



Volume # 339, Issue # 1

Editor: Ron Dehn

Footprints

Merry Christmas, Happy Hanukkah, Happy New Year




Atalanta Photos by Larry Volk

(also see page 8)

Left: Race Start

Below: Melissa Smith, Sarah Gogarty, Emily Gardner, Gloria Gogarty, Jessica Chariton, and future Atalanta Runner. Right: Marijane Martinez, Peggy Oreskovich

Awards Banquet
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Runner of the Year
Nominations Page 14, 15

New Predict Run
Page 19



Minutes from the November, 2010 Meeting

By Maria Elena Weaver and Denise Flory



Attendance: Terry Cathcart, Dave Diaz, Paulette Arns, Paul LaBar, Denise Flory, Don Pfost, Fallon Levin, Joy Walker, George Massa

Club Business

SCR Position on City Cross Country meet-

Jeff Arnold: Jeff expressed concern about non-district 60 runners not getting medals at the meet. A lack of sufficient funds may have been a factor in this decision. Several club members discussed SCR's mission to promote running and especially youth running. Therefore members present at the meeting passed a motion to help pay for medals and trophies for the cross country meet which may allow all runners to be included in prizes at next year's race. Dave Diaz will contact Rick Macias with this offer.

Race Management Training Activities- Don

Pfost: Don presented idea of using a USB key system to allow club members to work with race management software. Club members discussed need to make sure that only club members use the copyrighted software for SCR events.

Annual SCR Awards- Paul LaBar:

This year will remain as it has for the past, future years will split RotY into "most improved" and "most outstanding" runners. Perhaps the officers will nominate outstanding club member who will be voted on by the club. The general consensus feels the requirement of volunteer work should be removed. Everyone who is nominated will be on the ballot, as long as they're a member. Later discussion will be needed.

The possible need for an Awards Subcommittee was discussed to consolidate all responsibility of awards.

The possibility of special notice/award to a youth runner came up and is up for discussion.

Pueblo Pacers T-Shirts Purchase- Marilyn

Vargas: Marilyn sent email reporting number of shirts and which sizes will be ordered, but is still working on the design. Randy Anderson of Imprinted Sportswear may be helping with cost of shirts.

Race Support Policy Change Schedule-

Paul LaBar

Officer Reports

Minutes: Mike Archuleta was not present.

Treasurer: Paulette Arns presented the treasurer's report. Members present discussed items in report, including the purchase of a generator and the it's safe storage. The treasurer's report was approved.

Newsletter Editor: Ron Dehn was not present, but is looking for a replacement editor to take over newsletter duties in early 2011.

Membership Chair

Don Pfost reported 196 club members at this time; of which 84 are family memberships. Don has written an article in the club newsletter reminding members to renew for next year. There were 222 newsletters prepared for mailing. Club members also discussed the comment from postal employee about the

Gold Dust Saloon information in the newsletter which this employee considered advertising and if so it is not allowed in a non-profit's newsletter. No changes have been made in the newsletter for many years and this is not a paid ad.

Don also spoke of his plan to have Maria Elena Weaver take the position of club membership chair. Club members gave input as to how to make this transition. Because Maria Elena will need Microsoft Access and Excel, and because the club has a third license for the newest version of Windows Office, this software will be made available to her for use as membership chair.

Webmaster: Paul reported a change for Dave, online nomination for Runner of the Year. All else seems to be in good shape.

Race Calendar

Dave Diaz asked for race organizers to provide him with race date information to publish the 2011 calendar as soon as possible.

General Business

Reports/Lessons Learned

Boys & Girls Club Family 5K Fun Run,

Oct. 16: Paulette voiced concern of having walkers who did not enter event walk across finish line.

Combined Harvest Run Predict and Picnic:

Dave Diaz reports this event was successful and plans to do the same next year. There were 45 participants in race. The location of race and picnic made this event easier to organize than in previous years.

Taste of Trinidad Run, Oct. 23:

Scott Candland reported a good race with 18 runners and thanked the club for assistance. SCR members in attendance gave input on advertising in active.com, *Colorado Runner* magazine and to look at changing date to avoid conflict with other races.

Lucas Johnson Memorial Fun Run, Oct. 30

Upcoming Races/Events

Hustle for Russle, Nov. 6, Jacqueline Wall
Atalanta Women's Run, Nov. 13, Stacey Diaz

YMCA Turkey Trot, Nov. 25,

Janelle Markert: Janelle says the course is set and has been shortened slightly in order to start and finish in the same spot. Bibs and volunteers will be provided by the YMCA, with the exception of race day registration and finish line volunteers. 1st place prizes will be turkeys, 2nd

place prizes will be pumpkin pies donated by Schusters. A final meeting will be held when early entry files are transferred to SCR.

Temple Canyon Predict Run, Nov. 27,

Rich was unable to attend. Dave mentioned all that is left is the particulars.

Rock Canyon Half Marathon, Dec. 4,

Dave reported there is a need for help at the finish line. City Park will be closed completely for the race, so barriers will be hired. Police station and needs to be alerted, which is taking time. Close to 200 entries at time of meeting with no cap since the race will self-cap. All other matters are a go as the State Park is prepared and the Nature Center has given parking passes. The start time is 9AM.

Joy Walk: Joy reported the event is scheduled for January 15 at Lake Minnequa, 9AM start. This will simply be a fun run, so no bibs will be assigned. A sample entry form was re-

(Continued on page 17)



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. 339, Issue No. 1

"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	201-5443
Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	647-9174
Non-Elected Officers		
Membership Chair	Don Pfost	544-9633
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Edison Pena *	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	201-5443
Calendar Keeper	Dave Diaz	

Contributing Writers / Photographers

Gary Franchi, Dave Diaz, Carrie Franchi, Mike Archuleta

Kim Arline, Don. Pfost, Larry Volk, Paul LaBar, Carol Kinzy, Marijane Martinez, Maria Elena Weaver, Denise Flory

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.

* Edison Pena, one of the 32 Chilean miners who spent 69 days trapped underground, completed the 2010 NY City Marathon in 5:40. He finished his first marathon with ice taped to his swollen knees. He was nicknamed "The Runner" for his twice-daily runs while trapped in the mine.



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



Great Stuff

by Gary Franchi

A glance into the personal logbook



Dear Diary,

Wow, what a few weeks it has been! Whoops, let's make that months. A few winks ago I was standing on a bridge in Boulder on a warm summer evening. Today it was so cold that I was wearing a hoodie under a winter jacket while walking outside.

In between was a blur, almost a 3-month time sprint. When you're busy, time doesn't fly. Instead, it melts like a popsicle fed to a blowtorch. As it has been zooming by, I've missed plenty. But, being who and what I am, I have observed a few things and have been catching up on others. Dear Diary, so many things have piqued my interest, and I think I should record a few of them now, before memory fades. Here goes:

*

I see where a **7-stage bicycle challenge** will be coming to Colorado next summer for 120 pro riders. It's supposed to emulate the Tour de France on a mini scale. I suppose that means there will be EPO in the cyclists' race packets and blood doping tents in each of the 7 cities. Maybe Floyd Landis, Ivan Basso and Alberto Contador could partner on putting on a Drug Expo at the start in Colorado Springs. You know, really introduce state cyclists to what the sport is all about.

*

Some 62-year-old SCR runner named **Dave Diaz and his son David** ran the inaugural Denver Rock 'N' Roll Marathon and both qualified for the Boston Marathon, a pipe dream for most runners. But they won't be able to run it in 2011 since the classic Beantown marathon, following the lead of the Pikes Peak Marathon, sold out in a record 8 hours. David and Dave are eligible to try to sign up for 2012 since qualifiers have a 2-year window of opportunity. Good luck, guys.

*

Regarding the **Denver Rock 'n' Roll Marathon**, it was determined afterward that a misplaced turnaround extended the course 764 feet. No big deal, right?

Well, no, unless you missed your Boston qualifying time by just a minute or so. It's sort of a situation where disappointment turned to euphoria then turned to disappointment when you learned that Boston had filled. But at least those runners can try to enter next year.

*

USA Today, a colorful, national-week-day newspaper, recently ran a feature story in its Sports section on the **World Series of Poker**. Well, that's just great. Yeah, poker is a sport all right. What about chess? Isn't that a competitive activity? And what about Monopoly? Some of those games can become real epic marathons. Don't they merit Sports coverage too? C'mon, would you newspaper folks get serious and put this on the entertainment pages where it belongs!

*

Colorado Runner magazine, a true freebie bonanza to SCR members, conducts an annual **Colorado race series** in which points are earned by finish placing, and awards are given at the end of the year. Its description says it is "a scored series of races throughout the state." This year, the series includes 15 races, but none are farther south than the Springs areas (Colorado Springs and Manitou Springs). While I don't consider Pueblo a hotbed of road racing, I don't exactly think our Spring Runoff or Rock Canyon Half-Marathon are chicken feed either. How about discarding that "Pewtown" opinion and scheduling a series race down here?

*

Speaking of Colorado Runner magazine, its list of **All-Colorado Records** includes Puebloan Dick LeDoux's half-marathon time of 1:04:14 which he set in 1984 in the 25-29 age division. Some of us "mature" types remember Dick running in the elite division of the Bolder Boulder back then. What's also cool in that issue is the list of top marathon times (again, by age division) in Colorado (from mid-August of 2009 through mid-August of 2010). There in second place in the 60-64 division is the SCR's Carol Kinzy, a 62-year-old

Puebloan who ran a 4:09:48 in the Denver Colfax Marathon. Carol, I don't know how you do it, but couldn't you just pass some of that Fountain of Youth serum my way?

*

Getting back to the **Rock Canyon Half**, I see on the entry form included in the November issue of the SCR's "Footprints" newsletter that the entry fee is still just \$25, which is an ultimate deal in this era of spiraling race registrations. And you get a quality sweatshirt again, too! Compare that to the Sarasota (Fla.) Half, mentioned in the most recent online list of Active.com events, that has entry fees of \$60 (early), \$75 (by one week prior) and \$95 for the last week of the March 13 race. Well, I guess 60 bucks for those who register early is better than what triathlons cost.

*

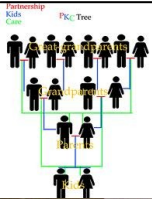
I see where **World Run Day** was held back on Nov. 7. By registering online for \$17.99, you could run wherever and however far you wanted that day and receive an official WR Day T-shirt, with the money raised going to the charity of your choice. Am I missing something here? Do these runners need a T-shirt that badly? You know, this sort or reminds me of the fictitious Human Fund charity that George Costanza invented in one of those Seinfeld episodes. I mean, charities are good things and it's fine to donate, but why drag running into it? Just ask everyone to make a donation to their charity of choice and eliminate all this T-shirt and go for a jog nonsense.

*

Ten things I was just wondering:

- 1, Why are so many people quoted for speaking "on condition of anonymity" if they aren't permitted to speak on the topic?
- 2, Why can't they invent a radio wave device that would enable us to deactivate music-playing electronics in restaurants?
- 3, Why can't they put coaches' names on the back of their sportcoats so we know who they are?
- 4, Is there any question why the word

(Continued on page 10)



Ramblin

by Ron Dehn

Running with Family - Again



The Merrions: Susan, Brittany, Tori, Samantha, and T. Greg



The Dehns: Dave, Cathy, Ron, Jeremy, and Amelia

Does this theme sound familiar? Yes, the Dehns are at it again – running and walking together. But before we get to the running / walking part, let us backtrack a little. Each year at Thanksgiving, all the Dehns gather to give thanks and to celebrate each other. Counting my parents, the four siblings and spouses, kids and spouses, and grandkids, there are 33 of us ranging in age from 4 months to 86 years. This Thanksgiving all 33 were in Pueblo at more or less the same time, but one had to go back to work in Montana a couple days prior to the big celebration. The “Merrion Branch” venture from Farmington NM, Tennessee, California, and Montana, the “Scaglione Branch” from Aurora and Ft. Collins, four more Dehns drive from Littleton, and the rest keep the home fires burning in Pueblo and Pueblo West. Believe it or not, we also gather once each summer. Because of jobs, school, and other obligations, It doesn’t always work for everybody, but because each of us real-

izes the importance of being together, most (and sometimes all) of the 33 make it to the two annual events.

Now – back to running and walking. At last year’s YMCA Turkey Trot, several of us took part. This year, fifteen Dehn family members showed up on a fairly chilly morning to do the 5k together. We did the course in twos, threes, and fours, cheering each other on as we went. As the runners finished the race, we went back out on the course to hang out with the walkers as they finished the last mile. Most of us are recreational runners, but Sami (Samantha) Merrion competed a few years ago at the state level in New Mexico high school girls cross country, and she is 2 for 2 in winning pumpkin pies at the Turkey Trot. Anthony Scaglione chipped in this year and took a pie home for the family to share.

Yes, we all burned a few calories that morning,

then took in quite a few more that afternoon.

Family, Together, Cooking, Fun, Food, Movies, Games, Thanks, Exercise, Laughter, Holding hands while singing grace (a rowdy, fun, but still respectful tradition for many years), and the all important Thanksgiving Quiz (the quiz results determine which group does dishes). These are a few of the words that describe Wednesday through Saturday of Thanksgiving week – a truly special time.

Note: If this sounds a bit like the Ward & June Cleaver family, don’t worry, we are normal. But we definitely value our relationships with each other; and make it a point to nurture them.

The Scagliones: Nick, Anthony, Joe, Pauline, & Sam





Desert-Rocky Mountain Challenge #2

by Marijane Martinez



LtoR: Gloria, Diane, Ron, Marijane, Stella

Team Colorado (Gloria Montoya, Diane Lopez, Stella Heffron and Marijane Martinez) met in Denver on Saturday, October 16th to welcome Team Nevada (Katherine Singer, Donna Pfeffer and Maria Riach) to Colorado. We were all participating in the Inaugural Denver Rock n Roll Marathon/Half Marathon. All competitors were registered for the half. After picking up our packets and purchasing souvenirs at the expo we headed off to dinner. My sister, Lydia who lives in Denver was generous enough to allow us to use her home as a place to gather and have a pre-race pasta dinner. Team Colorado did all the cooking and the food was excellent if I do say so myself. Try as we may we couldn't get Team Nevada to have more than one glass of wine each!! There was a lot of smack talking going on at dinner and then everyone separated and went to their respective hotels to rest and prepare for the big event.

This was our second Inaugural Rock n Roll as we had run the one in Las Vegas last year in December. We discovered in Vegas that Rock and Roll puts on a class act so we registered for Denver as soon as we heard about it and since we had run Vegas we received a discount (bonus!). We now have two inaugural finish medals to add to our finisher medal collections.

adequate number of hills thrown in to keep runners honest. After we had our celebratory beers we headed to lunch at a nearby restaurant for the announcement of the winners of Challenge #2. One of Team Nevada's husbands was at home in Vegas at his computer inputting all the times as they were given to him and figuring out age graded percentages for all competitors. Percentages were then averaged (using the Runner's World age graded calculator) and the winners were determined. When it was all said and done **TEAM COLORADO** once again had earned the prestigious award which was also made by one of the husbands of Team Nevada. I didn't think he, Ron Pfeffer could best last year's award but he did! This one actually has thumbnail sized pictures of each member of the teams on it! It is

The race was awesome! Aid stations were plentiful, the fans were very supportive and the weather was perfect. I especially liked the sign that read "toenails are for sissies"! The course was a good one with an

hanging prominently in my house along with the nice finisher's medal I earned when I crossed the finish line.

We also had two team members who placed in their age divisions in the event. Stella from Team Colorado placed second and Katherine from Team Nevada placed first. These two ladies also placed in their age divisions in the Las Vegas half. So as you can see each team has an ace and then the rest of us Ordinary Mortals.

The entire weekend was a blast. I stayed an extra night so I could see the sights with my Las Vegas friends. We toured the State Capitol which I hadn't done since I was in middle school.....yes they had a State Capitol back then!

Challenge #2 was as much fun as #1 and now Team Nevada is out for sweet revenge. The next challenge has not been finalized but there is talk of a half marathon in Bryce Canyon in Utah in July. We shall see but for now Team Colorado will savor two victories and we will all savor our good times not only running but enjoying one another's company.





The Rim Rock Marathon

By Kim Arline with a note by Carol Kinzy



Four Pueblo area runners ran the Rim Rock Marathon on November 13th! We had beautiful weather – clear skies, slight breeze and a high temperature of 44 – perfect for running a truly incredible course!

This was the second year for the marathon but the 18th year for the Rim Rock run through Colorado National Monument outside of Grand Junction. Up until last year, the event was a 23 mile run from gate to gate through the monument. I learned about this race when I first met SCR member Joe Stommel and asked about the Rim Rock t-shirt he was wearing.

Joe Stommel was back for more finishing his 16th Rim Rock this year! Two years ago Joe added the extra mileage to make it his own marathon with his wife, grandchildren and family marking his own finish line with tape and balloons. This year Joe took 10 minutes off his time last year and finished second in his age group 60-69 in 4:19.

Another SCR member, Carol Kinzy, took first in her 60-69 age group with a 3:59. She spanked us younger runners as Denise Crepeau took second in her age group of 50-59 with a 4:10 and I came in 7th for women 40-49 at 4:14. My time was only a minute off my Pikes Peak Ascent time this year so Ascent times might be closer to hilly marathons than flat land marathons as their website claims.

It was great to be able to walk from our hotel in Fruita to the finish line area in the state park that morning to catch a school bus to the starting line. They dropped us off just below the east entrance to the Colorado National Monument where we picked up our chips. The only complaint with the event was only four porta potties were available with a long line of hopeful runners. But the race started on time so a few runners held out for the bathroom knowing the chip time would equal it all out.

The road was closed eastbound so runners had the entire right lane for the 23

miles through the monument. Westbound traffic was very minimal, maybe a dozen cyclists with most vehicle traffic belonging to family members of runners or race support crew. The first 4.5 miles of the race included multiple switchbacks and one tunnel to climb 2100 feet to the mesa top. We had a few downhill stretches with a few more climbs but the scenery was spectacular so running was easy and truly enjoyable. The last part of the marathon was downhill returning to the valley floor with multiple switchbacks and two tunnels normally closed to pedestrians.

I planned to enjoy the scenery, packed a camera and took pictures along the route. My calf insisted I walk around mile 17 when a rolling cramp kept buzzing up my right calf. I thought my leg was invaded by a scarab from the movie “The Mummy.” Fortunately the next water stop had electrolyte capsules along with the Hammer gels, fruit, pretzels, Heed and water they had at all the stops. Falling back gave me a special opportunity later to be cheered on by four big-horn sheep as they bolted across the road in front of me and bounded up the rocky cliff around mile 22.

As we approached the west gate of the monument, we all thought the prior 23 mile run would have been nice. But we still had about 5 km to go along the road back to the state park. The finish line was lively with a great box lunch from Einstein Bagels and a cup of hot chicken noodle soup! We hoped to get a group photo of all the Pueblo runners but Joe must have escaped while we took turns getting massages, Active Release Therapy and dug through the stuff we dropped along the course.

The Rim Rock is a beautiful course you should experience up close by running or cycling it at least once in your life. The marathon had great support and with the exception of the 5-6 hour drive was really a hassle free race. If you go, stop into the Feedlot restaurant for a great meal and 2-for-1 drinks if football



Kim Arline, Carol Kinzy, and Denise Crepeau

The Rim Rock Marathon continued...



is on tv and hope you get some great live music like we had after the race!

By Carol Kinzy:

Running the Rim Rock Marathon was a dream come true for me. Having lived on the Western Slope many years ago, I have been aware of the run across the National Monument for quite some time. Last year I signed up, but was unable to make the trip in a snow storm. This year at the last minute I was lucky enough to catch a ride with Kim and Denise. We also had incredible weather for the race. I have decided the Rim Rock is my favorite marathon. It is at once challenging, beautiful, and quaint. Fruita has a small town atmosphere that is friendly, comfortable, and convenient. The best part of the race was that bowl of hot chicken soup at the finish line!

Scenes along the course





More Atalanta Photos by Larry Volk

(also see front cover)



L to R

Teri Prichard

Denise Flory

Carol Brimmeier

Laurice Lopez-Cepero

L to R

Gloria Montoys

Juanita Peters

Noni (Leona)
Spracklin

Janelle Markert



L to R

Misti Frey, Gabrielle Wall,

Volunteers: Don Pfof, Mark Koch, Paul LaBar



The Harvest Predict Results

By Carrie Franchi



Name	Predict	Actual	Variance	Points
1, Roger Giordano	20:50	20:56	:06	100
2, Mark Koch	22:31	22:19	:12	97.68
3, Brian Ropp	22:00	21:46	:14	95.46
4, Aaron Levinson	19:35	19:10	:25	93.24
5, Deb Hadley	28:40	29:10	:30	91.02
6, Rick Acosta	28:00	28:35	:35	88.80
7, Reyna Ehrman	36:00	36:41	:41	86.58
8, Stan Moore	26:00	26:45	:45	84.36
9, Bob Quinanta	36:00	36:46	:46	82.14
10, Richard Romani	22:00	22:50	:50	79.92
11, Ashlee Romani	22:00	21:06	:54	77.70
12, Peggy Oreskovich	24:00	24:58	:58	75.48
13, Ron Dehn	27:37	28:35	:58	73.26
14, Stacey Diaz	25:00	26:03	1:03	71.04
15, Ashlea Kramer	29:32	30:36	1:04	68.82
16, Paul DallaGuardia	27:50	28:57	1:07	66.60
17, Al Weaver	26:12	24:59	1:12	64.38
18, Bill Veges	24:00	25:13	1:13	62.16
19, Robert Santoyo	21:00	22:17	1:17	59.94
20, Martha Drake	30:00	28:38	1:22	57.72
21, Anthony Diaz	24:20	25:45	1:25	55.50
22, Paulette Arns	35:15	37:03	1:48	53.28
23, Dennis Wait	35:17	37:05	1:48	51.06
24, Carrie Franchi	36:00	37:54	1:54	48.84
25, Gary Franchi	35:00	36:57	1:57	46.62
26, Maria Elena Weaver	31:00	28:53	2:17	44.40
27, Rich Hadley	22:30	25:41	3:11	42.18
28, Sherri Giordano	30:00	33:23	3:23	39.96
29, Nina Gonzales	32:41	36:12	3:31	37.74
30, Myra Roman	45:00	49:12	4:12	35.52
31, Chris Roman	45:00	49:14	4:14	33.30
32, Bob Drake	34:02	38:24	4:22	31.08
33, Riki Acosta	29:30	34:09	4:49	28.86
34, Sidney Arnold	34:30	39:20	4:50	26.64
35, Don Pfof	45:18	39:11	6:07	24.42
36, Jeremiah Gonzales	30:00	36:11	6:11	22.20
37, Trisha Davis	35:00	28:09	6:51	19.98
38, Marvin Jones	46:13	39:11	7:02	17.73
39, Tad Huffstutter	40:20	48:20	8:00	15.54
40, Amber Arline	45:00	55:36	10:36	13.32
41, (tie) Greg Arline	45:00	56:26	11:26	9.99
41, (tie) Megan Kraemer	45:00	56:26	11:26	9.99
43, (tie) Anita Kraemer	45:00	58:51	13:51	5.55
43, (tie) Ashley Kraemer	45:00	58:51	13:51	5.55
45, Triton Roman	32:00	48:19	16:19	2.22



Gary Franchi & Sidney Arnold ponder their predictions prior to the run

Volunteer Support

Many thanks to the volunteers who helped to make this race possible:

Finish line: Larry Arns, Paul Barela, Bea Jones, Paul LaBar, Lois Pfof, Terry Cathcart, Kerry Roman.

Race Director & other duties: Dave Diaz

Terry Cathcart, Paul LaBar, Jeff Arnold, and Dave Diaz hang out before the race





The Temple Canyon Results

By Carrie Franchi



Name	Predict	Actual	Variance	Points
1, Matt Diaz	40:00	39:54.02	0:05.98	100
2, Emily McKissick	40:00	39:53.39	0:06.21	98.07
3, Jane Chess	40:11	40:03.94	0:07.19	96.13
4, Jack Roberts	31:23	31:31.00	0:08.00	94.20
5, Joanna McIntyre	29:30	29:44.58	0:14.58	92.27
6, Aaron Levinson	28:00	27:43:22	0:16.38	90.34
7, Brian Vanlwarden	27:27	27:08.59	0:18.01	88.40
8, Matt Stonesmith	39:00	39:40.75	0:40.75	86.47
9, CallistaBarritt	39:10	39:55.27	0:45.27	84.54
10, Rich Hadley	28:35	29:24.75	0:49.75	82.61
11, Carrie Franchi	43:25	44:17.85	0:52.85	80.67
12, Gary Franchi	43:30	44:23.50	0:53.50	78.74
13, Dave Diaz	32:00	31:04.40	0:55.60	76.81
14, Don Hawkins	29:00	30:01.76	1:01.76	74.87
15, Chris McIntyre	24:24	25:26.14	1:02.14	72.94
16, Donald Moore	35:09	34:05.79	1:03.21	71.01
17, Paulette Arms	42:05	41:07.47	1:04.53	69.08
18, Susan Gebhart	38:42	39:48.91	1:06.91	67.14
19, Josh Bufmack	36:36	37:59.31	1:21.31	65.21
20, Brian Ropp	32:00	30:14.08	1:45.92	63.28
21, Dalton Evrick	40:40	41:49.65	1:49.65	61.35
22, Anthony Kelly	34:00	35:56.37	1:56.37	59.41
23, HumbertoParedes	31:40	29:43.09	1:56.91	57.48
24, Don Pfof	51:36	53:42.23	2:06.23	55.55
25, Jessie Quintana	47:00	44:50.66	2:09.34	53.62
26, Larry Volk	31:01	28:44.66	2:16.34	51.68
27, Tammy Stone	39:04	36:34.59	2:29.41	49.75
28, Paul DallaGuardia	42:29	45:00.20	2:31.20	47.81
29, Nick Grooms	42:22	39:52.83	2:49.17	45.88
30, Clint Berry	34:34	31:30.58	3:03.42	43.95
31, Timothy Masters	32:25	35:46.97	3:21.97	42.02
32, Luke Fellhauer	35:00	38:26.03	3:26.03	40.09
33, Gaven Guess	35:00	38:38.92	3:38.92	38.15
34, Brian Schipper	36:28	32:49.27	3:38.73	36.22
35, Michael Winborne	1:02:34	57:47.68	3:46.32	34.29
36, Penny Vercelline	38:00	34:04.69	3:55.31	32.36
37, Jake Schipper	29:52	34:07.77	4:15.77	30.42
38, Stephen Bradshaw	1:00:00	1:05.10.71	5:10.71	28.49
39, Stacey Diaz	43:00	37:46.84	5:13.16	26.56
40, Cindy Stonesmith	39:02	33:25.35	5:36.65	24.62
41, Peggy Oreskovich	43:00	37:01.27	5:58.73	22.69
42, Frankie Bethune	32:00	38:38.49	6:38.49	20.76
43, Emma Creary	39:42	32:00.02	7:41.98	18.83
44, Michael Archuleta	1:02:40	1:10:00.05	7:56.05	16.89
45, Spencer Bethune	48:00	57:56.82	9:56.82	14.96
46, Miguel Rivera	1:00:00	1:10:12.82	10:12.82	13.03
47, Caleb Coffey	45:00	35:38.64	10:37.36	11.10
48, Tommy Dexter	45:00	57:58.07	12:58.07	9.16
49, Devon Fontenot	47:00	33:14.80	12:45.20	7.23
50, Richard Emond	45:00	1:00:52.19	15:52.19	5.30
51, Anthony Abbott	35:00	51:22.29	16:22.29	3.37
52, Kevin Martinez	50:28	1:09:43.00	19:15.00	1.43

Volunteer Support

Many thanks to the volunteers who helped to make this race possible:
 Finish line: Lois Pfof, Diane & Phil Quattlebaum, Dennis Wait
 Race Directors & goodies & first-place award: Deb & Rich Hadley

(Stuff, continued from page 3)
 “analysis” starts with
 “anal?”

5, Can all the chlorine
 ever be completely
 washed off a body and
 hair after swimming?

6, How obsessed can
 you be when you’re
 willing to pay \$1,100 to
 have a slot in the St.
 George Ironman, with
 \$550 going as a dona-
 tion to The Ironman
 Foundation?

7, How is it that Pueblo
 will have a kids triathlon
 in 2011 but no adults
 duathlon or triathlon?

8, Will SCR members
 speak up by submitting
 nominations for Male
 and Female Runner of
 the Year?

9, How come no mar-
 kets a flour-free food
 line?

10, Isn’t it cool and awe-
 some that SCR members
 Tom Ratzlaff and Joe
 Bulow completed full
 and half Ironman triath-
 lons recently?

•
 Well, Dear Diary, I’d
 better hit the road since
 life is blurring by. Better
 get after it. Maybe I’ll
 see you again soon to
 update my record keep-
 ing.

Predict Cumulative Results to Date

By Carrie Franchi



Note: Cumulative results include only those with 4 or 5 races. See the announcement regarding the last Predict Race of 2010 on inside back cover

2010 SCR PREDICTION SERIES CUMULATIVE RESULTS

#	Name	Lone Tree	Spring Run-Off	Mad Max 4.8	Mad Max 8.9	Ramgate 8	Yappy Dog	Shawn's Shuffle 5M	South Shore Adventure	Harvest 5M
1	Brian Ropp	96.15		80.95		51.85	95.45	71.43	90.91	95.56
2	Aaron Levinson	42.31	100.00		77.78	55.56		90.48	63.64	93.33
3	Emily Batson	100.00	95.45	95.24		59.26	72.73			
4	Dave Diaz	30.77	86.36		88.89	66.67	90.91			
5	Paul DallaGuardia	84.62	81.82			92.59		38.10		66.67
6	Shawn Loppnow	76.92		57.14		85.19	63.64	33.33	81.82	
7	Paulette Arns	15.38	40.91	42.86		70.37	45.45	85.71		53.33
8	Carrie Franchi	7.69	72.73	66.67		7.41	36.36			48.89
9	Bill Veges		18.18	71.43			54.55	76.19		62.22
10	Jessie Quintana	88.46		4.76		29.63		80.95	27.77	
11	Ron Dehn	23.08	63.64			81.48		28.57		73.33
12	Anthony Diaz	19.23	54.55		22.22		68.18	57.14		55.56
13	Leona Spracklin	26.92	22.71	52.38		48.15	100.00			
14	Rick Acosta		9.09	85.71		11.11	13.64	47.62		88.89
15	Peggy Oreskovich			14.29			50.00	9.52	54.55	75.56
16	Stacey Diaz			9.52		3.70	31.82		72.73	71.11
17	Robert Santoyo	11.54			33.33		27.27			60.00
18	Richard Edmond	3.85	4.55		11.11	25.93				
19	Humberto Paredes	65.38	59.09			37.04				
20	Gary Franchi		68.18			22.22				46.67
21	Riki Acosta			100.00		14.81		52.38		28.88
22	Nina Gonzales			19.05		96.30	40.91			37.78
23	Martha Drake	34.62	27.27				77.27			57.78
24	Trisha Davis		45.45	23.81				4.76		20.00



The Rock Canyon Half Marathon

by Dave Diaz



Well, the 2011 Rock Canyon Half Marathon has come and gone but not without a little excitement this year. You see, this year the race had 603 finishers, almost 100 more than we've ever had before. The last two years we've stayed around the 500 mark but this year things were a little different. We decided to suspend registration on the Wednesday morning before the race for a couple of reasons. First we had 692 pre-registered runners and judging by the phone calls and emails I received and considering we usually get about 50 race day registrations we could have easily had 800 runners. We just didn't know how many runners the trail could hold and there isn't that much parking in City Park. I feel we made the right decision. I learned from this experience and will make some changes next year. The course handled 600 runners pretty well

and the parking was OK but I don't feel we should go over 700 runners, so next year we will stop taking registrations when/if we hit 700. I plan to significantly increase the price about a month before the race date, to encourage runners to register early and end pre-registration the weekend before the race with no race day registration. Next year is our 25th anniversary and I would like it to be our best yet. I feel these changes will improve the race, while giving everyone an equal chance to enter the race if they would like to come and run. This situation is not unique to Pueblo, races throughout Colorado are showing a big increase in numbers because of the increased popularity of running. It seems more and more people are learning the benefits of running and a healthy life style.

This year was special to me as it was the first time my entire family ran the race. My oldest son, David, ran his third Rock Canyon half, while my daughter Judi, my youngest son Matt and his fiancée Emily Mckissick, ran the race for the first time. It was Emily's first half marathon. My wife Stacey was able to run this year after suffering through a two year foot injury. My nephew Troy joined us from Ft Collins and ran his second Rock Canyon half. Troy brought 4 friends with him and my kids also stayed with us at our home, so we hosted 9 adults in our basement, a little crowded but a lot of fun.

Congratulations to our winners, Save the date, Saturday, December 3, 2011—Hope to see you there.



Annual Awards Banquet

By SCR Banquet Committee



This year's annual awards banquet will be held at La Renaissance restaurant in Pueblo on Saturday, January 29th 2011 starting at 6:00 pm. All members including new members and their guests are welcome to attend. Hors d'oeuvres will be served from 6 – 6:30 pm. There will be a cash bar. The meal will be buffet style with the choice of Roast Top Sirloin or Vegetarian Rellenos.

The evening's activities include the presentation of awards for Male and Female Runner of the Year, Male and Female Youth Runner, Dirty Sweat Sock, Long Distance Runner, Outstanding Club Member and Predict series finishers. The club's 2011 board members will be introduced. Volun-

teers will be recognized and receive special gifts for their efforts. SCR's own Marilyn Vargas will be this year's featured speaker. Games and door prizes will round out the evening.

Adults are \$12 per plate, Children 7 to 12 year are \$5 and Children under 6 are free. Registration will be online or mail-in only and closes on January 26. Please get your registrations in early to help the banquet committee ensure an enjoyable evening for all.

For questions please contact banquet-info@socorunners.org



Movie Line of the Month

"It is not our abilities that show us who we are. It is our choices."

Dumbledore to Harry Potter



Rock Canyon Pics By Larry Volk

(also see back cover)



"The Guys": Charlie Gray, Ramon Arriaga, Rich Hadley, Justen Cox, Aaron Levinson

"The Gals": Kris Spinuzzi, Wendy Garrison, Ami Chamberlain, Jessie Quintana



And they are off...



To Order
your photo
from Larry
Volk, see
the link on
the SCR
website



December B-days

- 1 Dayley Rudolph
Lee Trevino*
- 6 Brian Bentz
Steven Wright*
- 8 Jan Carroll
Richard Greet
Teri Hatcher*
- 9 Nicole Lopez
Beau Bridges*
- 11 Dave Dehn
Rita Moreno*
- 12 Anthony Diaz
Kathy Stommel
Cathy Rigby*
- 13 Carrie Franchi
Taylor Swift*
- 14 Rochelle Beier-Kemmet
Nostradamus*
- 15 Fred Trujillo
Don Johnson*
- 18 Matt Guy
Brad Pitt*
- 19 Terry Cathcart
Jake Gyllenhaal*
- 20 John Holiman
Uri Geller*
- 21 Jerry Tiller
Ray Romano*
- 22 Kaylene Khosla
Diane Sawyer*
- 23 Carol Kinzy
Eddit Vedder*
- 24 Richard Hadley
Howard Hughes*
- 31 Leanne Ropp
Anthony Hopkins*

*Honorary SCR Member



Runner of the Year Nominees

(please vote on the website by January 15, 2011)

NOTE: Voting is on-line at the SCR website and the deadline is January 15th, 2011 See: socorunners.org

Females:

Cheryl Farrer Age: 37

Cheryl was the race director for Lion's Roar which was extremely well organized and successful. She did an excellent job fund-raising for the Fountain International Magnet School. Her accomplishments include being the 5th overall female and 1st in her age group in the Spank Blasing 5K, 2nd in her age group at the Liberty Point 5K and 3rd in her age group at the Atalanta 5K.

Paulette Arns Age: 58

Paulette is the SCR Treasurer, handles computerized race registration and results at running events, does finish line work at the Corporate Cup 5K, bike & 1 Mile events, and is an active volunteer for SCR. Her accomplishments include overall walker at the Women's Distance Festival & Atalanta events; Spank Blasing - 2nd in age group; Skyline Drive 10K - 2nd in age group; Fit 'n Fun 5K - 3rd in age group.

She has participated in 32 marathons, 25 ultra-marathons - 12 50 Milers & 13 50K's; several European style cross country events (these involve fording streams, climbing up muddy river banks with ropes & jumping over straw bales).

She always tries to encourage others to achieve their goals, both runners & race organizers and is a regular blood donor to Bon Fils Blood Center.

Kim Arline Age: 43

Kim has made many contributions to the club and running community, among which is helping to put on the Run 4 Trails Run. She helps out at and participates in many races put on by the club and is involved in community work outside of the club also.

Kim helped at the Women's Distance Festival, which she then participated in with her daughter. She helped out at the Boys and Girls Club of Pueblo Family 5K. Kim also is very involved in community work that has made cycling safer in our community and also worked on videos for pedestrian safety, especially for kids walking to school. She was recognized in an article in

the Pueblo Chieftain for her hard work raising awareness for cycling and promoting cycling to work and also safety for cyclists on the roads.

Kim completed her first Pikes Peak Ascent in 4:13. That is amazing! I believe Kim had just gotten over a broken arm when she started training for the Pikes Peak Ascent. That is a hard enough race to train for when you're healthy, let alone getting over a broken arm.

SCR activities include: working the finish line, processing results, learning club software, and serving as a volunteer at local races. Kim was Race Director for Run 4 Trails raising awareness & money for Pueblo West trail system. She helped create Pacer program providing discount races for local youth to encourage interest in running. YMCA Tri Club for youth: volunteer coach on running and cycling Fall 2010-Spring 2011 Pueblo West Schools: Safe Routes to School Coordinator trying to get kids active walking/biking to school, wrote grants for bike path and educational video series on bike/pedestrian safety now on local public access channels PACE (Pueblo Active Community Environments) volunteer Through PACE (Pueblo Active Community Environments) she distributed a new bike map, launched webpage www.activepueblo.net, organized Pueblo's first Bike to Work events and first Bike Commuter Cup Challenge in 2010. She taught bike law/safety to Pueblo Police Officers during their 2010 annual training. Kim also organized first Walk/Bike to School day in Pueblo West and 95 kids rode their bike plus over 70 kids walked to the middle school!

Usually in top third of her age group in non-local races and likes to stay above center of mass for all participants. Was given 1st place female finisher in the 2009 Moab Marathon (race was officially cancelled due to the blizzard conditions) because only 7 women were crazy enough to run that day. Ran the Greenland 50 km trail run in 2009 for her one and only Ultra.

(Continued on page 15)



ROTY Nominees continued

By SCR Banquet Committee



(Continued from page 14)

Kim completed her 5th marathon and 3rd half marathon this fall. She prefers distance, trails and nice scenery to large crowds or popular road races but supports local shorter distance races if they fit into her training plan.

She ran high school track and while in the Army. But running in military formation taught her a lot of bad habits losing her own stride and suffered knee problems. After a 15 year break from running her friends convinced her to join their 2007 Colorado Relay team and try running again. After reading Chi Running, she found her own stride again, met a lot of great people running and found running recharges her batteries, prevents migraine headaches, and is a great way to see more of the world no matter what kind of weather!

Marilyn Vargas Age: 46

Marilyn has been involved with the Pueblo West Parks and Rec. Youth soccer and basketball coach for the past 6 years. She has also volunteered time for Bike to School day as well as volunteering with various events for Amazing Grace Fellowship/focus on fundraising for Mosaic Youth Group. She has assisted and co-directed the 1st annual Mosaic 5K run and assisted SCR with a number of local races.

She is the 1st year director of SCR Pueblo Pacers, which is still in the building phase. Marilyn was featured in the July 22, 2010 Pueblo Chieftan "Fit to by Tied" column by Gary Franchi. Gary chronicled Marilyn's journey to health beginning in the summer of 2006. Between then and now, Marilyn has literally cut her body weight in half and has become a fine athlete and marathon runner.

This year, she had the opportunity to run 2 marathons and made it a personal choice to dedicate each marathon to someone who can't run due to some physical illness, and to raise funds to help them, their family etc. The Colorado Marathon in 2010 was dedicated to friend and co-worker Judy Hill who lost her battle with breast cancer 3 days after the marathon. Marilyn is mother to six adopted children who often join Marilyn in local races.

Males:

Mark Gurule Age: 48

Mark is an inspirational runner. Right after he crossed the finish line in the 2005 Spring Runoff, he collapsed. Medical tests determined that he had high cholesterol, high blood pressure, exercised induced asthma and was considered at risk for heart problems. Mark took the bull by the horns and through diet and exercise he lost weight and was able to get his medical conditions under control. In short, he decided to adopt a healthier lifestyle and take control of his own health.

A few short years later, Mark qualified for and ran the Boston Marathon by running a 3:22 at the 2008 PF Chang Rock N Roll Marathon. In 2008 he set a course record for Masters at the State Games 5k (20:08). Mark continues to participate in many local races including the following in 2010: the Rock Canyon Half, the Turkey Trot, the Hot to Trot, the Spring Runoff, and others. He posted a 3:35:26 in his first Pikes Peak Ascent. Most of the time he places among the top three in his division. He is planning to run the 2011 San Diego Rock N Roll Marathon.

Mark has served as a volunteer coach and mentor in both basketball and cross country. His volunteer activities include working with and being a role model for "at risk youths" including working with probation officers in an effort to assist kids to get "on the right track". Mark and his wife Debbie have worked with Hilbert Navarro the past couple years to host runners from Mexico for the Cinco and Spring Runoff. Mark and Debbie have 3 kids and 3 grandkids (Jeremy 29, Taylor 20, Marcus 16, Izzy 3, Jeremiah 2, and Kingston 1).

Shawn Loppnow Age: 43

Shawn shows up at just about every race to help out, whether he is running in it or not! (Like the Atlanta and Women's Distance Festival which are all women's races). He also hosts a Predict Run called Shawn's Shuffle.

Shawn is an awesome runner! Just a FEW of the 2010 races he has competed in are Garden of the Gods 10 mile run which he

did in 1:15:58, Colorado Marathon in 3:31:40, Spunk Blasing 10K in 42:43 placing 2nd in his age group, Spring Runoff 10 mile in 1:13:59, Denver Rock and Roll Marathon in 3:26 and most recent he won his age group in the Turkey Trot 5K in 21:06. Shawn competes in races of all distances and generally places in his division. Again – he is an awesome runner!

Shawn is an inspiration because he is so generous with his time in addition to being an awesome runner. He also quit smoking to run for YMCA corporate cup and running is one of the important items that kept him from smoking.

Brian Ropp Age: 47

Is an active member of the running club who has helped to host two predict runs in 2010, the Mad Max and Lone Tree races. Brian has also helped behind the scenes at many local races working at the finish line or helping with race registration. He was an integral part of the Rock Canyon Half Marathon. Dave Diaz (race director) stated he would have been lost without the help of Brian.

Although Brian has competed in many challenging races from 5K to marathons, he is very humble and modest. His achievements include: Fourth overall in the 5k panther run, sixth overall in the Spiritfest 5k, 11th overall and 2nd in his age group for the 2010 Blossom day 5k, 1st in his age at the 2010 Rescue Run 5k, 7th in his age in the 2010 PPRR Winter Series out of 33. He's done five Pike's Peak Ascents, the last one in 2009, and was 1st overall in SCR 2010 prediction series.

2011 Club Officer Elections, or Where Do SCR Officers Come From?

By Paul LaBar



This year we plan to have the meeting to elect officers at the Pueblo YMCA on Wednesday, January 5th, 2011. All interested club members are welcome to attend. That takes care of the announcement, but it doesn't say much why we elect officers this way and how are they chosen.

Like many things in life there's more than one answer. Let's start with the official one. According to the Southern Colorado Runners By-Laws, Article IV: Management and Government, letter A "The management of this corporation shall be vested in a Board of Directors consisting of the officers of the corporation: a president, a vice-president, secretary and treasurer. Letter C states that "the officers must be club members in good standing." Letter D states that "The term of office shall be about one year" and "in no case starting later than March 31st." Letter E, titled Elections, states that "Officers shall be elected by a majority of those present at the meeting." Section F number 3 states that an official meeting cannot take place unless a quorum consisting of at least twice the number on the board plus one (i.e. nine

people). So, as you can see the four board members/officers are elected by a majority of nine or more people at a meeting before March 31st. Traditionally these individuals are introduced at the annual SCR Banquet.

So, how do we end up with a slate of officer candidates? Since there's no official rules regarding how these candidates are nominated, the candidates have generally arisen from the ranks of our volunteers. They attend the monthly club meetings and support races or other events such as the banquet or summer picnic. After a while their natural talents are discovered by their fellow volunteers and they tend to naturally take on the responsibility of an officer post. Many times they express interest in helping more than they have been and are approached by an officer whose term is ending to act as their replacement. This combination of individual interest and recruitment has become the way that officers typically take their posts in SCR. And at a meeting around the end of the year they are elected, or re-elected, into one of the officer positions. Although the by-laws do not mention

unelected officers, they also do critical work such as coordinating the membership, editing the newsletter, managing the race calendar, coordinating predict races, maintaining the web site or acting as race director for one of the SCR sponsored races. Although these people are not elected, they also take their posts through a combination of interest and recruitment.

While preparing for the start of this year's Rock Canyon Half Marathon, Race Director and SCR Vice President Dave Diaz made a notable announcement to the 600 runners massed at the line. He pointed out that the race was put on exclusively by volunteers who do it, not to make money, but purely to give back to the running community. The same can be said of our club officers. Any club member has the potential to become an officer and experience the satisfaction of benefitting their fellow runners. So, that's where officers come from.

A Couple Newsletter Thoughts from your friendly Editor

Thanks to our Contributors

Another year has come and gone, and on behalf of the readers, I thank all the contributors to the 2010 editions of *Footprints*. There are many many who submitted articles and photos and who showed up to stuff, tape, label, and prepare for mailing. A special thanks to Karin Kyte for taking on editing duties for 2 months despite a hectic personal schedule. I apologize to those whose names I've missed. My record keeping is rather sketchy. THANK YOU TO: Gary Franchi, Dave Diaz, Carrie Franchi, Mike Archuleta, Kim Arline, Don Pfof, Larry Volk, Chris Dehn, Paul LaBar, Carol Kinzy, Marijane Marinez, Maria Elena Weaver, Denise Flory, Stacie Diaz, Joe Bulow, Cathy Dehn, Janelle Markert, Paul Vorndam, Joy Walker, Dave Dehn, Karin Kyte, Debbie Gurule, Bob Gassen, Jeremy Dehn, Cheryl Farrer, Joe Stommel, Bianca Hicks, Clint Zundel, Nancie Biery, Ross Barnhart, Todd Kelly, Lois Pfof, Michael Orendorff, Vanessa Mondragon, Jan Dudley, Terry Cathcart, Paulette Arns, Jeff Arnold, Jim Dudley, Charlie Gray, Emily Batson, T. Greg Merrion, Don Learned, Mary Rudolf, Marilyn Vargas, Tim at the Gold Dust, and all the unnamed staffers who prepare the newsletter for mailing each month.

Your Current Editor is Retiring

And... We are still looking for a replacement editor - so if you or someone you know may be interested, please contact me or one of the board members.

I have decided it is time to step down from the editor position as of the May 2011 issue or earlier if a replacement editor is found before then. After 9 years, it is time for some new creative energy to take on this role. It is both fun and rewarding, so it is an opportunity for some member to get more involved in SCR and keep the newsletter tradition going.

I will be glad to assist in the transition, so if you are interested send me an e-mail and I'll help get the ball rolling.



November Meeting Minutes, continued, & December Minutes



(Nov minutes continued from page 2)

viewed by the board, it looks good. The course has yet to be mapped, but it will begin at the basketball courts. Dave volunteered to assist with the course. Plans are being made in the case of bad weather, Parks and Rec are being contacted.

Visitor News: George Massa visited us from Westcliffe to gain more information about the SCR. Westcliffe has opened a non-profit recreation center and will provide guidance for races there. They are trying to build on recreation and are gaining momentum. Guidance was given to get in touch with the high school coach to continue the program in the right direction, as well as SCR offering to help with the clock, finish line, advice on equipment purchase.

Meeting adjourned at 9PM

December Minutes, by Paul LaBar

In Attendance: Paul LaBar, Dave Diaz, Ron Dehn, Paulette Arns, Maria Elena Weaver, Terry Cathcart, Don Pfof, Christina Wright, Brian Ropp, Darryl Clark, Fallon Levin and TBA Club Business:

Member Elections Process – Paul LaBar pointed out that the club bylaws state officers (President, Vice President, Treasurer and Secretary) are to be approved by a quorum of club members before March of the calendar year. He suggested that this vote occur at the January club meeting. The attendees agreed that publicizing the vote in the December/January newsletter would be a good idea.

Dirty Sweat Sock and Outstanding Club Member Voting – Paul LaBar initiated the traditional election for these awards. The club voted and Paulette Arns tabulated the votes to be announced at the annual SCR Awards Banquet.

City Meet Follow Up – Dave Diaz announced that he had been in contact with Rick Macias who says he is considering bringing the state cross country meet to Pueblo and will be in touch in the future.

Youth Runner Award – Paul LaBar agreed to contact Jeff Arnold and Rich Hadley to act as the selection committee for this year's awards.

Pueblo Pacers – Marilyn Vargas has ordered the t-shirts. The committee agreed that the 2011 Spring Runoff would be a good venue for presenting the shirts to this year's Pueblo Pacers. Marilyn will contact the recipients and invite them to the race.

New Race Support Policies – Paul LaBar indicated that he would be mailing the race directors from prior year's runs a letter new race support policies that will begin on Jan. 1st, 2011.

Officer Reports:

Secretary – Mike Archuletta was not present, but the October minutes were approved.

Treasurer – Paulette Arns reported on the club's financial transactions. The report was approved. Paul LaBar mentioned that with the current bank balance the club could afford to support some running related projects or organizations. Several ideas to support school and city projects were along with race equipment purchases and better storage facilities. These suggestions will be discussed in detail at future meetings.

Newsletter – Ron Dehn described how he needed to add a volume number on the newsletter in order

to meet postal service requirements for including advertisements in a publication. He also mentioned that he was still looking for a replacement as Newsletter Editor. May will be the last issue he edits. He would consider being part of a team consisting of three or four contributors who produce the newsletter.

Membership Chair – Don Pfof announce that Maria Elena Weaver will be taking over as membership chair and will be training her on how to use the membership database and perform other duties. He said that membership dues for 2011 were coming in. He also announced the number of current members and the number that requested a subscription to Colorado Runner.

Webmaster – Paul LaBar said that the web site was getting a great deal of traffic due to the upcoming Rock Canyon Half Marathon. He mentioned that he had taken the registration system offline for the race early on Wednesday at Dave Diaz's request due to the high registration numbers. He also posted a notice regarding registration closure on the web site.

Race Calendar – Dave Diaz discussed the latest race calendar, and a couple of additions were suggested. He will provide the list of upcoming club races to Paulette along with a list of members for insurance purposes. She is required to submit these for RRCA insurance and as part of the annual membership renewal.

General Business:

Lessons Learned

Atalanta Women's Race – Dave Diaz reported that the race went well and that the course going down to the River Trail and returning to finish by the City Park Pavilion eliminated the need for flaggers.

Turkey Trot – Don Pfof reported that the race participants and the YMCA were very satisfied with our work. He reported that there were 100 more participants than last year totaling 300. Paul LaBar pointed out some problems at the finish line caused by failure to organize and communicate with finish line workers ahead of time. He suggested that the finish line team should have a pre-race huddle to be sure that everyone is clear on their duties and how to perform them.

Temple Canyon Predict – Paulette Arns and others reported the race went smoothly. Gary Franchi had the results posted on the email list server quickly.

Upcoming Races and Events

Colorado Springs Christian School – Christina Wright requested assistance for their CSCS Lion's Pride 5K race for their elementary school to be held on May 14th in Colorado Springs. They committee felt that the race was fairly far to travel and also the date was one day before the Run With the Bulls race in Pueblo. The club members inquired if they had asked Colorado Springs organizations to support them, and they said yes. Most of the race support organization's calendars were full and they would be placed on a wait list. The club provided suggestions on how to they could run their own event. These included having them assist at some upcoming SCR races and planning a non-competitive fun run instead of a timed race. We also suggested possible points of contact in the Colorado Springs region. They thanked the club

for the advice and considering their request.

Joy Run – Fallon Levin brought fliers and indicated that they had measured the 5K course and are ready to hold the event. Dave Diaz will bring the clock and Ron Dehn will provide additional support. The club will provide the clock and some cones. If necessary, the course can be marked with construction spray paint.

It's a Wonderful Run Predict – Dave Diaz said that the run will be hosted by Peggy Oreskovich on Dec. 18th in the Sunset Park area. Dave will mark the four mile course, and Paulette Arns has already insured the race through the RRCA.

Lone Tree Predict – Darryl Clark suggested that since the course is in his neighborhood he could host the race on January 16th, and will contact Carrie Franchi regarding details.

Rock Canyon – Several issues regarding the Rock Canyon Half Marathon were covered. The group considered several aspects of keeping the race closed or opening it. The primary issue was whether to open race day registration. After a long discussion taking into consideration that Dave had planned for 500 registrants and nearly 700 had already entered, the possibility of a hundred or more entering on race day, and other concerns, the committee decided it was best to keep race day registration closed.

Dave reported that the Pueblo Police department had requested that the park remain open and a lane be coned off on one side. Brian Ropp volunteered to set up the cones on race day. Don Pfof and Jacqueline Wall would print off and label bibs prior to the race and take them to the Gold Dust Saloon. Tim from the Gold Dust saloon would bring the unclaimed shirts and bibs to the City Park pavilion on race day. Dave planned to be at the park at 5 am and other volunteers could show up at 7 am. Mike Archuletta would be lead bike. Paulette Arns and Paul LaBar would do race results. Paul LaBar volunteered to make registration closed signs. Don Pfof, Lois Pfof, Gary Franchi and others would support the finish line.

Other business

Banquet Deposit – Dave Diaz informed Paulette Arns that La Renaissance had requested a 50 dollar deposit.

Race Director Free Entry Policy – Don Pfof noted that race directors have sometimes given away free entries and inquired if there was any policy regarding this. Dave Diaz pointed out that he sometimes gives away free entries to the Rock Canyon Half Marathon when he feels the runner deserves it. Paulette Arns indicated that in her experience Race Directors do sometimes give away free entries. Terry Cathcart said that he sometimes offered free Spring Runoff entries to racers. Paul LaBar suggested that the committee doesn't necessarily need to stop the practice, but that some club policy probably needs to be established regarding free entries and other forms of compensation by club race directors. The committee agreed this item needed further discussion.

Meeting Adjourned – 8:45 pm

2011 TENTATIVE Race Calendar by Dave Diaz

NOTE: this calendar is only partially confirmed.

If you wish to make changes, please notify Dave at: calendar@socorunners.org

The dates of the BOLD races are confirmed. However, all dates are subject to change.		
JANUARY		
Saturday, January 15, 2011	Joy Walk & Run 5K	*
Sunday, January 16, 2011	Lone Tree Predict 5M	*
Saturday, January 29, 2011	SCR Annual Banquet	*
FEBRUARY		
Saturday, February 12, 2011	Valentine's Twosome 5K	*
Sunday, February 20, 2011	Spring Runoff Tune-up 10K	
MARCH		
Sunday, March 06, 2011	Spring Runoff	*
Sunday, March 20, 2011	Mad Max Trail Run	
APRIL		
Saturday, April 09, 2011	Ramsgate 8 8K	*
Saturday, April 16, 2011	Healthy Kids Triathlon	*
Sunday, April 17, 2011	Arknsas Pt Mtn Bke Race	*
Saturday, April 23, 2011	Spank Blasing 5K, 10K	*
??	Panther Run 5K	
MAY		
Sunday, May 01, 2011	Cinco de Mayo 5K,10K	*
Sunday, May 15, 2011	Run With the Bulls 5K	
Sunday, May 22, 2011	Yappy Dog 8.6M	*
JUNE		
Saturday, June 4, 2011	Run for Rio 5K	*
??	Diabetes Prevent-A-Thon	
Saturday, June 11, 2011	Spirit Fest 5K	
Saturday, June 25, 2011	Women's Distance Festival	
JULY		
Monday, July 4, 2011	Liberty Point 5K	
Saturday, July 16, 2011	Mosaic Run 5K	*
Saturday, July 23, 2011	Shawn's Shuffle 4M	
AUGUST		
Sunday, August 28, 2011	South Shore Adventure	
SEPTEMBER		
Saturday, September 10, 2011	Boys & Girls Club 5K	*
Saturday, September 10, 2011	OJC Rattler Run 5K	*
Saturday, September 17, 2011	Run 4 Trails 4M	*
Sunday, September 25, 2011	Hot to Trot 5K	
OCTOBER		
Saturday, October 1, 2011	Lion's Roar 5K	*
Saturday, October 22, 2011	Harvest Run 5K	*
NOVEMBER		
Saturday, November 5, 2011	Hustle for Russell 5K	
Saturday, November 12, 2011	Atalanta 5K	*
Thnksvgv, November 24, 2011	YMCA Turkey Trot 5K	
Saturday, November 26, 2011	Temple Canyon 4M	
DECEMBER		
Saturday, December 03, 2011	Rock Canyon Half Mar	*
Saturday, December 17, 2011	It's a Wonderful Run 4M	



January B-days

- 3 Mary Minor
J.R. Tolkien*
- 5 Wendy Garrison
Diane Keaton*
- 6 Nathan Comden
Bobbi Jo Aune
Carl Sandburg*
- 8 Michele Herrera
Elvis Presley*
- 11 Zeb Meier
Naomi Judd*
- 15 Jim Hale
Drew Brees*
- 16 Chief Reno
Mary Simmons
Albert Pujols*
- 18 Gloria Montoya
A.A. Milne*
- 19 Jan Dudley
Dolly Parton*
- 24 Ruth McDonald
John Belushi*
- 25 Monica Diaz
Alicia Keys*
- 27 Gabrielle Wall
Mike Messick
Lewis Carroll*
- 29 Tammy Stone
W.C. Fields*

*Honorary SCR Member

NEW PREDICT RUN



Hey Everyone,

Since Rudolph's Reindeer Romp will not be held this year, I am going to start a new Predict Race. It is called It's a Wonderful Run and it will be held on Saturday, December 18th at 9:00 am. It will be 4 miles long and will have a potluck after. My address is 2922 Rice Avenue. I am on the corner of Rice and Morrison on the Southside. I am a block west of Prairie and a block south of St. Clair. So, hope to see you there. If you stay for the potluck bring your favorite brunch dish!



Peggy Oreskovich



Happy Holidays!

**From Ruth, Shelly, and all the
elves at the Gold dust
217 South Union**

Contact Us

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

president@socorunners.org,
secretary@socorunners.org,
treasurer@socorunners.org,
membership@socorunners.org,
newsletter@socorunners.org,
calendar@socorunners.org,
predict@socorunners.org,
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

The Final Thoughts...

You can preach a better sermon with your life than with your lips. -Oliver Goldsmith, writer and physician (1730-1774)

Neither genius, fame, nor love show the greatness of the soul. Only kindness can do that. -Jean Baptiste Henri Lacordaire, preacher, journalist and activist (1802-1861)

The only real voyage of discovery consists not in seeking new landscapes but in having new eyes. -Marcel Proust, novelist (1871-1922)

Happiness is not a goal; it is a by-product. -Eleanor Roosevelt, diplomat and author (1884-1962)

I keep watching what I do to see what I really believe. Sister Helen Prejean

If a cow laughed, would she spew milk out of her nose?

Do Lipton Tea employees take coffee breaks?

Whatever happened to Preparations A through G?

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

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 Let us know!***
 Issues of "Footprints"
 are not forwarded.
 Hence, if you move, please
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 SCR Membership Chair in
 care of the YMCA at the
 address listed above.



Left:
 Michael
 Cernoia



More Pics from
 the Rock Canyon
 Half by
 Larry Volk

David
 Diaz



Matthew
 Diaz
 Laurice
 Lopez-
 Cepero



Lallo Vigil



Diana
 Quattle-
 baum



Denise
 Crepeau