



Editor: Ron Dehn

# Footprints



The Time to Give Thanks Issue...



## The Denver Rock N Roll Marathon by Dave Diaz

If you were at the inaugural Denver Rock N Roll Marathon, then you know what a fantastic show they put on up there on October 17. It was a little expensive but it was worth it. There were over 12,000 finishers in the marathon and half marathon and more than 7,600 of them were women.

On a beautiful fall day, we ran through the streets of Denver—starting by the Capital, we ran by the Pepsi Center and Coors Field, City Park, Washington Park and finished at the Civic Center. The course hasn't changed much from other Denver Marathons but this race was different. Beginning with a fantastic expo, there were so many booths and vendors that the entire room at the Convention Center was packed with runners and merchandise. Anything running related you could want to wear or eat—shirts, hats, sweats, shoes, socks, jackets--plus tons of free samples and giveaways--I spent too much but it was worth it.



Stacey and I stayed at the host hotel, the downtown Sheraton which is only 2 ½ blocks from the start and right on the 16<sup>th</sup> Street Mall. It was dark and cool outside race day morning but we were able to stay in the lobby until 6:30 AM then walk to the start. The race started at 6:55 and it started on time. My son

*(Continued on page 5)*

## Ironman Austin 70.3 Triathlon By Joe Bulow



The Ironman Austin 70.3 triathlon on October 17, 2010 was a well organized and huge event drawing 2200 athletes from all over the country and the world. The triathletes raced in perfect weather conditions with a cool 60 degrees at the race start and warming up to the low 80's by the finish with little wind or humidity.

The 1.2 mile swim in Decker Lake was a counter-clockwise triangular layout in wet-suit legal 73 degree water. The size of the lake was similar to the reservoirs of the greater Denver area so landmarks were close enough to provide proper sightings during the swim to keep the competitors on line.

After running through a short sandy beach, the triathletes had to tackle at least 200 yards of steep grassy hill that separated them from the first transition area. A large crowd stood along the barriers a few people deep to cheer everyone on.

Although the 56 mile bike ride consisted of many rolling hills, it was a very scenic and fairly fast course. Most of the hills could be scaled with the momentum of riding the descents at a brisk pace. Besides the difficulty of riding 56 miles in general, the toughest part of the bike leg were the sharp 90 degree turns at certain intersections that often led to immediate ascents that at times caused the racers to get out of their saddles briefly. Most of the ride was out in Texas farmland and away from any significant traffic.

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## Minutes from the October, 2010 Meeting

By Mike Archuleta



### Introductions:

Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Don Pfof, Paul LeBar, Ron Dehn, Melinda Andrade, Gary Franchi, Janelle Markert, Scott Candland

### Club Business:

Paul reported for Marilyn Vargas about the T-shirts for the Pueblo Pacers to be given at the awards Banquet. The order will consist of 20 to 30 shirts.

Discussion about purchasing power supply for the computer software for races. To look at buying generator and portable unit.

Banquet Committee: Discussion about possible dates in January and February.

The group discussed criteria regarding the runner of the year and will get feedback from the banquet committee.

The group reviewed the Approval for race assistance contract.

Volunteers and recording of who assisted with races should be part of the race director and liaison

### Reports/ Recaps Corporate Cup

The corporate went extremely well this year with large amount of participants from the different companies. Janelle stated the corporate cup was a success because of the support of the SCR club.

### Hot to Trot

Don reported the run was a great success despite all the vendors in the Union area. The Gold Dust always does excellent job with this race. Ruth provided excellent breakfast after the race. There was 200 participants in this year's event.

### Run for Trails

The race was the 2<sup>nd</sup> annual race in Pueblo West and it was reported the only problem was using the race software because of the sun glare.

### Lions Roar

Cheryl reported great turn out and it was great fund raiser for the school. The funds will go directly back into the school to help with projects. She talked about her planning with getting sponsors and doing fund raiser.

### Upcoming Races/ Events

#### Boys & Girl Club 5k Run 10/16/10

Paulette reported she met with the Boys & Girl Club today the race is planned at the Lake Minnequa. She stated there is

some concern about the power supply to manage the race software.

#### Taste of Trinidad 10.16/10

Scott Candland reported Trinidad is ready for the race. He has spots on the radio and Television advertising about the race and the events. Don will help support the race and the finish line.

#### Lucas Johnson Run 10/30/10

This run will be a fun run without race results. The race clock will be loaned to the event for the participants.

#### Turkey Trot

Janelle Markell reported the YMCA is planning the annual event this Year. She will report at next meeting.

#### Strut your Mutt 10/30/10

The event will take place on the river walk and its fund raiser for the PAWS for life. There will be different stages based on the dog's size.

#### Hustle for Russell 11/06/10

The run is schedule for 11/6/2010. The pleasant view school has requested the clock and request for bibs as a donation.

#### Atlanta 5K 11/15/10

Dave reported the course may change for the race .Dave stated the run may take place on the river trial. There will be more information at the next meeting

#### Rock Canyon

Dave talked about the courses and course marshals and barricades to decrease traffic. The race is post on the web site.

#### Harvest Run

The run will take place at Lake Minnequa. There will be food and beverages after the run. Gary reported he will bring the beer.

### Officer Report

#### Minutes: Mike Archuleta

The club approved the minutes with no changes.

#### Treasurer Report: Paulette Arns

Paulette presented the financials to the club. The majority of the cost was spent on the Races preparations and equipment. The club approved the financials prepared by Paulette.

#### Newsletter: Ron Dehn

Ron reported that he is looking for a person to replace him as editor in 2011. Also, we will combine the December 2010 and January

2011 issues.

#### Membership Chair: Don Pfof

Don reported 195 members paid for 2010. The newsletter was mailed to 221 addresses

#### Webmaster: Paul Lebar

Paul reported the maintenance of the website. Paul also talked about online registration upcoming races. Meeting Adjourned at 9pm



**Southern Colorado Runners**  
www.socorunners.org

### SCR Mailing Address:

3200 Spaulding Avenue  
Pueblo, CO 81008

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 holds its monthly meetings.

### "Footprints" Volume No. 338

"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.

Postmaster: Please send address changes to "Footprints" c/o Southern Colorado Runners at 3200 Spaulding Ave, Pueblo, CO 81008

### Current SCR Officers

President	Paul LaBar	
Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	
Non-Elected Officers		
Membership Chair	Don Pfof	544-9633
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Keanu Valdez *	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104
Calendar Keeper	Dave Diaz	

### Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Carrie Turman, Mike Archuleta  
Joe Bulow, Dave Diaz, Don Pfof, Larry Volk, Cathy Dehn, Janelle Markert, Paul LaBar

SCR meetings are generally held the first Wednesday of each month at the Pueblo YMCA just southeast of Pueblo Blvd & Hwy 50. All SCR members are welcome and may bring relatives, friends, ideas, and treats.

**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.

\* Keanu Valdez, senior running back for Central HS, carried the ball 47 times for 346 yards and five touchdowns in the Wildcats' 43-6 victory over Woodland Park.



SCR is associated with RRCA, Road Runners Club of America. See www.rrca.org



# Ramblin

by Ron Dehn

## Volunteerism



I was encouraged to hear that several people showed up for Race Director software training which was organized by Don Pfost. This is the kind of participation that keeps our club healthy and insures continuity. If you missed these but are still interested, contact Don and maybe he can do a repeat performance.

SCR exists because of volunteers – and it takes several to put on even a “small” race, and somewhere between 40 to 50 for larger events like the Spring Runoff and the Rock Canyon Half Marathon. Many of those are club members and some are organizations like high school soccer or cross country teams.

A race needs a race director, registration crew, a finish line team, course marshals, lead cyclist, a results crew, water stop workers, course markers, flaggers, and probably a few others I forgot. In addition, there are planners who handle issues dealing with publicity, t-shirts, awards, safety, permits, finance, and dotting I’s and crossing T’s.

In addition to race activities, lots of dedicated volunteers conduct the business end of the club by attending meetings and newsletter stuffings, paying the bills, planning club events, hauling equipment, taking photos, writing articles, and so on. With respect to the newsletter alone, in 2009 thirty nine individuals made direct contributions (articles, announcements, and photos).

I suspect that SCR volunteers step forward for lots of reasons, but it seem that most have a passion and core belief that SCR activities support and encourage healthy behavior in individuals, families, and the community. (Who can argue with those goals?) In addition – it is just plain fun for both participants and volunteers. It is not like working at a soup kitchen, where volunteers have an immediate impact, but I suspect that much of the good that we do will never be known, let alone be quantified. If an individual is healthier, everyone he/she interacts with benefits including family, friends and co-workers - the familiar and (I believe) very true pebble into the pond metaphor.

As a bonus – SCR vols earn volunteer points of various values for the different activities the participate in. At the end of the year, volunteers who earn at least 50 points are recognized and receive some type of volunteer award. Some of the awards in the past it has been tech shirts, vests, fleece jackets, SCR clocks, watches, and even wine goblets and wine.

I have heard that some people are reluctant to volunteer to help at races because they are not sure how to perform a function, and are possibly intimidated by stop watches, computers, etc. associated with some aspects of the event. Believe me – none of this is rocket science. Secondly, club members who are currently performing these functions are not only willing but anxious to share, train, and

mentor new recruits. With the exception of a few jobs, one event makes you an expert.

In short – the club welcomes new volunteers with open arms.

We have a couple larger roles that require attention in the relatively near future. We are looking for a new Race Director for the Spring Runoff. Terry Cathcart has taken on this role the last 10 years and has made it clear that in 2011, he will mentor his replacement. At this point, his replacement remains unknown. Also, I have decided to give up the role of Newsletter Editor in (early to mid) 2011. When I started, Gary Franchi who served as the previous editor (17 years) was a great help and mentor for me. After 9 years in this role, I promise to do the same for whoever steps up to replace me. The newsletter editor has a great supporting cast, but there is a need for someone to pull it all together. Could this be you?

Please contact a club officer (listed on the back cover) if you wish to discuss the role of Race Director for the Spring Runoff, Newsletter Editor, or any other volunteer position. This is a great organization filled with friendly, fun, wise, and interesting people. If you haven’t ventured into the SCR volunteer realm – you will enjoy AND contribute to a healthier community.

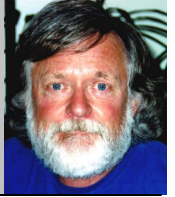
### Hmmm???

Why does "fat chance" and "slim chance" mean the same thing?  
Doesn't "expecting the unexpected" make the unexpected expected?  
Why is "phonics" not spelled the way it sounds?  
If all the world is a stage, where is the audience sitting?  
How come abbreviated is such a long word?



## 2011 Membership Renewal

By Don Pfost



As membership chair, let me ask for your help in renewing your membership in the Southern Colorado Runners for 2011.

Here's how you can help. Just check the address label on your newsletter. If you see "Exp: 12/31/2010" in the upper right hand corner, then it's time to renew. Some of you have paid several years in advance, so you may see 2011, 2012 or beyond, in which case, you don't need to do anything.

If it's time to renew, please complete and sign the 2011 membership form enclosed in this month's newsletter, and send it, along with a check for your membership dues, to the address in the lower left hand corner of the membership form.

Individual memberships are only \$15 per year, family memberships are \$20, and you can pay for multiple years. If you're paying for a family membership, please include the requested information for each family member—among other reasons, this is used to generate monthly birthday lists for the newsletter, and we want to include family members.

You'll see the many benefits of membership listed near the top of the form. Basically, a \$15 individual membership

covers the cost of producing and mailing the newsletter for a year. So, in a sense, the other benefits cost you nothing.

Donations to the SCR equipment fund are optional, of course, but they are always appreciated.

You'll also notice that your mailing label has either "CR=Y" or "CR=N" just to the left of the expiration date. "Y" means you requested free bi-monthly issues of *Colorado Runner* magazine in 2010. Be sure to check the starred box on your membership form if you would like to receive *Colorado Runner* in 2011, whether or not you requested it in 2010. Remember, it's free.

Toward the bottom of the form you'll see a list of volunteer activities. As noted, this information is being updated, so please check any activities you're willing to help with. Keep in mind that volunteers earn points when they lend a hand, and fifty points earns an award that is presented at the club's annual banquet.

Please consider volunteering. Helping at races, which includes a range of activities, such as directing races, filling the role of club liaison, working the finish line, and serving as a course marshal, is an area where more help is especially

needed. Help is also needed with data entry for race registration and results, tasks that might appeal to those with computer skills. Other possibilities include writing for the newsletter, stuffing the newsletter, and assisting with the website. As you can see, volunteer opportunities abound. And your in-kind participation, whether viewed as a donation, favor, labor of love, or some other form of giving, and whether it's once or on a regular basis, will be appreciated.

Note also that free life-time memberships are available to those who are seventy years or older. If you qualify for this category of membership, please fill out the form and send it in, but no need to send payment. And, in the future, we'd appreciate having you submit a membership form each year.

Lastly, if your mailing address changes during 2011, please notify me by emailing me at [membership@socrunners.org](mailto:membership@socrunners.org). If a newsletter is returned as "undeliverable" because it has an invalid address, not only do you miss the issue, but the club gets charged a fee by the US Postal Service.

If you have questions, please contact me by email.



Dave & Stacey Diaz paused for photos along the way during the Newport Liberty Half Marathon in Jersey City NJ. on Sept 26th Here is the view from mile six. Note Lady Liberty in the right upper corner.

## The Denver Rock N Roll Marathon continued from Page 1...

missed the start but was able to start in Corral 2 with no penalty—thank goodness for chip timing.

The race began with a wave start (like Boulder), which allowed you to actually run after you crossed the start line and they had bands along the course (like Boulder) and when there weren't any bands, they had high school cheerleaders on the course doing their thing. The water stops were no more than 2 miles apart so you didn't have to carry water, something I considered doing since these days I'm out there a lot longer than I used to be. They had Cytomax (tasted good) at every water stop and gel at 10M and 20M, they even had salt at some stops, a nice touch since I tend to cramp up some times. We got results with a 5K, 10K, ½, and 20M splits and they used disposable chips, actually part of your bib that you tore off and put through your shoe laces. The finish was a block long with spectators screaming and hollering and for that moment I forgot how tired I was. The finisher medals were beautiful and I proudly wore mine the rest of the morning. The race had been sold out for weeks and I know a few runners who got shut out but some registered runners were actually selling their numbers on Craig's List in Denver.

On a personal note, the day was memorable for me. My entire family ran the race—my daughter Judi Diaz-Bonacquisti (40) and son Matt (28) along with my wife Stacey ran the half-marathon and my son, David (38), nephew Troy(37) and myself ran the Marathon. This was Matt's first half marathon and Troy's first marathon. We didn't run together but we were on the same course --enjoying, sweating, hurting and finishing. We had decided in the early summer to all do the race. We entered fairly early then spent the summer training. Set a goal and work for it, sounds like my kids. Judi finished in 2:09 and Matt 1:51 in the half. David ran a 3:13 in the marathon and qualified for Boston. Troy did a 3:55 and I did a 3:54. David and I started planning our trip to the Boston Marathon next year but the next day Boston

sold out in 8 hours. Oh well, maybe in 2012. All my kids are busy raising families, except for Matt who is getting married next spring. My family has given me plenty to be proud of so far, but I don't know if I have ever been as proud or as happy as I was that day.

Over the last 30+ years I have run some not-so-good marathons in Denver and some were pretty darn good ones but this is the one that Denver has always deserved. First Class all the way, excellent expo, great shirts, nice flat course, great water stops, plenty of volunteers, bands and tons of enthusiastic spectators and excellent police support and traffic control and with 3,000 runners in the marathon, it wasn't crowded but you always had a group to run with. I don't know how much longer I can keep this marathoning up, but God willing I'll be back. I wish I could list all the runners from Southern Colorado that ran this race but the results won't allow searches by city, but you know who you are and I hope you enjoyed yourself as much as I did. Congratulations to all of you.

Right:

Shawn  
Loppnow



Left:

Deb  
Gurule

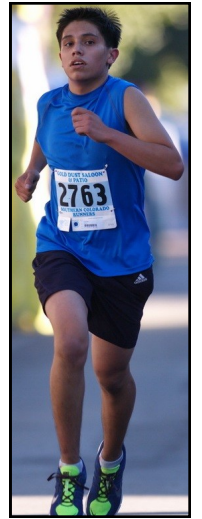
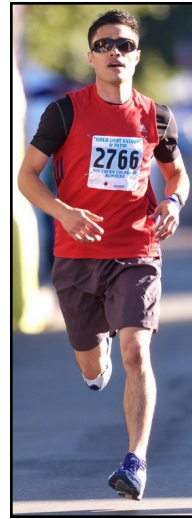
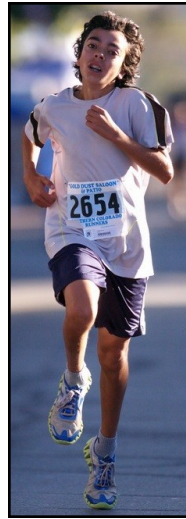
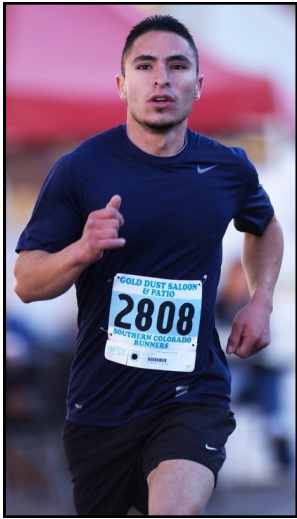
Martha  
Drake



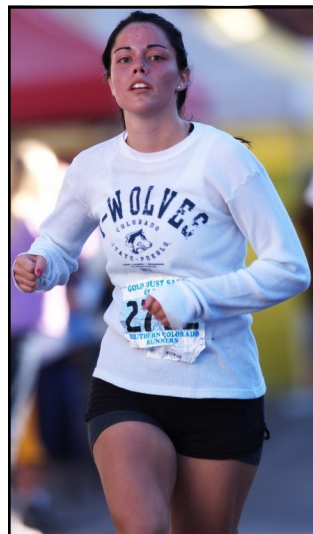
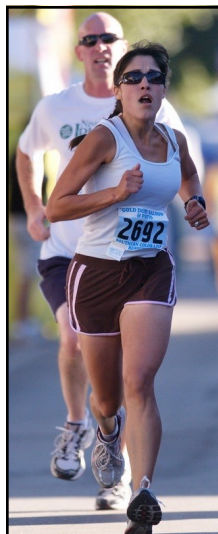
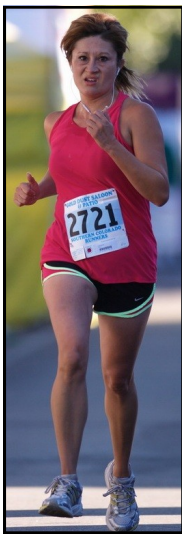
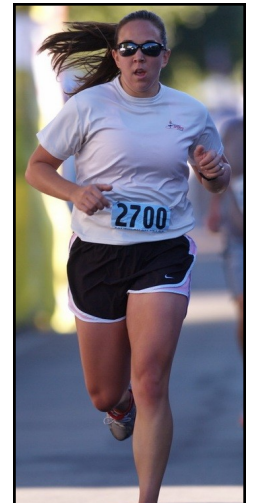
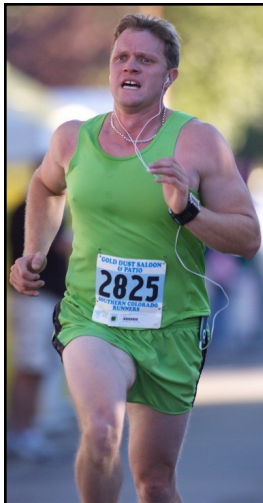
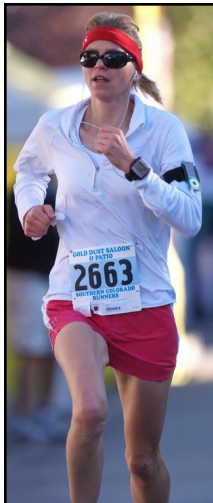
The Diaz Marathoners and Half Marathoners: L-R Matt (son), Judi Diaz-Bonacquisti(daughter), Troy (nephew), Stacey, Dave, David (son)



# Hot to Trot Photos by Larry Volk



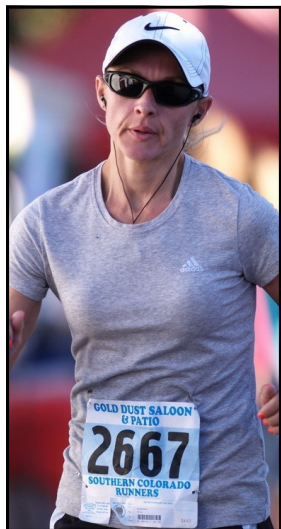
Levi Medina, Zachary Alhamra, Charlie Gray, Michael DeLaCruz, Luke Aragon  
Rory Valentish, Ana Bentz, Roderick Ware, Mark Koch, Stephanie Hirst



Paula McCabe, Marge Gray, Tracy Fuller, Tara Lindsey-Chavez, Ramon Arriaga



# More Pics By Larry Volk



A couple more  
Hot to Trot  
Pics

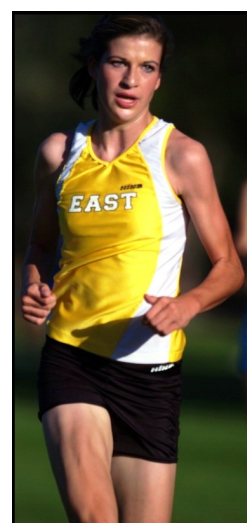
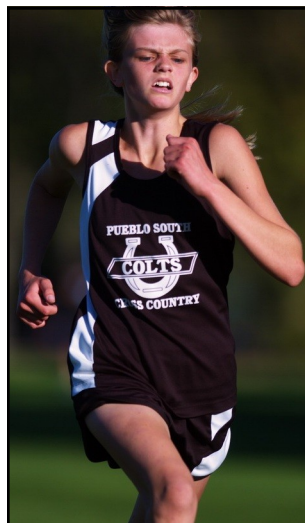
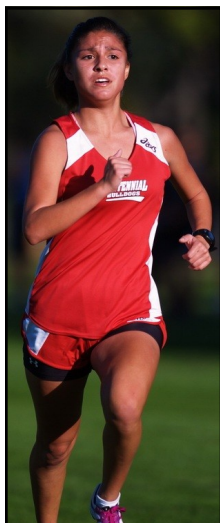
We thank Larry Volk for the many photos he provides to Footprints. If you ever wish to purchase your photo, go to the SCR website and click the link for photos for your event

Below are some of Larry's photos from the South - Central League City Meet.

Jennifer Breit, Jimmy Cardinal



Mike Cernoia—15:40, Jordan Montera-16:26, Brandon Lange-16:30, Rudy Castillo-17:19, Isaac Abila-17:25  
Carly Moore-19:39, Mattie Jesmain-19:45, Gia Palumbo-20:03, Jessica Kleven-20:15, Emily Waggener-20:35





## This Thanksgiving Fill More Than Your Tummy Run the YMCA Turkey Trot By Janelle Markert



When most people think of Thanksgiving they think of the three F's – football, family and food. This year, add a fourth “F” to the equation – FITNESS with the Y! This Thanksgiving Day invite your friends and family to help those less fortunate and join us for the YMCA of Pueblo’s 2<sup>nd</sup> Annual Turkey Trot 5K Run/Walk and 1K Kids Fun Run.

This event is being held to promote families getting healthy together with all the proceeds benefiting the Y’s annual Strong Kids Campaign. The goal of the Trot is to get friends, families and co-workers moving on a day typically known for inactivity. The Y supports strong kids, strong families and strong communities and we want all to be rep-

resented at the Trot. But the Turkey Trot also serves a much greater purpose in that it supports children and families in our community by allowing them the opportunity to participate in Y programs and services that they otherwise would not be able to afford.

The Trot starts and ends at the Y, 3200 E. Spaulding Avenue. The 5K Run/Walk begins at 9 a.m. and is a timed event with awards given to the top 2 finishers in each age division. The 1K Kids Fun Run begins at 10 a.m. and is free and open to children 12 years old and younger. Register online at [www.puebloymca.org](http://www.puebloymca.org), in-person at the Y by November 19<sup>th</sup> at 5 p.m. or on race day (race day registration begins at 7

a.m. and t-shirts are not guaranteed). So before you sit down to fill your tummy on Thanksgiving Day join us to strengthen and fill your heart by doing something good for yourself and others, as we work together to build strong kids, strong families and a strong community!



### Race for the Cure

L-R Becky Nelsen, Patti DePaolis, Marykay Jimenez, Cathy Dehn and Ann Macartney at the Race for the Cure held in Denver on October 3rd. 50,000 runners and walkers took part in the 5k event.

Team MK showing off their capes made by Becky Nelsen. Each cape represents a characteristic of Marykay who is 16+ years cancer free.



Courage,  
Strength,  
Grace, and  
Determination  
of our Survivor MK.







### November B-days

- 1 Ross Barnhart  
Gary Player\*
- 2 Election Day - VOTE!
- 3 Barbara Hadley  
Charles Bronson\*
- 5 Jessie Quintana  
Roy Rogers\*
- 6 Veterans Day Parade
- 14 Alice Fitzgerald  
Yanni\*
- 16 Robert O'Callaghan  
Lisa Bonet\*
- 17 Rocky Khosla  
Lawrence Volk  
Danny DeVito\*
- 18 Steven Wall  
Alan Shepard Jr\*
- 19 Juanita Peters  
Calvin Klein\*
- 21 Mark Stephens  
Stan Musial\*
- 23 Chris Dehn  
Miley Cyrus\*
- 24 Paulette Arns  
Scott Joplin\*
- 25 Thanksgiving Day
- 26 Al Arline  
Mike Borton  
Tina Turner\*
- 27 Pueblo Parade of Lights
- 28 Nancie Biery  
Ed Harris\*
- 29 Robert Quintana  
Howie Mandel\*

\*Honorary SCR Member



## Triathlon Continued

*(Continued from page 1)*

The second transition area and eventual finish line were a mile away from the lake and T1 area, which posed some extra planning when setting up before the race. Competitors had checked in their bikes at T1 the night before, parked near the finish line on race morning and placed their running gear at T2 and then shuttled over to the lake and T1 area to check on their bikes and drop off their swim-to-bike bags.

The two loop run that made up the half marathon rarely had a flat section as its relentless hills under the mid-day sun served as the most challenging of the three legs by far. Half of each loop was on pavement through the Travis County Expo Center grounds and the other half of each loop was on soft surface through Walter E. Long Park and along the first transition area and the shores of Decker Lake.

While less forgiving a surface than the asphalt, the mostly high grass and occasional single track dirt terrain of the park section were on uneven surfaces that required special attention on each foot strike. This section also included the famed "quad-zilla" section which was a

short but brutal ascent that forced some of the late day racers to walk. The entire 13.1 mile run was closed to traffic.

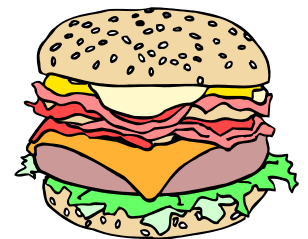
The aid stations on the run were stocked well with water, gatorade, pretzels, cookies, oranges, cola and ice cold sponges to help cool down the participants. The last 0.1 mile had the half Ironman competitors running through a tunnel and inside Luedecke Arena with spectators cheering mightily for each finisher.

After crossing the finish line, everyone was given an official race cap, a very nice race medal, and refreshments including Michelob Ultra beer, BBQ sandwiches or black bean burgers, and chips. Pre-race packets also offered a nice dri fit short sleeved t-shirt and tote bag, both with the official race logo.

Austin, TX was an excellent host city for this great early fall Half Ironman with many great restaurants available, nice people, and fun outdoor activities like the Town Lake and its many walk/running trails.

**All that shopping on  
Union Avenue got  
you hungry?**

**Stop by the Gold Dust!  
In the heart of the Union  
Avenue Historic District  
217 South Union**



## 2010 Race Calendar by Dave Diaz

Race Directors: If you wish to make changes, please notify Dave at: [calendar@socorunners.org](mailto:calendar@socorunners.org)

All races and dates are subject to change; verify with race director or socorunners.org

<u>DATE/ TIME</u>	<u>RACE NAME</u>	<u>DIST</u>	<u>LOCATION</u>	<u>CONTACT</u>
<b><u>October</u></b>				
Sat 30, 9 AM	Strut Your Mutt	Varies	Riverwalk	pawspueblo.org
Sat 30, 8 AM	Lucas Johnson Mem Run	5K	Minnequa Lake	Melinda Andrade
<b><u>November</u></b>				
Sat 06, 9 AM	Hustle for Russell	5K	Pleasant View MS	719-542-7813
Sat 13, 9 AM	<b><u>Atalanta</u></b>	5K	City Park	socorunners.org
Sat 13, 8 AM	Rim Rock Marathon	26.2M	Grand Junction CO	ascentproductions.net
Thu 25, 9 AM	YMCA Turkey Trot	5K	Pueblo YMCA	Janelle Markert (jmarkert@puebloymca.org)
Sat 27, 9 AM	<b><u>*Temple Canyon</u></b>	4M	Canon City	Rich Hadley 719-784-6514
<b><u>December</u></b>				
Sat 04, 9 AM	<b><u>Rock Canyon Half-Mar</u></b>	13.1M	PuebloCityPark	socorunners.org
<b><u>January, 2011</u></b>				
Sat 01, 10 AM	Rescue Run	5K, 10K	Palmer Park, CS	prrun.org
Sat 08, 10 AM	Winter Series I	5K, 10K	El Pomar, CS	prrun.org
Sat 15, 8:30 AM	Joy Walk & 5K Run	5K	Minnequa Lake	Joy Walker 252-8520
Sat 22, 10 AM	Winter Series II	4M, 8M	El Pomar, CS	prrun.org

\*SCR Prediction Series

### Hot to Trot Thanks

*Editor's Note: The following was posted to the SCR listserv by Don Pfof and I thought we should include it in the newsletter for those who did not see the posting. Congrats to all organizers, volunteers, and participants.*

The Hot-to-Trot was a huge success! There were nearly 200 finishers--172 in the 5K run and 24 in the 2M walk. In the 5K Run, overall winners received denim shirts embroidered with the Chile and Frijoles Festival logo, plus salsa and beans; age-group winners received medals and some combination of salsa, beans and veggies; drawing winners received cash or salsa; and, of course, all entrants enjoyed a delicious breakfast of either pancakes or

huevos prepared and served by Ruth, Shelly and the rest of the Gold Dust crew.

As SCR liaison for the Hot-to-Trot, I'd like to thank the following for their respective contributions:

- Ruth and Shelly for sponsoring the event, with special thanks to Ruth for working with me on the details of the race;
- Ruth, Shelly and the entire Gold Dust staff for the breakfast;
- Jeff Arnold and Mike Archuleta for measuring and marking the courses; Jeff for also helping at the starting line and Mike for riding the lead bike;
- Lois Pfof for coordinating the finish line and to the finish-line crew

of Bill Vegas, Anthony Diaz, Kim Arline, Paul LaBar, Dennis Wait, Marv Jones, and three members of the South High cross country team, Marcus Gurule, Jessica Klevens and Charlie Lucero, who were recruited by Debbie Gurule;

- Bea Jones for helping with pre-registered packet pickup; and, Paulette Arns for helping me with race-day registration and results. Thanks to all of you for helping to make the Hot-to-Trot a success.

Don

**SCR RUNNER OF THE YEAR NOMINATION FORM**

It's time to nominate your Male and Female Runner of the Year. The award presentation will be at the Southern Colorado Runners Annual Banquet in January, 2011. Nominations this year will be available online or mail-in, with a deadline of November 28, 2010. You can nominate as many people as you want both male and female. To make the nomination process easier, criteria for nominating have been developed. The criteria for the nominee are as follows:

- Must be a current club member
- Have community and/or club involvement in the past year
- Had some sort of physical participation/achievement in the past year, either running, walking, etc.

**Instructions:**

1. Make your nomination at [www.socorunners.org](http://www.socorunners.org) or mail this form to Southern Colorado Runners, c/o Pueblo Family YMCA, 3200 Spaulding Ave, Pueblo, CO 81008
2. Required fields are: Nominee Name, Gender, City, Submitted by, Submitter Phone and Submitter Email. Failure to complete this form may result in the nomination being rejected.

Nominee Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male Female City: \_\_\_\_\_

Submitted by: \_\_\_\_\_

Submitter Phone: \_\_\_\_\_ Submitter Email: \_\_\_\_\_

Below are some questions to help you in the nomination process. Please be specific.

- 1) Is the nominee a club member? Yes No Unknown
- 2) What contributions has this person made to the community and/or running club?
- 3) What has the nominee done this past year that sets them apart?
  - a) What events have they won overall, placed in their age group, or attained a first-time accomplishment?
  - b) Describe any unique or different types of race(s)/event(s) have they completed?
  - c) Describe any obstacle or adversity they had to overcome where their running/walking, etc. helped them make it through? How has this person been an inspiration to you and others because of it?

The SCR Banquet Committee is also seeking feedback on the current nomination criteria. Prior to the establishment of these criteria the only requirement was club membership. Frequently the best or most impressive male or female runner won this award. In the past this award was called the Most Improved Runner. Given the change from its historic emphasis on athletic achievement we wanted to see how the club feels about the current criteria. Please provide your comments to the YMCA address listed above or email them directly to [nominations@socorunners.org](mailto:nominations@socorunners.org). We will take all comments into consideration.

**SOUTHERN COLORADO RUNNERS**  
**Pueblo Family YMCA**  
**3200 Spaulding Avenue**  
**Pueblo, CO 81008**

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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.

### **Contact Us**

Got a question or some friendly advice for the board?  
Give us a "shout" via e-mail.

[president@socorunners.org](mailto:president@socorunners.org),  
[secretary@socorunners.org](mailto:secretary@socorunners.org),  
[treasurer@socorunners.org](mailto:treasurer@socorunners.org),  
[membership@socorunners.org](mailto:membership@socorunners.org),  
[newsletter@socorunners.org](mailto:newsletter@socorunners.org),  
[calendar@socorunners.org](mailto:calendar@socorunners.org),  
[predict@socorunners.org](mailto:predict@socorunners.org),  
[webmaster@socorunners.org](mailto:webmaster@socorunners.org)

SCR meetings are held at the Pueblo Family YMCA at 3200 Spaulding Ave, just off Pueblo Blvd on the first Wednesday of each month. SCR club business starts at 6pm, and general business (new races, etc) starts at 7:00. We gather in one of the community meeting rooms. Bring your ideas!

### **We are Combining Dec 2010 & Jan 2011**

**In late October we will mail the November issue of *Footprints*, then in early December we will mail the Dec-Jan issue. The February issue will be mailed in late January, 2011.**

**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)

### **The Final Thoughts...**

After the game, the king and pawn go into the same box. - Italian Proverb

To be without some of the things you want is an indispensable part of happiness. -Bertrand Russell, philosopher, mathematician, author, Nobel laureate (1872-1970)

Money often costs too much. -Ralph Waldo Emerson, writer and philosopher (1803-1882)

The greatest masterpiece in literature is only a dictionary out of order. -Jean Cocteau, writer, artist, and filmmaker (1889-1963)

When I was young, I admired clever people. Now that I am old, I admire kind people. -Abraham Joshua Heschel, theology professor (1907-1972)

A celebrity is a person who works hard all his life to become well known, then wears dark glasses to avoid being recognized. ~Fred Allen

How come there's only one Monopolies Commission? ~Nigel Rees