



Editor: Ron Dehn

FOOTPRINTS

Some things you may want to know, and then again...

A chilling and somewhat shaky January 2002 edition

The G-Man & his daughter Amanda



Since Gary Franchi has spent 17 years writing about other runners, it is only appropriate to give the G-Man a little ink as he steps down as the "Footprints" editor.

Gary has been a runner since 1976 and an SCR member since 1981. He started running in order to get in shape after 3 years of various injuries and surgeries. In his words, in 1976 "I was a physical wreck". Running was not his only sport. Back in 1906 (just kidding Gar) – he played high school football, basketball, and baseball. (Wasn't that back when they used leather helmets?) He's also played tennis and a lot of softball, but has had to give up the "lateral" sports because of the previous damage to the knees. In his late 30's he started biking and did his first triathlon, the Drag'n On In, at age 40 on a summer day that reached 106 degrees. For whatever reason, that didn't discourage him, and he's done 25 or 30 more triathlons through the years. He's also done 3 marathons with a respectable 3:22 PR.

A nagging toe injury has forced Gary to adjust his routine in the last year to include less running. His "normal" week sounds something like boot camp to me. Gary's current weekly regimen consists of 2 swim workouts, 3 indoor / outdoor bike workouts, lifting 3-4 times, and walking or running 3 days. If my math is correct, that adds up to 11 – 12 workouts per week – so several days are double duty. Wow! We should all be so faithful.

His personal running / training philosophy is: "I run for fitness – elevated heart rate, get the blood circulating, burn calories to keep the weight off, burn off hostilities, etc. – and for the joy of doing something healthy that not many people in our overweight society can do." He is addicted to working out, whether it is in a pool, on a bike, on the roads or in a gym. He talks of the "velvety" feel of the water in the pool and how much he enjoys the "banter when running or riding with friends". Gary is also comfortable on a solitary run and uses this time to "sort through some of the stuff going around in my head". He loves running the dirt roads near his home in Colorado City, and his favorite race is the Bolder Boulder where he set his 10K PR of 39:23.

Gary was born in MoTown in 1948 (a very good year), and moved to Colorado in 1977. He worked for 2 newspapers in Michigan, and worked for the Pueblo Chieftain for 13 years, 8 as editor/writer in the Sports Department, and 5 as a business writer. He still writes a monthly running and fitness column for the Chieftain. His current "real job" is that of Communications Specialist at PCC. He handles media relations, press conferences, photography, etc, etc.

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Help Wanted!

The YMCA Frostbite Five is scheduled for Saturday, February 2, 10am, at City Park. Ben Valdez is looking for 3 – 4 more volunteers to help with the finish line and a water station. Current volunteers are: Sidney Arnold, Terry Cathcart, Cindy Dreiling, Steven Dreiling, and Tanya Dreiling. It looks like the Dreilings are well represented. If you are able to help out, please contact Ben at the YMCA (543-5151). Your assistance will be much appreciated.



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

New SCR Officers



Congratulations, welcome, and thanks to the 2002 SCR Officers. It was a landslide victory for the new President Katherine Frank. Katherine's team will include Diana Reno as Vice President, Dave Diaz as Treasurer, and Janelle Rodriguez as secretary. Janelle accepted noting that at some point down the road, her job may conflict with SCR meetings. We'll cross that bridge if and when we come to it, was the consensus of the membership on "election" night. The whole team will "swear in" at the SCR Banquet on Saturday, January 26. Yea!!!

SCR members wish to extend our thanks to those who served as club officers in 2001. Thanks to President Matt Sherman, Vice President Jeff Arnold, Secretary Diana Reno, and Treasurer Dave Diaz. Wow – déjà vu! Some of those names look familiar!

Feedback Desired

This is my first issue as editor of "Footprints". It is a huge undertaking. (Right Gary?) I'm a rookie, but it is my goal that this newsletter will improve and hopefully maintain the high standards set by Gary for the past 17 years. In addition to your photos and stories (see the article "The New Footprints", page 8), I welcome your feedback. Please provide your thoughts, ideas, and comments on the content, format, and any other aspect of the newsletter. Send a note to dehn@uscolo.edu. I will appreciate hearing from you. A special thanks to the great group of writers, Rocky, Shaun, and Gary who will continue with monthly articles to help maintain continuity. I will also be twisting my brother's arm to make a contribution here and there. See you next month. -Ron

These make me think of



onion rings.

And onion rings make

me think of the Gold Dust!

Come join me for some rings and a burger.

217 South Union Avenue



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. 240

"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	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi & Robert Leroy Parker*	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi

SCR meetings generally are held the first Tuesday of each month at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend and bring family, relatives, and pets, as long as he/she also brings treats for the whole membership.

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.

*Robert Leroy Parker aka. Butch Cassidy



Great (& so-so) Stuff

By Gary Franchi

Thought for today's lunch, compliments of Yogi Berra: "*Predictions are difficult, especially about the future.*"

Musings on running, fitness, life, etc.:

Well, it's a new year and that means there are all kinds of strange faces at the YMCA, taking up what used to be readily available space on exercise machines and in the weight room. I say "strange faces" not necessarily because they look kinda weird – although many of them certainly do – but because there are so many newcomers who made New Year's resolutions to get some of the lard off and get in shape this year.

Being a "regular" at the Y, I recognize most of the other "regulars" there. Actually, I saw most of them there on the last day of the year, cramming in as much workout time as they could before the early 3 p.m. closing time because they knew the Y wouldn't be open on New Year's Day and they needed the "fix" to last for two days.

After a while you begin to notice that the majority of Y users are "regulars," not counting the young kids, of course, because they don't qualify as humans. The "regulars" don't like to miss their usual routine in their quest to be fit or strong or whatever.

For them, it's a healthy habit. And, really, isn't that what setting fitness resolutions is all about – developing healthy habits? In fact, I'll bet a lot of people wouldn't give up on their resolutions – like many of the newcomers at the Y will do by about March or so – if they concentrated more on developing healthy fitness behaviors (like working out a certain number of times per week) instead of focusing so much on outcomes (like, say, losing 30 pounds). Does that make sense?

Anyway, I've been thinking for at least 5 minutes about this resolutions thing and I've come to the conclusion that there would a lot less noise and commotion at health clubs if only humans were allowed. Meaning no kids.

OK, Y's men, I was just kidding. Ha, ha, ha! Isn't that hilarious? Boy, what a funny guy! Ho, ho!

Actually, after much deep focus, the Gar' has come up with these 10 foolproof ways for people to be successful at keeping New Year's resolutions:

1. As noted above, focus on behavior. For instance, don't cross out people's names on the sign-up sheets attached to exercise ma-

chines. That's not nice. But if you do, make sure you put another name in that slot – like your own.

2. Verbalize your resolutions to others. This will help clarify in your mind what you want to accomplish. Talking out loud to yourself is pretty good, too. Besides, it's doubtful that anyone else wants to talk to you.

3. Keep resolutions simple and start small. For instance, tell yourself: "I will exercise at least once in 2002." It's easier to succeed this way, and it will raise your self-esteem, which will lead you to expand your goal to "Exercise at least twice in 2002" by week two or three, and so forth.

4. Speaking of succeeding, it's smart to reward yourself for small successes. A bowl of Healthy Choice Cappuccino Chocolate Chunk ice cream sounds like a reasonable reward to me when you've reached one of the above goals. Heck, since it's only 3% fat, have 2 bowls.

5. Vary your routine so you won't get bored. When riding a stationary bike, for example, read a book or magazine at the same time. This is good multi-task training, too, which is invaluable in the working world and on your résumé.

6. Make exercise a priority. Shoot, skip work or school if you have to. They'll understand. Tell them your workout is actually "an investment in the company" or that you're getting in "some real-life learning experience that's applicable to your schoolwork." For students, it's sort of like an unpaid internship, really.

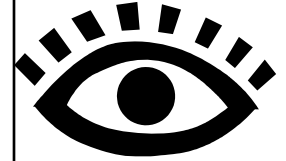
7. Make new resolutions any time, not just at the start of the year. For instance, if you resolved to lose 15 pounds and you realize later that it ain't gonna happen, make a new resolution to ignore the original resolution. You'll feel better.

8. Strive to eat right. Sorry, Big Mac meals are a no-no. Stick to the "much-healthier" char-broiled Whopper meals, super-sized of course.

9. Forgive yourself for occasionally failing. Believe me, I know the importance of this first-hand from all the schools I attended and the jobs I've had.

10. Make your workouts enjoyable. Schmooze a little. Catch some TV while riding

One more benefit



We all know that regular exercise helps reduce stress, bad cholesterol, weight gain, and contributes to overall health in general. According to the Glaucoma Foundation, aerobic activity can also help manage glaucoma, a leading cause of preventable blindness in the U.S. Glaucoma can result from a fluid build up resulting in pressure between the iris and the cornea. According to studies, exercise such as running, swimming or brisk walking can decrease the pressure by up to 20 percent. Every bit helps! Another good reason to do what we do!

-Reader's Digest

The eyes have it!

To Ponder

"Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out - it's the grain of sand in your shoe." -Robert Service, writer (1874-1958)

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the bike or using the treadmill. Look, but don't stare, at some of the other gender members. Do calorie-burning activities you enjoy, but limit some of these to the privacy of your own residence. Or your significant other's.

There you have it – guaranteed success. Trust me, these steps will help you achieve your resolutions and become one of the “regulars” at the health club and no longer a strange face.

Even if you are weird looking.

Ten things I was just wondering:

Wouldn't it be nice if you could get Superman to rotate the earth back to before you got injured?

Regarding all the ads at the back of running magazines -- who buys that stuff?

How difficult would it be for sports shops in Pueblo

to carry some swim suits that adults can wear?

How come you never read an advice article that tells you NOT to stay hydrated?

Don't you wish mega-dollar pro athletes had clauses in their contracts that forbid them from whining or asking to be traded?

Why don't treadmills have a “reverse” switch so you can run or walk backwards?

OK, quick now, can you tell me who played in the recent Liberty Bowl?

How do working people have the time to train for Ironmans?

By the time you total the cost of all the various winter-running gear jackets, vests, shirts, etc., in different fabrics, wouldn't it almost be cheaper to buy a treadmill and run inside?

Will this be the year that Dave Diaz finally gets his dream race that's based at the Gold Dust Saloon?

(Continued from page 1)

Gary and his wife Cathy celebrated their 30th anniversary recently, and have two adult children, Amanda who lives in Las Vegas and Aaron who attends UNC in Greeley. Both are athletes with several personal honors.

As far as the future, the G-Man will continue to be active in various SCR activities (he's a 20 year member – what else?) and will grace each month's “Footprints” newsletter with his mixture of wisdom, wit, and fun. He dreams of becoming the Dave Barry of fitness writing.

He has been successful in combining humor with fitness in “Footprints” and the Pueblo Chieftain – so why not in Runner's World, Running Times, or some other national publication? Go for it Gary! SCR members look forward to the day when we see your column in Runner's World or Inside Triathlon. George Bernard Shaw said, “Every dream is a prophecy.” And, as Carl Sandburg put it, “Nothing happens unless first a dream.” Gary, on behalf of SCR, MAKE SOMETHING HAPPEN!

Thanks Gary!!!

Ronald Regan was being sworn in for “four more years”. Bill Walsh's 49ers beat the Dolphins in Super Bowl XIX. “Amadeus” swept the Academy Awards with eight Oscars. Mikhail Gorbachev went from number two to number one in the Kremlin. Spend a Buck won the Kentucky Derby. Danny Sullivan took the Indy 500. The Lakers beat the Celtics for the NBA title. Willie Banks set a triple jump record of 58 ‘ 5”. Steve Cram of Great Britain set a world record of 3:46:31 in the mile. Dwight Gooden, at 19 became the youngest pitcher ever to win 20 games in a season. A team of French and American researchers found the Titanic in water 12,000 feet deep. Pete Rose nailed his 4,192nd career hit to break Ty Cobb's record. The K.C. Royals beat the St. Louis Cardinals in the World Series. We were singing along with the video “We Are the World”. And... Gary Franchi was taking over as editor of “Footprints”. Yes, beginning in 1985, for nearly a generation, Gary Franchi (aka G-Man) has been the editor of SCR's “Footprints” monthly newsletter.

Under Gary's direction, “Footprints” has been awarded 4 West Region awards and 2 national awards for being the best small club newsletter in the country in RRCA (Road Runners Club of America) competitions. Gary has also won 1 West Region award and a couple honorable mentions at the national level in RRCA club writer competitions. “Footprints” has truly been a 1st Class publication. It has been professionally done and has had the right balance of reporting news, providing commentary along with a generous sprinkling of humor. After incredible dedication and literally thousands of hours dedicated to the SCR newsletter, Gary has decided it is time to focus on other life goals. To our good fortune, he will continue a monthly column in “Footprints”. Next time you see the G-Man – give him a pat on the back. He has made an enormous contribution to the runners in Southern Colorado. **Thanks Gary!**



The next SCR meeting will be held at 7pm Tuesday, Feb. 5 at the Pueblo YMCA. All SCR members are welcome!!!



Spring Runoff News!

Big national, international names to appear at symposium in conjunction with Spring Runoff by Gary Franchi

The health and fitness symposium mentioned in “Footprints” a few months back is really starting to take shape, and some HUGE names are going to be part of the conference. Like former world-class athletes Mike Pigg (triathlete) and Mark Plaatjes (marathoner), for instance. And renowned nutritionist/Dr. Phil Maffetone.

Oh, and how about the SCR’s own George Dallam, who has coached elite U.S. triathletes, and “Footprints” columnist Dr. Rocky Khosla? Yes, they’re part of the conference, too, and promise to make this an event that will attract people from throughout the state and even from outside of Colorado, especially since the symposium will be held in conjunction with the March 3 Spring Runoff.

Titled “*Sports and Fitness – For the Health of It!*,” with a tagline reading “*Sports Medicine in the New Millenium*,” the symposium will be held March 1-2 at the Sangre de Cristo Arts and Conference Center. It is being sponsored by the Southeastern Colorado Area Health Education Center (SECAHEC).

Target audiences are coaches, athletes, trainers, educators, physicians, nurses, dietitians, physical therapists and even “common folk” like us. The agenda will include sessions for keynote speakers and a number of breakout sessions, and one of the focuses will be on how to stem the growing problem of obesity in kids and get them on track toward becoming more physically fit.

There also will be fun runs with Pigg, Pete Saccone and possibly Plaatjes in conjunction with the symposium.

Pigg is a former world-class triathlete, Plaatjes is a former elite international marathoner and Saccone is an elementary school teacher who has gained national notoriety for his “It’s Funner to be a Runner” program for teachers and kids.

Dallam is an assistant professor at the University of Southern Colorado and former coach of the USA Triathlon national team who still coaches elite U.S. triathletes like Hunter Kemper. He still kicks butt himself in area triathlons.

Besides writing for “Footprints,” Khosla also is a Pueblo sports/family medicine physician who has been on the medical staff of a number of national and international sporting events. He’s not a bad triathlete and skier, either.

The list of speakers also will include a registered dietitian and competitive Ironman, a sports psychologist who is a member of the U.S. Figure Skating Association staff, the director of the Colorado Asthma and Exercise Clinic in Denver, and – get this – possibly even John Bingham, who writes “The Penguin Chronicles” for Runner’s World. Gadzooks!

I’d tell you more, but I just wanted to whet your appetite for now. Much more information concerning symposium specifics, including the fun runs with the celebs, will be forthcoming. So stay tuned!

One final note: A 1-mile fun run has been added to the Spring Runoff this year. The 2-mile walk and 5K, 10K and 10-mile runs have been retained.

(Note, see www.secahec.org and click the Sports / Fitness link for more info on the symposium.—Ed.)

SCR Needs You!



(for the 2002 Spring Runoff)

Participation in the 2001 Spring Runoff was incredible. Even Oscar the Optimist didn’t expect the turnout we had. So.... This year Terry Cathcart is gearing up for a HUGE event! (Please see the article above by Gary Franchi regarding the Health and Fitness Symposium that will take place in conjunction with this year’s Runoff.) Anyway – back to why SCR needs you! An event of this magnitude does not take place without lots and lots of volunteers. Mark your calendar – Terry will need SCR volunteers to turn out in droves to make this the premier event that it can be. The Runoff will be a showcase event for SCR and Pueblo. Mark your calendars for Sunday, March 3, and contact Terry at tvathcart@hotmail.com.



SCR Birthdays

January

- 19 Jan Dudley
- 22 Cathy Dehn
- 24 Ruth McDonald
Amy J. Robinson
Rochelle Garcia
- 25 Monica M. Diaz
- 26 Laura J. Dembroski
- 27 Mike Messick
- 29 Tammy Stone
- 31 Steve Cathcart

February

- 2 Groundhog Day
- 4 Kurtis Stinchcomb
Michelle A. Riddock
Hank Aaron*
- 11 Judy Navarro
Diana Quattlebaum
- 12 John E. Butler
Chinese New Year
- 13 Adrienne Martin
Jerry Lopez
- 14 Judy Tucker
Allen S. Weaver
- 15 Lora Ure
- 19 Paul McWhorter
Copernicus*
- 20 Bev Skroch
Dee Rogers Brown
- 21 Martin E Ottersberg
- 22 Aaron A. Diaz
Diana L. Johnston
- 23 Bob King
- 24 Carlos Rodriguez
Daniel Caprioglio
- 25 George Harrison*
- 26 Levi Ropp
- 27 Vicky L. Williams
- 28 Sandra Messick
- 29 Robin Dabney-Valdez

* currently not an SCR Member

Trail Notes

by Shaun Gogarty



"The woods are lovely, dark and deep..." Robert Frost

The woods are my favorite place to run. Unfortunately in the winter there is often a little deterrent called snow. In the past I allowed the snow to completely keep me from the running in the woods during the winter months. Instead I pounded the treadmill, pavement, and mud near my home while longing for the spring thaw. That all changed when Paul Vorndam invited me to run Greenhorn trail in the winter. To my surprise much of the trail was accessible all winter. Now, I'm a year round woods runner, but there are some important lessons I've learned about winter running that I'd like to share.

Most of you probably think that when I say winter trail running I'm referring to snow shoeing: not true! I'm not a snowshoe runner. In fact I don't understand why anyone likes running in snowshoes. As far as I can tell you sink in the snow just as far as without them. The only difference is that you make a bigger hole with snowshoes. Yea, maybe it pushes the snow away from the top of your shoe, but now your shoe weighs about 5 pounds instead of 13 ounces. So lesson number one for winter woods runners: wear gaiters. Gaiters keep the snow out and weigh a lot less than snowshoes.

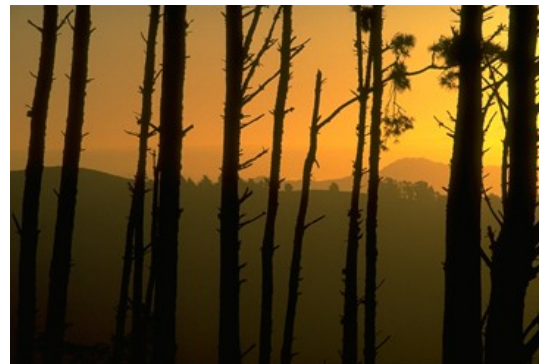
Now I will concede that I'm willing to go into the snowy woods with cross-country skis strapped to my feet. To me they are much more aesthetically pleasing than snowshoes. Gliding rather than stomping just seems to be more appropriate for traveling through the snow. Plus, on the downhill I can actually go fast enough to feel the wind on my face - something very rare with my running. And then of course there is the cool-factor with skis. You can strap them to the top of the car which helps let everyone know that you are definitely an outdoor kind of guy and not just another nobody driving down the road. Which brings us to lesson two for winter woods runners: equipment is good, but only if other people can see it (i.e. snowshoes fit in the trunk of the car)

In spite of my animosity toward snowshoes I will admit that they have their place in the woods - namely stomping down the snow so that I can run the trails. Yes, a shallow snow pack or a packed trail definitely makes for better winter running. In fact one of the very best running surfaces in my opinion is about 2 inches of new snow. It isn't enough to slow you down just enough to cushion every step. Lesson number

three for winter woods runners: run early in a storm or long after it's over (i.e. after the snowshoe fanatics have packed the trail).

I know that every running magazine has written articles every year on winter clothing. They basically tout the latest, greatest and generally most expensive clothing. Of course they don't mention that the entire staff of the magazine is on the take and running in clothing which they received for free. For the cost of dressing for winter running - as per the magazines' recommendations - the average runner would be better off flying to California and running there for the winter. Lesson number four for winter woods runners: wear whatever you can find in the closet. It's not like you are going on an expedition. You'll be home by the fire soon enough.

Finally I will say one thing useful about winter woods running: it can be slick. Yes, pretty earth-shattering information. There are some great devices that can be attached to your shoes like mini-crampons that keep the slipping to a minimum. Of course the inside of your calf can become a bloody mess, but everything in running is a give and take proposition. A better idea, from a recent magazine, was to put sheet metal screws in the soles of your shoes for traction. Obviously use short ones and bring a drill. Which brings us to our final lesson: just go run and forget all the gizmos, gadgets and clothing - it's beautiful out there in the winter!!





Rocky on Fitness

By Rocky Khosla, M.D.



Happy New Year (Tips)

Happy New Year, and I thought it would be neat to get 2002 off on the right foot! (get it?). So I have come up with some ideas that may keep us runners from getting injured this year.

First, check the shoes. If you are going to keep on truckin' on the same old dogs from last year, make sure that they don't have more than 500 miles on them. They may look okay, but after about 500 miles, the mid-soles of the running shoes start to lose their shock absorbing ability. A neat trick I will pass on to you that may help you figure out how many miles you will put on your new shoes is to write the date that you start running in your new shoes on the inside of the shoes with a laundry marker.

Second, check the socks. I recommend double layer socks, but these don't work too well if the outer layer gets a hole or two in it. Save the old socks and use them as disposable hand warmers for races you

may do in cooler weather.

Third, think about ordering your summer running shorts and singlets now, cause you may get a good deal on last year's stuff. I cannot say enough good stuff about the moisture wicking material like Coolmax!

Fourth and finally, start thinking about your racing schedule, and give yourself lots of room to train realistically, and with the least chance of injury. A good rule of thumb is you should not increase your mileage distance or time by more than 10% per week, or you may be risking injury. Remember, not every runner has to run a marathon, and generally, where there is pain, there is usually no gain!

Till next time, have a great 2002



To Ponder

“The sun, with all those planets revolving around it and dependent upon it, can still ripen a bunch of grapes as it if had nothing else in the universe to do.”

Galileo Galilei,
physicist and astronomer (1564-1642)



“Sometimes you're the windshield,
Sometimes you're the bug.”

“The Bug” by Mary Chapin Carpenter,
Columbia Records



Please Renew Your SCR Membership

If you haven't done it yet – get out the checkbook, an SCR membership form, and sign up for a 2002 Southern Colorado Runners membership. For a mere \$15, you can be a yearlong member and for another 5 bucks, you can include your family members. (not your cousin in Portland, but those in your household) Being a member entitles you to this quality monthly newsletter, that contains information about everything you ever wanted to know (and some things you really did not want to know), discounts on some races, weekend group training runs, invitations to the summer picnic and the annual awards banquet, great camaraderie, and lots more stuff. If you need a form, get one at the YMCA or the Gold Dust Saloon. You may also get one on the web at www.socorunners.org



The older a man gets, the farther he had to walk to school as a boy.



Ramblin'

by Ron Dehn



Spirit, Mind, and Body

“To resist the frigidity of old age one must combine the body, the mind and the heart - and to keep them in parallel vigor one must exercise, study and love.” -Karl Viktor von Bonstetten, author (1745-1832)

I never knew Karl Viktor von Bonstetten (since he died in 1832), or never even heard of him for that matter until I ran across this quote. His words reminded me of the YMCA. The Y mission statement includes the words, “programs that build healthy spirit, mind and body”. Often, Y literature has an image of the YMCA triangle. This symbol emphasizes the idea of health in Spirit, Mind, and Body. The triangle is not complete without all three components. And the triangle is equilateral. (Remember high school geometry? - all three sides are equal.) Each of us seeks “wholeness” in our lives – and our (new) friend Karl, suggests that we pursue exercise, study, and love with “parallel vigor”. Wow! Those words “parallel vigor” kind of jump right off the page. Are all three equally important? Karl (and evidently the YMCA) think so. Karl says we can “resist the frigidity of old age”. He doesn’t say we can stop

aging, although it seems we can slow this process down by doing healthy things. And, avoiding anything real cold sounds like a great idea to me, especially in January.

Now, “Footprints” is primarily a runner’s newsletter. Am I suggesting that you will be a better runner if you exercise your mind and spirit? In short, yes. Most of us have heard the song about how the “knee bone is connected to the shin bone”, etc. Our emotions and spirit are connected to our bodies. (They have to live somewhere.) It is a package deal – everything is all wrapped up into one. When we stub our big toe – the whole body suffers and has to adjust. When we are “out of kilter” with our Spirit or our Mind, our Body does not perform at its peak. As far as how one goes about successfully creating our own personal triangle - well that is our life-long journey, and each one of us has our own unique journey. Our paths cross and intertwine with others, but “the journey thing” is a whole ‘nother subject. Someday I may try to tackle it. At any rate – re-read Karl’s bit of wisdom, and next time you see the Y logo, remember the words “Spirit, Mind, and Body”. Then pause for a

The “New” Footprints

Beginning this month, “Footprints” will begin to take on a different look. Much of what it will look like is up to you. Gary Franchi did an outstanding, incredible, and professional job. But, he was more than an editor. He was a reporter, photographer, schmoozer (Gary’s term), AND, editor. Gary was at nearly every race taking photos, notes, and gathering information. He worked behind the scenes digging for tid bits of facts and figures for newsletter stories. Then all this “good stuff” miraculously appeared in the next issue of “Footprints”. This resulted in a first class publication.

I think we can still have a first class publication, however it will take your help. I am looking forward to a stint as editor of Footprints. It sounds like fun and is a way that I can do my part to help promote health and fitness in this region. However, my schedule will not permit me to wear the hats of reporter, photographer, etc. I will be glad to pull information together, get it to the printer, and help get the newsletter in the mail. I will count on Race Directors and other SCR members for photos, information about upcoming races, and even personal news (relating to health / fitness / running, etc)

that you wish to share with club members. Please submit information about races, events, yourself, another club member (please get their permission first), or other items of interest to me via e-mail (dehn@uscolo.edu), a 3 1/2 “ floppy, or hardcopy. Phone: 547-9273, Address: 469 Skyline Drive, Pueblo West, 81007. Thanks and I’m looking forward to your help!

Good News (maybe)



According to *The Old Farmer’s Almanac*, scrubbing floors burns approximately the same number of calories as playing tennis, and digging a trench is equivalent to cross country skiing. So, next time your teenager decides to leave the house to go play basketball, simply tell him or her to go shovel the snow from the driveway. They will burn calories, get exercise, and clean the driveway all at the same time. Yeah Right!

2002 Pueblo Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Feb 2	Frostbite Five (a)	5M 10:00 am	City Park Pavilion, Pueblo Information - (719)543-5151
Feb 10	Valentine's Twosome (c) (1.6M each partner)	5K 9:00 am	City Park, Pueblo Information - (719)947-3682
Feb 17	Spring Runoff Tuneup Prediction Run (c)	10K 9:00 am	3912 Goodnight Ave., Pueblo Ken Raich - (719)564-0847
Mar 3	Spring Runoff (a)	10M/10K/5K/2M 9:00 am	Dutch Clark Stadium, Pueblo Information - (719)547-2777
Mar 24	Ben & Matt's Trail Mix Prediction Run (c)	6.1M 9:00 am	Nature Center, Pueblo Ben Valdez - (719)543-5151
Apr 6	Ramsgate 8 Prediction Run (c)	8K 8:00 am	8 Ramsgate, Pueblo Lois Pfost - (719)544-9633
Apr 21	Y-Bi Classic Duathlon(a)	11.2M/5.5M 9:00 am	Pueblo West Information - (719)543-5151
May 5	Cinco de Mayo (a)	10K 9:00 am	Fairgrounds, Pueblo Jeff Arnold - (719)947-3682
May 18	Ordinary Mortals Women's Triathlon(a)	525m/12M/3M 7:00 am	Pueblo Regional Center, Pueblo West Information - (719)543-5151
May 19	Ordinary Mortals Men's Triathlon(a)	525m/12M/3M 7:00 am	Pueblo Regional Center, Pueblo West Information - (719)543-5151
Jun 1	World's Largest Run (a)		CANCELLED by National YMCA
Jun 22	Run for Rio (a)	5K 8:00 am	Rye High School, Rye Nancy Martinez - (719)859-5136
Jun 29	Little Run on the Prairie (a)	5K/2K 8:00 am	Lovell Park, Pueblo West Ron Dehn - (719)547-9273
Jul 6	Women's Distance Festival (c)	5K Walk/Run 8:00 am	City Park, Pueblo Marijane Martinez - (719)564-6043
Jul 20	Pioneer Run (a)	5K 7:00 am	Hollydot Gold Course, Colorado City Shaun Gogarty - (719)676-3353
Jul 27	Moonlight Madness Prediction Run (c)	5M 8:30 pm	3685 Verde Rd (take exit 87 off I25), south of Pblo Diane Reno - (719)561-3343
Aug 3	Beulah Challenge (a)	10K/5K walk 8:00 am	Beulah School Karin - (719)485-3820
Aug 18	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Sep 21	Corporate Cup (a) (corporate teams only)	5K 8:00 am	USC Library, Pueblo Ben Valdez - (719)543-5151
Oct 26	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 23	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514
Dec 8	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo David Diaz - (719)564-9303
Dec 15	Marijane & Nick's Prediction Run (c)	8M 9:00 am	117 Regency, Pueblo Marijane Martinez - (719)564-6043

(c) indicates SCR Club event, (a) indicates SCR Club assisted event

* Mark your calendars for 2002. However, keep in mind that this is based upon what we know right now. As with anything else in the world, some of this could change.

YMCA
Frostbite 5
City Park
February 2



Las Vegas
International
Marathon
February 3

Colorado Springs
Winter Series III
Santa Fe Trail
February 9

Valentines
Twosome
Pueblo, City
Park



9am, February 10

Colorado Springs
Winter Series IV
Black Forest
February 23

Spring Runoff
Symposium
Sangre de Cristo
Arts & Conference Ctr
March 1, 2

Spring Runoff
Dutch Clark Stadium
March 3

Cherry Creek Sneak
April 28

Bolder
Boulder 10K
May 27



Garden
of the Gods
June 9



Summer
Roundup 12K
July 7



Pikes Peak Ascent
And Marathon
August 17 - 18



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.

**Something you
really didn't want
to know**

According to The Old
Farmer's Almanac, our bod-
ies produce almost one
pound of dust per person per
year. If you have 5 in your
household, that 5 pounds!
No wonder that vacuum
cleaner bag is always full.



To Ponder

"It is not enough to be busy,
so are the ants. The question
is: what are we busy
about?"

—Henry David Thoreau

Winter Travels



As we used to say in Boy Scouts, *Be Prepared!* A freak storm or ground blizzard can strand you on the highway. The National Safety Council recommends that you pack a well-stocked "winter travel kit" that includes: cat litter for tire traction, a small shovel, a healthy supply of water, food such as energy bars or trail mix, extra clothes, blankets or sleeping bags, an empty coffee can to melt snow for water, waterproof matches, road flares, and a flashlight with (good) batteries. The Council recommends that you

stay inside your car unless you are only a few yards from safety. They also advise you to crack the windows and clear the tailpipe of snow to run the engine and heater for 10 – 15 minutes at a time. You risk carbon monoxide poisoning by running the engine continuously. If you have to clear the snow from the tailpipe in a blinding snow storm, tie one end of a rope to your belt and the other to the steering wheel so you don't get disoriented and wander from your car. Okay, Boy Wonder, do I simply pull a rope from my utility belt? No – it is part of your "winter travel kit". You can put most of these items in a small nylon duffle bag that and keep it in your trunk. Yes – it sounds a little hokey – but it could save your life!

Another winter driving tip. Slow Down.



**A
winter
travel
kit**