



Volume #340, Issue #2

Editor: Ron Dehn

Footprints

This issue is full of HEART... (or something)



We Raised Hope The Joy 5k Walk & Run by Joy Walker

One of the worst things about a chronic illness is feeling hopeless. When I was diagnosed with Parkinson's disease in 2009, the depression and hopelessness settled in quickly. I battled these feelings and was able to remain positive most of the time with short relapses and small pity parties.

It was one of these pity parties that prompted me to look on the internet for a way that my family could benefit when I heard that several millionaires were giving away their fortunes. I quickly found out that the money was being donated to charities instead of individuals. So, I started looking for a charity that helps people with Parkinson's. After spending hours on the internet, I could not find a way to take advantage of this generosity. But, in my search I did discover the Michael J. Fox Foundation.

The web site had hundreds of stories about people holding fundraisers to benefit Parkinson's research. These people were not celebrities or millionaires, they were ordinary people, just like me. What a wake-up call. It didn't take me long to abandon my "poor me" attitude and realize I needed to, and was capable of making my own contribution. I decided to gather some friends and sponsor a 5k run/walk. Thus the Joy Walk was born.

It was early October when we set the date of the run for January fifteenth. This would give me plenty of time to train for my first 5k. I hired my husband, Michael, to be my trainer, since



Joy & Michael Walker

he is the athlete and I am not. Training was going well when the unthinkable happened. Michael suffered a stroke on November 5. As we sat in the Intensive Care Unit, I felt we needed a goal to look forward to. I reminded him that he had promised to participate in the walk which was now ten weeks away.

Fast-forward to January fifteenth, 2011. Fifty two participants joined us in the Joy Walk/Run. It was an amazing day. Thanks to the efforts of many, many people we were able to raise hope for ourselves and the Michael J. Fox Foundation. Crossing the finish line with my husband, who ten weeks earlier had been completely paralyzed on his left side, was a miracle in itself.

(Continued on page 4)

Predict Series

Pages 6, 7

Goodbye Colorado

Page 8

Calendar Notes

Page 10





Minutes from the January 2011 Meeting

By Mike Archuleta



Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Don Pfof, , Paul LeBar Marie Elena Weaver ,Brain Ropp, Ron Dehn , Terry Cathcart, Gary Franchi

Club Business

Sweat sock award: Discussion about the dirty sock award to be presented at the banquet

Youth award : The officers discussed the individuals to receive the award at the banquets

There will be awards for female and male youth runner of the year.

Philanthropy Donations: The officers discussed what kind of donations the runners club should donate to other agencies or organizations.

Review web site policy updates:

Paulette edited the polices for the club and presented to the officers her recommendations

Officer Reports

Minutes: Mike Archuleta

The club approved the minutes with no changes for November and December

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 talked about the new editor for the newsletter

Membership Chair: Don Pfof , Maria-Elena Weaver

Don reported over 100 members renewed their membership for the year. Maria will be the new membership chair for the club.

Webmaster: Paul Lebar

Paul reported the maintenance of the website.

Race Calendar : Dave reviewed changes to the calendar for 2011

Upcoming Races/ Events

The Joy Run, Jan. 15th Joy Walker
Joy talked about 30 runners have signed

up for the race. The logistics have been setup for the race.

Lone Tree Predict, Jan 16th Daryl Clark

The course is nice flat course for the predict race.

Youth Triathlon Timing Kim Arline, Mike Orendorf

Mike and Kim discussed the logistics of the race. The race will take place at Pueblo CSU swimming pool. The bike course distance is based on the age group. Kim asked for assistance with timing and finish line for the race in April.

Loins Roar for fitness, Oct 1 Cherly Farrer

Cheryl discussed the race site and logistics for the race next Oct.

Desert Sage Race Julie Moran

Julie talked about putting on race in April for a fund raiser for the Desert Sage Run. Julie will be attending the next meeting. Mike Archuleta will be the liaison for the race.

Valentines Run Jeff Arnold

Jeff talked about the run and the race and the chocolate prizes for the race

Race Recaps

Rock Canyon Half Marathon

Dave talked about the race being success in 2010. Talked about the number of participants for 2011 and when to cap the number

Meeting Adjourned at 8:58pm



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

Murphy's Lesser Known Laws

Change is inevitable,
except from a vending machine.

The things that come to those who wait will be the things left by those who got there first.



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. 340, Issue No. 2

"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 Pfof	544-9633
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Laura Wehrwein*	
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
Joy Walker, Maria Elena Weaver, Bobbi Jo Aune, Martha Drake, Don Pfof

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.

* Laura Wehrwein has volunteered to take over SCR Newsletter duties in the near future. We do not know exactly when, but Laura will soon be the new editor for Footprints.

Great Stuff

by Gary Franchi

A little literary inspiration for 2011

Thought for today's lunch, compliments of cartoonist / author Jef Mallett: "*All things are seldom equal.*"

Musings on running, fitness, life:

Since the holidays are over, I'm finally getting around to leafing through some of January's library of monthly magazines that I get delivered to my house via subscriptions. Now, understand that most of these actually started arriving in the beginning of December since magazine companies, for whatever reason, think issues need to arrive in mailboxes a month earlier than their listed date. The edition dates make no sense, but, hey, what really does in this world?!?!

Being a month or two (or three or four) behind in my magazine reading, while worse around the holidays, is really nothing new for me because, as I noted in the first sentence, I literally get a library of them. On the fitness-related side, there's Runner's World, Running Times, Men's Health, Men's Fitness, Muscle & Fitness, Maximum Fitness, Colorado Runner (through my SCR membership) and perhaps the best of all of them – On Fitness. Add to these Sports Illustrated, ESPN and Time. And my sister Diane in Michigan just bought Carrie and me a year's worth of Reader's Digest. Life is magnificent! I may be forgetting one or two magazines, but you get the point.

Now, there's no way that I could ever read everything that's in all of those magazines, but I can read "some" of all of them. And being an incurable reading junkie, I love to reach into our mailbox and have two or three different magazines in there on a given day. It's like supplying the fix, feeding the junkie. Ah, relief.

But there's more to this. I occasionally think about canceling a subscription or two to cut down on all the reading material that I have dispersed throughout the house, but then I reconsider. For one,

by continuing to renew my subscriptions, I'm actually helping drive the economy by keeping writers, editors, graphics people, photographers and publishers employed. Second, I'm helping make mail carriers indispensable despite the fact that the U.S. Postal Service operates in the red. Finally, I'm helping keep a lot of students and staff happy at Pueblo Community College, where I work, because there are two "Book Exchange" shelves there where everyone can place books and magazines for others to read when they have finished with them.

So, there you have it. I have no choice. I actually HAVE to keep all these magazines coming. It's my way of giving back, and it's producing good karma at the same time. I'm making everyone a winner and getting enjoyment doing it.

Anyway, as I've started catching up on my magazine reading, all I'm seeing is a multitude of articles dedicated to making me change from what I am. Here's a quick look at what they're saying:

"New Year, New You"
 "Your Best Body Ever – Get it Now, Keep it Forever"
 "Get Back in Shape in 2011"
 "A New Era of You"
 "28 Days, 28 Ways to Get Fit"
 Etc., etc.

The first question that I have is, how do they know so much about me? Second, why don't they like me the way I am? I tell you I'm starting to get an inferiority complex. I'm obviously inadequate. All I can say is, thank God for the two kitties in our house – at least they like me just the way I am.

Yeah, especially when they can lay on my lap while I'm sitting on the couch reading a magazine.

Ten things I was just wondering:

1, Exactly how long does the Denver

Nuggets' Carmelo Anthony need to "consider his options" concerning the team's 3-year, \$65 million contract offer?

2, How come no one can invent a "microwave way" to get in shape quickly?

3, I read where green, black and white teas have half the caffeine of coffee. So who wants half the caffeine, especially in the morning?

4, Does anyone really watch Colorado Rockies baseball game replays on Fox Sports during the winter months? If so, why?

5, Wouldn't it be cool if they had drive-thru hair-cutting businesses?

6, Speaking of hair cutting, how about a home-delivery hair-clip service?

7, I've read about people being "nominated for consideration" for such and such, and I'm thinking – wouldn't it be nice if some folks could be "nominated for deletion"? Nothing personal, of course.

8, When are they going to come up with "theme motel rooms" where you'd be able to press a button inside your room and change all the wall photos to fit your particular liking?

9, Like people who accidentally shoot themselves, wouldn't it be cool if computer virus launchers mistakenly contaminated their own computers?

10, With 17 races in the Rock 'n' Roll Marathon Series in 2011, couldn't bands make a decent second income by being part of a traveling road show that plays in all of the races?

Until next month, may you get as much joy as I do by the arrival of a new fitness magazine in your mailbox.





The Joy Walker 5K Walk and Run Continued



(Continued from page 1)

So this is the story of how a pity party became an event to benefit all of us with Parkinson's . And a fundraiser became a victory celebration for a family of Walkers.

A special thanks to:
"The Committee"

Fallon Levin Sheri Tiller Lori Manzanares Naomi Bryant

Special Committee of One
Michael Walker

Walk Workers

Kenya Walker Margie Borden Theo Borden Ethan Miller
Danny Bryant

Kayle Hutto Braxton Manzanares Briley Manzanares Rory
Miller Bryan Kelsen

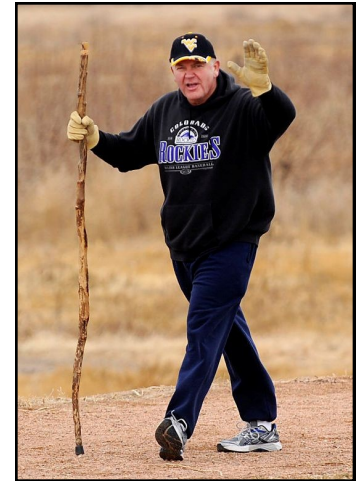
We couldn't have done it without the
Southern Colorado Runners
Ron Dehn and Dave Diaz

Our Fabulous Sponsors

Andrews Food Service Austin Hardwoods
Dan and Linda Slinger Borden's Small Engine Repair
Trophy City 4M Feeders
Home Quest Real Estate Greg Ratliff

Editor's Note: Joy, Michael, and their friends and family were just about as enthusiastic and energetic group of people as I have worked with on a run. They started with no experience, attended numerous SCR meetings, scoured the SCR website for knowledge, and were like sponges soaking up each suggestion and idea. They put on a quality event, complete with hot chocolate, and a couple small fires to keep participants and volunteers warm. Although it was obviously a lot of work, I did not see that in their faces. They were smiling from start to finish. They are shooting for a March event in 2012. If you get a chance to participate - I think you are in for a treat because next year they will be veterans!

Right:
Danny
Bryant



Above: Skip, Theo, and Maggie Borden

Below: Sheri, Jennings, Jordan (in stroller)
Tiller, Grace Andrews





A Few More Joy Walker 5K Pics



Left: Paulette Arns enjoyed a brisk walk
Right: Paul Koch was 1st to cross the finish line
Below: An unidentified runner finished shortly after Paul



Left:
The Griffith
Family



Predict Series 2010 Wrapup

by Carrie Franchi



It's a Wonderful Run – a Prediction Series Run

December 18, 2010 – 4 miles
Held at Peggy Oreskovich's house
Race #9 of the 2010 Prediction Series

Unofficial results

Name	Predict	Actual	Variance	Points
1, Noni Spracklin	35:10	35:00.16	0:09.84	100
2, Humberto Paredes	29:20	29:01.12	0:18.88	94.12
3, Bill Veges	34:00	33:40.76	0:19.24	88.20
4, Stacey Diaz	35:30	35:04.63	0:25.37	82.32
5, Paulette Arms	46:45	47:21.01	0:31.01	76.44
6, Debbie Gurule	38:23	37:45.86	0:37.14	70.56
7, Roger Giordano	29:15	27:52.00	1:23.00	64.68
8, Donald Moore	32:40	30:59.91	1:40.09	58.80
9, Larry Volk	30:00	28:19.74	1:40.26	52.92
10, Martha Drake	39:00	37:10.55	1:49.45	47.04
11, Jessie Quintana	45:00	42:53.73	2:06.27	41.16
12, Paul DallaGuardia	41:00	38:53.26	2:06.74	35.28
13, Mark Gurule	31:00	28:46.23	2:13.77	29.40
14, Riki Acosta	40:00	42:54.60	2:54.60	23.52
15, Gary Franchi	42:50	39:55.22	2:54.78	17.64
16, Robert Santoyo	28:00	31:09.41	3:09.41	11.76
17, Shawn Loppnow	34:04	30:25.37	3:38.63	5.88

Volunteer Support

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

Race Director & other duties: Peggy Oreskovich

Course measuring & marking, course marshal: Dave Diaz

Finish line: Carrie Franchi, Molly & Peggy Oreskovich

Results: Gary Franchi

ACTUAL HEADLINES

(Well, I did not see these myself, but this is what the Internet said. And, if it is on the Internet, it must be true???)

NEW STUDY OF OBESITY
LOOKS FOR LARGER
TEST GROUP

ASTRONAUT TAKES
BLAME FOR GAS IN
SPACECRAFT

KIDS MAKE NUTRITIOUS
SNACKS

CHEF THROWS HIS
HEART INTO HELPING
FEED NEEDY

LOCAL HIGH SCHOOL
DROPOUTS CUT IN HALF

HOSPITALS ARE SUED BY
7 FOOT DOCTORS

The Spring Runoff is Coming

The Spring Runoff has the most participants of any Pueblo race. It will be held on Sunday, March 6 at Dutch Clark Stadium.

We encourage you do do one of two things:

1. Run in the event. There are 3 distances to choose from, and it is definitely lots of fun. The shirts are always nice too.
2. If you are not running - please consider volunteering. Since this is such a large race, we need tons of volunteers. Contact Terry Cathcart. Contact info is on the calendar page of the calendar page of the socorunners website.



Predict Series 2011 Opener

by Carrie Franchi



LONE TREE 2011 (5.2 miles)

	Name	Predict	Actual	Variance	Points
1	Paul DallaGuardia	0:53:10	0:53:02.78	0:07.22	100.00
2	Debbie Gurule	0:48:30	0:48:57.17	0:27.17	94.44
3	Mark Gurule	0:39:30	0:38:21.34	1:08.66	88.89
4	Shawn Loppnow	0:40:04	0:38:34.52	1:29.48	83.33
5	Trisha Davis	0:50:00	0:48:19.83	1:40.17	77.78
6	Kris Spinuzzi	0:45:30	0:43:49.83	1:40.17	72.22
7	Peggy Oreskovich	0:45:00	0:46:43.00	1:43.00	66.67
8	Rick Acosta	0:51:00	0:52:57.52	1:57.52	61.11
9	Paulette Arns	0:52:05	0:50:01.99	2:03.01	55.56
10	Martha Drake	0:50:15	0:47:30.11	2:44.89	50.00
11	Wendy Garrison	0:53:25	0:50:07.75	3:17.25	44.44
12	Stacey Diaz	0:51:00	0:47:32.13	3:27.87	38.89
13	Trisha Ferguson	1:05:00	1:01:12.24	3:47.76	33.33
14	Donald Moore	0:46:15	0:41:44.16	4:30.84	27.78
15	Jessie Quintana	1:00:59	0:56:23.71	4:35.29	22.22
16	Dave Diaz	0:45:00	0:40:10.83	4:49.17	16.67
17	Riki Acosta	0:56:00	1:01:10.53	5:10.53	11.11
18	Richard Emond	1:00:00	1:13:13.95	13:13.95	5.56

Volunteer Support

Race Director: Darryl Clark

Food Setup: Sherry Clark

Finish Line: Terry Cathcart, Carrie Franchi, Gary Franchi

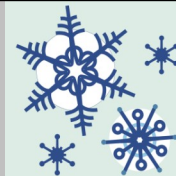




Good Bye Colorado

Off to join the ranks of the cold winter runners

by Bobbi Jo Aune



I have spent a wonderful 10 years in Southern Colorado; 4 of which I joined others in the racing fever. I started the joys of racing in 2007 at the Pueblo Chieftain's Spring Runoff, running my first 10K. I trained dilligently on the treadmill in a Canon City fitness center for the few months leading up to the race. I had yet to learn the enjoyment and freedom of outdoor running, thinking anything below 50 degrees was freezing and that I would surely endure frostbite and possibly be found laying on the trails suffering hypothermia.

Race day came and with that, so did the excitement and the comraderie of all the other runners that were there to do the same thing I was. Some were there to win, some were there to set PR's, there were the ones joining friends and family, and then there were ones like myself who were there to run thier first race. The gunshot sounded and we were off. I

completed my first 10K in 1:07 – my first PR.

Since that day I have raced several runs in Colorado when my work schedule allowed me to, including the Rock Canyon Half Marathon, the Garden of the Gods 10 miler, and the Inaugural Denver Rock n Roll Half Marathon. I have run and raced shortly after having my daughter, who is now just over 2. She has logged in many hours and miles of training with me, and was included in a race or two.

So I now say farewell while I have ventured off to colder climates, as my job took me to Southern South Dakota. I will never again take for granted the "cold" Southern Colorado winters as I bundle up and brace myself for not only sub 20 "warm" days, but also wind-chill. Thanking myself for sucking it up and hitting those roads and trails throughout

Canon City and learning from experience what clothes to buy and wear.

And so with that, to all the friends I have made, and to those we've waived to in passing, just remember: *Runners just do it – they run for the finish line even if someone esle has reached it first.* – Author Unknown

We keep moving forward, opening new doors, and doing new things, because we're curious and curisosity keeps leading us down new paths. – Walt Disney

Editor's Note: We thank Bobbi Jo for sharing her thoughts and wish her and her family the best of trails in Southern South Dakota. And... we are glad she is not moving to Northern North Dakota. Brrrr...

The M & M Boys



Congrats to a couple of SCR scholars: Matt Drake made first team all academic and Mike Schmidt made the honor roll last semester. Matt is at Regis University in

Denver (senior). He is currently applying for Ph.D. programs in chemistry. Mike attends Western State and is majoring in Psychology (sophomore). Both attended Pueblo West High School and were on the cross country and track teams.



Welcome to the Ryan Moore Family

The Club welcomes Ryan and Tamara Moore, along with their son, James, and daughter, Rhyan, as some of its newest members. Tamara secretly arranged for a family membership in Ryan's name and asked that the current issue of *Footprints* be mailed in a manila envelope so she could present it as a surprise gift to Ryan and the rest of the family on Christmas. Happy Holidays and welcome all to SCR!



Potpourri



			5			8		
	2	6		4	9		1	
5			1				2	
	5					3		9
	6			2			5	
1		7					4	
	7				5			2
	3		4	1		5	9	
		5			3			

Sudoku

Each Row, each column, and each small square must contain the numbers 1 through 9

We thank sudoku-works.com for permission to use the puzzle.



Winter Travels

As we used to say in Boy Scouts, *Be Prepared!* A freak storm or ground blizzard can strand you on the highway.

The National Safety Council recommends that you pack a well-stocked “winter travel kit” that includes: cat litter for tire traction, a small shovel, a healthy supply of water, food such as energy bars or trail mix, extra clothes, blankets or sleeping bags, an empty coffee can to melt snow for water, waterproof matches, road flares, and a flashlight with (good) batteries.

The Council recommends that you stay inside your car unless you are only a few yards from safety. They also advise you to crack the windows and clear the tailpipe of snow to run the engine and heater for 10 – 15 minutes at a time. You risk carbon monoxide poisoning by running the engine continuously. If you have to clear the snow from the tailpipe in a blinding snow storm, tie one end of a rope to your belt and the other to the steering wheel so you don’t get disoriented and wander from your car.

Okay, Boy Wonder, do I simply pull a rope from my utility belt? No – it is part of your “winter travel kit”. You can put most of these items in a small nylon duffle bag that and keep it in your trunk. Yes – it sounds a little hokey – but it could save your life!

Another winter driving tip. Slow Down.

Something you really didn't want to know

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



Answer to above puzzle

4	8	5	2	9	1	7
2	1	7	9	4	8	5
5	2	9	8	1	4	7
9	4	5	1	7	2	8
7	7	4	5	9	1	2
8	4	5	8	2	9	1
5	9	4	7	8	1	9
8	9	7	1	4	5	2
1	7	2	5	9	7	4

Actual Country Song Titles

(I am a country music fan, and I've heard some of these songs)

I Liked You Better Before I Knew You So Well

How Can I Miss You If You Won't Go Away?

I'm So Miserable Without You, It's Like Having You Here

If The Phone Don't Ring, It's Me

I Would Have Wrote You A Letter, But I Couldn't Spell Yuck

If My Nose Were Full of Nickels, I'd Blow It All On You

I Would Kiss You Through The Screen Door But It'd Strain Our Love

They May Put Me In Prison, But They Can't Stop My Face From Breakin' Out



**February
B-days**

1	Justin Ricks
	Clark Gable*
2	Pauline Alvarado
	Fran Tarkenton*
4	Michelle Riddock
	Rosa Parks*
5	Jordyn Nunez
	Hank Aaron*
8	Jene Herrera
	Karen Garrity
	Jules Verne*
11	Diana Quattlebaum
	Thomas Edison*
12	Alexander Paredes
	Abraham Lincoln*
13	Jerry Lopez
	Erika Chowning
	Alex Vargas-Lobato
	Chuck Yeager*
17	Susan Marshall
	Jim Brown*
18	Danielle Soto
	John Travolta*
20	Ralph Regalado
	Beverly Skroch
	Ansel Adams*
22	Aaron Diaz
	Vijay Singh*
24	Andrew Smith
	Eddie Murray*
25	Joseph Bulow
	Zeppo Marx*
26	Nancy Mitrick
	Levi Ropp
	Johnny Cash*
27	Vicki Meier
	Jace Montera
	John Steinbeck*
28	Anna Marshall
	Sandra Messick
	Bernadette Peters*

*Honorary SCR Member



Calendar Notes

Calendar Notes: There have been several changes to the calendar since it was printed in the last newsletter.

- 1) Jeff moved the **Valentine's Twosome** to Sunday, Feb 13, 2011, 9 AM.
- 2) The **Spring Runoff Tuneup 10K** will be held Sunday, Feb 20, 2011, 9 AM but it will not start in City Park this year. It will start in the Dutch Clark Stadium parking lot and will follow the NEW 10K course.
- 3) The Wild West Fest at the Historic Riverwalk will be held a week later than usual this year (the weekend of May 20,21 22) so the **Yappy Dog** was moved back to Sunday, May 15, 2011 and **The Run With the Bulls** will be held Sunday, May 22, 2011.
- 4) The **Run 4 Trails 4M** run was moved to Sat, Sept 24, 2011 because of conflicts with the YMCA Corporate Cup.
- 5) There will be 2 new predict runs in 2011, for a total of 12 free predict series runs. The first new run will be held on June 19, 2011 and will start at the PW home of Humberto Paredes and run on the trails on the north side of the reservoir and the 2nd will be held Aug 6, 2011 at the home of Nina Gonzales also in PW and will run on and near Swallows Road. Details for both soon.

Thanks



Cupid Says
Stop by the Gold Dust!
In the HEART of the Union
Avenue Historic District
217 South Union



2011 Race Calendar by Dave Diaz

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

<u>DATE</u>	<u>NAME/DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
<u>FEBRUARY</u>			
Sunday, February 13, 2011	Valentine's Twosome 5K	9:00 AM	Pueblo City Park
Sunday, February 20, 2011	Spring Runoff Tune-up 10K-Pred #2	9:00 AM	Dutch Clark Prk Lot
<u>MARCH</u>			
Sunday, March 06, 2011	Spring Runoff 5K, 10K, 10M	9:00 AM	Dutch Clark Stadium
Sunday, March 20, 2011	Mad Max Trail Run-Predict #3	8:00 AM	Pueblo Nature Center
<u>APRIL</u>			
Saturday, April 09, 2011	Ramsgate 8, 8K-Predict #4	8:00 AM	8 Ramsgate Place
Saturday, April 16, 2011	Healthy Kids Triathlon	7:30 AM	CSU-Pueblo
Sunday, April 17, 2011	Arkansas Pt Mtn Bke Race	10:00 AM	Lake Pueblo
Saturday, April 23, 2011	Spank Blasing 5K, 10K	10:00 AM	CSU-Pueblo
Saturday, April 30, 2011	Falcon Fun Run 5K	9:00 AM	Desert Sage Elem, PW
<u>MAY</u>			
Sunday, May 01, 2011	Cinco de Mayo 5K, 10K	7:30 AM	Colo State Fairgrounds
Saturday, May 7, 2011	John Neumann Panther Run 5K	10:00 AM	Pueblo City Park
Saturday, May 7, 2011	Blossom Day 5K & 5M	8:00 AM	Centennial Park, Canon City
Sunday, May 15, 2011	Yappy Dog 8.6M-Predict #5	8:00 AM	South Mesa Elem School
Sunday, May 22, 2011	Run With the Bulls 5K	8:45 AM	Union Ave Historic District
<u>JUNE</u>			
Saturday, June 4, 2011	Run for Rio 5K	8:00 AM	Rye High School
Saturday, June 11, 2011	Spirit Fest 5K	8:00 AM	Pueblo Riverwalk
Sunday, June 19, 2011	New Predict Series Run #6	TBA	North Shore Trails PW
Saturday, June 25, 2011	Women's Distance Festival 5K	7:00 AM	Lake Minnequa Trails
<u>JULY</u>			
Monday, July 4, 2011	Liberty Point 5K	8:00 AM	Pueblo West
Saturday, July 16, 2011	Mosaic Run 5K	8:00 AM	Amazing Grace Church, PW
Saturday, July 23, 2011	Shawn's Shuffle 4M-Predict #7	6:00 PM	Regency Park Area
<u>AUGUST</u>			
Saturday, August 6, 2011	New-Predict Series #8	TBA	Swallows Road, PW
Sunday, August 28, 2011	South Shore Adventure-Pred #9	7:30 AM	South Shore Trails
<u>SEPTEMBER</u>			
Saturday, September 10, 2011	Boys & Girls Club 5K	9:00 AM	Lake Minnequa
Saturday, September 10, 2011	OJC Rattler Run 5K	8:30 AM	La Junta, CO
Saturday, September 24, 2011	Run 4 Trails 4M	8:00 AM	Pueblo West HS
Sunday, September 25, 2011	Hot to Trot 5K	8:00 AM	Gold Dust Saloon
<u>OCTOBER</u>			
Saturday, October 1, 2011	Lion's Roar 5K	9:00 AM	City Park
Saturday, October 1, 2011	Royal Gorge Run 5K, 10K	8:30 AM	Canon City
Saturday, October 22, 2011	Harvest Run 5K-Predict #10	4:30 PM	Lake Minnequa
Saturday, October 29, 2011	Strut Your Mutt	9:00 AM	Union Ave Historic District
<u>NOVEMBER</u>			
Saturday, November 5, 2011	Hustle for Russell 5K	9:00 AM	Pleasant View Mid School
Saturday, November 12, 2011	Atlanta 5K	8:45 AM	City Park
Thnksgvg, November 24, 2011	YMCA Turkey Trot 5K	9:00 AM	Pueblo YMCA
Saturday, November 26, 2011	Temple Canyon 4M-Predict #11	9:00 AM	Temple Canyon-Canon City
<u>DECEMBER</u>			
Saturday, December 03, 2011	Rock Canyon Half Marathon 13.1M	9:00 AM	Pueblo City Park
Saturday, December 17, 2011	It's a Wonderful Run 4M-Pred #12	9:00 AM	Sunset Park

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

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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,
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!

Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org

The Final Thoughts...

What we think, or what we know, or what we believe, is in the end, of little consequence. The only thing of consequence is what we do. -John Ruskin, author, art critic, and social reformer (1819-1900)

If a rabbit defined intelligence the way man does, then the most intelligent animal would be a rabbit, followed by the animal most willing to obey the commands of a rabbit. -Robert Brault, writer (b. 1938)

The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love. -William Wordsworth

"Yes: I am a dreamer. For a dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world." -Oscar Wilde

Health nuts are going to feel stupid someday, lying in hospitals, dying of nothing. Author Unknown

I wondered why the baseball kept getting bigger. Then it hit me. Also Unknown