

The Annual Awards Banquet



Ninety-five SCR members gathered to celebrate at the annual banquet held at La Renaissance restaurant on January 29th. President Paul LaBar served as emcee. As usual, the food was excellent, and the program was fun, inspirational, and rewarding. The door prizes given throughout the evening included several pieces of merchandise, various gift cards, and a family 4-pack of State Fair entertainment.

This year's club officers were announced. The elected officers agreed to continue in their respective roles for 2011 including Paul Labar (president), Dave Diaz (vice president), Mike Archuleta (secretary), and Paulette Arns (treasurer). Carrie Franchi will continue as the Predict Series Coordinator and Dave Diaz will keep the calendar for 2011. Two of the non-elected positions are in transition. Maria Elena Weaver is succeeding Don Pfof as membership chair, and Laura Wehrwein will be following Ron Dehn as the new editor of Footprints.

Peggy Oreskovich and Stacey Diaz brought four couples front and center to play SCR's version of the "Newlywed Game". The couples were: Debbie and Mark Gurule, Sheri and Roger Giordano, Laurice and Frankie Lopez-Cepero and Carrie and Gary Franchi. Questions ranged from, "What brand of running shoe does your spouse use", to "What is the first organized run that you and your spouse ran together?" The scores were very close, and all four couples won a prize. All the guys (of course) faced some good natured ribbing and threats of sleeping on the couch, but they actually did pretty well considering

that they are guys. *(Editor's note – I am a guy and I know how we are)*



Ladies L to R: Debbie, Sheri, Peggy (with microphone), Laurice, Carrie

Guys: Mark, Roger, Frankie, and Gary (who is making an appeal that he is undoubtedly going to lose)

Stacey Diaz keeps totals of volunteer points during the year, and she and Peggy handed out volunteer awards. The twenty-six club members who earned enough volunteer points to receive a nice long sleeved SCR shirt and SCR keychain included: Dave and Stacey Diaz, Paul Labar, Don & Lois Pfof,

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Minutes from the February 2011 Meeting

By Mike Archuleta



Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Don Pfof, , Paul LeBar ,Brain Ropp, Ron Dehn , Terry Cathcart, Gary Franchi, Marilyn Vargas, Gwen Steves, Jeff Arnold, Larry Volk , Hilberto Navarro , Kevin Keilbach

Club Business

Website: Paul talked about the website domain for the club. Paul is looking for a web host site for the SCR. The Website updates will be sent on the list server to club members.

Race Contracts: The officers talked about the new race contracts and also having SCR member being a race liaison

Philanthropy: To continue to review for events and organizations each year.

Pueblo Pacers: Marilyn talked about the Pueblo Pacers and T-shirt distribution at the Spring Runoff. SCR officers discussed the membership fee for the Pueblo Pacers. The recipients of the t shirts will be announced at the Spring Runoff.

Equipment: Discussion about purchasing second race club for club events. To having back up race clock if the primary clock breaks down.

Officer Reports

Minutes: Mike Archuleta

The club approved the minutes with no changes

Treasurer Report: Paulette Arns

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

Newsletter: Ron Dehn talked about the new editor helping with the newsletter

Membership Chair: Reported over 53 individual, 39 family 17 for the newsletter.

Webmaster: Paul Lebar

Paul reported working with another club member to develop con management for the website

Race Calendar: Dave reviewed changes to the calendar for 2011 and update the predict series.

Upcoming Races/ Events

Panther Run: May 7th

Kevin Keliback talked the Panther

run on May 7th. Paul Lebar will be SCR club liaison for the race. The race registration will be on Active.com for registration. The course will be at City Park. Kevin has several volunteers for the race.

Valentine Twosome: February 12th
Jeff Arnold talked about the race and the chocolate awards to the winners of the race .

Youth Triathlon Timing

Gwen Steves 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. Gwen asked for assistance with timing and finish line for the race in April.

Spring Runoff

The group talked about the logistics of the race and new course for the race. The course will have a new starting point for each race.. Terry talked about the race support and new courses for the races. The shirts have been ordered along with the awards

Southside shore Adventure Larry Volk asked the club if the date for the event can be changed next year..

Prefers to have the predict race during the winter.

Sprit-fest

Hilbert Navarro requesting finish line and timing support for the race in June. The online registration is online with Active.com

Adjourned at 2100



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



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. 341, Issue No. 3
“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 & Judy Tucker*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	201-5443
Calendar Keeper	Dave Diaz	

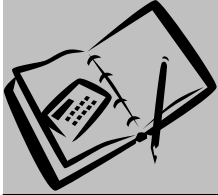
Contributing Writers / Photographers

Gary Franchi, Dave Diaz, Carrie Franchi, Mike Archuleta
Jeff Arnold, Maria Elena Weaver, Larry Volk,
Todd Kelly

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.

* Judy Tucker was the 1st editor of Footprints. After about 5 years Gary Franchi too over for the next 17. Our Roots!!!



Ramblin'

by Ron Dehn

Footprints Reflections



Can you remember the smell of purple mimeograph sheets? If you are under 35, I doubt it. To create mimeograph copies, you had to type a “master” (with a typewriter) on special paper, then mount it on a drum and (literally) crank copies that were purple, somewhat legible, and had that strange purple smell that would last for days.

Well, that was the current and affordable technology in 1980 when Judy Tucker churned out the newsletter for the Columbines (Pueblo’s women’s running club). The Columbines soon merged with the local mens running club and Southern Colorado Runners was literally off and running. Judy, a pioneer in promoting women’s running and founder of many events that we still hold today, served as SCR’s first newsletter editor. Gary Franchi took over that role in 1985 and continued for an amazing 17 years. Wow!

In the fall of 2001, I received a call from my friend and co-worker, Marijane Martinez. Marijane told me that Gary was ready to turn over newsletter duties and she thought I was the perfect candidate. Hmm... I attended a club meeting to find out about it, and two hours later, I was the *Footprints* editor as of January,

2002. I figured that I would do the job for around 5 years. Well, one thing led to another, and this issue (March 2011) is my 101st issue as editor.

Up until 2002, my connection with the club had been running races, attending banquets and picnics, and working at a water stop or as a course marshall here and there. Oh yes, I READ the newsletter.

My involvement with SCR over the past nine plus years has been extremely rewarding. As with any association, the people who are at its core determine the quality of the organization. SCR is rich with people who are caring, dedicated, hard-working, fun, compassionate, generous, talented, humble, intelligent, and ethical. In case I didn’t make it clear – SCR is filled with great people. My deeper association with SCR has enriched my life and I am so glad that I said yes in late 2001.

In 2010, somewhere near 40 individuals made some type of contribution to *Footprints* in the form of articles, photos, announcements, race results, or other information. The words Thank You do not seem adequate to express my appreciation to these and others who have left

their mark on our publication.

I want to thank the dozens of individuals who have made these contributions. Because I don’t want to risk omitting a name, I will specifically mention only two. My wife Chris is the behind the scenes editor. She reviews my work and gives me feedback whenever I am smart enough to ask for it. Gary Franchi patiently coached me at the beginning and bailed me out before I stumbled. In addition to his many articles and photos, he has ALWAYS been available when I needed help, information, or advice. Thanks Chris. Thanks Gary. And – to the other dozens of you – I appreciate your many, many contributions. And based on the feedback I have received, our readers appreciate your contributions as well.

Finally – congratulations to Laura Wehrwein, *Footprints* new editor as of next month. Laura – you have a great supporting cast. Call on me or whoever else you need and we will help in any way we can. I am anxious to see where your creative energy takes us. Enjoy!

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.



Icy Roads, Warm Hearts

by Jeff Arnold



On the Friday before the recent Valentines Twosome race, much of the course was still snowpacked. The forecast was for warm, sunny weather for the next few days and I was hopeful. Though only two shady areas weren't clear Sunday morning, I was sure someone would fall. Packed snow had become melting ice.

In fact the largest crowd since Internet records began, 51 couples, kept their feet and their smiles. The first three teams across the line had combined ages for all six runners of 92. Carly Moore and Isaac Abila, both Centennial runners, were the overall winners with a time of 20:39. Surely they, and other teams, would have been several seconds faster on dry roads. There were five teams in the top ten in the 40-59 division, led by Sydney Mondragon and Bobby Tillman 21:59

Carol and Chuck Smead, combined age 119, were sixth overall in 23:00. Michael Orendorff paired up with local legend Carol Kinzy to be the oldest team, 123, in 23:23.

Because of partners who were unable to

run, Martha Drake and Troy Johnson showed up, separately, looking for partners. Troy found Susan Marshall, a Pueblo West freshman. They were seventh overall in 23:04. Martha said she was looking for an old man but ended up with a woman, Deb Gurule. Their time of 28:07 was quite good.

Two teams tied for youngest, Kyla Ricks & Malachi Rich and Izzy & Paddy McGivney. Each combined to be 17. Jitka (Yitka) McGivney's Czech first name caught my ear.

Because there were so many runners, the age divisions filled up, except for the 31-39 and the 120 & over groups. Haley Danylchuck and Brian Sumpter, age 32, won that in 25:18. Carly and Isaac, 35, were the overall champions. There were 9 couples in the 30 & under division, 11 in the 40-59 division, 12 in the 60-79's, 8 80-99's, 6 100-119's and Carol Kinzy and Michael Orendorff were alone on top of the age heap. Next year we might add more divisions.

Like Martha's comment about "looking for an old man," the spirit of the day was

lighthearted. People who worry about approaching 50 or some other age that seemed ancient when they were children, can laugh at combined ages of 80 or 90 or more. The baton contest is also smile-making. Troy Johnson who came without a partner also came without a baton. Susan Marshall picked up a small stick and wrapped a few turns of yellow plastic around it. They won the award for Ugliest Baton. Merry and Rob Martin had an ironic comment on Valentine's Day with their large black cardboard sickle which was the Biggest Baton. Jessica Kleven and Charlie Lucero won the Most Creative and Michelle Bean and Matt Copeland the Most Romantic. I was especially impressed with a baked item that was probably a challenge to carry, with letters spelling LOVE IS on it. One judge noted that the implied ON A ROLL was too subtle for him.

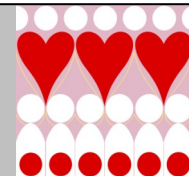
AMAZINGLY SIMPLE HOME REMEDIES (That Really Work!)

1. AVOID CUTTING YOURSELF WHEN SLICING VEGETABLES BY GETTING SOMEONE ELSE TO HOLD THE VEGETABLES WHILE YOU SLICE.
2. A MOUSE TRAP PLACED ON TOP OF YOUR ALARM CLOCK WILL PREVENT YOU FROM ROLLING OVER AND GOING BACK TO SLEEP AFTER YOU HIT THE SNOOZE BUTTON.
3. IF YOU HAVE A BAD COUGH, TAKE A LARGE DOSE OF LAXATIVES. THEN YOU'LL BE AFRAID TO COUGH.
4. YOU ONLY NEED TWO TOOLS IN LIFE ~ WD-40 AND DUCT TAPE. IF IT DOESN'T MOVE AND SHOULD, USE THE WD-40. IF IT SHOULDN'T MOVE AND DOES, USE THE DUCT TAPE.
5. IF YOU CAN'T FIX IT WITH A HAMMER, YOU'VE GOT AN ELECTRICAL PROBLEM.



Valentines Twosome Results

provided by Jeff Arnold



PI	Names	Age	Time	Place /Div
1	Carly Moore & Isaac Ablia	35	20:39	1 OA
2	Jessica Kleven & Charlie Lucero	30	20:44	1 30 & under
3	Devin Conty & Riley Valentine	27	21:54	2 30 & under
4	Sydney Mondragon & Bobby Tillman	53	21:59	1 40-59
5	Meghann De Vito & Timothy Hirsch	56	22:19	2 40-59
6	Carol & Chuck Smead	119	23:00	1 100-119
7	Susan Marshall & Troy Johnson	53	23:04	3 40-49
8	Carol Kinzy & Michael Orendorff	123	23:23	1 120 & over
9	Emily & Robert Lucero	49	23:39	4 40-59
10	Tracy & Daniel Fuller	55	23:40	5 40-59
11	Janelle & Chris Markert	66	24:07	1 60-79
12	Nicole Rosa & Bruce Wacker	115	24:15	2 100-119
13	Sheri & Roger Giordano	98	24:30	1 80-99
14	Rita Kerr-Vanderslice & Ryan Kopp	59	24:33	6 40-59
15	Jitka & Sean McGivney	78	24:47	2 60-79
16	Katie & Roderick Ware	65	24:48	3 60-79
17	Cathleen & Paul Larson	57	24:39	7 40-59
18	Denise & Jeff Flory	68	25:01	4 60-79
19	Melanie & Nels Hendrickson	85	25:18	2 80-99
20	Haley Danylchuck & Brian Sumpter	32	25:18	1 31-39
21	Suzanne Miller & Patrick Duran	95	25:24	3 80-99
22	Laurice & Frank Lopez-Cepero	81	25:26	4 80-99
23	Emily Perez & Michael Sumpter	28	25:35	3 30 & under
24	Denise & Mike Crepeau	100	26:25	3 100-119
25	Julia & Donald Moore	55	26:29	8 40-59
26	Kira & Kevin Hughes	19	26:36	4 30 & under
27	Kristine & Avery Chamblin	45	25:52	9 40-59
28	Melanie & Ken Hughes	79	27:31	5 60-79
29	Jan Herrera & John Reed	92	27:53	5 80-99
30	Tammy Castro & John Freyta	87	27:57	6 80-99
31	Kylah Ricks & Malachi Rich	17	28:02	5 30 & under
32	Martha Drake & Deb Gurule	103	28:07	4 100-119
33	Loren Kleven & Brandon Simone	23	28:53	5 30 & under
34	Jessie Quintana & Tyler Cruz	78	31:31	6 60-79
35	Sara & Jimmy Cardinal	69	31:37	7 60-79
36	Laura Updike & D.C. Di Prince	68	31:45	8 60-79
37	Olivia Sherman & William Marshall	21	31:53	7 30 & under
38	Louise & Dave Garcia	82	32:02	6 80-99
39	Sarah & Christopher Obert	62	32:19	8 60-79
40	Diana Tiffany & Rick Hardy	104	32:19	5 100-119
41	Kai Arriaga & Devin Mattorano	19	32:54	8 30 & under
42	Kristin Montz-Arriaga & Ramon Arriaga	70	33:36	9 60-79
43	Amy Archer & Kelly Litton	62	33:46	10 60-79
44	Izzy & Paddy McGivney	17	34:51	9 30 & under
45	Merry and Rob Martin	92	35:20	7 80-99
46	Becky & Dennis Vettese	110	35:13	6 100-119
47	Gigi & Ben Holman	65	37:36	11 60-79
48	Shari & Daryl Clark	99	38:47	8 80-99
49	Toni Savino & Harold Self	67	40:22	12 60-79
50	Jamie Bowman & Mike Alexy	47	40:49	10 40-59
51	Michele Bean & Matt Copeland	50	41:21	11 40-59

Baton Awards

Biggest Baton:
Merry & Rob Martin

Ugliest Baton:
Susan Marshall &
Troy Johnson

Most Romantic Baton:
Michele Bean &
Matt Copeland

Most Creative Baton:
Jessica Kleven &
Charlie Lucero

The Banquet - continued

(Continued from page 1)

Carrie & Gary Franchi, Peggy Oreskovich, Karen Kyte, Jacqueline Wall, Mike Archuleta, Larry Volk, Paulette Arns, Shawn Loppnow, Rich Hadley, Emily Batson, Jeff Arnold, Marilyn Vargas, Brian Ropp, Ron Dehn, Anthony Diaz, Bill Veges, Kim Arline, Ruth McDonald, Shelly Riddock and Terry Cathcart.

Paul LaBar gave certificates of recognition to Anthony Diaz, Stacey Diaz, Carrie Franchi, Peggy Oreskovich, Jacqueline Wall, Jeff Arnold, and Ron Dehn for their special contributions.

Marilyn Vargas was the featured speaker and told of her transformation from a person who weighed 256 pounds, to her present active and healthy self. Hers was a personal journey of decisions and choices. In the summer of 2006, she bought a Weight Watchers packet at a garage sale for \$3.00. Eventually she opened the packet and her life began to change. In June of 2007, Dr. Kristine Sanchez talked Marilyn into signing up for the Corporate Cup 5k in September. She very reluctantly agreed and said she would have never made it except for the support of her kids, family, neighbors, and friends. Marilyn's son Felix served as trainer for his Mom once she committed to participate in the Corporate Cup. At first they would alternate jogging and walking from mailbox to mailbox on their street. Gradually they worked up to running an entire block. Marilyn completed the 5k and the "race was on". One thing led to another and on October 18, 2009, Marilyn completed her first marathon. What a victory!!! Three of Marilyn's six children (her Living Angels) Jaylin, Roselinda, and Meno were at the banquet to cheer Mom on! You Go Girl!!!

Lois and Don Pfof were the recipients of the Long Distance Runner awards for the 2010. This award is for a person (in this case two persons) who has made many contributions over the years. Lois and Don aren't going away, but after years and years of several different officer positions, and working hundreds of

finish lines, they are stepping back just a bit to participate in more events.

Dave Diaz received the Dirty Sweat Sock award for 2010. The award that sounds like something that would be found in an abandoned gym locker is actually a very prestigious award. It goes to the person who makes many contributions behind the scenes – contributions which are essential, but are taken care of quietly and without recognition. In addition to being a club officer and race director for the Rock Canyon and Harvest Runs, Dave is frequently involved in the transportation of equipment from the shed to an event, and back to the shed as well as lending a hand to many other club activities.

Paul LaBar was recognized as the Outstanding Club Member for 2010. He not only serves as president, but is SCR's webmaster as well. Since he is a "techie", he has been involved in club software, and is quite often found with the laptop at an event entering race data, processing it, and producing race results. He serves as club liaison for many races, thus spending lots of time counseling and assisting organizations as they plan and put on events.



A sample of the Predict Series Awards

Carrie Franchi, the Predict Series coordinator, announced the Predict Series

Champions. Twenty-two runners completed at least 5 races in the series and were awarded beautiful hand made wooden vases and bowls turned by Lois and Don Pfof. The top 10 Predictors were: Brian Ropp, Aaron Levinson, Emily Batson, Dave Diaz, Paul DallaGuardia, Shawn Loppnow, Paulette Arns, Bill Veges, Leona Spracklin, and Humberto Paredes.

Jessica Kleven, a freshman at South and Michael Cernoia, a Pueblo West senior were honored as SCR's Youth Runners for 2010. Jeff Arnold has written a separate article about their accomplishments.

Kim Arline and Brian Ropp were honored as the 2010 Female and Male ROTY (Runner Of The Year). Other nominees were: Cheryl Farrer, Paulette Arns, Marilyn Vargas, Mark Gurule, and Shawn Loppnow. Bios for all the candidates were published in the Dec/Jan issue of *Footprints*. Suffice it to say that every nominee has a long string of personal accomplishments and each is a contributor to club activities. Congrats to Kim, Brian, and all the nominees.

Thus the curtain fell on another year of SCR activities. The nice thing is that the wheel keeps turning.

A special thanks goes out to the Banquet Committee: Stacey Diaz, Paul Labar, Peggy Oreskovich and Carrie Franchi.



SCR 2010 Youth Runners

by Jeff Arnold



At the annual SCR banquet January 29 Jessica Kleven, a freshman at South and Michael Cernoia, a Pueblo West senior were honored as the Southern Colorado Runners Youth Runners for 2010. Jessica had an impressive summer, winning the Women's Distance Festival the women's division of the Fourth of July race in Pueblo West and the Mosaic Run, all in under 22 minutes. She ran middle school cross country at Roncalli, and found immediate success in high school. She was the only girl on the South cross country team to qualify for state, where she placed 55th in 21:05, a very creditable performance. She also has a 4.0 average for her first semester. I congratulate her on her running and academic accomplishments and wish her the best in the future.

Mike is preparing to close out his high school running career. It will be an

exciting season for him, and an opportunity for us to see him run his last few races at Dutch Clark Stadium. He has been preparing for this since he was a freshman. Recently he has been running about 75 miles a week, a distance that puts him in elite company. He too is a fine student with a 3.9 plus GPA.

I have watched Mike run many times, most often while encouraging the boys I have in the race, all well behind him, to do their best. Matt Sherman has coached Mike well. Nearly all coaches, and most high school runners by their second season, know pretty well what should be done to race well, but there's more to it than that. Mike puts in practice some of the counter intuitive things. For example, he starts well within himself, keeping near the front unless there is no one else in the race near his goal pace. Then he takes the lead. Near the

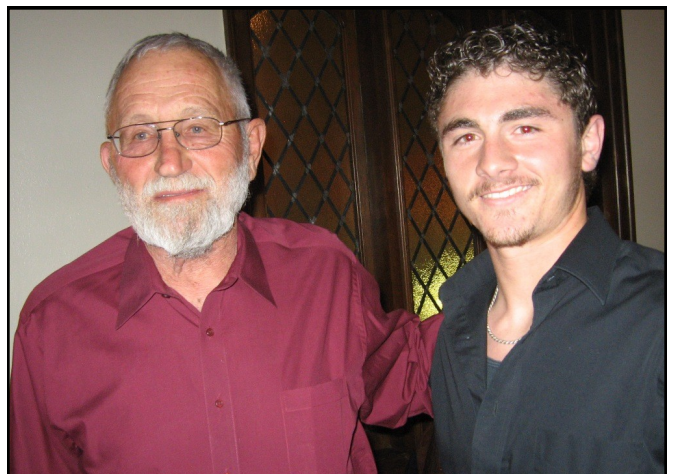
finish Mike unleashes his kick which looks even faster than it is because he is pulling away from disappointed good runners.

Make no mistake, Mike really is fast. He would be one of the two or three fastest 400 meter runners on any Pueblo area high school team. I've seen him run in the 52 second range and expect to see faster than that this coming season. I can't guess what race or races Matt and Mike will emphasize. I think Mike has been under 4:30 for 1600 meters and 9:30 for 3200. He has exceptional range for high school runner, having run the 2010 Boulder Bolder in the 33's. I'm looking forward to watching his further development.



Left: Jeff Arnold presents the Female Youth Runner Award to Jessica Kleven

Below: Jeff congratulates Michael Cernoia for the Male Youth Runner award.





A Few More Banquet Pics



Above: Mark gets out of a tight spot while Debbie, Sheri, and Roger look on



Right: Marilyn Vargas was the Featured Speaker



Right: Don and Lois Pfost receive the Long Distance Runner Awards

Far Right: Three of Marilyn's "Living Angels", Jaylen, Meno, and Rosalinda



ROTY Nominees

Above: Paulette Arns, Cheryl Farrer, Marilyn Vargas, & Kim Arline

Right: Mark Gurule, Brian Ropp, Shawn Loppnow

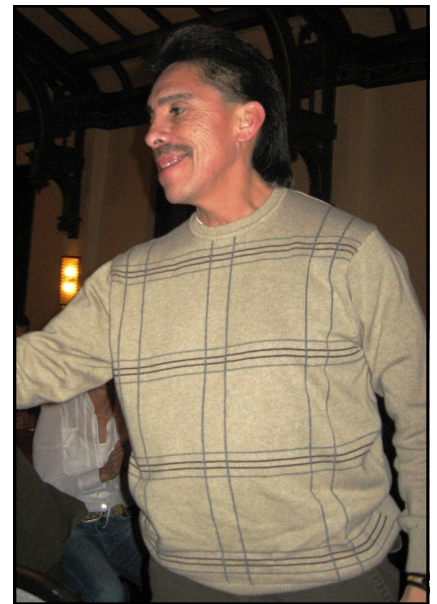




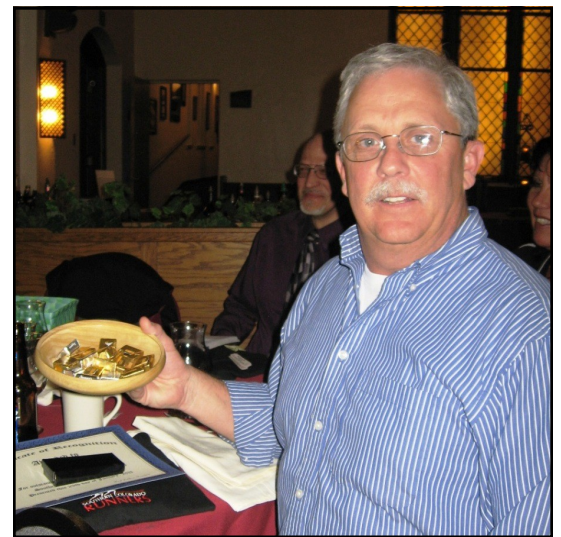
And, A Few More Banquet Pics



Left:
Paulette Arns
talks about Paul
LaBar and Dave Diaz
who were honored as
Outstanding Club
Member and Dirty
Sweat Sock recipient.



Right: Anthony Diaz
was recognized for
his many
contributions



Clockwise from upper left

Shawn Lopnow received his volunteer award

Aaron Levinson,

Paul DallaGuardia
&

Rick and Rikki Acosta
were among those runners receiving awards for the
Predict Series



**March
B-days**

- 1 Robert Quintana
Kristy Davenport
Ron Howard*
- 2 Kim Arline
Priscilla Portillos
Dr. Seuss*
- 3 Aaron Levinson
Lisa Vigil
Arnold Decessaro
Jackie Joyner-Kersey*
- 4 Annie Hernandez
Knut Rockne
- 6 Shawn Loppnow
Delores Witherell
Shaquille O'Neal
- 8 Nancy Martinez
Becky Stringer
Matthew Cole
Micky Dolenz*
- 9 Dave Klos
Brittany Tibbs
Micky Gilley*
- 11 Rick Acosta
Bobby McFerrin*
- 12 Paul Koch
Julie Hudrall
Kathy Howard
James Taylor*
- 13 Dennis Krall
Amber McPherson
Neil Sedaka*
- 15 Chester Haddam III
Eva Longoria*
- 18 Jeff Flory
Jonathan Huie
Queen Latifah*
- 21 Jeanette Stringer
Matthew Broderick*
- 23 Christine Mize
Roger Bannister*
- 24 Cheryl Farrer
Bob Gassen
Peyton Manning*
- 26 Marv Bradley
Robert Frost*
- 28 Meg Scarlett
Reba McEntire*
- 29 Rober Vigil
Marcus Gurule
Cy Young*

*Honorary SCR Member



The Spank Blasing 5k / 10k

By Todd Kelly



The 9th annual Spank Blasing 5K/10K Run & Walk, presented by Kaiser Permanente, is scheduled for Saturday, April 23, at the Neta & Eddie DeRose ThunderBowl on the CSU-Pueblo campus. Registration begins at 8:30 a.m., with the start of the races beginning at 10 a.m.

Registration is \$20 (\$18 for SCR) for adults and \$10 for students (18 & under) until March 30. The price goes up to \$25 for adults and \$15 for students from April 1 to April 23. Race-day registration fee is \$30 for everyone. A family discount (two adults, two students) will be offered for \$50 until March 30.

The Spank Blasing 5K/10K Run & Fun Walk promotes a healthy family lifestyle, exercise, fitness, and higher

education. The entry fee includes an official race shirt, goodie bag, complimentary post-event Aquafina water and Gatorade, as well as a free breakfast and a live band. New this year will a post-event beer garden.

The 5K & 10K run, and two-mile walk is conducted around the CSU-Pueblo campus and the Belmont neighborhood and ends with a final lap around the Neta & Eddie DeRose ThunderBowl. Over 450 people took part in the 2010 version of the Spank and more than \$15,000 was raised for the ThunderWolves student athlete scholarship fund.

To find out more about the Spank run and CSU-Pueblo Athletics, please visit our web site at www.spankblasing.com or call 549-2013.





MARCH into 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>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
MARCH			
Sunday, March 06, 2011	Spring Runoff 5K, 10K, 10M	9:00 AM	Dutch Clark Stadium
Saturday, March 12, 2011	St Patrick's Day 5K	10:00 AM	Acacia Park, CS
Saturday, March 12, 2011	Run Through Time Marathon	9:00 AM	Salida, CO
Sunday, March 20, 2011	Mad Max Trail Run-Predict#3	8:00 AM	Pueblo Nature Center
APRIL			
Saturday, April 09, 2011	Ramsgate 8, 8K-Predict #4	8:00 AM	8 Ramsgate Place
Saturday, April 16, 2011	Healthy Kids Triathlon	9:00 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
MAY			
Sunday, May 01, 2011	Cinco de Mayo 5K,10K	7:30 AM	Colo State Fairgrounds
Sunday, May 01, 2011	Colorado Marathon	6:00 AM	Fort Collins, CO
Saturday, May 7, 2011	Take 5 in the Garden 5M, 5K	8:00 AM	Garden of Gods, CS
Saturday, May 7, 2011	John Neumann Panther Run 5K	9:00 AM	Pueblo City Park
Saturday, May 7, 2011	Blossom Day 5K & 5M	8:00 AM	Centennial Park, Canon City
Sunday, May 15, 2011	Cofax Marathon	6:00 AM	Denver, CO
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
Sunday, May 29, 2011	Ark River Bluegrass Marathon & 1/2	9:00 AM	Salida, CO
Monday, May 30, 2011	Bolder Boulder 10K	7:00 AM	Boulder, CO
JUNE			
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 12, 2011	Garden of the Gods 10M	7:00 AM	Manitou, CO
Saturday, June 18, 2011	Sailin' Shoes 10K, 5K	7:00 AM	Colorado Springs, CO
Saturday, June 18, 2011	FIBArk 10K, 5K	8:00 AM	Salida, CO
Sunday, June 19, 2011	FIBArk 10K Trail Run	8:00 AM	Salida, CO
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
JULY			
Monday, July 4, 2011	Liberty Point 5K	8:00 AM	Pueblo West
Sunday, July 10, 2011	Summer Roundup Trail Run 12K	7:00 AM	Bear Creek Park, CS
Saturday, July 16, 2011	Mosaic Run 5K	8:00 AM	Amazing Grace Church, PW
Sunday, July 17, 2011	Barr Trail 12M	7:00 AM	Manitou, CO
Saturday, July 23, 2011	Shawn's Shuffle 4M-Predict #7	6:00 PM	Regency Park Area
AUGUST			
Saturday, August 6, 2011	Up Down & All Around-Predict #8	8:00 AM	Swallows Road, PW
Saturday, August 13, 2011	Georgetown to Idaho Spr- 1/2 Mar	8:00 AM	Georgetown, CO
Saturday, August 20, 2011	Pikes Peak Ascent	7:00 AM	Manitou, CO
Sunday, August 21, 2011	Pikes Peak Marathon	7:00 AM	Manitou, CO
SEPTEMBER			
Monday, September 5, 2011	American Discovery Trail Marathon	6:30 AM	Colorado Springs, CO
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 10, 2011	Skyline Drive 10K	8:00 AM	Canon City, CO
Sunday, September 11, 2011	South Shore Adventure-Pred #9	7:30 AM	South Shore Trails
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
OCTOBER			
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, CO
Saturday, October 22, 2011	Harvest Run 5K-Predict #10	4:30 PM	Lake Minnequa
Saturday, October 29, 2011	Strut Your Mut	9:00 AM	Union Ave Historic District
NOVEMBER			
Saturday, November 5, 2011	Hustle for Russell 5K	9:00 AM	Pleasant View Mid School
Saturday, November 12, 2011	Atalanta 5K	8:45 AM	City Park
Thnsgvg, 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
DECEMBER			
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"
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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...

It is impossible to enjoy idling thoroughly unless one has plenty of work to do. There is no fun in doing nothing when you have nothing to do. Wasting time is merely an occupation then, and a most exhausting one. Idleness, like kisses, to be sweet must be stolen. -Jerome K. Jerome, humorist and playwright (1859-1927)

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

I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity. -Gilda Radner -actress and comedian (1946-1989)

Why do they put Braille on the drive-through bank machines?
~ George Carlin

Why is the alphabet in that order? Is it because of that song?
~ George Carlin