



Editor: Ron Dehn

FOOTPRINTS

Back Again... Mom Liked the First One

A Heartfelt and Cupidesque February, 2002 Edition

The SCR Annual Banquet - Food, Awards, and Fun

The SCR annual banquet was held on January 26. Sixty club members dined on an excellent meal prepared by Pasta Cottage who did a great job! In addition, there were games, awards, and drawings.



Diana Reno congratulates Jeff Arnold, SCR's Most Valuable Club Member for 2001

Jeff Arnold was an excellent choice for Most Valuable Club Member. Jeff puts together several races year after year, he certifies courses, and generously contributes his time, knowledge and wisdom to the club. This year, when things began to fall apart for an advertised run, Jeff jumped in and single handedly saved the run. Hats off to Jeff – from a very appreciative SCR membership.



There was a new twist in tradition for the Packard Award. This honor traditionally travels between Pueblo and Canon City runners to promote running and friendship. This year's honoree was Gary Franchi from the Colorado City area.



Laura Schiff tallied volunteer points for the year, and those with 50 or more points were awarded a long sleeve coolmax t-shirt. Laura said the most impressive finding was that there were 71 SCR volunteers in 2001.



Crystal Berndt and Aaron Lopez were two of the nominees for Youth Runner of the year. Crystal won this year's honor.

Nominees for Female and Male Runners of the Year were: Staci Diaz, Jackie Allen, Marijane Martinez, Jessie Quintana, Marv Bradley, Mark Koch, Gerald Puls, and Matt Sherman. All were deserving, but those who went home with the awards were Marijane and Matt.

As the final event for the evening, door prizes were drawn. Winners were: Frostbite Five: Rich Hadley, Spring Runoff: Diana Reno, Y-Bi: Mark Koch, Membership: Diana Reno, Rock Canon: Jim Robinson, a 1 hour massage – Tiffany Reno. I wonder if the Arthur Andersen Firm is available to do an audit? Just kidding of course!



More Banquet Highlights



The Sweatsock Award goes to a person who works behind the scenes and puts in tons of work but does not get recognized. Dave Diaz gave a great intro to a very deserving Cynthia Dreiling. Cynthia is at nearly every race, SCR meeting, and newsletter stuffing. She has not been able to run because of an injury, but has shown incredible dedication. Thanks Cynthia!

Long sleeve Coolmax shirts are available for \$15. Contact Katherine Frank by March 3 at frankk@uscolo.edu or 549-2236.



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



Deb Hadley played MC for SCR's version of the "Newlywed" Game. Contestants were: Don and Lois Pfost, Jim and Helen Robinson, Dave and Staci Diaz, and Robin and Ben Valdez. Ben and Robyn either practiced their answers all year, or were part psychic. They were the "Perfect Couple" with a score of 20. The Robinsons edged out the Pfosts for second, and Staci and Dave, the "newlied wed" couple of 6 years rounded out the



field. Jim you are going to have to take Helen on vacation. Scratch City Park and Walsenburg from the list.

Ken Raich passed out the awards for the Predict Series. From 1 to 10, the winners were: Ben Valdez, Rich Hadley, Matt Sherman, Marijane Martinez, Jim Robinson, Diana Reno, Dave Diaz, Robert Santoyo, Bill Veges, and Nick Leyva.



The 2002 SCR Leadership includes (left to right) Dave Diaz – Treasurer, Janelle Rodriguez - Secretary, Diana Reno – Vice President, and Katherine Frank – President.

According to a source in the Frank administration who spoke only on the condition of anonymity, Vice President Diana "The Enforcer" Reno was seen purchasing large quantities of cement yesterday. The informant claims that Ms. Reno is planning to make shoes for all those 2001 SCR members who have not renewed their membership for 2002. The Vice President was heard to say, "No need to get shoe sizes in advance. For the type of shoes I'm making, each shoe will be a custom fit."

Take Your

Sweet

to the Gold Dust for a

Burger and a Brew.

217 South

Union Ave.

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. 241

"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	Katherine Frank	549-2236
Vice President	Diana Reno	561-3343
Secretary	Janelle Rodriguez	543-8200
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

Membership Chair	Ken Raich	564-0847
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi & Harry Longabaugh*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Paul Vorndam

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 all members.

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.

*Harry Longabaugh aka, The Sundance Kid

Great (& so-so) Stuff

By Gary Franchi



Other Notes From the G- Man

Olympic events for the fringe

Thought for today's lunch, compliments of Beth Samuelson: "After a full day of skiing, a few hundred kids on a train, without parental supervision, are like caged animals."

Musings on running, fitness, life, etc.:

I've always wondered how someone gravitates toward some of the stranger Winter Olympic events, especially the luge, the bobsled and the skeleton. I mean, are these people looking for career changes? Did they have a calling from God to be a "pusher" on a bobsled team? As teenagers, did they dream at night of being the best "luger" in the world?

Sam during mid-life crisis: "You know, Martha, I'm tired of wearing a suit every day. I think I'm gonna chuck this accounting job and give bobsledding a try."

Martha: "That's great Sam. It would be fun to live in the mountains while you train. In fact, I'm sick of my PR job. Maybe I could take up the skeleton and make the next Olympics."



I mention Sam and Martha giving up their regular jobs because I assume people must devote their lives to training full-time in order to compete on the Olympic level. Shoot, if the professionals have to train pretty much full-time to do an Ironman, it seems reasonable to think that training for the Olympics would require an even greater devotion to training.

Or would it? Could Sam and Martha continue to work full-time and train in their free hours?

Sam, after moving to Salt Lake City: "I'll be home late tonight, dear. We're going to do a few hard intervals on the bobsled course. Hey, they're going to let me drive the sled for the first time."

Martha: "Good luck following the 'line,' honey! I'll lock the doors before I

leave because us sliders are planning on doing a few runs, too. I feel fast today."

Should Sam and Martha submit to personality analyses, I think it would show that they should have worn helmets while riding their bikes when they were kids. OK, that was just a little "funny" thrown in there for kicks. Ha-ha-ha! Isn't he cute?

No, actually, I think such personality analyses would reveal that Sam and Martha have a bit of a daredevil in them. They like to experience fear. They enjoy being in dangerous positions, the more perilous the situation the better.

Basically, they're a tad unhinged to start with.

These are people who, as kids sledding in a hilly park would take the most difficult run, try to split two trees and see how close they could come to the river. They would try to climb over barbed wire fences. They liked to see how many garbage cans they could fly over off skateboard ramps. Little Evil Knievels, really.

Which reminds me -- I was reading about this bobsledder named Pavle Jovanovic who was disqualified from this year's Winter Olympics because he tested positive for steroids. It got me to thinking: Why the heck would a guy need to be on steroids to sit in a bobsled?

I think Pavle suffered too many bobsled crashes without his helmet on.

Ten things

I was just wondering:

* Regarding the signs with pictures denoting no walking and no biking as you drive the entrance ramp to I-25 from First Street -- would anyone really WANT to?

* Who is Anna Nimity?

* How come the word pizzeria isn't spelled "pizzaria?"

* Is it really possible that the last name of the female division winner of the Foot



(Continued on page 6)

USA Triathlon has ranked Pueblo's Michael Orendorff 19th in the country among triathletes in the 50-54 age division.

Puebloan Blake Otersberg is ranked 2nd nationally in the 18-19 age division.

Just Other Notes

SCR President Katherine Frank extends her appreciation to all who helped organize and put on the annual club banquet. Many club members lent a hand, and a special thanks goes to Deb and Rich Hadley and the entire Reno Clan for their help and leadership in pulling the event off. Thanks also to Jessie Quintana for making arrangements for the use of St. Francis Hall and Jeff Arnold for helping with the food. Thanks!

A Caring Pregnancy Center sponsors the annual "Walk for Life" fund raiser. This year, they want to add a 5k run. Pete Godinez attended the Feb. SCR meeting asking for club support. This organization assists many young women in the Pueblo community. Their event is planned for June 1. If you wish to help, please contact Ron Dehn (dehn@uscolo.edu or 547-9273), and your name will be forwarded to organizers. Thanks!



SCR Birthdays February

- 21 Martin E Ottersberg
- 22 Aaron A. Diaz
Diana L. Johnson
- 23 Bob King
- 24 Daniel Caprioglio
- 24 Carlos Rodriguez
- 26 Levi Ropp
- 27 Vicki L. Williams
- 28 Sandra Messick
- 29 Robin Dabney-Valdez

March

- 2 Priscilla Portillos
Andrew Jobe
 - 4 Knute Rockne*
 - 5 Brianna V. Diaz
Ross Manley
 - 6 Carla Ross
 - 7 Debra Haverfield
 - 8 Nancy Martinez
 - 8 Kenneth Raich
 - 10 Michael Crockenberg
 - 11 Cecilia Johansson
 - 12 Paul Barela
Paul L. Koch
 - 17 Jack Selway
 - 18 Jonathan Huie
Laura L. Clark
 - 19 Wendy L. Lowery
 - 21 Gabe Cosyleon
 - 23 Nicholas Martinez
Loren Neumeister
 - 24 Olivia Sherman
 - 24 Bob Gassen
 - 25 Annie Housman
 - 25 Nick Ross
Laura Schilf
Jordan Montoya
 - 26 Susan Gebhart
Teresa Caprioglio
Marvin L. Bradley
 - 27 Mariah Carey*
 - 29 Dean Q Volk
Sandra Collie
 - 30 Eric Clapton*
 - 31 Dinah Navarette
- *non SCR member



Trail Notes

by Shaun Gogarty



Why Do You Run? I Run Because...

Everyone runs for different reasons. Some run for the glory. I don't because there isn't a lot of glory staring at everyone in front of you. Others run just to stay fit. I have hopes of being fit, but in spite of running something keeps sagging over my belt line. And some run just for the fun of it. Not being on Prozac personally I can't find fun in everything I do, but I'm happy for those that can.

I think in large part I run just to be alone. Perhaps that is also why I choose to run trails because that often times makes being alone even easier. Over the years I've discovered some other strategies to help ensure solitary running and thought some like-minded, social misfits like me might be interested in them. There are basically three strategies: 1 – distance 2 – speed and 3 – conditions.

The first, distance, is probably the simplest strategy to apply in order to run alone. Everyone runs what I call the "K" races. K's are shorter than miles so the distance sounds better. Unfortunately now days everyone has also put "run a marathon" on their lifetime "to do" list. So in order to use the distance strategy you have to get ridiculous. Yes, I'm talking the ultra. I'm talking distances so obnoxiously long that a fart in church is more publicly acceptable. These races are so long that even with several hundred entrants people are strung out (physically and mentally) so far that they all have a mile or two of space between them. And even if there is another runner near by one or both are hallucinating and they may as well be alone. Distance – a great way to run alone.

Speed at first glance would seem the most difficult strategy for being able to run alone, but actually it is the easiest. I'm not talking about running so fast that you are way in front of others, I'm talking about running so slow that everyone is way in front of you. Sometimes this can even bring you some glory at the finish line. When you are so far in back that no one has crossed the

finish line in hours, and you finally cross it, everyone cheers like you've accomplished some great feat. In actuality they are all cheering that they can finally go home, but it still makes you feel like a champion – and you got to run the race alone. Speed, or the lack there of, is another great way to run alone.

Finally, most people, even runners, like to stay clean and comfortable – it's the couch potato gene in all of us. So in order to be alone, just avoid the comfort by choosing miserable running conditions: bad weather, steep terrain, and cold water. My friend Paul has used this strategy multiple times on me so he could be alone. Up the mountain, into the river and through the mud we, I should say he, run(s). While I'm wallowing in mud, wading through ice water, or staggering up a steep slope he is enjoying a solo run through the mountains somewhere up ahead of me. This strategy also allows the most flexibility, creativity and spontaneity. If the trail is getting a little crowded just run off into the river or down a steep rocky slope. During a race this is especially effective because you can help everyone be lost, I mean alone.

In conclusion solo running can be lonely, but often times actually allows you opportunities to meet new friends – like members of the Search and Rescue Team or the staff at the emergency department. Best of all it allows you time to think and ponder great mysteries like is it really running when I'm only making 5 miles per hour? Is a muddy or a rocky trail better to run on? Is the 49th mile any different than the 37th? Anyway, enjoy the solitude and smile as you finish another 20 miles, cheer when you finally finish, and laugh at the blizzard as it rages around your cocoon of running clothes.

Is This Your Last Issue of Footprints?

If you haven't renewed your SCR membership, this may be the last. To get a form, go to our website, the Gold Dust or the Y. In addition to the newsletter and some great social events, members receive discounts on some of the local runs. We want you as a member!



Rocky on Fitness

By Rocky Khosla, M.D.



Coughing, Sneezing, Aching, and All That Jazz

Upper respiratory infections are infections involving the ears, nose, throat and/or sinuses. The most common cause of these is viruses, followed by bacteria, and lastly and rarely, fungi and atypical organisms.

The most common viral organisms involved are parainfluenza, rhinoviruses, and influenza. The most common symptoms of infections with the first two of these organisms are low grade fever, runny nose, non-productive cough, and feeling a little pooped. For rhinovirus and parainfluenza viral infections there is nothing to do except drink lots of fluids, get plenty of rest, and try not to spread it to too many people around you by coughing on them or shaking hands with them. Antibiotics are worthless for these infections, and may actually cause you harm since they wipe out the good bacteria in your body. We have seen a lot of people with influenza recently, and there are some therapies that can help for these infections. There are actually now three types of influenza: types A, B and C. Type A is the most common type and type B occurs occasionally, and we don't think type C is clinically significant. The symptoms of influenza are usually an abrupt onset of high fevers (101-103 degrees Fahrenheit) along with joint and muscle aches, and people usually feel like they have been run over by a truck! The treatments for influenza are best if started within 48 hours of the start of symptoms, and include amantadine and flumadine (which are older meds available generically) and Tamiflu and Relenza (which are newer meds which don't have generic equivalents yet). The first two are cheaper, but only work against influenza A, while the later two are more expensive, but work against both in-

fluenza A and B. If you develop symptoms of influenza, try to get in to your doctor's office because the above medications may help you recover faster, and they may make you infectious for a shorter period of time.

Bacterial infections of the upper respiratory tract are not very common. The most common ones are strep throat and ear infections in kids, and rarely bacterial sinus infections in adults who are smokers, or have had a preceding bout with severe allergies or viral infections. Antibiotics chosen carefully and used appropriately will get rid of almost all of these infections.

Lastly, fungal and atypical infections can occur in the upper respiratory tract, and these tend to occur in patients who have a weakened immune system. People may have weakened immune systems due to diabetes that is poorly controlled, or due to HIV infection, or if they have cystic fibrosis, or other immunocompromising diseases.

My advice to dealing with upper respiratory infections is low tech: wash your hands well and frequently, get a flu shot if you have no egg allergy, see your doctor early if you have influenza and try not to talk your doctor into giving you antibiotics unless he or she really thinks that there is a bacterial infection. Lastly, give yourself some rest when sick, and don't exercise if you have any symptoms below the neck (such as coughing, fever or muscle aches).

Till next time, wishing you the best of health and much happiness, Rocky

Thanks!

Ben Valdez had a full crew of volunteers for the Frostbite 5 including: Nicole Means, Diana Reno, Suzanne Richardson, Kathy Stommel, Carl Burgess, Jeff Arnold, Janelle Rodriguez, Michelle Olson, Tiffany Reno, the Central High School National Honor Society, Charles and Cindy Bucciarelli, Larry Volk, Dave Diaz, Lois Pfost, Terry Cathcart, Steve & Cindy Rutledge, Pat Berndt, Sidney Arnold, Michael Orendorff, Crystal Berndt, Melody Lundin, Ron Dehn, and probably others whose names we've missed.

To Ponder

"The time is always right to do great things." Martin Luther King Jr.

"Heaven is under our feet as well as over our heads." Henry David Thoreau, naturalist and author (1817-1862)

"To live for some future goal is shallow. It's the sides of the mountain that sustain life, not the top." Robert M. Pirsig, author (Zen and the Art of Motorcycle Maintenance)

Let's Do Lunch?

Forty-one percent of full-time workers in the U.S. say they fail to take a "real" lunch break. Source: The National Restaurant Association



Winter Trail Running

by Paul Vorndam



You Can Be “Shoesy”!

Shaun once told me I could submit a follow-up to his trail running column any time. The column in the last issue wherein he denigrated snow shoeing aroused me from my usual lethargy to respond. Actually, his point was a good one – you can run trails in the winter as long as the snow isn’t too deep (and it hasn’t been at lower elevations around Rye for the last few winters). Once the snow depth is more than mid-calf deep people that were born in the 4 dimensions of space time that most of us grew up in switch over to snow shoes or skis. Matt Carpenter had a piece in Trail Runnm magazine awhile back about running in knee deep snow (probably at elevations over 15,000 ft too). Unless you define distance running as 25 yards or you and Matt run regularly together, you might want to consider snow shoes. There aren’t many groomed ski trails in the Wet Mountains so you’re less likely to skewer various body parts on tree branches using snow shoes down here.

While this is a running newsletter, you don’t need to run to get a good aerobic workout on snowshoes. Just pick a trail that goes UP and have at it. Or, if the snow is really deep (over knee deep), you can get your butt kicked on flat terrain! It’s almost never too cold to snowshoe. You generate a tremendous amount of heat (and burn lotsa calories) going uphill. This means you wear a lot less clothing on the way up versus coming down. Now Marijane, before you rush down here to Rye to find a scantily clad Shaun or Paul snow shoeing in the woods, let me point out that you do need some clothing. A long sleeve synthetic fabric shirt and pants are usually enough for the uphill. A hat and/or gloves can help control how hot you get. If you’re going to stop for any

length of time, you’ll need more layers because you’ll cool off quickly – especially if it’s windy. Extra layers are always a good safety precaution even if you don’t plan to stop. NEVER wear cotton on a snowshoeing outing. Wet cotton will not keep you warm (even if you are fantasizing about various scantily clad SCR members).

Do you need ski poles or trekking poles for snowshoeing? For flat and level, maybe not. That extra push from the poles is very helpful when going uphill. When coming down, it depends on whether you want to make inverted snow angels or not. (Inverted snow angels are the kind you make lying with your face buried in the snow.) Snowshoes too expensive? You can rent them from Great Divide. Or you can make your own from a pair of garbage can lids and bungee cords. And if you believe that, then how would you like to enter the Descent Only Pikes Peak Race this summer? Fifteen hundred runners sprint for position on a 2 ft wide trail at the sound of the starting gun. Actually, I heard that Rocky suggested that to drum up some more business!

So you needn’t give up on trail “running” in the winter regardless of the snow conditions. They even make little crampon-type things to strap on your shoes for icy conditions. I find winter trail running to be quiet and serene – interrupted only by the sound of my breathing (which former friends have said sounds like a sick moose). Or, as my wife points out, the music I listen to makes everything seem quiet and serene when it’s off. Enjoy!

- Paul Vorndam

(Continued from page 3)

Locker National High ‘School Cross-Country Championships is “Trotter?”

* How high does time fly?

* How come no one has come out with a “holistic” specialty coffee?

* Sure, running is totally wonderful and all, but don’t you just get a bit nauseous when you read someone talking about it like it’s a transcendental experience?

* What if you want to party AFTER the cows come home?

* Why isn’t tendinitis spelled “tendonitis?”

* If race trophies and medals can be referred to as “hardware,” would ribbons be referred to as “software?”

Until next month, let little Johnny ride his trike without wearing a helmet. He might become an Olympian some day.

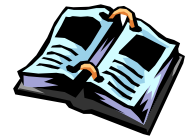
Simplot Games – Here We Come!

Crystal Berndt and Tiffany Reno are headed for the Simplot Games at Idaho State University in Pocatello. Athletes come from all over the country to participate. Crystal and Tiffany will be running the 2 mile for sure and some other events as well. Check results and find out more information about the games at: <http://www.simplotgames.com/> SCR has traditionally supported young runners out of the SCR youth fund and will help these young ladies get to Idaho.



Health and fitness symposium to make Spring Runoff a weekend to remember

By Gary Franchi



This time when you slug back to work or school Monday morning, you'll have some fond memories of your weekend.

I'm talking about the weekend of the 24th annual Spring Runoff. The multi-race Runoff itself is Sunday, March 3, but it's merely the culmination of three days of fitness-related activities. On March 1-2, the Southeastern Colorado Area Health Education Center (SECAHEC) will be conducting a health and fitness symposium at the Sangre de Cristo Arts and Conference Center in downtown Pueblo.

Titled "*Sports and Fitness – For the Health of It*" with a tagline reading "*Sports Medicine in the New Millennium*," the symposium will feature a number of high-powered and well-known national speakers. Actually, it's more like a cavalcade of health and fitness stars. Take a look at the list yourself:

- **Mike Pigg**, former world-class triathlete at various distances, including the Ironman.
- **Mark Plaatjes**, an elite international marathoner for several years and the 1993 marathon world champion.
- **Phil Maffetone**, an internationally known fitness, health and training expert who develops programs for world class athletes and has authored several endurance training books.
- **John "The Penguin" Bingham**, who chronicles his "common man" running insights for *Runner's World* magazine and in public speaking appearances.
- **Pete Saccone**, an elementary school teacher who has gained national notoriety for his "*It's Funner to be a Runner*" program for teachers and kids.
- **George Dallam**, a professor at the University of Southern Colorado and former coach of the USA Triathlon national team who still coaches elite U.S. triathletes.
- **Gayle Davis**, a sports psychologist who has worked with world class athletes and is a member of the U.S. Figure Skating Association staff.
- **Darlene A. Herfurt**, a renowned speaker and author on asthma and exercise who is director of the Colorado Asthma and Exercise Clinic in Denver.

- **Dr. Rocky Khosla**, Pueblo sports/family medicine physician who has been on the medical staff of a number of national and international sporting events and also is a triathlete and skier.
- **Bob Seebohar**, a registered dietitian and a competitive Ironman who specializes in sports nutrition and is a certified strength and conditioning specialist and a triathlon coach.

The symposium will include medical and athletic tracks, but the crossover applications will make every session worthwhile for all the "common folk" who attend. There will be great stuff for everyday aerobic athletes like you and me in addition to coaches, athletes, trainers, educators, physicians, nurses, dietitians and physical therapists. One conference focus will be how to get the kids of our nation more physically fit.

You'll even have the chance to run with Mike Pigg at 12:30 p.m. on Friday, March 1, and at 7:30 a.m. on Saturday, March 2, with both jaunts starting in the parking lot of the Arts Center. You also can run with Saccone in a 1-mile fun run at 10:45 on Runoff morning.

The symposium will run from 9 a.m. to 4:45 p.m. on Friday and from 8:30 a.m. to 4:30 p.m. on Saturday. For a complete schedule of activities, costs to attend, etc., access the SECAHEC home page at www.secahec.org and click on the Sports/Fitness link. There will be educator credits available. You should have received a complete schedule in a brochure that was enclosed in last month's issue of "*Footprints*."

Besides the 1-mile fun run with Saccone, *The Pueblo Chieftain*-sponsored Runoff will include 5K, 10K and 10-mile runs and a 2-mile walk. The Southern Colorado Runners will produce the races, and the club is looking for volunteer help. If you can help, please call Race Director Terry Cathcart at (719) 547-2777.

For more Spring Runoff information and a race application form, go to the SCR home page at www.socorunners.org/. Race apps also are available at *The Chieftain*, the YMCA, the Gold Dust, and at running/sporting goods stores along the Front Range. If you're out of town and need hotel/motel information, go to the SCR home page and click on the last hot link on the left side of the page.





Ramblin'

by Ron Dehn



"Doing the Peak"

The Hook: *"After you Do the Peak, you will never look at that mountain in the same way."* Mel Druelinger, Dan Sullivan, and I were on one of our lunchtime runs in the prairie northeast of USC when Mel spoke those words in February '97. There is a beautiful, panoramic view from these trails – the plains, the Spanish Peaks, the Wet Mountains, and Pikes Peak, in all her majesty. In fact, it is tradition to nod, salute, or otherwise pay respect to the Peak at a point on the trail called "Marijane's Turnaround". The "USC Lunchtime Runners" spend many lunch hours on these trails. Our discussions include life, families, work, dreams, and some very bad puns. Sometimes, "Doing the Peak" is the topic. Mel has run either the Ascent or Marathon more than a dozen times and on that day was trying to "convert" me. Dan got me started running as a "regular" in '82 and has been one of my running partners since. Anyway, in early '97 – after much badgering/encouragement, I committed to do the Ascent.

The Facts: The Ascent covers 13.32 miles, the Marathon, 26.21 miles. But it is the elevation that gets you. The starting line is at 6,295', the summit at 14,110', a vertical gain of nearly 8,000 feet. Thus a tremendous decrease in the oxygen level from start to finish. Altitude sickness can be a factor. The temperature drop can be significant. The trail varies from 3 to 10 feet wide. Passing is often difficult. Footing includes asphalt (at the start), dirt, loose rubble, and jagged rocks. You will see protruding rocks and roots along the way. Some you will not see. The Marathon is limited to 800 entries, the Ascent to 1800, and both fill early.

The Training: I am not an elite runner, but trained faithfully, starting at my base and gradually working up. I ran or biked 5 to 6 days most weeks, and tried not to exceed 2 consecutive days with the same type of training. Runs were in the 3 to 12 mile range, most being 4 to 6 miles. My pace on longer runs was about 9 minute miles, 8's on shorter runs. I ran only one race during that time - a 5k in around 21:30. Cycling was in the 5 to 25 mile range – both road and trail, averaging 10-12 miles. Again, distances increased with time. I sprinkled in lifting and racquetball. Several friends helped me train including: Mel, Dan, my brother Dave, Neal Osborn, Paul Chacon, Marijane Martinez, Paul Vorndam, Dave Anderson (biking) and others. Four or five sessions were on the Peak itself, culminating with a slow ascent to the summit 3 weeks prior to the race.

The Experience: In a word, Incredible. Other words in no particular order: exhausting, beautiful, breathtaking, pain, numb, sick, the wall, delirious, accomplishment, determination, camaraderie, relief, confusion, exhilaration. I hardly slept the night before, but was pumped the morning of the race. I carried 2 water bottles, cut up power bars, and granola mix. One bottle contained a 50% solution of Gatorade. Knowing the importance of hydration, my plan was to drink at every water stop, and supplement with my own supply. My goal was to break 4 hours, so at the start, I went out fast – too

fast. The first part of the Barr Trail consists of steep and narrow switchbacks. It was hot. Still, I tried to pass at brief openings. Somewhere after Barr Camp, there is a slight downhill section. There was a collective sigh from runners as they snaked through. By then my legs began to feel like they were slowly detaching. I felt less and less like they belonged to me. Altitude was becoming a factor. Fatigue setting in. Still – I pressed and passed whenever possible. Much of the next stage is a blur. It became difficult to think. Doing simple calculations at the mile markers was almost beyond me, but three miles from the summit, I did realize that my goal was in serious jeopardy. "The Wall" was just ahead, and I felt its presence. Two miles from the summit, my time was 3:22. I somehow understood that meant 2 nineteen-minute miles, and knew it wouldn't happen. The wall was huge, and I'd hit it. A sign said "Last Water Stop". I drank, knowing it would make me feel sick. The act of bringing the cup to my mouth was incredibly difficult. People were passing me now. The Search and Rescue workers were stopping those in trouble. I was in trouble, but mustered all my strength to get by them without letting on. I simply had to finish. I had trained so hard and long. I feared that I would pass out. My head was so light, it felt unattached, and my feet so heavy they would barely move. At the Sixteen Golden Stairs, I was on all fours in spots. Once, I stepped to the side to let a man pass. He looked at me, grabbed my arm and pulled me back to the trail. "You're not going to stop", he said. I continued moving one foot, then the other. Finally – my name over the loudspeaker, people cheering, and the finish chute. From somewhere came the strength to jog across the finish line. My wife and daughter were waiting. My time was 4:20. The last two miles took 58 minutes. It didn't matter. I laughed and cried for no apparent reason, ate fruit and power bars, and within 20 minutes, except for being extremely tired, the world was beginning to look normal.

Thoughts: I went out way too fast at the start. Passing on the narrow sections was a mistake. These short, quick bursts took their toll. More altitude training seems appropriate. Most importantly, I focused too much on the wrong goal - trying to break 4 hours. To participate, to finish - these are the goals that make sense. I did not beat the Peak, or master the mountain, or any of that stuff. I trained well and hard, and eventually (to use a 70's cliché), became "one with the mountain". Not to sound too melodramatic, but I do look at the Peak in a different way – almost with a reverence. Many rewards in life are difficult to measure. Some aspects of "Doing the Peak" are easy to measure. All 14,110 feet of it. It took all my strength – everything, to get there. That being said – this year, for my second Ascent, I'm going to approach it differently. I'm older and perhaps wiser. My goal is to finish, and the time won't matter. The thrill will simply be the journey, discipline, and satisfaction of preparation, and to spend several hours with the mountain.

Frostbite Five

It was truly the Fffffrrrrrostbite Fffffive! The official downtown temperature was in the 20's, and ice was forming on beards and moustaches of male runners as they wound through the park and near the river. Footing was a bit difficult on the shady parts of the trail, but there were still some Hot runners. Katherine Frank took overall honors for the females, and Paul Koch edged out Aaron Lopez for top male honors. One hundred and two brave souls participated on a day when gloves and stocking caps were in style. Ben Valdez and his crew put on a Ffffine race. See pg. 10 for more details.



Larry Caffey took 2nd in his division with a 31:02



Michael O. sprints toward his 1st place finish

Frostbite Results

1	PAUL KOCH	M	33	29:26
2	AARON LOPEZ	M	17	29:29
3	LARRY CAFFEY	M	38	31:02
4	MICHAEL ORENDORFF	M	50	32:09
5	MARK KOCH	M	42	32:29
6	MATT SHERMAN	M	29	33:38
7	KEVIN SLAUGHTER	M	31	33:54
8	TOBY L. DOUB	M	31	34:39
9	PETE SOLIE	M	35	34:40
10	JAMES S. ROBINSON	M	50	34:40
11	DAVID SELEY	M	31	34:44
12	JOHN MONTOYA	M	44	34:48
13	DAVE M. DIAZ	M	53	35:10
14	KATHERINE FRANK	F	30	35:31
15	DAVID E. BAKER	M	44	35:39
16	CANAAN VALLEJOS	M	15	35:46
17	NATHAN COMDEN	M	16	35:55
18	PATRICK DENNIS	M	41	36:19
19	ROY HUGHES	M	49	37:27
20	HECTOR LEYBA	M	51	37:29
21	RICK D. HOUGH	M	37	37:31
22	BOB GASSEN	M	54	37:45
23	AARON GRIFFITH	M	35	38:01
24	VICTOR OLGUIN	M	44	38:21
25	PETER DOYLE	M	55	38:32
26	CHIEF RENO	M	40	38:41
27	KERRY R. MEIER	M	36	38:47
28	VICKI WILLIAMS	F	32	38:47
29	MIKE KOPYCINSKI	M	32	38:51
30	ROSS BARNHART	M	38	38:52
31	BRAD ROBERTS	M	18	39:29
32	DANIEL JOHNSON	M	27	39:35
33	JOE WYATT	M	46	39:36
34	HOWARD STRINGERT	M	46	39:40
35	MIKE BORTON	M	46	40:30
36	KEVIN STRACUZZI	M	31	40:37
37	JOE VIGIL	M	45	40:54
38	CAROL ANN KINZY	F	54	41:03
39	JOHANNA BAERENKLAU	F	28	41:04
40	BRAD VANBUSKIRK	M	40	41:14
41	MARV BRADLEY	M	62	41:28
42	PJ WARNE	M	37	41:31
43	JILL MONTERA	F	35	41:56
44	AARON BERNDT	M	13	42:00
45	DAVID CROCKENBERG	M	54	42:02
46	JEANNIE ARELL	F	27	42:03
47	SEAN BRYAN	M	42	42:09
48	GERALD URE	M	44	42:10
49	JACK RINK	M	47	42:30
50	JAMES E. ROUKEMA	M	49	43:36
51	DENISE CREPEAU	F	41	43:46
52	MIKE CREPEAU	M	41	43:47
53	MARCIA HUGHES	F	43	43:49
54	HENRY HUND	M	60	43:54
55	DARLENE PHELPS	F	36	43:55
56	CATHY OSBAN	F	33	43:56
57	TIM CAUDILL	M	41	44:00
58	KAREN A. DAVIS	F	33	44:35
59	LES LUNDIN	M	52	45:10
60	PAUL DALLAGUARDIA	M	43	45:19
61	MIKE ARCHULETA	M	41	45:24
62	JOHN C. FREYTA	M	34	45:25
63	PHIL ROSE	M	64	45:30
64	LAURIE WERTZBAUGHER	F	43	45:35
65	TOMAS L. DURAN	M	56	45:52
66	SAMANTHA DAVENPORT	F	13	46:08
67	PATRICK SWANK	M	54	46:11
68	JACLYN MCCLUSKY	F	22	46:17
69	DIANE BIRKENESS	F	38	46:21
70	WENDY GARRISON	F	35	46:22
71	TROY D. DAVENPORT	M	36	46:29
72	JESSIE QUINTANA	F	58	46:34
73	STEVE KASTNER	M	39	46:57
74	DON PFOST	M	61	47:01
75	VICKI GRIEIOUS	F	44	47:25
76	SUSAN ANDREWS	F	51	47:37
77	BILL VAN BUSKIRK	M	66	47:47
78	DAN COMDEN	M	48	47:58
79	FRAN BORTON	F	54	48:03
80	SUSAN DALLAGUARDIA	F	43	48:13
81	GEORGE DOMINGUEZ	M	61	48:29
82	MAX WRIGHT	M	28	48:44
83	HANNAH RANDE	F	11	48:45
84	Julie Klamm	F	29	48:45
85	KRISTEN SAPP	F	34	48:48
86	JESS COSYLEON	M	55	48:52
87	JAN DUDLEY	F	47	49:56
88	DAN DRISCOLL	M	44	50:47
89	MELANIE RAPP	F	34	50:59
90	CARLA BRADLEY	F	37	51:10
91	MARTIN ATTEBERRY	M	38	52:04
92	MARIA DAVIS	F	39	52:14
93	PEGGY MASSIE	F	44	52:14
94	BARBARA BERGE	F	43	52:14
95	JOHN HOLIMAN	M	75	52:16
96	AARON URE	M	20	54:01
97	CECIL PARRACK	M	58	54:25
98	DONNA GRIESEL	F	55	54:48
99	MARY BETH ELLISON	F	31	58:20
100	JEFF ECKER	M	50	58:56
101	CHERYL K. MCCOY	F	57	1:0:04
102	MARGIE RICHARDSON	F	27	1:2:53



Dave Diaz and Dave Seley in the pack at the start



A KOOL Kathy Stommel works results using Michael O's "Experiment"

Dear Ed

Dear Ed,

I've heard there is a fitness symposium associated with the 2002 Spring Runoff. When, Where, and What is the Cost?
Signed, Wanting More Info

Dear Ms. WMI,

The conference is called, "Sports and Fitness for The Health of It...". There will be sessions relating to injury prevention, nutrition, training techniques, and several other topics. Nationally renowned and local experts will present two days of sessions at the Sangre De Cristo Arts Center in Pueblo on March 1st and 2nd, 2002. The cost is \$65 per day, or \$120 for both days **if your registration is postmarked by February 19th**. After that, you must add \$20. There is a discount for K-12 teachers. For more information, see: www.secahec.org or www.chieftain.com/springrunoff

See you at the symposium and the race on March 3rd. Ed.

Dear Abby

Dear Abby

You won't believe this
My stomach makes noises
Whenever I kiss.
My girlfriend tells me
It's all in my head
But my stomach tells me
To write you instead.

Signed, Noisemaker

(from the song Dear Abby by John Prine, Rhino Records Inc.)

Dear Mr. Maker,

Obviously, your letters were inserted into the wrong envelopes. Ms. Abby is now pondering over a question about the date of the Spring Runoff, the current SCR Officers, or where Mike Archuleta finished in the Frostbite Five. You might check her column just to see what she says.

Now, regarding the rumbling of your stomach – It's not really my field – but what the heck, I'll take a stab at it. Here's a few things you might try. Feel free to attempt these in any order.

Try eating something before kissing. Maybe your stomach is trying to tell you something.

Try not eating before kissing. Maybe your stomach is trying to tell you something.

Try not kissing your girlfriend. Maybe your stomach is trying to tell you something.

Try a new girlfriend. Maybe your stomach is trying to tell you something.

Ed.

Note: The "Dear Ed Column" of this newsletter is a potential forum for legitimate (or not so legitimate) questions about SCR activities, running events, etc. If our staff (yeah right) does not have answers, we will try to find out. If that doesn't work, we will make something up. If you have questions or answers (we take answers too) – please send to: dehn@uscolo.edu or to: Ron Dehn, 469 Skyline Drive, Pueblo West 81007. p.s. my name is not really Ed.

Frostbite Five, Continued from pg 9



Carol Kinsey take home 1st place honors in her division with a time of 41:03

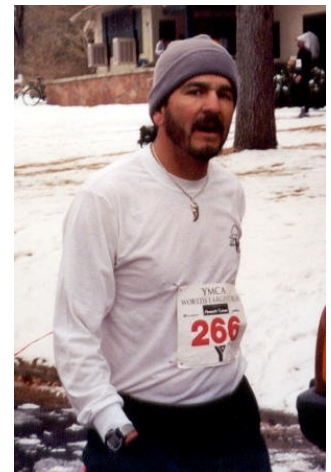
Canaan Vallejos 15, cruises to 2nd place in his division with a 35:46



Marv Bradley shows great form as he heads for 1st place with a 41:28



Chief Reno takes a breath in the finish chute. Chief ran a respectable 38:41 in a tough division



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

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 Pfoest - (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 / RFTR(a)	10K 9:00 am	Fairgrounds, Pueblo Hilbert Navarro 564-7685
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.

**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

Y-Bi Classic Duathlon
Pueblo West
April 21

Cherry Creek Sneak
April 28

Ogden Marathon
Ogden, Utah
May 4
www.ogdenmarathon.com

**Bolder
Boulder 10K**
May 27



**Garden
of the Gods**
June 9



**Summer
Roundup 12K**
July 7



**Pikes Peak Ascent
And Marathon**
August 17 - 18

Remember the very successful Run for the Rose (RFTR) race that was popular for several years? It looks like the RFTR is going to be combined with the Cinco De Mayo. The two of these together should make for a great race! More info later. Contact persons are: Hilbert Navarro (719 564-7685) and Carlos Rodriquez (719 545-5211)

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

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***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.

Going Out with Class

The Pueblo Chieftain carried an Associated Press story on January 26, 2002, about a 37 year old man named Louie Bonpua. The essence of the story was well worth repeating.

In 1997, Louie was diagnosed with leukemia. Within a year he dropped from 150 to 92 pounds. He then began to participate with the "Team-in-Training" program, which is branch of the Leukemia and Lymphoma Society. As the result of incredible desire, discipline, and courage, he worked his way back to 150 pounds. He then competed in his first triathlon consisting of a 2.4-mile swim, 112-mile bike ride, and full marathon. He finished 3 ½ minutes under the 17-hour time limit.

Unfortunately the leukemia persisted and his illness gradually got the better of him. Louie was scheduled to carry the 2002 Olympic torch as part of the Torch Relay Team. His doctors didn't think he would be strong enough to participate, and at first were not going to give authorization. Louie persisted

and insisted. He even had a backup plan to sneak out of the hospital if the docs didn't come through. On January 19th in San Francisco, he got out of his wheelchair and carried the flame for two-tenths of a mile. He passed the torch, said goodbye to his loved ones, returned to the hospital and went to sleep. Thanks Louie!

What About Those Numbers?

When a nurse tells you that your blood pressure is one hundred twenty over eighty (120/80) – what does that mean? The 1st or top number is called the systolic (sis-tall-ik) pressure. This number indicates the amount of pressure your heart generates to squeeze blood out of your heart to the rest of your body. The 2nd or bottom number is called the diastolic (di-uh-stall-ik) pressure. This number indicates the pressure of the heart when it is filling up with blood, the resting period the heart takes between beats. You are considered to have high blood pressure if your systolic pressure is higher than 140 or if your diastolic pressure is higher than

90. Only one of these numbers has to be high to indicate high blood pressure. Having high blood pressure may increase the risk for stroke, heart disease, and kidney disease. Have your blood pressure checked periodically, especially if it tends to run on the high side. And – if it is high – see your physician for treatment. It won't just "go away" without treatment.

Superbowl Facts

The New England Patriot's place kicker Adam Vinatieri who kicked the game winning field goal as time ran out in this year's Superbowl is a distant cousin to Evel Knievel.

At the beginning of the 2001 football season, the New England Patriots were a 50 – 1 shot at winning the Superbowl.

The Final Thought

"It is of interest to note that while some dolphins are reported to have learned English -- up to fifty words used in correct context -- no human being has been reported to have learned dolphinese." -Carl Sagan, astronomer and writer (1934-1996)