimsey

Avid readers (Or should I use the singular: avid reader?) are aware (Can my only avid reader be unconscious and aware at the same time?) that this column normally begins with a quotation. Those who know me might feel I am a bit pretentious with the quotes since I am neither an intellectual, prolific reader, nor historian. So why do I use quotes as lead-ins to my columns?



Avid 'Definitely Not' Reader

Most of the time, the quotes I use will give meaning to the words which follow. For instance, what follows is some running-related humor that I found while searching the Internet. Is it original with me? No. Is it useful for you? Only if it brings a smile to your face. Enjoy.

"Signs You're Not Going to Win the N.Y.C. Marathon," as presented on the 11/4/94 broadcast of "Late Show with David Letterman:"

10. You've been "training" at Blimpie's.
9. Losing precious minutes with your frequent Marlboro breaks
8. Your favorite three words in the English language are "more pie, please."
7. You get stuck behind Al Sharpton
6. Instead of Gatorade, you're drinking Zima
5. Before you've gone two miles, one of your four-inch heels snaps off
4. Instead of the eye of the tiger, you've got the dull stare of the dairy cow

- Every time you bend over to tie your shoes you cramp up like a son-of-a-bitch.
2. You run several feet, then puke your ever-loving guts out
  1. You've just finished last year's marathon

Overheard: A high school running coach to his young athletes. "Remember, the second most important thing to choosing the right shoe is choosing the left one."

From rec.running - 8/26/95: Following a discussion on the terms "jogging" vs "running"

Jogger - One who practices an accelerated rate of pedestrianism.

Runner - One who pays an entry fee for the privilege of practicing an accelerated rate of pedestrianism.

"Top Ten List of Things Runners Really Don't Need to Hear" from George Straznitskas at <http://www.brainbug.com/run/>:

10. "Say, you're the jogger aren't you?"
9. Any comments yelled out of a vehicle going by at 60 mph.
8. "150th in Boston? Hey, at least you finished."
7. Being instructed not to run on warm days by a radio personality sitting on about 35% body fat.
6. During any injury: "You're not getting any younger, ya know."
5. (With hand making circular patting motion on stomach) "Ha, ha, yeah maybe I'll start one of these days."
4. "If you like it so much, why don't I see you smiling out there?"
3. (From mom, days before the marathon) "You look great!"
2. "So, how long is this marathon?"
1. "Don't worry, he doesn't bite!"



## Our buddy Rich is conducting Boys & Girls Club race in Springs

The SCR's Rich Barrows, now living and working in Colorado Springs, will conduct the **Breakin' The Barriers 5K** benefit run for the EL Pomar Boys & Girls Club in the Springs on Saturday, April 25. The race will be held at 8 a.m. at the Colorado College track. Rich will include his trademark Toddlers Run, and a free BBQ will follow at 1 p.m. For information or just to chat with someone other than yourself, call 473-3490.

# Cinco de Mayo 10K

Continued from Page 1

ish to communicate. Most of them are versed in English and can communicate well enough to get the basic message across. We generally advise our hosts to house two runners so they have one another to communicate with. This seems to make everyone feel more at ease. And believe me, these runners are no slouches. They have consistently placed in the top five of each and every Cinco they have participated in to date.

Pueblo's own Dick LeDoux, who in 1990 ran a 30:07, holds the male course record. Lori Sue Moreno-Roch holds the female course record of 37:12 that she ran in 1991. Pueblo's own Michael Orendorff, who in 1992 ran a 35:42, and Lorraine Hoyle, who in 1990 ran a 42:24, hold course records in the Masters Division.

The Cinco de Mayo course is guaranteed to assist you in running a PR. It is a fairly flat course with some nice downhill and a



very slight, short uphill. The scenic course will take you past the golf course, through City Park, past the PCC Campus and through several unique Pueblo neighborhoods.

The Cinco de Mayo has been sponsored in part by Marty Garcia of Total Terrain Landscape and General Construction. The SCR is grateful to Marty and his generosity to the Cinco de Mayo. Sponsorship generally ensures that the event will be profitable for the Southern Colorado Runners club.

On behalf of Marty Garcia, the Southern Colorado Runners, the runners who will join us from Chihuahua, Mexico and Nick and myself, I would like to take this opportunity to invite you to join us at the 1998 Cinco de Mayo 10K run. Each participant will receive a T-shirt designed by Marty in addition to a ticket to attend the day's festivities at the Colorado State Fair.

Adios amigos y que te vaya bien!

## Lance is de man

In his first competitive race since a year-long battle against testicular cancer, Lance Armstrong finished 15th in the Ruta del Sol Tour. His 5-stage time was 21 hours, 40 minutes and 53 seconds and was only a minute behind the winner.



## Canon City 5K Predict

Race held March 21 in Canon City  
Results provided by Jeff Friesner

Runner	City	Time Variance	Actual Time
1, Deb Hadley	Florence	:09	31:02
2, Diana Quattlebaum	Penrose	:11	31:11
3, Ben Valdez	Pueblo	:28	20:18
4, Rich Hadley	Florence	:28	18:40
5, Melinda Orendorff	Pueblo	:29	36:14
6, Joe Stommel	Pueblo	:42	21:27
7, Dave Diaz	Pueblo	:43	20:12
8, Joe Farra	La Junta	:47	22:27
9, Hector Leyba	Penrose	:48	23:33
10, Mike Orendorff	Pueblo	:55	19:40
11, Allen Weaver	Cañon City	:56	23:33
12, Misti Frey	Pueblo West	1:03	23:33
13, Ashley Long	Penrose	1:08	31:49
14, Eric Gilbert	Cañon City	1:08	23:22
15, Doug Leyva	Pueblo	1:13	26:06
16, Nick Leyva	Pueblo	1:18	26:06
17, Christina Brown	Penrose	1:20	28:02
18, Tim Caudill	Florence	1:20	28:20
19, Kathy Stommel	Pueblo	1:25	29:47
20, Chris Tremblay	Cañon City	1:27	28:39
21, Stephanie Brown	Penrose	1:28	28:03
22, Owen Bradley	Colo. Springs	1:29	25:29
23, Chris Galbraith	Pueblo	1:29	26:29
24, Gilbert Cruz	Pueblo	1:30	24:45
25, Terry Baxter	Cañon City	1:35	22:55
26, Gladie Miller	Cañon City	1:43	31:43
27, Marijane Martinez	Pueblo	1:56	25:51
28, Jackie Chase	Cañon City	2:17	27:43
29, Cheryl Hancock	Cañon City	2:17	32:03
30, Tammy Stone	Florence	2:41	32:14
31, Al Luna	Colo. Springs	2:44	32:44
32, Barb Fox	Florence	3:15	24:15
33, Tanner Payne	Cañon City	3:20	28:20
34, Peggy Masie	Cañon City	4:12	32:44
35, Jeff Smith	Cañon City	4:55	31:25
36, Jackie Aldrich	Cañon City	5:31	35:31
37, Bill Fox	Cañon City	5:39	27:39
38, MaryAnn Aldrich	Cañon City	7:34	37:34
39, Kristi Aldrich	Cañon City	7:34	37:34

## "The Sneak" will have its largest field ever

In case you're not a multi-sport wonder and won't be trying the Y-Bi on April 26 but will be in Denver that day, the ever-growing Cherry Creek Sneak 5-mile run awaits you. This race has become a mini-Bolder Boulder, with 14,000 runners expected this year and prize money of \$10,000.

Since your beloved editor will be in the Denver area that weekend, he thought he'd try to locate a race form. He discovered that,

while Gart Bros. is the major sponsor of the race and handles registration, you can neither register for the race nor get a race form in Pueblo. You can, however, access the Sneak Home Page on the Internet at:

<http://denver.Sidewalk.com>

Among the gobs of volumes of information you'll find there is a phone number to call, and they'll fax you a registration form if you'd like.

## Biking notes

The annual Tour of the Arkansas River Valley will take place May 16 & 17 along the Arkansas River. The 160-mile 2-day trip starts and finishes at the Royal Gorge, with an overnight in Buena Vista. There is a pasta dinner at Buena Vista High School and a pancake breakfast on Sunday.

The contact is the Colorado Springs Cycling Club. You can access the club at: [www.bikesprings.com](http://www.bikesprings.com)

The Colorado State Criterium Championships will be held June 14 on a .7-mile course in downtown Pueblo. This is a great spectator event.



## Training to do your best

Skipping breakfast can affect athletic performance, especially endurance and thinking skills. Morning glycogen stores in the liver are about half what they were the previous night. Glycogen is a source of fuel, particularly important for endurance exercises such as running and cycling for long periods. Quick-fix breakfast alternatives are yogurt, graham crackers, fruits, bagels, raisins, peanuts, toaster pastries, instant breakfasts and energy bars.

- Penn State Sports Medicine Newsletter and the Sports Nutrition Center at Georgia Tech

## Bodybuilding comes of age

Bodybuilding has been recognized by the International Olympic Committee as an official sport. Hence, now's the time to buy stock in steroids.

## 'Dimes' Walk

The March of Dimes Walk America will be held Saturday, April 25, at City Park beginning at 8 a.m. Call 586-9920 for more information.

# Notes from all over

## SCR will re-incorporate soon

A funny thing happened on the way to searching for the SCR constitution by-laws: We found out we weren't incorporated at all. Although we were incorporated back in 1987, the sleuthing of SCR's Mike Orendorff uncovered the fact that it is necessary to renew incorporations every two years. Somehow this fact slipped through the cracks and was never done.

Now, Mike is researching the procedure for filing including drawing up a new constitution. This will provide personal liability protection for the SCR officers and enable us to proceed with filing for tax-exempt status. Mike estimates that the club would have saved \$600 last year merely by not having to pay tax on its T-shirt purchases.

## In case you just wanted to know ...

- Remember the wonderful inaugural Taco Bell River Walk and Run last July? No word has been received on a 1998 sequel.
- The Beulah Challenge has been moved from a Saturday to a Sunday this year -- August 2.
- Those who register after July 20 for the Boulder Peaks Triathlon to be held on August 2 will have to shell out \$70.
- The Pioneer 5K run and walk set for July 4 in Colorado City will be held on the Hollydot Golf Course golf cart trails.
- Winning entry of the Best Team Name award in the 1997 Boulder Peaks Triathlon was "Wet Dream Team."

## Facts about the RRCA Convention

### When & Where:

Peoria, Illinois  
June 18-20, 1998

### RRCA web site:

<http://www.rrca.org>

### 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

### Race accompanying convention:

Steamboat Classic  
<http://www.ivs.org>

### Keynote speaker

at awards banquet:  
Billy Mills, ex-Olympic  
champion in the  
10,000-meter race



## We made her a star

Deena Drossin, who won both the 5K and 10K women's races in the 1997 Spring Runoff, sped to a 35-second victory in the national cross country women's division held in Portland, Oregon.



## Movie on Steve Prefontaine due

While there will be a "Godzilla" movie re-make out soon, more noteworthy to runners may be "Without Limits," a film on the life of Steve Prefontaine. Of course, despite the multi-screen Tinseltown facility, Pueblo may never show this film.

From the couple of reviews I've read, it's supposed to be pretty decent. And Pat Porter of Alamosa has a part in the flick, playing the part of Olympic great Lasse Viren.

## Next SCR Meeting

The SCR will meet at 7 p.m. Tuesday, May 5, at the Pueblo YMCA. All SCR members are invited.

# 1998 Racing Calendar

## Pueblo County - Canon City area

### April

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

### May

3 Sun 8:00AM Cinco de Mayo 10K ..... State Fair (719) 564-6043

16 Sat 7:00AM Ordinary Mortals Triathlon ..... Pueblo West (719) 543-5151  
525-meter swim, 12M bike, 3M run Pueblo Regional Center

## Other areas

### April

25 Sat Breakin' the Barriers 5K ..... CC track, CO Springs (719) 473-3490

25 Sat Elbert Reflections, 5K & 10K ..... Elbert (719) 590-7806

25 Sat Collegiate Peaks Trail Run, 25M & 50M .... Buena Vista (719) 395-6612

25 Sat Commandant's 10K Run ..... USAFA Cadet Area (719) 333-4752

26 Sun Cherry Creek Sneak, 5M ..... Cherry Creek (303) 394-5170

### May

9 Sat Avon Women's 10K & 5K walk ..... Denver (303) 972-4931

9 Sat Panoramic Run – 5M & Kids 1M ..... Colorado Springs (719) 638-9256

9 Sat Highline Canal Trail, 10K & 5K Run/Walk ... Littleton (303) 798-7515

10 Sun Denver Police Chase 4-Mile Run/Walk ..... City Park, Denver (303) 694-2030

16 Sat Armed Forces Day Run, 5K & 10K ..... Fort Carson x

17 Sun Kops 'n Kids 5K Run/Walk ..... Denver East High (303) 399-9005

24 Sun Eagle 5000 Roadrace ..... Littleton (303) 982-1958

25 Mon Bolder Boulder, 10K ..... Boulder (303) 444-7223

30 Sat The Heat Is On 5K ..... Aurora (303) 633-0055

31 Sun Tri S'more 5K Run/Walk ..... Washington Pk., Denver (303) 778-8774

## Regional Marathons (& others of interest)

April 20 Boston Marathon ..... (508) 435-6905

26 Big Sur – Carmel, CA ..... (408) 625-6226

26 MEDCOM – San Antonio (& Half) ..... (210) 221-4893

26 Big Sur – Carmel, CA (& 5K) ..... (408) 625-6226

May 2 Whiskey Row – Prescott, AZ (& Half) ..... (520) 445-7221

3 Lincoln, Nebraska (& Half) ..... (402) 423-4519

3 Avenue of the Giants (& 10K) – Bayside, CA (707) 443-1226

23 Andy Payne Bunion Run – Oklahoma City .. (405) 424-3010

24 Wyoming – Laramie ..... (307) 635-3316

24 Madison – Wisconsin ..... (608) 256-9922

June 7 Steamboat & Half & 10K ..... (970) 879-0880

20 Grandma's – Duluth, Minn. .... (218) 727-0947

July 12 San Francisco – Folsom, CA ..... (916) 983-4622

August 30 Silver State – Reno, Nevada (& Half & 10K) (702) 329-6122

October 4 Portland, OR ..... (503) 226-1111

11 Chicago Marathon ..... (312) 243-0003

11 Lake Tahoe (& Half & 10K) ..... (530) 544-7095

25 Marine Corps – Washington, DC ..... (800) 786-8762

November 1 New York City ..... (212) 423-2249

28 Seattle, WA ..... (206) 729-3660



## Other known racing dates

### June 12

Holy Family Parish 5K

### June 14

Garden of the Gods 10M

### June 14

Strawberry Shortcut  
– Glenwood Springs

### June 20

Sailin' Shoes

### July 4

Pioneer 5K Run –  
Hollydot Golf Course  
in Colorado City

### July 5

Women's Distance  
Festival

### August 2

Beulah Challenge

### August 15

Pikes Peak Ascent

### August 16

Pikes Peak Marathon

### Sept. 5

Imogene Pass Run

### Sept. 5 (?)

Run for the Rose

### Sept. 13

Royal Gorge Challenge

### October 11

River Trail Marathon,  
Half-Marathon & 10K

### November 21

Atlanta 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

- Exercise walking grew 4.3% in 1996 to 73.3 Americans. – *National Sport Good Assoc.*
- 50-60% of Type II diabetes is preventable through lifestyle modification. – *American Diabetes Association*
- There are about 50 million ex-smokers in the U.S. – *American Cancer Society*
- After the age of 20, aerobic fitness typically declines 1% per year. – *Dr. Barry Franklin*
- Mental capacity drops 1% per issue of "Footprints" read – *Association of U.S. Helium Heads*

# The race season to reach high gear – finally

by the Editor

## Y-Bi Classic

The 1998 racing season, which has been somewhat sparse thus far, will kick into high gear Sunday, April 26, when the Y-Bi Classic duathlon takes place in Pueblo West. This annual race is always popular with both local participants and out-of-town studs and studettes. Good opportunity for another of life's humbling experiences, as if we needed another. The race has manageable distances - 11.2-mile bike and 5 1/2-mile run.

The Y-Bi has had a kaleidoscope of weather over the years – from sunny and warm to cold and snowy, and sometimes both on the same day. The consistent things have been the fine organization by Race Director Ben Valdez and the splendid post-race pizza. A little birdie says the race T-shirts will have a new design this year.

## May will be a happenin' month

Looking for a fast 10K? Look no further than your dreams. No, wait! I mean look no further than the **Cinco de Mayo 10K** on May

3. No doubt you read all about it in MoJo's essay on Page 1. Since a 10K doesn't get any faster than this, you'll have to shelve the alibis for a race. Hey, you can do it.

Then on Saturday, May 16, what is now our only local triathlon will return when the **Ordinary Mortals Tri** makes its 7th annual run in Pueblo West. This is a GREAT event, especially since it's short, and ordinary mortals can survive it. A swim heat is being added this year to accommodate an extra 18 competitors. All entrants will receive a water bottle and swim cap, and finishers will earn a special ceramic award. A nice new feature will be the availability of optional T-shirts. The field is limited, so register NOW.

Finally, the big **Bolder Boulder** bash will take place on Memorial Day. Don't expect a 10K time as fast as the Cinco. I'll have more on this next month, but keep in mind that the SCR contingent gathers in a specific section in Folsom Stadium after the race to engage in revelry. The new race headquarters is at the Crossroads Mall this year.

For the soul ...

"Exercise offers the potential to take us back in time by reversing the physical deterioration commonly attributed to aging."

– Dr. Barry Franklin

## SOUTHERN COLORADO RUNNERS

Pueblo Family YMCA  
700 N. Albany Avenue  
Pueblo, CO 81003

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## Don't get caught with your pants down!

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