



EDITOR: Gary Franchi

# FOOTPRINTS

The litter of the pack

January 2001 space odyssey edition

## SCR's finest in 2000 to be honored Annual awards banquet slated for January 27

**WHAT:** Annual SCR Dinner/Banquet  
**WHEN:** Saturday, January 27, 2001  
**TIME:** 6 p.m.  
**WHERE:** St. Francis Xavier Church in Pueblo  
611 Logan (corner of Spruce, near St. Mary-  
Corwin Hospital)

**EATS:** Catered by Pasta Cottage

- EVENTS:**
- Honoring SCR's most valuable member, top male and female runners of the year, top youth runner of the year
  - Other special awards
  - Election of new officers for 2001

*Please RSVP by Jan. 20:*

*by calling 564-2350 or e-mailing [queenie122@home.com](mailto:queenie122@home.com)*



### Here's the Menu:

Fried Chicken  
Rigatoni  
Meatballs  
Italian Sausage  
Tossed Salad w/House Dressing  
Rolls, Butter, Cheese  
*Catered by Pasta Cottage*

### Cost:

\$7 for adults  
\$5 for kids 10 and under



Live music to be  
provided by  
"Fireweed,"  
a great, local  
bluegrass band.





**Rover sez:**

*"In case you haven't yet renewed your SCR membership yet, now is a good time to do so. I'm told that this is very important for the club to remain solvent, whatever that means. A 2001 SCR membership form has been conveniently enclosed with this edition of "Footprints." If you take care of this now, I can concentrate on more important things like bugging my master to feed me. Now THAT's important. Ruff! Ruff!"*

**Quoteworthy:**

*"The best moments in our lives are not the passive, receptive, relaxing times. The best moments usually occur when a person's body or mind is stretched to the limits in a voluntary effort to accomplish something difficult and worthwhile."*

– Mihaly Csikszentmihalyi



The SCR is a member of the Road Runners Club of America. Its membership dues includes \$1.25 per member for them to receive the RRCA's four quarterly "FootNotes" publications. You can contact the RRCA at:

1150 S. Washington St.,  
Suite 250  
Alexandria, VA 22314  
or at [www.rrca.org](http://www.rrca.org)

# Spring Runoff plans right on schedule

Well, it looks like things are progressing nicely for the upcoming Spring Runoff that will be held Sunday, March 4. That means that all of the many, necessary details are being worked out by a team led by new race director Terry Cathcart.

As these words were being written, the new Spring Runoff logo was being finalized, awards were being discussed, things like bib numbers were being ordered, and many other details were being plotted.

## Data entry volunteers sought

If you are a decent typist, the SCR could use your help. We need volunteers who can input Spring Runoff entries into a computer prior to race day and/or can punch in results on the day of the race. With the Runoff to include 4 difference races, we're desperate.

If you can help, please call Terry Cathcart at 547-2777.

The Runoff will include separate 5-kilometer, 10-kilometer and 10-mile races plus a 2-mile walk. The exact courses from the new location at Dutch Clark Stadium have been determined, and certification of the running courses is pending.

## For the soul ...

**"The runner appreciates the chemistry of a group but loves the transcendental quality of a solitary run." – Jeff Galloway**

## Time to renew memberships

Many thanks to all of you who have already renewed your SCR memberships for 2001, and we ask that the rest of you please do likewise as soon as possible. Once again, we are conveniently including a membership form in this issue of "Footprints."

There are many advantages to being a member. First are the benefits to your wallet or purse – a \$2 or more discount on club-produced races and discounts at retail outlets like Runner's Roost in both Colorado Springs and Fort Collins and at the Boulder Running Company in the Springs. Then there are a free Prediction Series of races, summer picnic, fall bonfire, potluck brunches and dinners, a kinship with fellow fitness devotees, etc.

Also, once a month, you get another piece of junk mail delivered to you in the form of this newsletter. Besides containing some of the best fiction writing this side of the Mississippi, it also contains a race calendar to post on your refrigerator or put in your bird cage.

This is a serious bargain.

**Don't be a dud –  
Be sure to attend  
the SCR Banquet!**



**About the Editorial consultant** – Jan Gangelhoff is the University of Minnesota secretary who wrote term papers for many of the school's athletes.



## 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. 232

"Footprints" is the newsletter produced monthly by, about and for the SCR membership. It is bulk-mailed via third class mail to keep the Postal Service solvent.

### Current SCR Officers

President	Matt Sherman	564-3170
Vice President	Jessie Quintana	564-2350
Secretary	Diana Reno	561-3343
Treasurer	Dave Diaz	564-9303

### Non-elected Officers

Membership Chair	Ken Raich	564-0847
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultant	Nick Nasch, Jan Gangelhoff (*)	
Web Master	Ken Raich	564-0847

### Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Matt Martin

SCR meetings generally are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend, take useless notes, and pretend to be coherent.

**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 a \$25 charge to have race flyers inserted. The club reserves the right to reject ads/flyers that suck.



# Great (& so-so) Stuff

by Gary Franchi



## Incentives might help some folks

Thought for today's lunch, compliments of Mary Lowry: "There are few people who don't become more interesting when they stop talking."

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

This is the time of year when the rest of the world makes New Year's resolutions, most of them centering around losing weight and getting in shape. There are exceptions, I suppose. Some people might resolve to act more human this year, which would be good for the rest of us but, judging from a lifetime of observation, is very unlikely to happen.

As members of the SCR, you and I probably don't worry about making resolutions too much since we're already devotees of a lifestyle of trying to be physically fit. I said trying. Our resolutions might be to get into better racing shape or to run or walk more miles so that



we burn more calories and, thus, can afford to pig out on desserts every so often. This is important. It's nice to be able to "give in" to the urge every once in a great while when passing the cream-filled long johns at the King Soopers bakery.

I started thinking about this after reading an article in *The Denver Post* on New Year's resolutions and why the "rest of the world" usually fails to keep them. According to Bill Howland, Director of PR and research for the International Health, Racquet & Sportsclub Association, "40-60% of new exercisers will drop out (of health clubs) within six months."

Boy, that's a lot of people who won't be able to "give in" to their urges to eat cream-filled long johns every so often. Of course, these are probably the type of people who are regular visitors to the King Soopers bakery anyway, which is why about 99.3% of Americans are overweight.

Anyway, while scarfing down a breakfast burrito at the golf course restaurant in Colorado City recently, I started thinking about why all these people fail to keep their New Year's resolutions. Why can't they "stick with it?" *The Post* article offered an explanation.

"Once exercising is a chore, it is much too easy to find ways to avoid it," said Joanna Starrek, CU sports psychology professor. "It has to be a rewarding activity. There has to be some

benefit to you in the actual activity itself."

Oh, I see. So we've got to make the "act of exercising" more rewarding for these folks, eh? Well, I think I have the solution. Why not have baskets of candy attached to every fitness machine at health clubs, and establish a "reward system" through which these new members would earn a certain amount of free candy for time put in on the machine?

It's genius! Walk or run on the treadmill for 15 minutes, get a free mini Kit Kat bar. Ride the LifeCycle for 30 minutes, get a free Twix bar. Lack of time, one of the biggest reasons given for quitting an exercise program, would no longer be used as a big excuse. The new members would be happy to make time to work out at, say, the "Y" if there were rewards for their efforts.

Once they get tired of candy, you could use other incentives – maybe coupons for free food. Like for Big Macs at McLube's. Or Super-Sized meals at Burger King.

Or cream-filled long johns at King Soopers.

### Ten things I was just wondering:

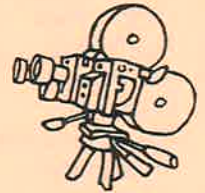
- Wouldn't it be great if swimmers wore bib numbers on their chest when they race?
- Won't it be fun if the new Denver Broncos stadium is named Janus Funds and one day the "J" falls off the sign affixed to the outside of the complex?
- Why don't police cars have bumper stickers that say "I brake for donut shops?"
- Has anyone ever really gotten rid of a side stitch by following advised methods or do they just go away by themselves eventually?
- How come you never see a bumper sticker that says, "I was lubed at McDonald's?"
- Wouldn't it be fun if you could find even half of the number of running shoes that are included in magazine shoe reviews?
- Since the plural "attorneys general" sounds so ridiculous, why don't they change the singular name to "general attorney" instead of "attorney general?"
- How come the SCR has never needed a recount for its election of officers?
- If all Kenyans had cars, would they become proficient at, say, playing chess instead of running?
- Why would anyone point a fake gun at a policeman?

One last thought, regarding New Year's resolutions: If you can't keep 'em, don't make 'em!



### Ultimate in idiocy item of the month:

Some kids seem to be getting dumber earlier. A study by the Fred Hutchinson Cancer Research Center found that 24.2% of girls and 26.3% of boys were daily smokers by the 12th grade. A survey of the students two years after high school found an even higher rate of smoking, earning those young ones this month's *Lights are Dim Award*.



### Movie Line of the month:

"Coconut milk is a natural laxative."

This is one of the rare times that I'm using a line from a current movie, which means I was writing it down in the theater with the lights off. Isn't that interesting? This is a great flick about survival, which is such a giveaway that if you don't know the line then you don't read current movie reviews.

Answers below.

Answers in "Cast Away" Tom Hanks in



## SCR birthdays

### JANUARY

- 24 Rochelle Garcia
- Ruth McDonald
- Amy Robinson
- 25 Monica Diaz
- 26 Matthew Gallegos
- 27 Mike Messick
- 31 Steve Cathcart

### FEBRUARY

- 4 Michelle Riddock
- 5 Teresa Taylor
- 8 David R. Foster
- 9 Dominique Rael
- 10 Janette Chavez
- 11 Judy Navarro
- 13 Adrienne Martin
- Jerry Lopez
- 14 Judy Tucker
- Allen S. Weaver
- 17 Carole J. Walls
- 18 Sam Edwards
- 19 Paul McWhorter
- 20 Bev Skroch
- Dee Rogers Brown
- Ralph Regalado
- 21 Martin Ottersberg
- 22 Aaron Diaz
- 23 Damika Jones
- Bruce Batting
- Bob King
- 24 Carlos Rodriguez
- Daniel Caprioglio
- 28 Sandy Messick
- 29 Robin Dabney-Valdez

# Rocky on Fitness

by Rocky Khosla, M.D.

## The real benefits of regular exercise

Happy New Year, everyone, and welcome to the official start of the 3rd millennium of human history! And just so we can all start off on the right foot, I want to make the case for regular exercise for us all, especially the elderly.

Did you know that currently approximately 14% of the population is over 65 years old, and that by 2030, that percentage will go up to 22%? And did you also know that by that point, the fastest-growing segment of the population will be those who are 85 or older? Traditionally, as people have gotten older, they have generally become less active, tend to get fatter, and tend to start losing muscle tone and muscle mass.

This may all lead to increasing the risk of developing multiple medical problems such as hypertension, diabetes, coronary artery disease, etc. Also, this group has a significant risk of falling and sustaining significant injury.

If I had things my way, I would make exercise mandatory for us all, especially those over 65. For an excellent review of all the benefits of exercise in the elderly, I would refer you to the October 15, 1999 issue of the *Physician and Sportsmedicine*, but a partial list of conditions that are improved with exercise includes obesity, diabetes, osteoarthritis, hypertension, heart failure, osteoporosis, emphysema, mood disorders and cognitive dysfunction. And the biggest benefits for the elderly who exercise are the improvements in the overall functional quality of life, strength, balance and significant reduction in falls.

So now that I have talked you (or someone you know) into starting to exercise, what do you do? First, if you have not been physically active and are a male over the age of 40 or a female over age 50, or have cardiac risk factors (high blood pressure, high blood cholesterol, diabetes, smoker, etc.), please see your doctor and let them give you the once over before you start your exercise program.

Once you are cleared for take off, you should try to get 5 things into your fitness plan (and you don't have to get all of these right off the bat):

1. Improve cardiovascular health: activities that use large muscle groups such as walking, biking, swimming, etc., done for 20 minutes 3 times a week would be a good place to start.
2. Improve strength: working out with weights where you do as little as one set of 8-12 repetitions 2 times a week is fine. And remember, if you don't be long to a gym or don't have any equipment, a can of soup weighs 1 pound!
3. Increase flexibility: gentle stretching before and after the above activities can improve the range of motion of the joints.
4. Decrease body fat and increase muscle mass: cut down on the fat content in your diet and gradually increase the protein content. Most studies suggest that the elderly get only half the protein content that they should be getting in their diet.
5. Improve balance and agility: activities like tai chi, dancing, tennis, etc., can really improve your balance and decrease the chance of falling. A tip from a patient who is 90 is that he tries to brush his teeth while standing on one foot, while supporting himself with a hand on the counter.



As we enter this new millennium, let's go into it lean, not so mean and strong! I wish you good health and much happiness.

## Thoughtworthy

The marathon, like most things worth doing, offers risks and rewards. Because it gives a chance to go beyond usual boundaries-and at least an equal possibility of failing-the race both attracts and frightens runners.

– Joe Henderson

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# Staying young

## Start eating the right foods early in life

by Elizabeth Somer, MA, RD  
WebMD Medical News

Gray hair, creaky joints, and wrinkled skin are inevitable as we grow older. But what if you could delay the onset of the infirmities that often come with aging? You could challenge white-water rapids in a raft alongside your grandchildren. And you'd probably never have to exchange your treadmill for a walker.

Sound too good to be true? It's actually true, although it does take some work. Prolonging your healthy and active life isn't about swallowing an herbal supplement or vitamin for a few months. If you want to stay young, you have to make a long-term commitment to eating right. The word from researchers: Tipping the balance toward more nutrient-rich foods while you're still young can go a long way toward keeping you healthier longer.

A new study in the August 2000 issue of the journal *Circulation* shows that premature aging actually can begin at an early age. In fact, researchers found cholesterol deposits in the coronary arteries of teenagers and young adults.

Indeed, the effects of aging start sooner than you might think. We age along a continuum, rather than all of a sudden, says Robert Russell, MD, professor of medicine and nutrition at Tufts University in Boston. "You don't wake up one morning to notice you've aged," he said. "The age-related nutrition issues that confront seniors – from osteoporosis to heart disease – begin in the early adult years."

### Choose the Right Foods

Many foods that you may or may not be eating could be laying the foundation for your health, or lack of it, during your senior years. Of course, eating well is a difficult choice with the ever-present temptations of fast food and junk food that are present in our society.

But take a look at what these foods are doing to you. Sour-cream-filled burritos and grease-soaked french fries provide fodder for artery-clogging plaques. A fiberless daily menu of a beef patty nestled between two slices of white bread promotes constipation, setting you up for diverticulitis, a painful condition of the colon that afflicts half of all Americans over 60. And forgoing milk and calcium-enriched juices for super-

sized sugary sodas only encourages the onset of osteoporosis and tooth decay. Add decades of smoking, a sedentary lifestyle, stress, and other environmental factors and you will age – early and quickly.

The alternate scenario is much more attractive. Minerals from calcium-rich dairy foods and greens can strengthen your bones. Fiber from whole grains helps to keep bowel movements regular. And the antioxidants from fruits and vegetables help to prevent cancer from developing by fighting off free radicals, byproducts of the body's everyday processes that can damage DNA, cells, and tissues.

### A Simple Approach

How do you incorporate more healthy foods into your meals? Don't worry, no complicated diets are needed here. The easiest move you can make is to add more fruits, vegetables, and whole grains to your daily menu. Most have no fat, cholesterol, or sodium -- and they're low in calories. What you do get is lots of fiber, calcium, iron, magnesium, and vitamins, which all play a part in keeping you functioning at your best.

Researchers are proving it. In a study published in the April 26, 2000, issue of the *Journal of the American Medical Association*, researchers reported finding that women who ate diets high in fruits, vegetables, grains, and lean meats were 30% less likely to die of any cause than women who didn't eat such a diet during the study.

The researchers tracked the women for about six years. But at exactly what age you need to begin eating well is anybody's guess. What's clear is that heart attacks, osteoporosis, and other signs of aging take years to develop. Eating healthy foods slows that development, helping you to live better and longer.

Sure, there are a slew of factors besides food that influence your well-being and longevity, says Arthur Schatzkin, MD, DrPH, a co-author of the study and chief of the Nutritional Epidemiology Branch at the National Cancer Institute. However, the proof that what you eat counts for a lot, he says, "is certainly provocative."

So get ahead by eating right early in life. If you're already approaching those later years, it's not too late to start. There are always rewards to reap.



## Training to do your best

### Running intervals

To run better intervals and avoid soreness, learn to pace yourself. Intervals train you to run a goal race pace, whatever that pace is. During your interval sessions, you want to run slightly faster than this pace so, come race time, your goal pace will feel comfortable. Your total speedwork distance should never add up to more than 10-15% of your weekly mileage. When starting out, allow yourself to recover for half the amount of time it takes you to run the interval. Gradually shorten your recovery to simulate your race goal.

-Alisa Bauman

### The need to recover

Recover as seriously as you train. Muscles need at least 36 hours to completely recover from any hard workout. So if you don't take at least one day off each week, you never fully recover from your training. In addition, plan one very easy week during every four to six weeks of training, and take one month off every year by running very lightly or cross-training.

- Dr. Owen Anderson



**Next SCR Meeting**

The next SCR meeting will be held at 7 p.m. Tuesday, Feb. 6, at the Pueblo YMCA in downtown Pueblo. Any SCR member may attend.



# The SCR in 2000, &



# as seen by the lens



# Shoe donors display fetish for helping needy

by Matthew Martin



These are a few of the more than 2,200 pairs of shoes that were donated to the "Shoe for Every Foot" project.

If numbers are any indication of accomplishment, the SCR's A Shoe for Every Foot campaign was a runaway success. This project was designed to collect new and used shoes of every kind to give away to the homeless and less fortunate in Pueblo. The project was about sharing, conservation and the SCR making a positive impact on this community. I created the project out of my participation in the Landmark Education Corporation's Self-Expression and Leadership Program. Launched in early November, the project's original goal was to collect 100 pairs of shoes by December 20. This goal was easily exceeded as over 2,200 pairs of shoes were collected by project's end.

Six collection boxes originally were set up around town. Four more were added to Pueblo West locations. Shoes came from out of town as well. Former Pueblo YMCA employee and current Chicago-resident Rob Garcia shipped 18 pairs of brand new children's and young adult shoes, donated from a friend's employer from Chicago. The unexpected flood of shoes took the project leaders by surprise and required nearly daily pickups at most locations. The project spawned shoe drives within the shoe drive at places such as Temple Emmanuel, Pleasantview Middle School (Rand Morris collected a pickup truck full of shoes from the school), Mrs. Haggerty's science class at Centennial High School, and Pueblo County High School's ROTC.

A shoe-sorting and pizza-eating party was held at my house three days before the end of the project. About 18 people helped sort the shoes by female adult, male adult and children's and young adults. Surprisingly, not many shoes were found to be unsuitable for giving away.

The project culminated with a free celebratory concert at The Central Christian Church that was highlighted by the appearance of local bluegrass favorite Fireweed. Around 200 people listened to Fireweed's foot-stomping tunes. The donated shoes were presented during this concert to the Way-

side Cross Homeless Shelter for Men, the Posada, the Pueblo Boys and Girls Club, and the YWCA Family Crisis Shelter. All agencies were extremely pleased with the results of the project.

I was totally amazed by the outpouring of support, generosity and ideas by everyone I talked to about the project and by the community.

My special thanks go out to those previously mentioned and to the following: Fireweed; co-leader Gary Franchi; Mike Saucedo of Artie and Mikey's Sports Emporium; Adam Titelbaum of The Tennis Zone; Marlene and Don Cordova of Escape Travel; The Athlete's Foot in the Pueblo Mall; the Pueblo Police Dept.; Pueblo U-Haul (for donating the collection boxes); the Central



The SCR's Terry Cathcart used his pickup truck to help transport bags of shoes to a needy group. Photo by Gary Franchi

## Avoid injury

Almost 25% of adults who run suffer from musculo-skeletal injuries. Why? The main cause is sudden, significant changes in your training routine. Lack of proper rest between high intensity workouts, a sudden increase in distance, and an intense workout can all contribute to injury. To avoid the urge to run too much too soon (and risk injury), continue running through winter. And remember to take time off if you feel any pain.

Christian Church; the YMCA; the SCR Board of Directors; Dan Durkin and Terry Cathcart (shoe collection guys); Jerry Chetelat (concert refreshments guy); the First Presbyterian Church singles group (for moral support and shoe-sorting efforts); Dee Dee DeGrado (for holding me accountable to my commitment to this project); Vaughan Platt (flyer design guy); Damian Rotolo (great idea guy); Adrienne Martin (for constant support and for her help in sorting of the shoes); Julia Martin (for organizing the shoe drive in Mrs. Haggerty's class); Gary Micheli; Arlet Forgie (moral support); Larry Cox of Printer's Choice (for donating time and materials for the flyers); Mike Orendorff; Kyle and Diana Reno; Rich and Deb Hadley; The Landmark Education Corporation (for giving me the ability to discover for myself things about my life that I did not even know were possible); and God (for showing me the inextricable relationship between faith, unconditional love and doing good deeds).

Whether this successful project is an annual or ongoing event is the choice of the SCR Board of Directors. Certainly, our group has benefited from the positive publicity surrounding this project. And, this project just might assist in justifying our non-profit status with the government. So, if you have an opinion one way or the other about this project, please let your SCR leaders know.



Fireweed performs at Central Christian Church.



# 2001 Racing Calendar



## Pueblo County - Canon City corridor

### February

3	Sat	10:00AM	<b>Frostbite Five, 5M</b> .....	City Park	(719) 543-5151
11	Sun	9:00AM	<b>Valentine's Twosome, 1.6M each partner</b> ...	City Park	(719) 947-3682
18	Sun	9:00AM	<b>Spring Runoff Prediction, 10K</b> .....	3912 Goodnight Avenue	(719) 564-0847

### March

4	Sun	9:00AM	<b>Spring Runoff, 5K, 10K, 10M &amp; 2M walk</b> .....	Dutch Clark Stadium	(719) 547-2777
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25	Sun	9:00AM	<b>Ben &amp; Matt's Trail Mix, 6.3M</b> .....	Nature Center	(719) 543-5151
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### April

7	Sat	8:00AM	<b>Ramsgate 8, 8K</b> .....	Belmont area	(719) 544-9633
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22	Sun	9:00AM	<b>Y-Bi Classic Duathlon</b> .....	Pueblo West	(719) 543-5151
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## Other somewhat nearby areas

### January

27	Sat		<b>Winter Series II, 4M &amp; 8M</b> .....	Fort Carson Fitness Trails	(719) 598-2953
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### February

10	Sat		<b>Winter Series III, 5M &amp; 10M</b> .....	Colorado Springs area	(719) 598-2953
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24	Sat		<b>Winter Series IV, 5K &amp; 10K</b> .....	Black Forest	(719) 598-2953
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### March

17	Sat		<b>St. Patrick's Day 5K</b> .....	Old Colorado City	(719) 635-8803
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### April

14	Sat		<b>Tortoise &amp; Hare, 5K</b> .....	S. Monument Valley Pk, CS	(719) 574-9273
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28	Sat		<b>Elbert Reflections, 5K &amp; 10K</b> .....	Elbert	(719) 590-7086
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### May

5	Sat		<b>Races in the Garden, 5K &amp; 5M</b> .....	Garden of the Gods, CS	(719) 635-8803
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12	Sat		<b>Panoramic River Run, 1M &amp; 4M</b> .....	Bear Creek Park, CO Springs	(719) 598-2953
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## Regional Marathons (& others of interest)

January	21	San Diego	(858) 792-2900
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February	4	Las Vegas	(702) 876-3870
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	4	Mardi Gras – New Orleans	(504) 454-6561
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	18	Desert Classic – Phoenix	(480) 657-5373
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	18	Motorola – Austin, TX	(877) 601-6686
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	24	Cowtown – Fort Worth, TX	(817) 735-2033
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March	4	Napa Valley – Napa, CA	(707) 255-2609
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	4	Los Angeles	(310) 444-5544
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April	16	Boston (Mass.)	(508) 435-6905
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	28	Country Music – Nashville, TN	(615) 742-1660
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	29	Big Sur – Carmel, CA	(831) 625-6226
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	29	Oklahoma City Memorial – Oklahoma	(405) 525-4242
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May	6	Lincoln – Nebraska	(402) 435-3504
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	26	Andy Payne Bunion Run – Oklahoma City ..	(405) 236-2800
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	27	Wyoming	(307) 635-3316
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	27	Coeur d'Alene – Idaho	(208) 665-9393
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June	3	Rock 'N' Roll – San Diego, CA	(858) 450-6510
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	3	Taos, NM	(505) 776-1860
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	6	Steamboat – Steamboat Springs	(970) 879-0880
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	16	Grandma's – Duluth, Minn.	(218) 727-0947
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## Some known 2001 races

**January 28**  
Super Bowl 5K  
– Denver

**February 11**  
Valentine's Day 5K  
– Denver

**February 18**  
Washington's B-day 5K  
– Denver

**March 11**  
Runnin' of the Green  
– Denver

**April 29**  
Cherry Creek Sneak

**May 12**  
Panoramic River Run  
– Bear Creek Park, CS

**May 19**  
Ordinary Mortals  
Triathlon – females

**May 20**  
Ordinary Mortals  
Triathlon – males

**May 28**  
Bolder Boulder

**June 2**  
YMCA Largest Race

**June 9**  
Cañon City River Run

**June 10**  
Garden of the Gods

**June 16**  
Sailin' Shoes

**June 23**  
Flameout Four

**June 24**  
Royal Gorge 10K

**June 30**  
Run for Rio 5K



**Get your 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: Gary.Franchi@pcc.ccoes.edu

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

Non-Profit  
Organization  
U.S. Postage  
Pueblo, Colorado  
Permit #41



**If you move,  
let us know!**

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.



## Stats that rule

- The Angel Fire Road Runners Club in New Mexico has 10 members and is an RRCA club. – *RRCA directory*
- Americans get 20% of their calories from sweets and sugars & 40% from fat and food chemicals. – *Newsweek*
- Between 1990 & 1996, sports-related injuries increased 18% in people 25-64 and by 54% in people 65 and over. – *Men's Health magazine*
- In a random survey, 98.5% of Americans said they preferred getting a sports-related injury to reading "Footprints." – *Pollsters Unlimited*

## Racing info. made up for good reading

by the Editor

First things first: If you intend to run the Pikes Peak Ascent or Round Trip this year, don't procrastinate. Register early while you can. I know of a few folks who missed out last year by waiting too long. One of them would have placed in the Triple Crown series in her age division.

Also, good luck to everyone running the 4-race Winter Series in the Springs area. If you'd like to carpool, a group from Pueblo meets in the Sam's Club parking lot before each race. If you'd like some information on this, call some of the "regulars" like Nick or Marijane (564-6043) or Dave Diaz (564-9303).

Meanwhile, several club members will make the annual sojourn to Las Vegas to run either the marathon, half-marathon or the marathon relay on Feb. 4. Good luck to all of you in your particular race. And, shoot, I suppose in everything else in your lives, too.



### Frostbite Five

While some will be in Las Vegas, the an-

nual Frostbite Five will kick off Pueblo's 2001 road racing calendar on Saturday, Feb. 3. As noted earlier in "Footprints" (assuming, of course, that you can read and are willing to risk your sanity by reading this newsletter), the Frostbite is going back to being a 5-mile race based at City Park. Since it takes in the River Trail, that means the "Big Hill" awaits racers just before the finish.

Volunteers for the Frostbite are still needed. So, if you can help please call Ben Valdez at the YMCA, 543-5151. Thank you.

### Other February races

• Next on tap in February will be the Valentine's Twosome on Sunday, Feb. 11. This is a male-female partners race, which each partner doing a 1.6-mile loop inside City Park. Note that on the enclosed registration form that both partners should register on one entry form. There will be both overall and age-division awards, with the latter based on the total age of the two partners.

• The 2001 Prediction Series will kick off with the Spring Runoff preview race starting in City Park. You'll cover most of the Runoff 10K course but from a different starting point and without the partial loop in Dutch Clark Stadium.