



EDITOR: Gary Franchi

FOOTPRINTS

Purveyor of high-quality fiction.

A September 2001 edition to help heal the pain



And They're Off!

Runners and walkers to the tune of close to 120 strong formed a sea of motion at the start of the inaugural Little Run on the Prairie races that were

held last month in Pueblo West. The event consisted of a 5K run and a 2K walk. Race results and photos are on Pages 6 and 7.

Here's a "half" to replace the River Trail

If you're bumbled that the River Trail Marathon and Half-Marathon are off the schedule this year, you still have the chance to run a scenic half (or a 5K or 10K) on Sunday, Sept. 30. That's when the Grand Prix series up north will continue with these races at the Air Force Academy.

All of these races are to follow

courses that will start and finish at Falcon Stadium on the Academy grounds. The half-marathon course will run through the Cadet campus while the 5K and 10K will go through the residential Douglass Valley area.

Check out this web site for more information:

www.csgrandprix.com



Health Symposium to accompany Runoff

By The Editor

The 2002 Spring Runoff will include something really special when it is held the first weekend of March. The local SECAHEC organization has been lining up a Health Symposium that will be designed to promote, in its most general terms, fitness and healthy living for all ages. The Runoff itself is scheduled for Sunday, March 3, while the Symposium will take place March 1-2 at the Sangre de Cristo Arts and Conference Center.

The idea is to have a weekend devoted to the promotion of fitness, encouraging not just runners but the masses of people, especially kids, from this region to adopt a healthy lifestyle. Runners from outside Pueblo who plan to do the Runoff might be inclined to come

in a day early to take in one of the days of the Health Symposium.

There will be much in the Symposium to make it attractive, from guest speakers to clinics, etc. While I'll have much more on the program in coming months as the Symposium schedule becomes firm, note that a few of the big-name speakers who supposedly have verbally agreed to participate as speakers at the Symposium are world-class triathlete Mike Pigg, kids exercise advocate Pete Saccone, and well-known nutritionist zealot Dr. Phil Maffetone.

I'm told that attending the Symposium will be worth one credit of continuing education for those affected by such things.

This may be months away, but it certainly is something to get excited about. Stay tuned.



Ringer sez:

"From listening to my human friend while I scavenge for food around PCC, I gather that this is not always a safe world and that there are some evil people out there. He was saying that a lot of his running buddies use a River Trail system for some of their runs. He was telling me that he hopes that all of you are careful when running on that River Trail system, especially in the area around Dutch Clark Stadium, because there are some drifters that live behind trees down there. He said to be alert at all times by keeping your eyes and ears open. If you run with headphones, it might be a good idea to turn them off while running in this area. Please do this, because I wouldn't want any of you to get hurt. Till next month. au revoir."



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:

RRCA

510 N. Washington St.,
Alexandria, VA 22314
or at www.rrca.org

Club News

- The SCR Youth Fund, used to send local athletes to regional and national competitions, now stands at \$243. The club adds 5% of the proceeds from all of its races to this fund.

- To provide information to any race directors, the SCR now lists its race assistance policies on the SCR web site, the address of which is www.socorunners.org/. Thanks to webmaster Ken Raich for getting that information posted there.

- Speaking of our web site, Ken is still looking for a club member who would like to learn a little about the mechanics of web site maintenance while helping Ken post things to our web site. Call Ken at 564-0847 if you can help.

- We have received approval to have our bonfire at the Harvest Poker Prediction Run, meaning we'll all be able to stay toasty warm while schmoozing after the run and eats.

- The club voted at its last meeting to purchase a 3rd chronomix for use at finish lines.

*The leaves may change but your
Gold Dust habits don't.*



Stop in to see us!

217 South Union Avenue

About the Editorial consultant — Angelo Siciliano was the original Charles Atlas.



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. 238

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

Current SCR Officers

President	Matt Sherman	564-3170
Vice President	Jeff Arnold	947-3682
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, Angelo Siciliano*	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla

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 and take in some true lunacy.

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 either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.



Great (& so-so) Stuff

by Gary Franchi



Finding help through a difficult time

Thought for today's lunch, compliments of Raymond Enfield, an Apache who lives on a reservation: "We're all in this together."

Musings on running, fitness, life, etc.:

Going through these times of tragedy in our country sure has made me even more appreciative of the world of fitness as well as the friends I've made through my fitness habit. Since I was glued to the TV or radio during the week of the terrorist attacks just like everyone else, I don't know how I would have handled the horror without being able to escape into my workouts.

Running, biking, swimming – whatever – has always done more for us than get us physically fit. The mental side is equally as important, if not even more so. Those of you who look forward to your long runs know the soothing feeling you often get when you're out there on the road or trail, letting your mind wander, maybe chatting with a friend, thinking through situations, experiencing a feeling a serenity.

Basically, it's a healing process for the mind.

And I guess my workouts since the attacks have been just that – a healing escape. The bike rides, the pool, the shuffle/walks on the treadmill (as I continue to recover slowly from surgery), and the workouts with the weights have undoubtedly been healing to my mind in addition to an escape from the horror.

They've also given me the chance to reflect on our country and how Americans pull together during a crisis. All the problems that we normally see on a continual basis of everyday life in our country, all the differences between cultures, nationalities and races, all the negative stuff that normally stands between some Americans all seem to be flushed down the toilet during a crisis as we come together and try to provide comfort and aid to the others who have been directly affected by this tragedy. We'd all be a lot better off in the good ol' U.S. of A. if we would come together like this all the time, not just during a crisis. It probably wouldn't hurt if we all flew our flag

more often for the same reasons that we are now – to show that we really are united.

We all know it's going to take a long, long time to clean up the mess in New York and Washington, D.C and rebuild what was destroyed there. And the anxiety level in all of us will forever be higher because of what happened. The threat of terrorism will forever be there. We'll probably appreciate – for a while, anyway – all the things we have, how we have been blessed compared to other lands.

Let's also be thankful that we can use our

workouts as an escape for what we are feeling through this big mess. And probably even more, that our fitness habits have helped us make some good friends that can help our minds heal through this ordeal.

Let us carry on.

Ten other things to appreciate:

Sometimes we need to be reminded of ...

- The beauty of the mountains and the prairies of Colorado that make running here beyond wonderful.
- The many dirt roads and trails that also make running here a true joy.
- The blue skies and sunshine that make running in Colorado indescribable to those in the haze and rust belts of the U.S.
- Pretty decent biking venues that give our legs a cross-training break.
- Indoor fitness centers that allow us to train in any weather on some great equipment and machines.
- For those so inclined, a myriad of racing opportunities along the front range of Colorado and pretty close to home.
- For those so inclined, the opportunity to compete in multi-sport events not far from home.
- Winter activities that some other locales would kill for.
- Living in a state that values fitness so highly that it has the lowest rate of obesity in the country.
- Being able to share this fitness way of life with so many others.

Till next month, fly your flag and count your blessings.



Ultimate in idiocy item of the month

This month's *Lights are Dim Award* goes to all those people who – by choice – don't exercise because they are too busy with today's modern lifestyle that includes long commutes to work, fast food and sedentary entertainment like television. They have helped push the obesity rate in America to 56.4% of the population, up from the 45% it was in 1991 according to a report printed in the *Journal of the American Medical Association*.



Movie Line of the month:

"The miniature schmauzer. How do they make him miniature? Is there some way or some process that they miniaturize the dog or is it a puppy? Or what the devil is going on?"

Out on video this year, this features a cast of zanies caught up in a weird little word dealing with one of our favorite 4-legged pets.

Answers below.

Answers:
"Fred Willard in 'Best of Show'"



SCR birthdays

SEPTEMBER

- 22 Michael Orendorff
- 23 Gary Franchi
Rodge Rodgers
- 25 Jennifer Sherman
- 26 Jo Lukezic
Christian G. Hulett
- 27 Stacie Taravella
Robin Krueger
Debra Hadley
- 30 Stan Hren
Joseph Allen

OCTOBER

- 1 Crystal Berndt
- 2 Meghan Finley
Jim Neblick
- 4 Joe Stommel
- 6 Melonie Housman
- 7 Alyssa Morris
- 9 Nick Leyva
- 10 Tom McKenna
- 11 Jackie Allen
- 12 Denise Crepeau
Laura Engleman
- 13 Michael Pugh
Susan Crockenberg
- 16 Kathy Stommel
Neal Taylor
- 17 Stacey Rivera
- 18 Brandon Van Buskirk
- 19 Stephanie Van Buskirk
Susan M. Campbell
Jane Gebhart
- 21 Jody Ottersberg
- 22 Mike Crepeau
- 23 Jaclyn McCluskey
- 27 Trevor Hadley
Chantelle Gallegos
- 30 Rosa Navarro
Betty Duran

Ya gotta believe

"If you want to perform well, you have to have faith in yourself. Faith means blocking out the inner voice of doubt and persisting in the face of adversity. So next time you have a bad race, tell yourself that not all your performances can be perfect (whose are?), and you'll be back next time for a better result."

– Robert Nideffer, Ph.D.

Rocky on Fitness

by Rocky Khosla, M.D.

Here's the lowdown on some controversial drugs

Several drugs have received quite a bit of attention in the media and have prompted quite a few phone calls, so I thought this would be a good topic for this column.

First, Baycol (cerivastatin) has been recalled because it has caused 31 deaths due to rhabdomyolysis. Baycol was one of the group of medicines called statins (because all of the generic names of these drugs end in statin). These drugs have been exceptionally effective in lowering the bad type of cholesterol (called LDL-cholesterol) and raising the good type of cholesterol (called HDL-cholesterol).

In addition to beneficial changes to the lipids, these drugs may also have other beneficial effects such as stabilizing the plaques (globs of cholesterol that develop in the inside and middle of the arteries). People who take these medicines may get some mild muscle aches initially, but if these get worse or become persistent, then the drug should be stopped.

Generally, your doctor will check the liver function tests when you first start on these medicines, and then periodically thereafter. Other statins still available are Zocor, Lipitor, Lescol and Pravachol.

So if you are on one of these drugs, should you stop taking the medicine because of the Baycol recall? I haven't and I don't think you should either. I am on one of the statins and feel that the potential benefits far outweigh the risk of problems. But, if you have any concerns, talk to your doctor.

Second, concerns have been raised about the class of drugs called the COX-2 inhibitors, which include Vioxx, Celebrex and Mobic. Specifically, an article in the *Journal of the*

American Medical Association (JAMA) suggested that patients on this class of medication had a higher risk of heart attacks than patients on the traditional anti-inflammatories (like Naprosyn).

It turns out that COX-2 inhibitors differ from regular anti-inflammatories in that they don't seem to affect the platelets and don't seem to increase the risk of stomach ulcers as much as the traditional anti-inflammatories do. In the JAMA article, the authors looked at a meta analysis (a gamish of studies) where the COX-2 inhibitors were used in arthritis patients and were compared to Naprosyn.

Now this is the important point: patients in these studies could not take aspirin while in the studies. After the studies were completed, analysis suggested a slight increase in heart attack rates in patients on the COX-2 inhibitors compared to patients on Naprosyn. But if you look at the studies closer, this is not unexpected. If you had a high risk for a heart attack and weren't taking aspirin (or something that looks like aspirin like Naprosyn) then, of course, there would be a higher risk of heart attacks.

The bottom line is that more studies will be done to look at this point, but I believe that the COX-2 agents themselves do not increase the risk of having a heart attack. If you are taking one of these agents and are at a high risk for a heart attack, you should talk to your doctor and probably be taking an aspirin along with the COX-2 agent.

Till next time, happy trails and GO BRONCOS!!!



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Trail Notes

by Shaun Gogarty



A new appreciation for a simple pleasure

By the time you read this the Wasatch 100 will be over. The good news is I didn't DNF. The bad news: I didn't even start. When the plantar fascia tore on July 21, I also developed another mental malady: neurosis. "I can still run Wasatch. No, I'd be crazy to run Wasatch without better recovery." The argument went back and forth with pros and cons continuously debated in my mind. Finally, just 12 days before the race, I finally conceded defeat, throwing to the wind a year of planning and training.

When you are living in the bleak doldrums of life called the mid-life crisis, there is nothing more invigorating than having a big plan or dream to work towards. Getting up each morning to the sameness of a shower, food, a drive and work are rather unappealing, especially when one sits and ponders a long future doing exactly the same thing most days. Waking up each day and thinking about what needs to be done in order to accomplish a task bigger than you might be capable of puts a new life into each day. Plus, it helps keep 40-plus bald guys out of expensive car lots and even more expensive lawyers' offices.

The running and training for Wasatch was just part of the fun. How far should I run today? What new and interesting long run can I do this weekend? Where can I get lost in the mountains this month? Additionally, there are tons of logistics to consider.

Initially, you might think that the logistics are a down side to the long run. But in reality, the logistics are half the fun and pleasure. Unlike a lame trip on a cruise ship in which you basically just move your couch potato body from one reclining position to another, on a long run you have to prepare everything and do everything to

sustain yourself over 100 miles and 30-something hours.

For months you can stew and anticipate the great adventure. Maps and instructions are reviewed again and again. Which food items to bring, what to put in drop bags and which aid station to put them at are considered and reconsidered. Something as simple as having Vaseline at the right stop can be the difference between a rewarding finish or a raw DNF. Each time you review the course or the preparations, you get excited with anticipation and fear. It isn't just a physical trial of putting a foot in front of the other. It is the perfect adventure - putting months of planning, anticipation, and mental as well as physical preparation on the line in one big race.

I'm very grateful to have such a minor injury and relatively quick recovery. But for me, when a stupid little fascia tore in my foot, the hope, anticipation and excitement of almost a year were abruptly replaced by a pain deeper than the soul of my foot.

Finally, last week I went for my first run in over a month. I decided to take a two-mile run up Greenhorn Trail – one of my favorites. It doesn't take much planning; just shoes, socks, shorts and some water. But the anticipation and drive to the trailhead were wonderful. As I got closer, the butterflies came and my stomach churned. It was exciting to think about running a beautiful trail again!!

I took it slow and enjoyed every step, but with a constant worry of sudden pain. At the river, I made myself turn around – foot was still okay. I ran down to the car and stopped at the bridge to stretch and enjoy a great moment: I was running again. Best of all, I could now begin another year of training, anticipating and planning for Wasatch.



Triathlon stuff

Kudos to the SCR's John "Woody" Noleen of the Springs and Mike Orendorff of Pueblo for placing high in the 45-49 age group at the USA Triathlon National Age Group Championships held over Labor Day weekend in Coeur d'Alene, Idaho. Woody placed 8th with a 2:11:16 time and Mike was 11th in 2:15:11 over the Olymic distance event (1.5K swim, 40K bike and 10K run). Contrary to some imbecile's incorrect report in *The Daily Bugle*, our boys didn't quite qualify for the world championships to be held next spring in Cancun, Mexico, since only the 1st 6 places earn spots there. A week later, Mike was 25th overall and 1st in the 45-49 division of the Harvest Moon Half-Ironman triathlon in Aurora, finishing in 4:32:23. In the duathlon, Victor Olquin and Liz Ross finished in 7:13:56.



National Age Group Triathlon to be on TV

The USA Triathlon National Age Group Championship that was held Sept. 1 in Coeur d'Alene, Idaho is going to be televised on ESPN's *Running and Racing* on Wednesday, Sept. 26, beginning at 11:30 a.m.

For the soul ...

"I may be slow, but I'm out there. And I'm loving it."

– Mary Ellen Arndorfer

Little Run on the Prairie



Great Start

Ron Dehn did simply a bang-up job in his 1st shot at race directing in the inaugural Little Run on the Prairie.

The event was well-organized, getting the word out helped the event draw well over a hundred runners and walkers, there were nice awards, and great sponsorship helped the event raise a tidy bit of funds.

Quoteworthy

“The truest test of pros in any sport is how well they continue to do their job on less-than-ideal days. Anyone can perform well when blessed with good health, high spirits, and unrestricted time. But only a pro keeps showing up when imperfect conditions keep the amateurs inactive.”

– Joe Henderson

5K Run and 2K Walk held August 25 at Lovell Park in Pueblo West.

Results provided by Katherine Frank, Nick Leyva, Marijane Martinez & Ron Dehn.

2K Walk Females

1st Overall: Roberta Todd, 15:21

12 & Under

1st Leighann Hobbie, 18:03
2nd Ashley Douglass, 20:52
3rd Hanna Douglass, 21:14

13 - 19

1st Melissa Babcock, 16:53
2nd Kim Bowers, 21:47

20 - 29

1st Tammy Godette, 18:05
2nd Lauren Caraballo, 24:44

30 - 39

1st Roberta Todd, 15:21
2nd Diana Bailey, 17:55
3rd Loretta Cruz, 18:17

40 - 49

1st Bonnie Palma, 15:56
2nd Pellee Strang, 16:04
3rd Jane Berg, 16:24

50 - 59

1st Adele Anderson, 18:33
2nd Johnette Sawyer, 18:50
3rd Shirley Butcher, 22:38

60 - 69

1st Jill Custodio, 18:05
2nd Henrietta Ewing, 19:46
3rd Pat Kobylinski, 22:19

70+

1st Rita McDonald, 19:34
2nd Rita Welsch, 20:12
3rd Maggie Lopez, 21:27

Males

1st Overall: Jim Ewing, 15:59

12 & Under

1st Ron Looney III, 17:07
2nd Alex Garbiso: 17:54
3rd Zach Garbiso: 18:03

13 - 19

1st Daniel Bowers, 21:43

30 - 39

1st Joe Douglass, 20:53

40 - 49

1st Phil Garbiso, 18:24



Roberta Todd quick-footed it through the 2K walk course in a splendid 15:21 time.

Photos by Gary Franchi



Wayne Bard, 73 years young, toted an oxygen tank with him while recording a 25:27 time in the 2K walk.

50 - 59

1st Hal Piefer, 21:26
2nd Ron Looney Jr., 21:46

60 - 69

1st Jim Ewing, 15:59

70+

1st Richard Lovelace, 19:34
2nd Wilbur Parker, 23:33
3rd Wayne Bard, 25:27

5K Run results

Females

1st Overall: Calley Till, 19:46

12 & Under

1st Marissa Moreschini, 29:41

12 - 19

1st Winter Ackerman, 21:39
2nd Jamie Howard, 24:28
3rd Carrie Tucker, 24:30

20 - 29

1st Calley Till, 19:46
2nd Kathy Frank, 21:43

30 - 39

1st Jill Montera, 24:09
2nd Mariana Horan, 25:14
3rd Diana Reno, 26:07

40 - 49

1st Jan Dudley, 27:00
2nd Denise Crepean, 27:46
3rd Martha Dunlap, 31:30

50 - 59

1st Kathy Spencer, 29:39

Males

1st Overall: Rich Hadley, 17:52

12 & Under

1st Logan Strong, 27:21

12 - 19

1st Robert Nolan, 19:59
2nd Kyle Dufaud, 20:35
3rd Travis Kruse, 20:44

20 - 29

1st Troy Johnson, 23:07
2nd Branden Allen, 24:21

30 - 39

1st Dean Volk, 19:07
2nd Steve Clough, 21:57
3rd Dale Papineau, 22:32

Continued on Page 7

Next SCR Meeting

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

SCR runners make their marks elsewhere

The SCR was well represented at the inaugural American Discovery Trail Marathon that was held on Labor Day up in the Springs area. Leading the way was **Maddy Tormoen**, who was the overall female winner and 5th in the entire field with a time of 3 hours and 3 minutes. Other SCR runners (listed alphabetically) were **Jackie Allen** of Cañon City (19th overall in 4:11), **Marv Bradley** (3rd in the 60-64 in 4:45), **Laura Engleman** of Woodland Park (5:06), **Jessie Quintana** (2nd in the 55-59 division (4:41) and **Diana Reno**, who ran her 1st marathon in 4:42.

On Aug. 19, the **Marv** mentioned above had a time that was a bit more representative of his ability with a 3:47 in the Humpys Classic Marathon in Alaska. Although he has been battling a knee injury, Marv still won his age division.

Former USC runner **Stella Heffron** continued her great racing year in the Run the Rock 5K by finishing 1st in the field (that includes males, too) with a time of 19:17. Stella now lives in Elizabeth. **Marijane Martimez** was 3rd in her age division and 11th overall among females in 25:01.

Rich Hadley of Florence was 3rd overall and 1st in his age division with a time of 32:33 in the MEDDAC 5-mile race held in Fort Carson. **Stan Hren**, 59, of Las Animas was 2nd in his age division with a time of 39:23.

Dan Steward of Pueblo was one of 166 finishers (out of 392 starters) who finished the Leadville Trail 100-mile race last month. His time was 28 hours and 16 minutes. The winning time was an amazing 17 hours and 50 minutes



Jessie Quintana (left) took second place in the 55-59 age division of the American

Discovery Trail Marathon. Below, an entourage led by **Gerald Ure** accompanied **Diana Reno** (2nd from right) the final 4 miles of her first marathon.

Photo by Chief Reno



Little Run on the Prairie

Continued from Page 6

40 - 49

1st Rich Hadley, 17:52
2nd Mike Orendorff, 18:11
3rd Gerald Ure, 22:16

50 - 59

1st Jim Robinson, 19:52
2nd Bob Gassen, 21:27
3rd Bob Orlinski, 26:42

60 - 69

1st Trin Sanchez, 23:47

Volunteer Support

We'd like to thank the volunteers who helped to make this race possible:

- Race Director: Ron Dehn.
- Finish Line: Dave Diaz, Gary Franchi, Nick Leyva, Tiffany Reno, Nicole Sutcliffe, Deb Hadley.
- Aid Station & Turnaround: Dave Jobe.
- Results: Katherine Frank, Nick Leyva, Marijane Martinez.
- Also thanks to Ron Dehn's crew for setup, course marshalling, etc.



Calley Till took overall honors in the female division with her 19:46 clocking over the 5K distance.



Miscellaneous Racing Notes

Remember the popular **HARP Riverwalk 5K**? It drew a ton of racers and walkers in its 1st 3 years, being held in the middle of summer in its 1st 2 years and then in October last year to coincide with the official HARP dedication. Well, the word is that officials are "discussing" the race with the past sponsor but that it probably won't be held this year. The promoters say there were more expenses than they thought, meaning their cut of the proceeds pie wasn't that fantastic.

It's amazing. I'm looking at these calendars of races coming up in the Springs areas, and I see two **Mayor's Cup** races. How can this be? While we're lucky if we have one race a month down here, there is a Mayor's Cup 5K/10K race in Colorado Springs on Oct. 20 as part of the Grand Prix racing series and then another Mayor's Cup 5K run in Manitou Springs the following weekend.

So whatever happened to the Run for Rose 5K?

What happened to the Symphony Run?

I still miss the Dam Run in the fall.

Prediction Race Series

Current standings as provided by Ken Raich.

Training to do your best

Avoiding soreness

To fight delayed onset muscle soreness the day after a tough race, try these 3 tips:

- **Exercise:** An easy 20-minute run is enough to flush blood through your aching muscles and clean out some of the waste that builds up after an extended effort.
- **Massage:** Light massage gets your blood moving and breaks up scar tissue, which speeds proper healing.
- **Stretching:** DOMS can limit your joints' range of motion. Continue a program of light stretching after your race to help keep you supple and limber.

- Ed Eyestone, *BYU cross-country coach*

Cause of cramps

The most likely cause of cramps is a combination of muscle fatigue and low sodium levels due to dehydration. To prevent muscle cramps, you must prevent muscle fatigue. If you increase mileage and intensity, do so slowly. Stay fueled on long runs with sports drinks, which supply both carbohydrates and electrolytes. Drink about three quarters of a cup every 15 to 20 minutes. If you find salt residue on your workout clothes after running, you may be a "salty" sweater and might try snacking on pretzels or salted crackers to keep your consumption on par with your perspiration.

- *Runner's World*



Tunnel Drive Prediction Run

5-Mile Prediction Race held Aug. 19 in Cañon City.
Points compiled by Ken Raich.

Before this race, each runner was required to predict his/her finishing time. Watches were not allowed to be worn during the event. The runner who came closest to finishing at his/her predicted time was the winner.

Name	Predict	Actual	Diff.	Points
1 Rich Hadley	33:15	32:57	0:18	100.00
2 Chuck Moore	50:04	49:43	0:21	90.00
3 Jim Robinson	37:19	36:07	1:12	80.00
4 Phil Quattlebaum	56:00	57:28	1:28	70.00
5 Dave Diaz	40:00	38:28	1:32	60.00
6 Diana Reno	48:30	46:22	2:08	50.00
7 Nick Leyva	43:30	41:14	2:16	40.00
8 Marijane Martinez	45:45	43:24	2:21	30.00
9 Gil Cruz	50:05	47:19	2:46	20.00
10 Bill Veges	42:30	48:46	6:16	10.00

Volunteer Support

We'd like to thank the volunteer who helped to make this race possible:
Rich Hadley - Race Director

Upcoming Prediction Series races

- Saturday, Oct. 27 - Harvest Poker Run, 5M, Lovell Park in Pueblo West, 5 p.m.
- Saturday, Nov. 24 - Temple Canyon, 4M, Cañon City, 9 a.m.
- Sunday, Dec. 9 - Marijane & Nick's Excellent Adventure, 8M, 117 Regency.

Name	Spring Runoff	Ben & Matt's	Ramsgate 8K	Moonlight Madness	Tunne Drive	Total Points
Jim Robinson	66.67	70.83	56.25	93.75	80.00	367.50
Rich Hadley	91.67	91.67		62.50	100.00	345.83
Marijane Martinez	75.00	100.00	87.50	31.25	30.00	323.75
Ben Valdez	100.00	37.50	100.00			237.50
Robert Santoyo	33.33	54.17	81.25	56.25		225.00
Dave Diaz	8.33	66.67	75.00		60.00	210.00
Stacey Diaz	25.00	83.33	68.75			177.08
Matt Sherman	83.33	41.67	43.75			168.75
Diana Reno		95.83		18.75	50.00	164.58
Bill Veges	58.33	50.00			10.00	118.33
Paul Dallaguardia	16.67	12.50		81.25		110.42
Don Pfost			31.25	75.00		106.25
Logan Gogarty				100.00		100.00
Jennifer Alvarado			93.75			93.75
Chuck Moore					90.00	90.00
Crystal Berndt				87.50		87.50
Diane Lopez		87.50				87.50
Victor Olguin		33.33	50.00			83.33
Mark Rickman		79.17				79.17
Stacie Taravella		75.00				75.00
Phil Quattlebaum					70.00	70.00
Aaron Berndt				68.75		68.75
Nick Leyva				25.00	40.00	65.00
Anthony Diaz		62.50				62.50
Susan DallaGuardia				62.50		62.50
Rochelle Garcia		58.33				58.33
Gloria Gogarty				50.00		50.00
Karl Tameier	50.00					50.00
Mike Messick		45.83				45.83
Shaun Gogarty				43.75		43.75
Mike Push	41.67					41.67
Chief Reno				37.50		37.50
Liz Ross			37.50			37.50
Brian Ropp		29.17				29.17
Richard Hogan			25.00			25.00
Stan Hren		25.00				25.00
Jill Stringer		20.83				20.83
Gil Cruz					20.00	20.00
Peggy Dunn			18.75			18.75
Kyle Reno	4.17			12.50		16.67
Regie Marquez	16.67					16.67
Carla Braddy			12.50			12.50
Trisha Ferguson		8.33				8.33
Adrian Martinez				6.25		6.25
John Freyta			6.25			6.25

RRCA selects new executive director

Alexandria, Va. - The Road Runners Club of America (RRCA) has selected David Dobrzynski of Franklin, Mass., as the national organization's executive director. Dobrzynski replaces Henley Gabeau, who announced her retirement on May 6 after serving as the RRCA's first executive director since 1990.

A former executive at Nike and Reebok, David comes to the RRCA with extensive professional business, development and marketing experience. A native of upstate New York, he has a broad background in both international and domestic executive management in the athletic footwear, apparel and

equipment industries that will serve the running organization well.

Dobrzynski was selected by an Executive Search Committee. He has 30 years of running experience and was a competitive middle- and long-distance runner at Georgetown University in the 1970s. Recently, he completed the 2000 Bay State Marathon first among Masters with a time of 2:45:33.

David will join the RRCA on September 17 and officially take the reins on October 1.

The 2002 RRCA national convention will be held May 2-5 in Norfolk, Virginia.

2001 Racing Calendar

Pueblo County & nearby locales

September

23 Sun 8:30AM Hot to Trot, 5K HARP area (719) 542-1704

October

13 Sat 10:00AM Race Against Drug Abuse, 5K City Park (719) 647-1728

27 Sat 5:00PM Harvest Poker Run, 5M Lovell Park Pueblo West (719) 564-9303

November

17 Sat 8:45AM Atalanta Women's Run, 5K Run/Walk ... Pueblo x

24 Sat 9:00AM Temple Canyon Prediction Run, 4M Cañon City (719) 784-6514

Other marginally nearby areas

September

22 Sat Clean Air Challenge, 5K run/walk Lowry Center, Denver (303) 388-4327

23 Sun Fall Series I, 3.5M & kids races North Monument Valley Park Colorado Springs (719) 590-7086

30 Sun Races at USAFA (1/2 Mara/10K/5K... Air Force Academy (719) 635-8803

October

14 Sun Fall Series II, 4.5M & kids races Bear Creek Park, CO Springs (719) 590-7086

20 Sat Mayor's Cup, 5K & 10K Pioneer Museum, CO Springs (719) 635-8803

21 Sun Breast Cancer 10K Salida (719) 530-9975

27 Sat Mayor's Cup, 5K & kids .5K Manitou Springs (719) 685-3396

28 Sun Fall Series III, 5.5M & kids 1M Ute Valley Park, CO Springs (719) 590-7086

November

11 Sun Fall Series IV, 7M & Kids 1.25M Palmer Park, CO Springs (719) 590-7086

17 Sat Turkey Trot Predict, 5K Prospect Lake, CO Springs (719) 575-0387

Regional Marathons (& others of interest)

September

23 Kokopelli Trail – Grand Junction (303) 635-2815

30 Boulder Backroads (303) 447-2094

30 Roaring Fork – Carbondale, CO (970) 927-4713

30 Duke City – Albuquerque, NM (505) 880-1414

October

6 St. George – Utah (801) 634-5850

7 Twin Cities – St. Paul, Minnesota (612) 673-0778

28 Silicon Valley – San Jose, Calif. (831) 477-0965

November

4 New York City (212) 423-2249

4 San Antonio, TX (210) 246-9652

4 Santa Clarita, CA (888) 823-3455

11 Long Beach, CA (562) 728-8829

26 Seattle, Washington (206) 729-3660

December

3 California International – Sacramento (916) 983-4622

3 White Rock – Dallas, TX (214) 467-3369

9 Tucson – Arizona (520) 320-0667

January

20 San Diego, CA (888) 792-2900

20 Compaq Houston (713) 957-3453



Other races in 2001

September 22 Alzheimer's Memory Run – Denver

September 22 Clean Air Challenge – Denver

September 23 Governor's Cup – Denver

September 29 Hot Foot 5K – Parker

October 7 Race for the Cure – Denver

October 26 Scream Scram 5K – Denver

October 28 Girl Scout 5K – Denver

November 10 Rim Rock Run – Grand Junction

November 10 Turkey Trot Predict – Leadville

November 18 President's Run, 7M – Cherry Creek Park

November 22 United Way Turkey Trot – Denver

November 24 Fellowship 5K – Aurora

December 1 Jingle Bell Run, 5K – Springs

December 2 Rock Canyon Half

December 9 MoJo & Nick's Excellent Adventure – Pueblo



Get your out-of-town race results to "Footprints" Editor Gary Franchi at:

e-mail to: gfranchi@fone.net • or Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
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Pueblo, CO 81003



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Pueblo, CO 81005



Stats that rule

- Almost 60% of college athletes use nutritional supplements that may contain banned substances such as ephedrine. – *NCAA survey*
- Almost a third of the estimated 42 million Americans with high blood pressure don't know they have the condition. – *Time magazine*
- Less than 1% of the population accounts for over 75% of sports nutrition sales. – *Sarah Laidlaw, nutritionist*
- 100% of supplement users developed high blood pressure after reading "Footprints." – *Pollsters Unlimited*

Racing info. found at Invesco Field

by Mr. Editor

Hot to Trot 5K - Sept. 23

There are many things going on in conjunction with the Hot to Trot 5K race on Sunday, Sept. 23. Like the Chile & Frijole Festival. According to the Greater Pueblo Chamber of Commerce web site the C&F Festival includes "authentic food, music, arts, fresh and roasted chilies, and an 1840s Mercado (historical market)." There's a jalapeno-eating contest, piñata-htting contest, tortilla toss, Power Nap competition, etc.

Oh, there's also the race, which will take place mainly on the Riverwalk, starting on Union Avenue by the HARP bridge and finishing by the Vail Hotel. I think it'll be a fast course, despite some turns. Good chance to get in a fast time while the weather is still good. Note the 8:30 a.m. start time.

One more thing: You won't be missing the Broncos' game if you hang out at the Frijole Festival since they don't play that day until 6:30 p.m. at Arizona.

Fight Against Drug Abuse - Oct. 13

This race was just added to the schedule.



It's the annual Boys and Girls Club 5K run/walk that is mainly for kids but that anyone can run. It's scheduled at City Park, by the Pavilion, beginning at 10 a.m., which allows some prior night revelry and sleeping in before testing our cardiovascular systems.

Harvest Poker Run - Oct. 27

This is one of the highlights of the entire year. This event combines a race, a random game of poker (you get a card at each mile), a Prediction Series race, a post-race potluck dinner, and some great schmoozing and marshmallow roasting in front of a nice bonfire. All participants are asked to bring some kind of covered dish or side dish food item that can be shared. The club will provide a main meal item (probably chicken) and liquid refreshment, utensils and plates.

The race itself will start at 5 p.m. in front of Lovell Park in Pueblo West. Please bring lawn chairs if you'd like to sit around the bonfire. Bring marshmallows, too. Bring your families. Bring potential new members, too. They'll have the chance to join the club for 2002 and receive the last two newsletters of 2001 free. Be there!

Yo: I was just kidding about the Power Nap competition at the Frijole Festival.