



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A February 1999 Edition with a lot of heart

Spring Runoff ready for 21st annual run

Runoff notes

Thanks, Michael!

Many thanks are extended to club member Mike Orendorff for doing all of the legwork that was necessary to get both the 5K and 10K courses certified for the 21st annual Spring Runoff that will be held on Sunday, March 7.

No smoking, please!

This certainly is good news – the Side Pocket, site of the Spring Runoff awards ceremonies, will announce that there will be no smoking in its establishment while the awards ceremony is in progress. The smoke in there last year was brutal, no butts about it!



Special hotel rate

Out-of-town Spring Runoff participants wanting to stay in Pueblo the night before the race can get a 7¹/₂% discount at the Quality Inn, which is located at 3910 Outlook Blvd. if they register before Feb. 28. Call (719) 544-5500 to make a reservation.

Super awards

The top 3 finishers in every age division of all three races (5K, 10K and 10-mile) will receive super trophies this year. Every little one in the Toddlers Race will receive a ribbon.

More Runoff stuff on back cover

Here's when they'll toe the starting line

With four different races counting the Toddlers Race, knowing when your race starts can get confusing. Especially if you don't read the race brochure. Hence, the starting times for the Spring Runoff are:

• 8:15 a.m. -- 5K • 9:15 a.m. – Toddlers • 9:30 a.m. – 10K & 10 mile

Also, the awards ceremony times, give or take a couple of weeks, are 9:35 a.m. for the 5K, 11 a.m. for the 10K and 11:30 a.m. for the 10-miler.



Misti-fying the Frostbite

Misti Frey of Pueblo West had taken the lead in the women's 5K division of the Frostbite Five & Dime even before the runners had left City Park and headed to the River Trail. Misti went on to win her division in the time of 22:50 on a cool, cloudy day. There were a total of 98 finishers in the two races that were held January 30 in the first road race of 1999. More Frostbite coverage is on Page 5.

Photo by Matt Martin





Chewta says:

"I want to congratulate all those SCR members who ran so well in Las Vegas recently. But what I want to know is, what happened to the C spot I gave you to use on the one-armed bandits, huh? Didn't I win even a dime? Ruff! Ruff!"

Equipment Fund donor

Add Priscilla Portillos to the list of SCR members who contributed to the Equipment Fund in 1998.

T-shirt contract

The SCR now has a T-shirt contract with Screened Effects after that silkscreener's bid was accepted by the club over bids by several other companies. The club will purchase all of its race T-shirts in 1999 from Screened Effects.

SCR supports young runners

The SCR voted at its meeting for February to delve into its Youth Fund and contribute \$425 to help a group of local prep athletes to attend the Simplot Games in Pocatello, Idaho.

Spokane to host RRCA Convention

by the Editor

All SCR members are invited to attend the 42nd annual Road Runners Club of America National Convention that will be held April 29 - May 2 in Spokane, Washington. The convention is a bit early this year because it coincides with the annual running of the Lilac Bloomsday 12K, one of the biggest road races in the country with more than 50,000 competitors.

While your beloved editor will be unable to attend this year, I recommend the RRCA Convention to anyone who would like to combine a fun and informative convention with a nice vacation in a pretty cool spot. The convention this year will again include many great workshops (25 of 'em), a two-day trade show (expo) at which you can get some simply tremendous deals on running- and fitness-related merchandise, an awards banquet that

will feature keynote speaker Anne Audain, fun runs, social gatherings, etc.

The convention headquarters is The Ridpath - a Cavanaugh's Hotel. The workshops, luncheons, Thursday evening pasta party and auction, and the Awards Banquet Saturday evening will be held at The Ridpath. The host running club is the Bloomsday Road Runners Club.

United Airlines is offering a flight discount to RRCA conventioners. Just call (800) 521-4041 for more information.

For anything you want to know about the convention, access the convention web site on the RRCA home page at www.rrca.org. You can access the Bloomsday Road Runners' home page at www.ontherun.com/brrc. For the web site of the Lilac Bloomsday 12K road race, go to www.bloomsdayrun.com.



Club Notes


Volunteers needed

We are still badly in need of volunteers for the Spring Runoff that will be held on Sunday, March 7. Please call or e-mail Race Director Matt Martin (542-5350, matthew@iex.net) if you can help.

A "thank you" from Jim

Club member Jim Beckenhaupt, who lives in Colorado Springs, is excited about having qualified for the Boston Marathon with his 3:28:36 time in the Columbus Marathon in Ohio. Jim thanks the club for having many races on Sunday since he works on Saturdays and can't make races on that day. He said he appreciates the "homey" and friendly feeling he gets at our races.

My sources say Jim possesses a rare and valuable Prairie Run shirt from the race that was last held about 20 years ago in Pueblo West.



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. 212

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. Or so we like to say. Actually, it is full of some of the most useless fitness-related information ever appearing in print.

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, Michael Buffer (*)	

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 make some sense of the totally inane discussions.

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 aren't cool enough.

The Brewski Sisters say:

Spring into action –

Enter the Spring Runoff!



(*) – Michael Buffer is the boxing announcer who screams "Let's get ready to rumble" before a bout begins.



Great (& so-so) Stuff

by Gary Franchi



Mild weather turns brain to mush

Thought for today's lunch, compliments of an astute chap named Ed Murrow: "Anybody who isn't confused doesn't really know the situation."

Musings on running, fitness, life, etc.: Wow, we're only three months away from waiting in line to use a port-a-potty at the Bolder Boulder.

It's easy for me to think about the heart of the racing season since we've had such a relatively mild winter so far. It included an amazing 75-degree day that occurred about the time I started polluting my Power Macintosh computer with these words of wizzard. Although we had a wind storm and plummeting temperatures a few days later, until then it had been a marvelously mild winter. Shoot, man, the extended shirtsleeve weather even caused me to pick up the current issue of "Bicycling" magazine at the McClelland Library and start leafing through the pages. Of course, my first choice was "Soldier of Fortune," but the library doesn't carry that.



Reading through the "Bicycling" table of contents made me start to daydream about having the ability to zoom up the grueling last 3 ascending miles on I-25 to the Colorado City exit, crank out 3-minute miles in the Y-Bi duathlon, and actually pass people in the Ordinary Mortals. Mild winters obviously make me delusional. But I'm sure I'll snap out of it as soon as I hit the saddle again and the reality of my lack of biking prowess sets in.

Anyway, "Bicycling" published its list of the best and worst bicycling cities and had Denver ranked No. 7 among the "best." Now think about that for a minute. Would you want to bike in Denver? Excuse me, but don't they have just a little bit of traffic there? And I wonder if those "Bicycling" people ever heard of the brown cloud. Instead, one of the factors mentioned was Denver's 130-mile bike path system that includes the Cherry Creek Path and the Sand Creek Greenway that is under construction.

So it goes.

Boulder, considered a biking mecca by many, wasn't included in the list. They must not have a bike trail system. Of course, Pueblo wasn't on the list either, despite our River Trail system. I guess the word has gotten out about those horseflies on Lime Road during the hot summer months.

The best city for biking? Try Cañon City. It noted the Cañon's safe roads due to the fact that Marv Bradley isn't a biker.

OK, so I'm kidding about Cañon City. And Marv Bradley. Actually, the magazine's top city for biking is Montreal. The worst? The magazine listed Boston, Las Vegas and Tampa. At least they didn't put Pueblo on this list.

Now that I've got you all excited about taking your bike in for its preseason tuneup, look out the window. With Colorado's yo-yo weather, it's probably snowing.

Guess it's time to get back on the Lifecycle.

This month's smorgasbord:

Speaking of biking, local cycling lover Dave Anderson has put together a committee that is organizing a **HARP Century** (100-mile) ride to be held Sunday, August 29, during the State Fair. It will start at City Hall, go out Thatcher to Wetmore, over Hardscrabble to Rye, Colorado City, I-25 and back to City Hall ... After the most recent postal rate hike, I'm wondering if someone can please tell me why they ever print **stamps without prices** on them. You realize how stupid this is when you've had them in your desk drawer for a while ... Editorial consultant Nick Nasch returned to live in Pueblo a few months ago and has started babbling again, as he has for years, about how you can buy **frozen** versions of any vegetables except **tomatoes**. Nick, obviously a couple bricks shy of a full house, probably should donate his brain to science so it can be put in frozen storage until a later date ... You probably read in *The Daily Bugle* about the **Gold Dust Saloon** moving down the street in June. Sure would be nice if they had a little semi-enclosed area that the SCR could reserve for assembling the club newsletter every month. By the way, Shelley and Ruth, are the new digs going to be smoke-free? Please! ... I can't figure this one out: I had heard a while back that one of several reasons why the **Drag'n On In Triathlon** in Pueblo West was eliminated a few years ago was because the margin of proceeds from the Drag'n for the American Cancer Society was lower than some of its other projects. Of course, it also was becoming a logistical problem putting the thing on at the North Shore Marina and in Pueblo West with two or three hundred competitors. However, the Cancer Society will again sponsor the Tenderfoot Tri/Du in Salida this year (Sept. 25) despite having just 92 entrants last year. Well, isn't that just dandy! ...



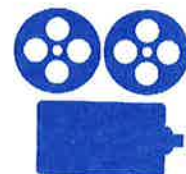
Mr. Nasch just called to say that, although he seldom gets on his fat tire bike, he'll ride in the HARP Century ride if grocery stores start selling **frozen tomatoes** ... And I'm going to win the Ordinary Mortals this year if the wind doesn't blow at all this spring. Bye-Bye!



Ultimate in idiocy item of the month:

I guess everyone's got their own thing. Some people like to bike in cold weather. Extremely cold weather. There is a home page on the Internet called **Ice Bikes**, calling itself the "Home of the Winter Cyclist."

To satisfy such masochists and belatedly earn this month's *Lights are Dim Award* are the organizers who held the Iditasport, a 320-mile bike race held in Alaska during the winter. Happy pedaling!



Movie Line of the month:

"So make up your mind, son. Either you're a runner or a quitter."

This is a movie about a runner. A great one. In fact, one of the greatest former American distance runners. This movie is about his life. Guess the speaker and the movie and win the right to watch a flick on HBO tonight, compliments of The Franch.

Answers below.

"Running Brave"
coach in
Pat Kingle, the track
Answers:



About what you'd expect

The main story in the Sports pages of *The Daily Bugle* on Feb. 15 was Jeff Gordon winning the Daytona 500.

Nowhere in that same day's section could you read that, the previous day, **Haile Gebrselassie** of Ethiopia broke the world indoor record for the 5K with an incredible 12:50:38 time in Birmingham, England.

Nor that **Gert Thys** of South Africa ran the 2nd-fastest marathon ever with a 2:06:33 in the Tokyo International Marathon. This isn't a knock on *The Bugle*.

Shoot, the *Rocky Mountain News* printed just a paragraph on each of those amazing running feats.

Distance running just isn't popular with the media, nor with the non-running crowd. In contrast, just think of the ink some NBA player would get if he scored 50 or 60 points in a game.

So it goes.

State meeting

Any SCR member may attend the next RRCA state meeting that will be held Friday evening, April 23, in Buena Vista.

The Collegiate Peaks Trail Run will be held the following day.

Definitely Not Great Stuff

by Matt Martin

Masters Swim Club makes cross training easy

"Sports should always be fun."

– Charles Mann

Cross training is an important part of a runner's training program. Cross-training keeps one's cardiovascular system at peak levels while allowing muscles and joints that are normally used in running to rest while exercising different muscles and joints. Cross-training activities can include biking, weight lifting, cross-country skiing and swimming.

The Pueblo Masters Swim Club, headed by Suzanne Divelbiss, gives runners the opportunity to have fun while cross training. Suzanne started the Pueblo Masters Swim Club after she moved to Pueblo in 1996. Swimming is not as popular of a sport in Pueblo as, say, softball or bowling.

So, Suzanne promotes swimming through the Swim Club, not as a competitive sport but as a fun thing and as a lifetime sport for fitness and wellness.

Swimmers in the Club can be competitive if they choose. Masters swim competitions exist at the local, regional, national and international levels. The Pueblo Masters Swim Club held a local meet on February 6, 1999.

The Pueblo Masters is a local chapter in a worldwide organization. Masters also has a national organization (USMS, or, United States Masters Swimming), in which a member of Pueblo Masters Swim Club must register to be an official Masters swimmer. Colorado also has a state program called COMSA (Colorado Masters Swimming Association).

The Pueblo Masters Swim Club is open to anyone, of any skill level, who is 19 years and older. Dues are \$45 per quarter plus an annual registration fee of \$25. The Club meets three times a week, twice from 5:30 p.m. to 6:30 p.m. at the USC pool and every Saturday from 7:30 a.m. to 9:30 a.m. at the Pueblo County High School pool.

It's time to check in on our resident elite duathlete and triathlete, Maddy Tormoen. The last time we visited with Maddy, she had just completed the August 28, 1998 Canada Ironman. After the Ironman, Maddy de-

cidated to take a break from training and competition. She was tired since she had also completed the Keystone version of the Xterra Triathlon (where the biking part is by mountain bike) on August 21, 1998, just a week before the Canada Ironman.

Maddy decided that she might as well have additional surgery since she would not be in a serious training mode. Maddy tore an anterior cruciate ligament in her left knee in high school. So, she has been running without an ACL all that time (we will not ask her just how long that has been). On October 28, 1998, doctors took a piece of Maddy's hamstring and turned it into an ACL in her left knee. She wore a brace on her knee for seven weeks and did not run again until February 7, 1999. In fact, Maddy did not even start working out until just a few weeks before she started running. Now, she can be seen at the YMCA giving the new leg machines a hard workout.

Maddy has found greater amusement than she had with the knee surgery in the development of her property in the Wet Mountains. Maddy bought a piece of land on Red Creek Ranch and recently completed a barn on it for her horses. Her next project is to build a house for herself. This, plus a full-time job as a social worker at the Pueblo Minimum Center, a prison for women, has turned Maddy's attention away from training and athletic competition. However, she feels the urge to compete again.

I ran my first competitive race in just over two years at the recent Valentine's Day Two-some. My partner was my 11-year old daughter, Adrienne Martin. We won the award for most creative baton for the "Taco Bell Dog" baton designed and constructed entirely by Adrienne. The baton, which measured about four feet in length, featured a talking stuffed Taco Bell dog as the handle.

I should have won some sort of award for carrying the most weight, i.e., two anvils in place of my legs. Every time my brain said, "OK, its time for a spurt," my legs would respond with "Not so fast, buddy." Running a race, holding a four-foot baton and seeing other runners' expressions as the Taco Bell dog talked to them while they ran past me was a lot of fun. That is how it should be.



Frostbite Five & Dime

Races held January 30, 1999.
Results provided by Carl Burgess.

10K

Overall winners:

Male – Geraldo Dasilva, 33:58
Female – Rita Vigil, 42:10

1. Geraldo Dasilva	33:58
2. Gerald Romero	34:47
3. Mark Koch	38:04
4. Mike Orendorff	39:21
5. Tom Koemer	40:52
6. Rufus Firefly	41:28
7. David Baker	41:28
8. Ross Westley	42:03
9. Robert Santoyo	42:03
10. Rita Vigil	42:10
11. Whoever	42:18
12. Jack Janney	43:23
13. Joe Stommel	42:28
14. Sam McClure	43:33
15. Roy Hughes	43:57
16. Roger Gerard	44:30
17. Sean Finley	44:40
18. D.A. Liepply	44:55
19. Steve Farley	45:07
20. Nick Leyva	45:30
21. Al Alvares	46:11
22. P.J. Warne	46:24
23. Betty Furlong	46:55
24. Steve Gaulke	46:58
25. Jeff Thomas	47:23
26. Bill Cox	47:51
27. Carol Ann Kinzey	48:08
28. Phil Rose	48:09
29. Laura Schilf	48:47
30. Al Kroeger	49:33
31. Paul Brown	50:00
32. Matt Sherman	50:27
33. Terry Benny	50:55
34. Mary Whitman	50:59
35. Jane Gebhart	51:10
36. Mike Crepeon	51:17
37. Les Lundin	51:28
38. Anthony Diaz	51:29
39. Vickie Gričius	51:40
40. Lowell Miller	52:58
41. Dan Cansino	53:26
42. Cathy Osban	53:30
43. Wayne Whitney	53:43
44. Desiree Leipply	54:00



A Fast Finish, too
Geraldo Dasilva led from start to finish and still had enough left to sprint the final few yards to stay under 34 minutes in the 10K with his excellent 33:58 time, 49 seconds ahead of the next finisher.

Photos by Gary Franchi

45. Michael Clark	54:16	14. Brad VanBuskirk	23:05
46. Jessie Quintana	54:40	15. Nathan Mutz	23:27
47. Kim Wilson	55:00	16. Brandon VanBuskirk	23:47
48. Scott Nicklin	55:00	17. MaryJane Martinez	23:55
49. George Reichert	55:01	18. William VanBuskirk	24:45
50. Tim Caudill	55:03	19. Karie Kelley	25:19
51. Russell Perdue	59:21	20. Jan Huie	25:23
52. Karen Willis	1:01:28	21. Aaron Diaz	25:29
53. Kim Cansino	1:01:28	22. John Freyta	25:37
54. David Jobe	1:08:34	23. Jaclyn McCluskey	26:17
55. Betty Aragon	1:20:01	24. Stan Burgess	28:02
		25. Patrick Kelley	28:07
		26. Dick Greet	28:08
		27. John Holiman	28:19
		28. John Sell	28:57
		29. Andrea Lepik	29:09
		30. James Bohannan	29:36
		31. Dan Comden	30:04
		32. Tiffany Reno	31:16
		33. Jaimie Klein	32:59
		34. Kita Alvarez	34:09
		35. Lorelei Leipply	35:47
		36. Priscilla Portillos	36:41
		37. Whitney Lavato	38:21
		38. Brooke Klein	38:22
		39. Sean Core	40:17
		40. Lew Core	40:18
		41. Crista Rogers	42:08

5K

Overall winners:

Male – Paul Koch, 17:48
Female – Misti Frey, 22:50

1. Paul Koch	17:48
2. Kyle Reno	19:27
3. Steve Peterson	19:31
4. Gilbert Madrid	19:42
5. Dave Diaz	19:56
6. Ben Valdez	19:59
7. Bill Veges	20:07
8. David Klein	21:11
9. Marv Bradley	21:22
10. Randy Sandoval	21:48
11. Brian VanBuskirk	21:54
12. Basil Hernandez	22:16
13. Misti Frey	22:50



A duck cheers on Frostbite 5K & 10K runners at City Park

Winter Series update

Several runners from southern Colorado have excelled through the first 3 races of the 4-race Winter Series being held in the Colorado Springs area. Runners had their option of entering the long or short series. Distances in the short series are 5K, 4M, 5M and 10K. Long series distances are 10K, 8M, 10M and 20K.

In the **short series**, the SCR's Woody Noleen of the Springs leads his age division while Dave Diaz and Bill Veges are 2nd, Nick Leyva 5th and Les Lundin 9th in their respective age divisions. On the female side, Marijane Martinez is 1st, Misti Frey 2nd, Kathy Ulsh 5th and Deb Hadley 6th in their respective division. In the **long series**, Sam McClure is second, Ben Valdez 3rd, Paul Chacon 3rd, Matt Sherman 3rd and John Walsh 4th for the men. On the women's side, Susan Dorle is 2nd in her age bracket.

The fourth and final leg of the series will be Feb. 27 in Black Forest. Distances will be 10K and 20K.



Larry Rogers escorts daughter Crista in the 5K



John Holiman strides through City Park



Area runners shine in Vegas

Besides winning and losing a few bones on the gambling tables and seeing the sights, area runners posted some pretty salty times in the Las Vegas International Marathon & Half-Marathon races held earlier this month. While the performance of the women's relay team is chronicled at the bottom of this page, many area runners excelled individually. Here are some results made available to me by fellow scribe Matt Martin along with my own sleuthing (listed alphabetically):

Marathon

Gerald Puls 4:48
Joe Stommel 3:25

Half-Marathon

Mark Brockie 1:26
Gilbert Cruz 1:41
Dave Diaz 1:30
Betty Duran 2:19
Lorraine Hoyle 1:42
Dick LeDoux 1:09
Nick Leyva 1:41
Jo Lukezik 2:42
Kathy Stommel 2:16
Bill Veges 1:33

5K

Dave Diaz 19:27
Tomas Duran 23:57

Dickie places

Dick LeDoux of Pueblo placed 3rd in his age group and 20th overall in the half-marathon with his sparking 1:09:13 time.

Valentine's Twosome – (held February 14, 1999)

by Jeff Arnold

The 1999 Valentine's Twosome, despite a lighthearted approach, featured quality running and family fun, not to mention amazingly inventive "batons." Of the eighteen couples running, ten were related by blood or marriage. The youngest pair, siblings Lauren and Jenna Dorsey-Spitz, had a combined age, 20, younger than most of the individual runners. Thirteen-year-old Tiffany Reno persuaded her grandfather, Bill Reno, to run his first race to be her partner. They managed to find magic in their ages to win the 71-80 division. Michael and Melinda Orendorff used daughter Patricia as the symbolic and actual connection between them. Patricia ran tied to Melinda then jumped on a bike to accompany Michael, still attached by the same decorated rope.

The Orendorffs might well have won more than one division of the baton contest, (what could be more romantic than a married couple celebrating Valentine's Day with their lovely daughter?), but received the chocolate hearts for the biggest baton. The judges declared a tie for the most creative batons. Tiffany Reno and Bill Tiffany carried Cupid's arrow, and Adrienne Martin and dad Matt carried a long pink tube complete with talking Taco Bell Chihuahua. Denise Gonzales and Justin Ricks had a rose-covered heart that won the romantic award. Scott Reno passed an old hubcap to Samantha Gust, who took her chocolate heart for the ugliest baton with good grace.

Nettie's Colorado Candies provided foil-wrapped chocolate hearts. These went to age di-

vision and baton winners. Rita and Tim Vigil won trophies in addition to chocolate for their wire-to-wire win. Rita led all runners through the first leg in 10:00 and Tim held the lead easily to cross first in 19:02. Matt Sherman was the only Lonely Heart to run both laps and got a finish time of 22:13.



Age Division (combined)

	Overall place	Time
30 years and under		
Lauren and Brendan Dorsey-Spitz	12	25:36
31-40 years		
Denise Gonzales and Justin Ricks	2	19:21
Rebekah Kobilan and Kyle Reno	5	21:38
Samantha Gust and Scott Reno	15	27:58
41-50 years		
Sarah and Mark Koch	11	25:11
51-60 years		
Vickie Martinez and Larry Volk	3	20:07
Jenna Dorsey-Spitz and Mike Borton	4	20:46
Misty Frey and Justin Phelps	9	23:09
Adrienne and Matt Martin	18	35:24
61-70 years		
Rita and Tim Vigil	1	19:02
71-80 years		
Tiffany Reno and Bill Tiffany	17	31:25
81-90 years		
Stacey and Dave Diaz	6	21:48
Helen and Jim Robinson	7	22:06
Maria Elena and Alan Weaver	10	24:33
91-100 years		
Marijane Martinez and Nick Leyva	8	22:32
Lori Mugasis and Dave Moore	13	25:58
Melinda and Michael Orendorff	14	26:18
100 years and over		
Sandra and Tom McKenna	16	29:59

Relay team keeps getting faster in Vegas

by Marijane Martinez

Back in February of 1993, several runners from Pueblo, Colorado embarked on a journey to Las Vegas, Nevada to participate in the Las Vegas International Marathon. Some of the runners participated in the marathon while others elected to run the half-marathon. Nonetheless, the next day all of them were so sore they couldn't enjoy Las

Vegas to the extent they thought possible. As a group, they decided to participate the following year as a Mixed Relay Team.

This team consisted of Misti Frey, Dave Diaz, Bill Veges, Nick Leyva and myself (Marijane Martinez). The first year they competed as a team, they finished in 5th place. They returned the following year – 1994 –

Continued on Page 8

Members of the Gold Dust Saloon women's relay team were (from left) Bridget Gharrity of Las Vegas, Amanda Franchi of Las Vegas, Marijane Martinez of Pueblo, Misti Frey of Pueblo West and Stacy Biernacki of Cincinnati, Ohio.

Photo by Nick Leyva



Some belated New Year's thoughts

by Charles M. "Chuck" Moore

Some of us made New Year resolutions just a short time ago. So what happened? Well, exactly what happens to many of us. We resolve to do something, but inaction gets the better of us. Inaction – or laziness or whatever you want to call it – is also part of what separates those of us who achieve happiness from those of us who just plug along. Perhaps I can offer a few suggestions based on my many years of floundering.

Besides just reviewing the past year, reflect quietly on some of the following questions: What is important to me? What do I value in my life? Who are the important people in my life? What do I want to accomplish? How do I want to make a difference? What are my unique gifts? and, How can I best be of service to my fellow man? Please don't ever think it's too late. I know of a wonderful woman named Pauline Sands who started karate classes in her eighties. We can all be inspired by her example. Speaking of examples, those of us who remember Adrian Gonzales can be inspired in many ways by his memory and of the quality life he lived.

Anyway, plan for some quiet time so you can work on the important questions (even if it means going by yourself to a motel room somewhere). As you are thinking things over and making the choices that will create your future, remember the words of Socrates: *"We spend the most amount of time on the least important and the least amount of time on the most important."*

By spending (actually, investing would be a better word) some quality time pondering the important questions, you'll be more likely to live an effective life and you'll certainly be more likely to spend your time on activities that you deem important. After reflecting on the questions (and on the thoughts and answers that you arrive at), you will be in a good position to write out a personal mission statement and a list of goals as well as your plans for achieving them. Some possibilities might be to:

- **Forgive someone.** Even if it's impossible to actually communicate with them, you can still forgive them on the altar of your mind. You'll probably find a new sense of peace and wellness afterwards.

- **Give up fad diets and make lifestyle changes instead.** One of the better books is Dr. Andrew Weil's *"8 Weeks to Optimum Health."* Don't just read this book--DO IT.

- **Resolve to set some new exercise goals.** Challenge yourself. Improve your financial well-

being. If you have the basics taken care of like adequate insurance, a savings account, and decent housing, its time to start thinking of investments.

- **Follow your dreams.** What are some of the things you wanted to do when you were growing up? Have you given up those dreams? Why?

- **Improve your relationships with the people you value.** Give of yourself. Improve your ability to listen. Build bridges, not walls. Walk awhile in the other person's moccasins.

- **Reach out and touch someone less fortunate than you.** And I don't mean by just writing a check. Get involved.

- **Discover ways to improve your spiritual life.** A place of worship or the Bible might be good places to start.

- **Vow to live in the present.** Have a tendency to worry? Follow these four simple steps: First, write out what you're worried about. Then write down your options. Third, make your decision based on the information you have available. And finally, write out when you'll get started. Please don't make the mistake of always thinking that the future is a better place. You'll end up wishing your life away. "Now" is a gift--that's why it's called the present. ENJOY NOW.

- **Work at being positive.** Don't let negative thoughts enter your mind. Read *"Learned Optimism"* by Martin Seligman. Find the time for something creative. You probably have a gift somewhere inside you. And it could be a great gift. But you won't know unless you work at it and develop it.

- **Choose a virtue or two that you'd like to improve upon.** Humility, hope, courage, or kindness might be places to start.

- **Write out all of your goals and your plans for getting there,** and include when you're going to start. AND GET STARTED.

You'll find it helpful to reward yourself as you achieve changes in your life. And, don't beat yourself up for occasional slipups. They happen to all of us.

Chuck Moore can be reached at Gold Crest Realty and Management Inc. (719) 560-9000, ext 123 or cmmoore@fone.net



Sleeping is a good remedy for overeating

Getting enough sleep is the weight-management technique that often is overlooked. When you're overtired, you often try to get energized by eating. In fact, some doctors believe lack of sleep may be a factor in the current epidemic of obesity in the U.S. A generation ago, Americans averaged 8 to 9 hours of sleep a night. Today, the average is 7 to 8 hours. Also, 1 in 4 of us routinely gets fewer than 7 hours, and 1 in 14 gets less than 6 hours.

– CSU Cooperative Extension

Good news for SCR members

Similar to the way a drink or 2 a day protects against heart attacks, moderate alcohol consumption appears to ward off strokes, a new study has found. It found that the type of alcohol consumed – beer, wine or liquor – was unimportant. Any of them or any combination of them was found to be protective.

– Columbia U. College of Physicians & Surgeons



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Training to do your best

Repeated high-intensity running may actually be detrimental to aerobic performance.

Distance-training theory says that long intervals at goal race pace are more effective than short, fast speedwork. The results of this study go a step further, suggesting that repeatedly training hard enough to generate high lactate levels may slow down your distance-running performance.

– Pete Pfitzinger, exercise physiologist

These veggies as good as fresh ones

The U.S. Food and Drug Administration has determined that frozen and canned fruits and vegetables can contain as many nutrients as fresh ones, and sometimes more. Part of the reason is that when such produce is in a display case or refrigerator, they lose much of their vitamin content while the frozen ones do not.

Next SCR meeting

The SCR meeting for March will be held at 7 p.m. Tuesday, March 2, at the Pueblo YMCA.

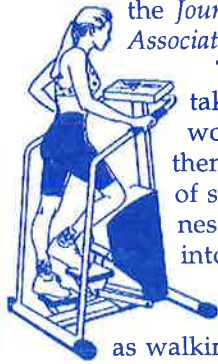
Rocky on Fitness

Diet plus exercise best way to lose weight

by Rocky Khosla, M.D.

So you had made your New Year's resolution of trying to really get in shape and maybe lose a little weight, but you just haven't gotten around to doing it yet. Should you join a high-tech fitness center or try to incorporate more activities in your lifestyle?

Has anyone ever done a study to look at which of these approaches is better? And what if you wanted to lose weight by going on a 1,200 calories-per-day diet and also wanted to add either a structured exercise program (i.e. going to the gym) or a lifestyle change type of program. Which one of these is better? Well, you are in luck because there were two studies that looked at these very issues in the January 27, 1999 issue of the *Journal of the American Medical Association*.



The first study looked at taking sedentary men and women and either enrolling them into a 24-month program of structured exercise (i.e. a fitness center) or enrolling them into a behavioral fitness method where they were taught to do such things as walking rather than driving short distances, taking the stairs rather than the elevator, etc. The researchers then compared the two groups and measured changes in their fitness levels, weight and body fat percentage. What they found is that both groups had similar improvement in fit-

ness, neither group actually lost weight, but both groups decreased their body fat content similarly.

The second study looked at 40 obese women and assigned half of them to a 1,200 cal/day diet along with a structured exercise program (i.e. going to the fitness center) versus the other half that was also put on a 1,200 cal/day diet program but was given instructions on making lifestyle exercise changes.



The two groups were enrolled in the study for 16 weeks, and a follow-up was done a year later. The researchers found that the diet plus lifestyle program was just as effective as the diet plus structured exercise program for initial weight loss and weight loss maintenance.

So what I take away from the above studies is that if you are a sedentary person and want to help yourself become healthier, you do not necessarily have to join a high-power fitness center to get all of the healthy benefits that you could get by injecting a little more exercise in your lifestyle, and the latter may be easier and cheaper to do. Also, exercise by itself doesn't seem to lead to weight loss, but it does seem to decrease your body fat percentage. To lose weight, you really should combine a diet and exercise program – either a structured program or a lifestyle program will do just as well.

Till the next time, take the stairs – you'll thank me.

Las Vegas

Continued from Page 6

and placed 3rd! After that year, some members elected to instead run either the half-marathon or full marathon, so Marijane and Misti decided to form a Women's Relay Team.

While Marijane and Misti have been on this relay team since its inception, other members have changed from year to year. Earlier this month, the members who are pictured in the photo on Page 6 posted the best time ever in Las Vegas for the local women's relay team with a 3:09:30 time. Their overall place for this PR was 4th. In past years, the female relay teams have placed 2nd and 3rd.

The ladies (Ruth and Shelly) from the Gold Dust Saloon have been kind enough to pay the entry fee for the Women's Relay Team and have also been generous enough to provide the members with Gold Dust shirts. Each year has been different and all have been FUN!

Plus, Las Vegas, Nevada is a city of fun and excitement and there is never a dull moment. This year, several people attended the Righteous Brothers concert and it can only be described as exactly that – RIGHTEOUS!

Misti and I look forward to again competing on the COLORADO GOLD DUST Women's Relay Team in 1999 and seeing as many of you there as possible!

1999 Racing Calendar



Pueblo County - Canon City corridor

March

7 Sun 8:15AM **Spring Runoff, 5K, 10K & 10M** Side Pocket (719) 542-5350
 5K begins at 8:15, toddlers race at 9:15AM, 10K & 10M at 9:30AM

20 Sat 8:30AM **Canon City Predict Run, 5K** Riverwalk (719) 275-1578

April

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

Other areas

February

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

28 Sun **Frosty Trail 50K** Chatfield State Park (303) 973-7575

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

28 Sun **Orphans of Violence, 5K** Washington Park, Denver (303) 694-2030

April

11 Sun **Denver Police Chase, 4M** City Park, Denver (303) 694-2030

17 Sat **Run the Ridge, 5K** Colorado Springs (719) 596-3507

17 Sat **Horsetooth Half-Marathon** Fort Collins (970) 493-4675

17 Sat **Chuck Weaver Challenge, 5M** Red Rocks Park, Morrison (303) 428-8988

24 Sat **Collegiate Peaks, 25M & 50M** Buena Vista (719) 395-6612

24 Sat **Elbert Reflections, 5K & 10K** Elbert (719) 590-7086

25 Sun **Cherry Creek Sneak, 5M** Denver (303) 394-5170

Regional Marathons (& others of interest)

February 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

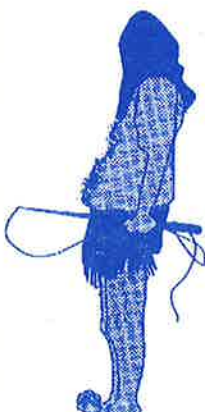
29 **Andy Payne Bunion – Oklahoma City, OK** ... (405) 236-2800

June 6 **Steamboat – Steamboat, CO** (970) 879-0880

19 **Grandma's – Duluth, MN** (218) 727-0947

July 11 **San Francisco, CA** (916) 983-4622

17 **Mosquito – Leadville, CO** (800) 933-3910



Other known 1999 races

May 8 or 9

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

May 15

Ordinary Mortals Triathlon

May 31

Bolder Boulder 10K

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 11

Imogene Pass – Ouray

September 12

Race for the Cure,
 Colorado Springs

September 26

Governor's Cup, Denver

October 10

River Trail Marathon,
 Half -Mara. & 10K

October 17

Colorado Half-Mara & 5K

November 6

Rim Rock Run

December 5

Rock Canyon
 Half-Marathon

"Ask not what you can do for your country, ask what you can do for me."



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



Stats that rule

- Women comprised 55% of the field in last year's inaugural Rock 'n' Roll Marathon. – *George Hirsch, Running Times*
- People who eat nuts at least 4 times a week have a 50% lower risk of heart attacks. – *Harvard Men's Health Watch*
- Twenty-two million Americans belong to a health or fitness club. – *Intern. Health, Racquet & Sportsclub Assoc.*
- 90.1% of Puebloans surveyed in health clubs said they'd prefer heart problems to reading an issue of "Footprints." – *Pollsters Unlimited*

Spring Runoff facts you didn't care know about

by the Editor

Here are a few things I discovered simply by reading over this year's Spring Runoff registration brochure:

Dick LeDoux of Pueblo and Peter De La Cerda of Alamosa have won the most Spring Runoff races, with 4 each. Dick won the 10K in 1981, '86, '88 and '89. Peter won the 10K in 1997 and '98 and the 5K in '86 and '98.

You read De La Cerda's victories correctly. He won both the 5K and 10K in 1998. The only other runner to ever "double" in a Spring Runoff was Deena Drossin of Alamosa who won the 5K and 10K in 1997.

Former Puebloan Steve Cathcart, Elise Rainbowstar of Colorado Springs and Terry Golba of Antonito have been past winners in both the 10K and 10-mile races.

Gary Franchi has never won a Spring Runoff race.

No Pueblo runner – male or female – has won the 10K race in the 1990s.

We must assume that 10-mile winner Becky Swartz (1995) was homeless since her home town is not listed in the brochure.

The 10-mile race was not held in 1982.

Only 2 Pueblo females and 2 Pueblo males have won the 10-mile race in the 19 years it has been held.

Terry Villarreal Golba won the 10-miler in 1993 as Terry Villarreal of Albuquerque, the 10K in 1995 as Terry Golba of Antonito, and the 10-miler in 1996 as Terry Villarreal Golba while a homeless person.

Lorie Moreno of La Junta and Joyce Rankin of Colorado Springs both won the 10K race 3 times in the 1980s.

Chewta wanted to enter last year's 5K but the SCR does not allow dogs in races.



For the soul ...

"Running serves as a means to re-establish an individual identity, a way to stake out one's own space." – Reg Harris

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

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Give yourself a monthly kissy-face!

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