



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A January 1999 Edition to help start the year off right

Fun, music, food, awards – SCR Banquet had it all

Dave Diaz named outstanding member

by Matt Martin

Sixty-two hungry and thirsty runners and runner enablers (non-running spouses and children of runners) gathered at The Gold Dust Saloon Banquet Hall on January 9, 1999 to celebrate the annual Southern Colorado Runners banquet. The banquet committee of Karin Romero, Ben Valdez, Misty Frey, Jenny Sherman, Matt Sherman and Rich Hadley put on a well-run program. The Brewski Sisters did another great job with the menu, adding a vegetarian selection for the herbivores among us.

Karin Romero delighted the crowd with the cake she made. It was so moist that it seemingly melted in my mouth. I made a pig of myself by having two pieces. Gary Franchi's boxer shorts served as the model for the cake design. (*Editor's Note: Once again, no respect!*) Karin's creation gave new meaning to the phrase "Eat my shorts!" (See photo on Page 4.)

One of the main highlights of the evening was the handing out of the annual awards. The major award winners were **Dave Diaz**, Outstanding Club Member; **Rich Hadley**, Male Runner of the Year; **Rita Vigil**, Female Runner of the Year; **Aaron Lopez**, Youth Runner of the Year (a new award); **Marijane Martinez**, Dirty Sweatsock Award Winner (for the



The Big Guns for 1998

The major SCR award winners for 1998 as announced at the club's banquet earlier this month were (left to right in photo above) Rich Hadley, Male Runner of the Year; Rita Vigil, Female Runner of the Year; Aaron Lopez, Top Youth Runner; Dave Diaz, Outstanding Club Member; and (in photo at left) Marijane Martinez, winner of the Dirty Sweatsock Award for her "behind-the-scenes" contributions to the SCR.

Photos by Matt Martin

See Banquet on Page 4



Club facts and figures



Chewta says:

"Happy New Year to all SCR members, especially to those who petted and played with me at the Nirvana Run at my master's house last August. Hope some of you will come out and visit me again this year. Don't forget to bring some good treats for me. I like beef treats the best. Ruff! Ruff!"

Useless minutia

- For skiers, February 6 will be "Take Your Daughter to the Slopes Day."
- On New Year's Day, nearly 200 members of the Boulder Polar Bear Club jumped into the Boulder Reservoir.
- To eliminate squeaky orthotics, sprinkle talcum powder in your shoes and add a little paraffin to the front edge of the orthotics.
- "Prefontaine," a pretty good movie that is now out on video, drew "Two Thumbs Up" from Siskel and Ebert.
- The SCR was formed in 1980. Its first president was Jeff Arnold.
- Chewta reads each issue of "Footprints" cover to cover.



SCR members celebrating birthdays

January birthdays

- 1 Tom Diaz
- Sean Finley
- 4 Jeremy Dehn
- 7 Diane Mesner
- 8 Brad Price
- 9 Sabrina Flitton
- Jacob Price
- 12 Charlene Alfonso
- Richard Hill
- Anthony Caprioglio
- Kyle Reno
- 13 Chuck Moore
- Susan Moore
- 14 Doug Leyva
- Rich Barrows
- Brandon Holmes
- 15 Troy Chacon
- 16 Chief Reno
- 17 Robert A. Pratt, Sr.
- 18 Glenn Freelove
- Cameron Rice
- Gloria Montoya
- 21 Teri Borton
- 22 Dave Dehn
- 24 Amy Robinson
- Ruth McDonald
- 25 Monica Diaz
- 26 Matthew Gallegos
- 27 Mike Messick
- 28 Andy Ballou
- 29 Jonathan Dehn
- 31 Chris Montoya

February birthdays

- 2 Chris Barr
- Theresa McCain
- 4 Shelley Riddock
- 5 Teresa Taylor
- 6 Patricia Rafferty
- Wendy Arant
- Darin Slaughter
- Brooke Klein
- 8 David R. Foster
- 9 Matt Micci
- 11 Diana Quattlebaum
- 13 Jerry Lopez
- Michael Barela
- 14 Judy Tucker
- Allen S. Weaver
- 17 Tracy Atilano
- 18 Sunny Russ
- 19 Paul McWhorter
- 20 Ralph Regalado
- 21 Martin Ottersberg
- P.J. Barrows
- 22 Aaron Diaz
- 23 Eric Flores
- Bruce Bating
- Bob King
- 24 Dan Caprioglio
- Carlos Rodriguez
- 25 Dave Tonsing
- 26 Anne Baxter
- 27 Donita Massengill
- Alex J. Popoff
- 28 Sandy Messick



1998 Equipment Fund Donations

Many thanks to the following SCR members for their contributions in 1998 to the SCR Equipment Fund. Your donations are greatly appreciated:


1/30 Archuleta	5/5 Jack Janney
1/30 Mark Koch	5/5 Hilbert Navarro
1/30 Jesse Quintana	5/5 Jesse Quintana
1/30 Jim Beckenhaupt	7/6 Jack D. Harris
1/30 Jeffrey S. Miller	8/15 Cheryl McCoy
2/3 Gary Franchi	8/15 Cathy Kelley
2/10 Ron Dehn	8/15 Lillian Rivera
2/10 Navarro	10/5 Joseph W. Ruppert
2/13 Unknown	10/5 Beverly J. Kochevar
2/24 Mike Messick	11/2 Donna Nicholas-Griesel
2/24 Bill DeMoss	11/17 John Vukich
3/6 Maddy Tormoen	11/17 Jean Halfpop
3/9 Goerge Slaughter	11/17 Marvin L. Bradley
3/17 Laura Clark	11/17 Joseph W. Ruppert
5/5 Jim Beckenhaupt	11/17 Jo Anne Schrubbe
5/5 Marty Garcia	11/27 Gerald Puls
5/5 Paul VonderGathen	
5/5 Donna Nicholas-Griesel	

TOTAL: \$447

Sponsorship Support in 1998

Many thanks to the following sponsors whose contributions made it possible for the SCR to keep its financial ledger in the black during 1998:

Byerly & Cosyleon, Inc.	Rivera MD PC
Corwin Clinic	Tomas Duran, DDS
Matt Martin, Attorney	Total Terrain
Paul Willumstad, Attorney	University Family Medical Center
Pueblo Chieftain	TOTAL: \$2,050



**Ask for
"Stupid Cupids"
during
Valentine's week
at the Gold Dust!**

(*) - Tim McKernan is the real name of "Barrelman," who attends Denver Bronco games wearing boots, barrel and a hat.



Southern Colorado Runners

A member of the
Road Runners Club of America

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

The Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it conducts its monthly meetings.

"Footprints" Issue No. 211
"Footprints" is the newsletter produced monthly by, about and for the SCR membership. It is usually successful in accomplishing in its goal of offending while reporting and entertaining.

Current SCR Officers		
President	Rich Hadley	784-6514
Vice President	Matt Sherman	564-3170
Secretary	Jessie Quintana	564-2350
Treasurer	Dave Diaz	564-9303
Non-elected Officers		
Membership Chair	Mike Orendorff	561-2956
Newsletter Editor	Gary Franchi	676-4100
Newsletter Assistant	Matt Martin	542-5350
Editorial Consultant	Nick Nasch, Tim McKernan (*)	

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 try to help others understand the issues that are discussed.

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 \$25 to have non-race flyers inserted. There is no charge to have race flyers inserted. The club reserves the right to reject ads/flyers that lack intelligence.



Great (& so-so) Stuff

by Gary Franchi



Let's talk about New Year's resolutions

Thought for today's lunch, compliments of Yogi Berra: "Always go to other people's funerals. Otherwise, they won't go to yours."

Musings on running, fitness, life, etc.: I'd just like to take a moment here to discuss my New Year's resolutions.

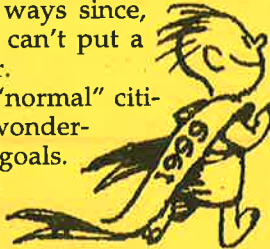
(Pause)

There that should do it.

You see, I'm not resolving to do anything special this year. Oh, sure, to avoid offending too many readers, I'll undoubtedly try to be more sympathetic when creating text for this newsletter since getting cyberscolded isn't very enjoyable.

Oh, and I suppose I could work on being a little more tactful in public, but that wouldn't be too much fun. Besides, I would inevitably revert to my normal sarcastic ways since, over the long haul, you really can't put a bag over the personality forever.

If I were like the rest of the "normal" citizenry, I could formulate some wonderful, body-enhancing fitness goals. You know, like to nip the spare tire in the bud, or get into great racing shape, or strive to run a few more miles each week.



Yeah, a lot of people make fitness resolutions. In fact, this is the time of the year when non-fitness devotees go nuts working out for a month or so. The "Y" has been packed lately. I can't get my favorite locker anymore. I can smell Ben-Gay on sore muscles walking through the YMCA parking lot. I've seen more new workout clothing than ever before.

For most of them, it won't last. Many will return to Couch Potato Land in a month or two, when the euphoria wears off. I'll bet the ones wearing that new clothing will be the first ones to bag the workouts.

So why make fitness resolutions anyway? I mean, if you have the mindset to do something, then DO IT when you have the mindset. For instance, why wait until January 1st to start a diet if you come to the realization on December 10th that you need to go on a diet. Start then!

Besides, it can be a bummer if you make a New Year's resolution, then don't succeed at accomplishing it. That's definitely a mental downer.

I digress because I was just reading the January issue of *Runner's World* in which Jeff Galloway writes about 4 great New Year's resolutions. Now, I admire Jeff, have read his

stuff for years and heard him give a tremendous keynote address at a Road Runners Club of America convention in Knoxville a few years ago. But these are Jeff's suggestion for 4 great resolutions:

1. Keep a training log.
2. Reward yourself.
3. Challenge yourself.
4. Add gliders to your workouts.

Oh.

If you haven't heard those concepts before, they're probably pretty good ideas. However, who hasn't heard these? Let's have a show of hands. You in the back, what cave have you been living in? Heck, even editorial consultant Nick Nasch, a non-runner, came up with a more creative idea, bantering that if runners resolve to keep a training log, at least they can keep the log by tagging houses (graffiti) while on their daily training runs in the neighborhood.

OK, Nick is strange. But at least he's got an imagination. In fact, he's almost as imaginative as those 2-month wonders who think they're going to stick to their fitness resolutions.

This month's smorgasbord:

While in Barnes and Noble recently, I noticed a book in the "Bargain Books" bin entitled "*How to Read a Book*." Now just think about that for a moment. If you can't read in the first place, how can you read about how to read a book? ... The Pikes Peak Road Runners' Home Page on the Internet has a hot link to the **Rocky Mountain Road Runners' race calendar for 1997** ... Headline in *The Denver Post*: "**12 in running for Denver school board seat.**" So, where are they running? And what are their paces? ... *Runner's World* says **red meat contains zinc**, which helps the immune system. Ah, yet another reason for eating at McLube's ... **Max Muscle** placed an ad in the January issue of *Rocky Mountain Sports* magazine, listing all of its locations in Colorado. Uh, except the Pueblo store on Fourth Street. Well, gee, can't remember everything ... My new favorite running shoe is the **Brooks Radius**. I received in the mail a **California Best** brochure listing a pair of Radius on sale for **\$50**. The January issue of *Running Times* has a California Best ad selling that same shoe for **\$70**. I guess it's worth more if you buy it through the magazine... Well, comrades, may you all have a great 1999. And let's get in shape!



Ultimate in idiocy item of the month:

The members of the International Amateur Athletic Foundation are runaway winners of this month's *Lights Are Dim* award. These clowns have set starting times for the men's and women's marathon on Oct. 1 in the 2000 Olympics in Sydney, Australia. While the women are slated to race at 7:45 a.m., the men's race is to begin at 4 p.m. The normal temperature there then ranges from 50 degrees to 90 degrees. Have a great run, guys!



Movie Line of the month:

"You like apples? Yeah, well, I got her number - how do you like them apples?"

This is a great, recent award-winning flick written by a couple of buddies who also star in the movie. That's 2 hints right there. Anyway, guess the name of the movie and the actor who came up with that quote above and win the right to watch a video on your home TV.

Answers below.

"Good Will Hunting"
Brad Damon in
Answers:

SCR Banquet is another huge success



Ruth McDonald, half of the Brewski Sisters

Thanks for a great banquet

Here are some folks who helped make the 1999 SCR Banquet a big success:

- **Karin Romero**, who headed the banquet's planning committee, made the cake, created the RSVP flyers and the election ballot, planned the agenda, worried incessantly, and told the great running story about hubby Gil's "Run in the Buff."
- Committee members **Karin, Misti Frey, Rich Hadley, Jenny** and **Matt Sherman**, and **Ben Valdez**.
- **Nick Leyva**, who served as emcee.
- Brewski Sisters **Ruth McDonald** and **Shelley Riddock** and the staff of the host Gold Dust Saloon.
- The awards committee of **Jeff Arnold, Gary Franchi, Misti Frey & Rich Hadley**.
- **Fireweed**, simply an outstanding bluegrass music band.

Continued from Page 1

volunteer work she does behind the scenes without seeking or getting recognition for her contributions); and **Donna Nicholas-Griesel**, the Packard Friendship Award (an award designed to encourage the spirit of running – it rotates annually between Pueblo and Canon City-area runners).

In addition, new SCR officers for 1999 were introduced. They are **Rich Hadley**, President; **Matt Sherman**, Vice-President; **Jessie Quintana**, Secretary; and **Dave Diaz**, Treasurer.

The evening included the "Funny Running Story Contest." A \$30 lottery bucks certificate was to be awarded to the runner who could tell the funniest running story to the audience. Six foolhardy souls tried their hand at this contest. **Karin Romero** won with her recounting of the time that she filmed her husband, former politico **Gil Romero**, running in his birthday suit up the half-mile-long driveway at their Beulah home. At least **Clinton** had the decency to use the privacy of the Oval Office.

Fireweed, the perennial SCR banquet band, put in another fine performance, exciting the crowd with such well-known bluegrass tunes as "Dueling Banjos" and "The Orange Blossom Special" (I think they played those). Ten-year-old music critic **Adrienne Martin** was heard to say, "I hate country music." This gave your columnist the opportunity to speak with his daughter about the dangers of country music and explain to her that bluegrass is definitely not country music. She retorted that listening to bluegrass would ultimately lead her to listen to country. I then assured **Adrienne** that this would not happen as long as she listened to bluegrass in moderation.

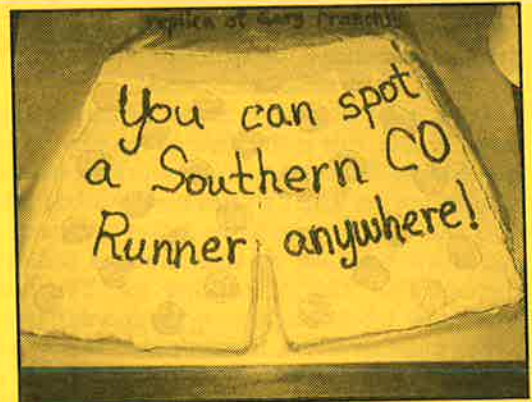


1999 SCR Officers

Newly elected SCR officers for 1999 are (from left) **Matt Sherman**, Vice President; **Jessie Quintana**, Secretary; **Rich Hadley**, President; and **Dave Diaz**, Treasurer.

Photos by Matt Martin

All in all, the banquet was a big success. However, its future is in doubt. The SCR Board of Directors has decided that the banquet will not be held again until the next millennium.



Karin Romero's cake gave new meaning to the phrase "Eat my shorts!"



Fireweed once again provided its exquisite brand of bluegrass music for entertainment at the annual SCR Banquet.

Definitely Not Great Stuff

by Matt Martin

Resolutions from the far side

"I'm not into working out. My philosophy: No pain, no pain."
- Carol Leifer

I was in bed and asleep by 10:00 p.m. on New Year's Eve. When I awoke the next day, I felt no different than I had the day before. The passing of the old year into the new year had made no difference to me, had made me neither happy nor sad. I did not look upon the day with renewed optimism. My indifference toward the new year made for some interesting resolutions for 1999. I resolve to:

1. Enjoy the music of The Partridge Family while training (yeah, right!).
2. Not give a hill of beans about Beanie Babies.
3. Not run up a hill of beans during hill



- workouts.
4. Incorporate hill workouts into my aqua running routine.
5. Not write about the myriad of injuries that have kept me from running for nearly two years.
6. Not take any more spaceship rides behind comets, even if the lemonade is free.
7. Not get up at 3 a.m. to go meteor hunting. But, I will get up at 3 a.m. to run a marathon if I can ever recover from the myriad of injuries that have kept me from running for nearly two year (whoops!).
8. Concede that John "The Penguin" Bing-ham runs faster than I do.
9. Work with neglected children . . . my own.
10. Stop wearing my wife's clothes.

Check with me in December to see how I did with this list.

Mj & Nick's Pre-Christmas 8 Mile Breakfast Romp

Provided by Mike Orendorff

PREDICT RESULTS

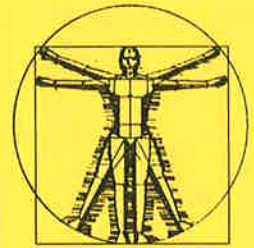
Runner	Predict	Actual	Variance
1 Robinson	0:57:00	0:56:49	0:00:11
2 Santoyo	0:59:00	0:59:12	0:00:12
3 Hadley	0:52:30	0:51:14	0:01:16
4 Veges	1:01:00	0:59:16	0:01:44
5 Valdez	1:00:00	1:01:50	0:01:50
6 Diaz	0:59:00	1:01:24	0:02:24
7 Orendorff	0:54:00	0:56:48	0:02:48
8 Franchi	1:12:00	1:15:04	0:03:04
9 Jankelow	1:06:00	1:02:42	0:03:18
10 Hund	1:04:00	1:08:18	0:04:18

AGE-HANDICAPPED RESULTS

Runner	Age	Factor	Handicapped Time
1 Hadley	42	0.9558	0:48:58
2 Orendorff	47	0.9209	0:52:18
3 Robinson	47	0.9209	0:52:19
4 Santoyo	36	0.8970	0:53:06
5 Diaz	50	0.8997	0:55:14
6 Veges	41	0.9627	0:57:03
7 Hund	57	0.8481	0:57:56
8 Valdez	38	0.9833	1:00:48
9 Jankelow	35	1.0000	1:02:42
10 Franchi	50	0.8997	1:07:32

Quoteworthy

- *"Running is like magic to me. When I run, I feel free. I become energized, excited and willing to tackle even the most complicated tasks. I believe running helps me handle stress and obstacles with ease. Whenever I have something on my mind that has been bothering me, I go for a run and find the solutions."*
- the late Florence Griffith Joyner
- *"I'm just getting out of the structured work life. I'll certainly miss the people, the customs, but I'll still be in Cañon City for the foreseeable future."*
- SCR's Marv Bradley on his retirement
- *"It wasn't nice. It didn't feel very good."*
- Andreas Dackell of the NHL's Ottawa Senators after losing consciousness and needing 30 stitches to close facial cuts from a body check into the boards.



Eat chocolate & live longer, too

A study of 7,841 Harvard male graduates found that chocolate and candy eaters live almost a year longer than those who don't. The reason is not clear, but scientists speculate that antioxidants present in chocolate may have a health benefit. Those who ate a "moderate" amount of sweets fared the best, having a 36% lower risk of death compared with non-candy eaters.

Sheehan books slated to be republished

The family of the late Dr. George Sheehan, considered by many to be the philosophical voice of the running movement, will be republishing his eight books. The first is "Running and Being," a former national best-seller. All of Sheehan's books revolved around promoting the benefits of exercise and sport to improve one's health and spirit.



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Training to do your best

The most effective way to run a fast time is to run an even pace because even-paced running uses oxygen most economically and keeps lactate accumulation to a minimum. Even pacing requires that you know the correct speed to select, that you have the discipline to hold back in the early stages of the race, when the pace feels easy. The best time to learn race pace is during training. When you learn what it feels like to run at your goal pace, it becomes natural for you to maintain that speed during the race.

– Pete Pfitzinger

Shoes can't work miracles

Don't expect buying new shoes to solve all of the leg injuries you suffer by running tons of miles training for a marathon.

Remember this: New shoes don't heal injuries.

As good as all the cushioning technologies in shoes are these days, none of them can compensate for overtraining. Nothing does

-- except rest.

– J.D. Denton



Rocky on Fitness

Detecting heart disease is getting easier

by Rocky Khosla, M.D.

Happy New Year!

I was asked by a fellow runner recently to write about "this fancy new CAT scan test that can tell if you have heart disease or not." So I went looking for the most recent literature on the topic. And lo and behold, the December 31, 1998 issue of the *New England Journal of Medicine* has an article specifically on the topic.

Before getting into the details of the above-mentioned article, let me present a little bit of background information. It turns out that the heart, whose main job is to pump blood throughout the body, needs its own supply of blood to work properly. The heart's own blood is carried by vessels called the coronary arteries. These coronary arteries can get plugged by deposits of fats and cholesterol, which can then lead to a sudden loss of blood supply to a section of the heart, and this is called a myocardial infarction (or a heart attack).

One of the big challenges in medicine is to try to predict which of us has significant amount of blockage of the coronary arteries before a heart attack occurs. You would think that if there was a significant blockage of the coronary arteries, everyone would have lots of symptoms, such as chest pain, fatigue, etc., before having a heart attack. But that is simply not the case. In fact, 40% of fatal heart attack victims never have any significant symptoms before the attack.

The test that is considered the gold standard, so far, for determining if someone has significant coronary artery disease has been cardiac catheterization, also called angiography. This is where a puncture is made, usually in the femoral artery, and a little tube is snaked up to the heart and small amounts of dye are injected into the coronary vessels to determine the extent of the blockage. This procedure is done by a hospital cardiologist. The problem with this test is that it is expen-

sive and invasive (meaning the patient is being poked and prodded quite a bit).

The newest type of test for looking at coronary arteries is the electron-beam computed tomography study, also called the ultrafast CT study of the heart. In the above-referenced article, the authors sought out volunteers who were going to have cardiac catheterization anyway, and asked if they would mind also having the electron-beam CT done. By doing this, the authors could then see how accurate the electron-beam CT was compared to the gold standard of coronary angiography. And the numbers show that when the electron-beam CT got adequate imaging, it was 92% sensitive with a 94% specificity, with a negative predictive value of 98%.

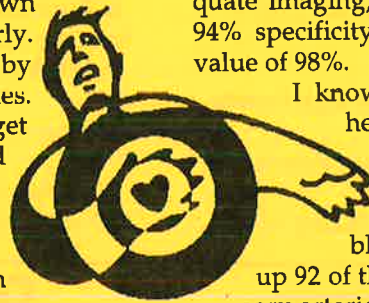
I know, you're thinking, what the heck does all of that mean?

It means that if you studied 100 coronary arteries that truly had significant blockage, this test would pick up 92 of these. And if you had 100 coronary arteries that were truly not blocked, this test would pick up 94 of these correctly. Finally, if this test were negative, there was a 98% that there was no significant coronary disease. So this test did very well. The only catch was that in up to 25% of the coronary arteries studied, the image quality was not good enough to make a definite call.

My feeling is that this test will get better with more technological refinements over time and will eventually replace cardiac catheterization. But, presently, cardiac catheterization is still the gold standard for definitive study of the coronary arteries.

Actually, I say we should do everything in our power to avoid needing either of these procedures: eat right, exercise regularly, don't smoke, watch your weight, and avoid excessive stress. If there is a big family history of heart disease, then make sure to talk to your doctor about this.

Till the next time, here's wishing you all a healthy and happy New Year!



Next SCR meeting

The next SCR meeting will be held at 7 p.m. Tuesday, February 2, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.



Stats that rule

- Adult smokers are 53% more likely to have been divorced than those who don't smoke. – *General Social Survey*
- At \$62, the price of a lift ticket in Aspen is the highest in the county. – *USA Today*
- The top metro market for skiing is Butte-Bozeman, Montana, where 24.5% of households have at least 1 person who skis frequently. – *Polk*
- 97.1% of SCR members surveyed said they'd be willing to pay \$100 to ski rather than be forced to read an issue of "Footprints." – *Pollsters Unlimited*

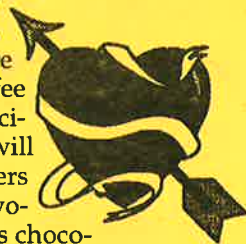


Valentine's Twosome takes on new format

by the Editor

Valentine's Twosome

SCR members in attendance at the club's January meeting decided to change the format of the annual Valentine's Twosome. For this year's race – set for Sunday, Feb. 14, at 9 a.m. at Pueblo City Park – there will be just a \$5 entry fee and no T-shirts for participants. However, there will be trophies to both members of the overall winning twosome, and yummy Nettie's chocolate concoctions will be given to the top age-division finishers in each division.



Oh, and don't forget that there will be several special awards for the coolest Valentine's baton, running attire, etc., and other Valentine's-related topics that I can't remember.

Jeff Arnold is the new race director this year. C'mon out and have some fun. Note that there also is a Lonely Hearts division for runners who don't have a partner but still want to run. They will run both 1.6-mile loops of City Park but will not be eligible for the overall and age division awards.

Frostbite Five & Dime

I've been informed that Carl Burgess, Fitness Director at the Y, has taken over from Ben Valdez as the race director of the Frostbite this year. It's scheduled for 10 a.m. Saturday, January 30, at Pueblo City Park, although most of the race takes place on the Pueblo River Trail.

Keep in mind that if you're registered for the 5K, you can't switch to the 10K (or vice-versa) during the middle of the race. Well, you can do it, but you won't be eligible for age-division or overall awards. Great mock turtle-necks will be given to all entrants.

Spring Runoff note

We've learned that the Quality Inns and Suites on Outlook Blvd. has agreed to be the host hotel for the upcoming Spring Runoff scheduled for Sunday, March 7. Twenty-five rooms are being allocated to visiting runners on a first-come basis. Runners staying there will get a 15% discount on the room rate.

Aftermath

Not only did the Rock Canyon Half-Marathon have 130 finishers, but there were 17 registrants who, for whatever reasons, elected not to run.

For the soul ...

"Health is an ongoing state of being maintained by discipline and commitment. It makes for a happy pursuit of happiness." – the late Dr. George Sheehan

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

Non-Profit Organization
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Permit #260



Give yourself reasons to cheer!

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
 The RRCA's Home Page on the World Wide Web is: www.rrca.org

1999 Racing Calendar



Pueblo County - Canon City corridor

January

30 Sat 10:00AM Frostbite Five & Dime, 5K & 10K..... City Park (719) 563-5151

February

14 Sun 9:00AM Valentine's Twosome, 1.6M each partner City Park (719) 947-3682

March

7 Sun 9:30AM Spring Runoff, 5K, 10K & 10M Side Pocket (719) 542-5350
 20 Sat 8:30AM Canon City Predict Run, 5K Riverwalk (719) 275-1578

Other areas

January

23 Sat Winter Series II, 4M & 8M Fort Carson Fitness Trails (719) 598-2953
 31 Sun Super Bowl 5K, Run/Walk Washington Park, Denver (303) 694-2030

February

13 Sat Winter Series III, 5M & 10M Santa Fe Trail (719) 598-2953
 13 Sat Frosty 50K Trail Run, & 25K & 12.5K Chatfield State Park, Littleton (303) 973-7575
 13 Sat Wild Hearts 5K Dakota Ridge High, Littleton (303) 982-1958
 14 Sun Valentine's Day 5K, Run/Walk City Park, Denver (303) 694-2030
 21 Sun Washington's B-Day 5K, Run/Walk ... Washington Park, Denver (303) 694-2030
 21 Sun Frozen Feet Trail Run, 8M Chatfield State Park, Littleton (303) 973-7575
 27 Sat Winter Series IV, 10K & 20K Black Forest (719) 598-2953
 28 Sun That Dam Race, 5M Run/Walk Englewood (303) 694-2030

March

13 Sat St. Patrick's Day Run, 5K Old Colorado City (719) 685-5055
 14 Sun Runnin' of the Green, 7K Run/Walk .. Downtown Denver (303) 694-2030

Regional Marathons (& others of interest)

January	30	Mardi Gras - New Orleans, LA	(504) 482-6682
February	7	Las Vegas International - & Half	(702) 240-2722
	14	Motorola Austin - Texas.....	(512) 505-8304
	14	Desert Classic (& Half) - Phoenix	(602) 954-8341
	27	Cowtown - Fort Worth, TX (& Half)	(817) 735-2033
March	7	MEDCOM - Santa Antonio, TX	(210) 221-3185
	7	Napa Valley, CA	(707) 255-2906
	13	Alferd Packer - Littleton, CO	(303) 973-7575
	14	Los Angeles	(314) 444-5544
	27	Great Southwest - Abilene, TX	(915) 677-8144
April	10	Mule Mountain (& Half) - Arizona	(520) 533-3246
	11	San Joaquin Valley - Fresno, CA	(209) 441-1444
	19	Boston, MA	(508) 435-6905
	25	Big Sur - Big Sur -Carmel, CA	(408) 625-6226
May	1	Great Potato (& Half) - Boise, ID	(208) 344-5501
	1	Whiskey Row (& Half, 10K & 2M)	(520) 445-7221
	2	Avenue of the Giants (& 10K) - Bayside, CA	(707) 443-1226
	23	Coeur D'Alene (& Half) - Idaho	(208) 665-9393
	23	Rock 'n' Roll - San Diego	(619) 450-6510
	29	Andy Payne Bunion - Oklahoma City, OK ...	(405) 236-2800
June	6	Steamboat - Steamboat, CO	(970) 879-0880
	19	Grandma's - Duluth, MN	(218) 727-0947

"I buried Paul."



Other known 1999 races

April 24

Collegiate Peaks

April 25

Y-Bi Classic duathlon

April 25

Cherry Creek Sneak

May 8 or 9

Avon Running Series
 10K Run & 5K Walk,
 Denver

May 15

Ordinary Mortals Triathlon

May 31

Bolder Boulder

June 6

Garden of the Gods 10M

June 26

Sailin' Shoes 5K/10K

August 7

Georgetown to Idaho
 Springs Half-Marathon

August 21

Pikes Peak Ascent

August 22

Pikes Peak Marathon

September 12

Race for the Cure,
 Colorado Springs

September 26

Governor's Cup, Denver

October 10

River Trail Marathon,
 Half & 10K

October 17

Colorado Half-Mara & 5K

November 6

Rim Rock Run



Everyone gets their out-of-town race results 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