



Footprints

Southern Colorado Runners

April 2011

Volume #340, Issue #4

The 2011 Spring Runoff

By: Ron Dehn

Wow! If the Spring Runoff (SRO) was a commodity traded on the stock market – call the stock broker because we are going to make some money. Based upon the numbers recorded for the 2006 and 2011 SRO's on the SCR website, here are the 5 year trends: The 2M walk participation has risen by 49%, the 5k has more than doubled with a 120% increase, the 10k has seen a growth of 48%, the 10M was the “poorest” performer with a 31% increase, and the Funner to be a Runner is off the charts with an estimated 295% increase in participation. If my 401k looked like this, we would be boarding our private jet for the Bahamas.

Because we don't have an exact count of Toddler finishers, we don't have an exact count of all finishers. BUT – we DO know based upon bibs that at least 1513 individuals crossed some sort of finish line. Woo Hoo!

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The great turnout of folks was not limited to race day. These wonderful volunteers showed up to prepare the race packets on stuffing day.

Terry Cathcart, who is retiring as race director, knows how to go out in style. And Darryl Clark who shadowed Terry this year and will be taking over in 2012 is asking, “What have I got myself into?”

Darryl – take a deep breath. This is definitely a “Team Production”. You have a strong supporting cast.

Why the huge increase? There seems to be a general resurgence in running that may account for some of the growth. And, kudos to PE teachers Mike Latino and Jeff Leyva (Highland Park Elementary and Sierra Vista Elementary) for motivating 108 and 85 kids to participate. How great is that??? But I think the main reason for growth, is that the SRO is a first class event that is well

organized, supported by dozens of volunteers, and has an excellent venue. Hats off to the Pueblo Chieftain and the Southern Colorado Runners Club for continuing to build this race for 33 years. While many runners and walkers were local, participants listed hometowns from all over the state including: Ft. Collins, Buena Vista, Trinidad, La Veta, Del Norte, Walsenburg, La Junta, Lamar, Wiley, Fowler, Canon City, Colorado Springs, Denver and the myriad of communities surrounding Denver. There were even a few from outside Colorado.

Yes, because of the huge growth, there are a few items that need tweaked, but rest assured that these are already being analyzed and addressed by race organizers.

Editor's Note

By: Laura Wehrwein

First things first. I extend a hearty thank you to Ron Dehn for his many years of talented editing service. Ron has left some pretty big editing shoes for me to fill. Thankfully, I can (and will) still call on him for help. Luckily for us, he just can't stay away from the newsletter; this month he provided a captivating story on the Spring Runoff. Thanks, Ron, for all of your service — past, present, and future — to the club!

This is one of those months when I can honestly say that it pours when it rains. I will spare you all of the gory details; I am just grateful that my first editing issue of the SCR newsletter has finally reached your mailbox.

So who is this new editor lady? My name is Laura Wehrwein. I am wife to Jeff, and ex-software engineer turned full-time mommy to three little ones — David (4), Steven (3), and Arianna (turning 1 year this month!). I requested this editing job to help me get more involved in the club, meet some new people (with three kids under 5, I don't get out of the house much these days — the newsletter stuffing party will be the social highlight of my month!), and harness motivation to start running more seriously again. I'm proud to be volunteering for an organization filled with such fine and pleasant folks as the ones I've met so far in SCR.

And, remember, this is YOUR newsletter, so please send ideas, suggestions, articles and pictures my way! I'll do my very best to include them all when I can. Thank you for giving me the chance to follow in Ron's footsteps, and tread some new ground, too, along the way.



Your new editor and her family (Santa not included)



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



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:

3200 Spaulding Avenue
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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.

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Contributing Writers / Photographers

Gary Franchi, Ron Dehn, Dave Diaz, Carrie Franchi, Mike Archuleta, Marijane Martinez, Larry Volk

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.

The 2011 Spring Runoff (continued from Page 1)

By: Ron Dehn

And, what a day! The weather was fantastic. Cool but not cold. Mostly cloudy, but no moisture, and only a slight breeze. This meant that a bunch of runners who were sitting on the fence and waiting until Sunday morning to decide – had no excuse resulting in a large number of race day registrations.

Now a few words on results. The majority of runners who attend are simply “average” runners who seldom make headlines but train, sweat, and push themselves to the limit. Many of these “average” runners give their all. And all is all – no matter what your finish time. Hooray for the mortals who gave their all – male and female, young and old!

I hesitate to make a list of exceptional accomplishments, because there are hundreds who deserve mention, but I will take the plunge and give note to a few.

There were some serious walkers who covered the 2 mile course in a very quick pace. Kathy Sutton, Donna Caporicci, Mike Kerrigan, Loretta Arguello, and Robert Quintana were the first 5 finishers. And they range in age from 48 to 68. Wow – these are some fit individuals. Living proof that it pays to keep active.

As far as the 5k goes, is it any surprise that Levi Medina (Mr. 5k – and I say that respectfully) finished 1:23 ahead of the 2nd place finisher Eric Stephan? And what a delight it was to see that the 3rd place finisher was a female – 14 year old Aubrey Till. Aubrey was an astounding 1:47 ahead of the 2nd place female. This young lady is going places and is the daughter of Calley Till who took 1st place in her division, and was coached by Rich Hadley at Florence H.S. a few years back. And how about Roger Giordano who took 1st place in the Masters division, but was 5th place over all. As a Masters Plus runner – I’m always glad to see a Masters runner compete with the “kids”. Marti Marshall, the female Masters winner turned in a very respectable 24:25. A couple other notable performances were given by 50 year old

Chris Riley and 66 year old John Roman who won their respective age brackets with times of 21:41 and 21:58. As Sundance said to Butch, “Who are these guys?”. Finally a salute to 84 year old John Holiman who completed the 5k. Cool, very cool!

Now for the 10k runners. Andy Rinne was 3:18 ahead of 2nd place Rudy Castillo. Brandon Sanchez, Gerald Romero and Paul Koch founded out the top 5. Paul Koch was not



Melissa Mestas (left) and Laura Espinoza on race day

only 5th overall but took first place in the Masters division. Steve Cathcart, son of race director Terry, placed 7th overall. Steve has played some interesting roles over the years. One year, he shoveled snow on the trail, then took first overall in the 10k. Another year, when the 5k and 10k had staggered starts – he took 1st in both events. Sydney Mondragon was the 1st lady finisher with a time of 45:16. Sydney ran for Pueblo South and now coaches at Liberty. Vicky Granato was 1st in the Masters division with a 47:32 performance. Eight year old Kira Hughes took 1st in her division and finished in just over an hour.

Adam Rich, an elementary school teacher from Colorado Springs was 1st in the 10 mile, a familiar position to Adam who wins just about every race he runs. Bob Van Langer-



hoven from Ft. Collins was the Masters winner in the men’s division. Stella Heffron was 1st overall and also won the ladies’ Masters division. Stella is also a very familiar face in the winner’s circle and was a standout runner at (then) USC in the late 1980’s. By the way, Stella won the SRO 10 mile race 20 years ago.

There are 1500 other stories, but obviously these will have to be told by those who laced up their shoes on the morning of March 6th, and ran the race. What a great event, what a great day! Tell your stories.

Finally, a thanks to the many volunteers who helped plan and carry out the 2011 Spring Runoff. Unfortunately, we have only a partial list of volunteers, but congratulations and appreciation goes out to the following and those whose names were not available.

Race Director: Terry Cathcart, Darryl Clark (Assistant)

Chieftain Coordinator: Tracey Mattoon-Amos

Announcer: Dave Diaz

Finish Line: Dave Diaz, Gary Franchi, Ron Dehn, Anthony Diaz, Dennis Wait, Almabeth Kaess, and TBA

Youth Run: Marilyn Vargas, Jacqueline Wall, Kim Arline, Rich & Debbie Hadley and TBA

1.6-Mile Walk: Rich & Debbie Hadley, Brian Ropp and TBA **Course:** Jeff Arnold, Dave Diaz and Paulette Arns

Course Marshall: Mark Koch and TBA

Aid Stations: Bob Tibbs and TBA

Lead Cyclist: Mike Archuleta and TBA

Medical Unit: Mike Archuleta

Registration: Ruth McDonald, Paulette Arns, Paul LaBar, Marti Marshall, Susan Marshall, Troy Marshall, TBA

Photographer: Larry Volk

Results: Paul LaBar and Paulette Arns

Great Stuff — In Crisis Mode at the Runoff

By: Gary Franchi

Thought for today's lunch:

(Compliments of the grandfather in the "Pickles" comic strip)

"I think all crazy people should have to wear bow ties so we know who they are."

Musings on running, fitness, life:

I knew I was in heap deep do-do at this year's Spring Runoff when I pushed the starting button on the highly-technical, smarter-than-mankind Time Machine, a lap-held electronic results recorder, when the starting gun went off and ... nothing happened. Well, truth be told, I wasn't the one in do-do. Results compilers and fellow SCR members Paul LaBar and Paulette Arns eventually were the ones who were knee deep in the stuff since my Time Machine was the official results clock for the race. I'll get into this later in this piece, assuming I remember to.

Whatever, a minute or so later, calling on his vast experience, Runoff finish chute organizer, announcer and jack-of-all-everything Dave Diaz earned his post-race brews by slapping a few buttons on the Time Machine and got it to start working, somewhat like a resuscitated heart, helping us avert a potential crisis. We then strategically started it exactly 2 minutes after the race had officially begun, and it worked perfectly the rest of the race.

Well, perfectly until it started to give me a "battery low" signal after about the 500th runner had crossed the finish line, where I was stationed in my battered yellow lawn chair that I had dragged out of the Smithsonian beforehand. By that time my fingers were already weary from pressing the bib numbers of as many runners as I could and the "enter" button for every single one of them. Since I knew there were more than 1,000 registered runners and walkers in this year's race, I doubted the battery would

survive to the end and assumed there would be more potential do-do on the horizon. Fortunately, Paulette, a home electronics contractor when not balancing business ledgers, came up with the idea of connecting it to the battery charger. Second potential crisis averted.

I'd like to tell you that we were also able to dodge the third potential crisis, but I can't. The 2-minute difference between the actual start of the race and the official time on my Time Machine meant that Paul and Paulette had to scan by hand the bibs of every runner



And they're off! Some of the Spring Runoff runners on race day.

A special thanks to Larry Volk for the photo.

and walker, as I alluded to earlier. I hear it took them a couple of hours after the final 10-miler had finished around High Noon, by which time a warm breakfast burrito and cup of java had already been enjoyed at The Daily Grind.

Now, I'm trying to figure out who suffered the most at the Runoff. Was it me, with an achy finger caused by recording the record 1,089 finishers in the 5K, 10K and 10-mile run divisions? It's a good thing we didn't have

to record the 415 in the Funner to be a Runner 1-Miler or I'd still be undergoing finger rehab treatments today. All I know is that it was difficult to pick up that breakfast burrito and coffee. Well, not really THAT difficult.

Was it Paul, who undoubtedly required wrist reconstructive surgery after hand-scanning each and every bib? Swipe bib, shout number to Paulette. Swipe bib, shout number to Paulette. Etc. No wonder he got a little testy when a non-thinking cretin came under the field-level tent and kept badgering him for his individual race time. Next year we'll have guard dogs stationed there, trained to kill on command.

How about Larry Volk? He was the photographer who clicked that shutter button so many times before, during and after the race that his digital camera was seen waving the white towel in resignation. Then Larry helped load the finish line and race cones into two pickup trucks. That Sunday night, Larry was spotted icing down his trigger finger, unable to pet his dog Maija (Maya? Maiya? Mya?) because of the swelling.

Or maybe Anthony Diaz, Dave's brother who was on the field with a computer near the final turn, scouring the entry list in the computer to put a name with the bib numbers supplied by their uncle Joe, who played the role of "spotter" about 30 or 40 yards up the track from them. Joe would spot, relay the number via remote walkie-talkie to Dave and Anthony, and Anthony was under the gun to keyboard the bib number on the computer and relay the associated name to Dave, who was announcing runners as they approached the finish line. Talk about pressure! No doubt Anthony had a headache and Dave must have been hoarse by the time they clanged victory ale glasses at Coors Tavern afterward. But what a great service to the race that was. What a nice human touch it added!

These scenarios and others that I wasn't privy to from my volunteer station were

Great Stuff — In Crisis Mode at the Runoff

filled by real people who volunteered their time so that about 1,500 runners and walkers could have a quality race and a good experience. Plus, there were about 20 caring souls helping at the packet stuffing pizza party held at The Pueblo Chieftain on the Thursday evening before the race.

Thank them and the other volunteers when you see them. And give outgoing Race Director Terry Cathcart a word of thanks, too, for the 11 years that he headed the Spring Runoff.

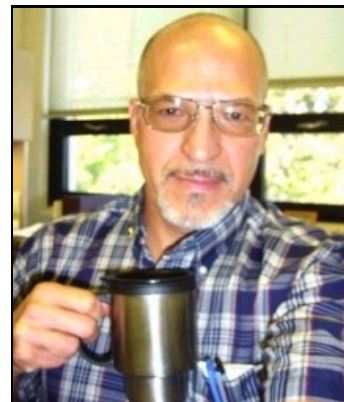
Without him and all the other folks, the do-do from all of the crises would have been mighty deep indeed.

Ten things I was just wondering:

- 1, When a person is sentenced to spend the rest of his/her "natural life" in prison, what exactly is natural about it?
- 2, How come you never read on a product label that the item is "machine crafted?"
- 3, Why did Arnold George Dorsey adopt Englebert Humperdink as his entertainment name?
- 4, Don't want to scare anyone or anything, but what if they discover in the future that the new and modern chip time readers that are contained in racing bibs cause cancer?
- 5, What can you say about an alarm system business that gets burglarized?
- 6, When people say that something isn't a problem but an opportunity, can we assume that they know inside that it's a problem?
- 7, Isn't it cool that a runner named Michael Vick (NOT the pro football player) won the Turkey Day 5K held Nov. 25 in Highlands Ranch?
- 8, What percentage of runners who compete in the Race to the Ultra Series do so because of the free Michelob Ultra that's available after the races?
- 9, With all of the functions of these GPS watches today, why can't there be a place where you can input your vital health data and contact info and eliminate the need for wearing Road ID?

10, Since I'm just a tad behind the times technologically speaking, does a GPS have access to the Internet, provide texting functions and give its wearer 150 HDF channels yet? (You wait – they will. For a price.)

Until next month, wear your long-sleeved black Spring Runoff tech shirt proudly on those cool morning and evening runs.



Gary Franchi

Spring Runoff 2011 Top Results — See www.socorunners.org for complete listing

	Place	Name	City	Age	Time
5K Run	1	Levi Medina	Pueblo, CO	23	16:34
	2	Eric Stephan	Peyton, CO	26	17:57
	3	Aubrey Till	Penrose, CO	14	18:58
	4	Luke Aragon	Pueblo, CO	19	19:23
	5	Roger Giordano	Pueblo, CO	46	19:33
	6	Jamen Cox	Pueblo West, CO	19	19:46
	7	Justen Cox	Pueblo West, CO	19	19:49
	8	Kyle Johnston	Pueblo, CO	15	19:55
	9	Michael Duran	Pueblo, CO	13	19:56
	10	Toby Doub	Pueblo, CO	40	19:59
10K Run	1	Andy Rinne	Colorado Springs, CO	35	34:59
	2	Rudy Castillo	Pueblo, CO	18	37:17
	3	Brandon Sanchez	Leadville, CO	24	37:39
	4	Gerald Romero	Colorado Springs, CO	39	37:44
	5	Paul Koch	Colorado Springs, CO	42	38:11
	6	Nicholas Elges	Cripple Creek, CO	18	38:38
	7	Steve Cathcart	Fort Collins, CO	46	38:55
	8	Charlie Gray	Pueblo, CO	56	40:07
	9	Ethan Barbieri	Pueblo West, CO	22	40:34
	10	Mark Gurule	Pueblo, CO	48	42:24
10M Run	1	Adam Rich	Colorado Springs, CO	30	51:48
	2	Augustus Maiyo	Colorado Springs, CO	27	52:13
	3	Justin Ricks	Pueblo West, CO	31	53:53
	4	Jay Luna	Denver, CO	27	54:10
	5	Matthew Hajny	Denver, CO	34	57:41
	6	Steven Folkerts	Fort Collins, CO	38	57:59
	7	Tom Caughlan	Canon City, CO	32	1:00:16
	8	Chris McIntyre	Canon City, CO	30	1:01:07
	9	Bob Van Langenhoven	Fort Collins, CO	48	1:04:19
	10	Jason Morgan	Colorado Springs, CO	32	1:06:09

2011 Spring Runoff (March 6, 2011)



From Left to Right: Aubrey Till, Teri Fox, Mark Gurule, Kevin Hughes, Christopher Markert, Gianni Palumbo, Peggy Oreskovich



Jen Hale-Coulson, Sydney Mondragon, Ramon Arriaga, John Musso, Donald Moore, Matthew Diaz, Steve Cathcart



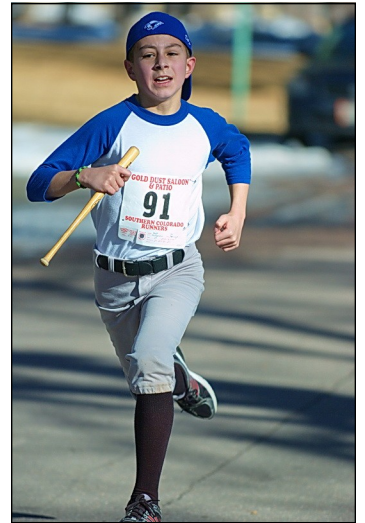
Rudy Castillo, Denise Ricks, Shawn Loppnow, Adriana Arteaga, Matt Sherman, Roger Giordano, Bobby Valentine

Another special THANK YOU to LARRY VOLK for providing all of the photos on these two pages. To purchase photos from these races and more, go to the SCR website and click on the Races tab, then the Results menu option.



Patrice McGivney, Isobel McGivney, Heidi Anderson, Kira Hughes, Justin Ricks, Luke Aragon, Kaylene Khosla

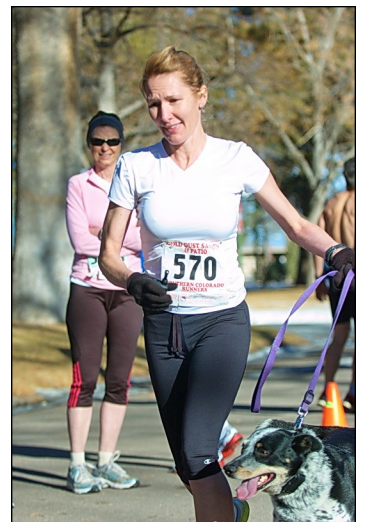
2011 Valentine's Twosome (February 13, 2011)



From Left to Right: Devin Konty, Charle Lucero or Jessica Kleven, Unidentified, Kai Arriaga or Devin Mattorano



From Left to Right: Malachi or Kylah Ricks, Paul LaBar & Daughter, Jessie Quintana, Sheri Giordano



From Left to Right: Kelly Lytton or Amy Archer, Unidentified, Unidentified, Laurice Lopez-Cepero

Editor's Note: I apologize for the "Unidentified" photos in the above set. I don't know all of you...yet. If you'd like to let me know your name, I will gladly display your name in the next newsletter.

Vegas Baby!

By: Marijane Martinez

On Thursday, March 17, I boarded an Allegiant plane to Las Vegas, Nevada. I went to Vegas to run a 5k race with friends. The race, Run Away With Cirque du Soleil, is directed by a friend, Dawn, and this was to be her last Cirque event as she is moving to

various Cirque du Soleil shows in costume everywhere. As you can see these are the two I opted to be photographed with for the newsletter. If you ever go to Vegas you must put a Cirque du Soleil show on your agenda. They are simply amazing!



Marijane Martinez at the Run Away With Cirque du Soleil 5K in Las Vegas, NV.

California. I did not know this when I made the plans to go but I was grateful I went when I found out. Vegas was not only windy but overcast and slightly cold! I told my friends if it weren't for the 'excellent' company I would have been a very unhappy camper. I was looking forward to starting my summer tan and don't remember seeing much of the sun at all the entire weekend!

I had seen my bonus daughter, Nicole Aguilar, at the Spring Run Off and she told me she, too, was going to be in Vegas that same weekend. I mentioned the race and she said they would check it out. As we were walking toward the Springs Preserve where the race was held I saw Nicole and two of her girlfriends. After the race they talked about how happy they were that they had decided to run. Their male counterparts had celebrated a little much the previous night so opted out of the race.

The weather was windy and cool but not terribly cold. There were people from the

As I was crossing the finish line I heard someone yelling my name. Imagine my surprise when I saw Johnny Ray Garcia from Raton, New Mexico there as well. He and his wife had recently become grandparents and were in Vegas to spend time with their new grandson. Being a runner he naturally looked online to find events in the area. He too enjoyed the event immensely. They are planning many more trips there to spend time with the newest addition to the family. I told him he would not have a problem finding running events.

The Las Vegas Half Marathon/Marathon will be held in December with a little twist this year. They will both be run in the evening rather than the morning. The Vegas crew has already registered and I believe there are going to be a few of us from SCR that will be going as well. I am looking forward to that event as well as others in between I am sure. It was another very enjoyable weekend with good friends.



Happy April
Birthday
to you!

- 4 Denise Flory
- 6 John Reed
- 10 Marilyn Vargas
- 11 Brad Van Buskirk
- 13 Joe Farra Jr
- 17 Robert Santoyo
- 19 Arianna Wehrwein
- 20 Kieran Hughes
Bob Stuemky
- 24 Robert Kelher
- 25 Mark Gurule
Mark Rickman
- 29 Michael Barris
- 30 Emily Batson



2011 SCR Prediction Series Cumulative Results

By: Carrie Franchi



#	Name	Lone Tree	Spring Runoff	Mad Max	Total Points
1	Debbie Gurule	94.44	65.00	94.74	254.18
2	Kris Spinuzzi	72.22	87.50	65.79	225.51
3	Ben Valdez		72.50	100.00	172.50
4	Becky Medina		80.00	89.47	169.47
5	Paul DallaGuardia	100.00		63.16	163.16
6	Peggy Oreskovich	66.67	7.50	84.21	158.38
7	Jessie Quintana	22.22	77.50	57.89	157.61
8	Brian Ropp		57.50	92.11	149.61
9	Shawn Loppnow	83.33	60.00		143.33
10	Aaron Levinson		100.00	42.11	142.11
11	Stacey Diaz	38.89	27.50	73.68	140.07
12	Wendy Garrison	44.44	62.50	21.05	127.99
13	Carrie Franchi		97.50	28.95	126.45
14	Darryl Clark		70.00	52.63	122.63
15	Mark Gurule	88.89	32.50		121.39
16	Bill Veges		22.50	97.37	119.87
17	Anthony Diaz		90.00	23.68	113.68
18	Riki Acosta	11.11	15.00	76.32	102.43
19	Paulette Arns	55.56		44.74	100.30
20	Martha Drake	50.00	50.00		100.00
21	Marijane Martinez		95.00		95.00
22	Trisha Ferguson	33.33	47.50	13.16	93.99
23	Kira Hughes		92.50		92.50
24	Rick Acosta	61.11	12.50	15.79	89.40
25	Richard Emond	5.56	2.50	78.95	87.01
26	Bill Giebel			86.84	86.84
27	Ken Hughes		85.00		85.00
28	Kevin Hughes		82.50		82.50
29	Lallo Vigil			81.58	81.58
30	Trisha Davis	77.78			77.78
31	Humberto Paredes		75.00		75.00
32	Larry Volk			71.05	71.05
33	Donald Moore	27.78	42.50		70.28
34	Candice Trent			68.42	68.42
35	Sheri Giordano		67.50		67.50
36	Ron Dehn			60.53	60.53
37	Dave Diaz	16.67		39.47	56.14
38	Jeremy Aragon			55.26	55.26
39	Stan Moore		55.00		55.00
40	Nina Gonzales		52.50		52.50
41	Justin Ricks			50.00	50.00
42	Kylah Ricks			47.37	47.37
43	Rick Hardy		45.00		45.00
44	Gloria Montoya		40.00		40.00
45	Jeff Arnold		37.50		37.50
46	Donald Hawkins			36.84	36.84
47	Diana Tiffany		35.00		35.00
48	Carlos Rivera			34.21	34.21
49	Cecil Townsend			31.58	31.58
50	Mike Orendorff		30.00		30.00
51	Malachi Ricks			26.32	26.32
52	Robert Vigil		25.00		25.00
53	Melanie Hughes		20.00		20.00
54	Cameron Giebel			18.42	18.42
55	Meghann DeVito		17.50		17.50
56	Laurice Lopez-Cepero			10.53	10.53
57	Greg Gauna		10.00		10.00
58	Frank Lopez-Cepero			7.89	7.89
59	Denise Ricks			5.26	5.26
60	Robert Santoyo		5.00		5.00
61	Kristin Tristano			2.63	2.63

2011 April through August Race Calendar By: Dave Diaz

<u>DATE</u>	<u>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
APRIL			
Saturday, April 09, 2011	***Ramsgate 8, 8K*** CANCELED FOR 2011***		
Sunday, April 10, 2011	Great Divide Spring Fling 1-30M Bike	9:30 AM	Pueblo Airport Ind Park
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
Saturday, April 23, 2011	Cheyenne Mtn Trail Run 50K, 25K	8:00 AM	Colorado Springs, CO
MAY			
Sunday, May 01, 2011	Cinco de Mayo 5K, 10K	7:30 AM	Colo State Fairgrounds
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
Saturday, May 7, 2011	Greenland Trail Run 50K, 25K	8:00 AM	Larkspur, 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
Sunday, June 5, 2011	Diabetes Prevent-a-Thon 5K	8:00 AM	Pueblo YMCA
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
Sunday, June 19, 2011	Arroyito-Lake view 5M PredRun #6	8:00 AM	North Shore Trails PW
Saturday, June 25, 2011	Women's Distance Festival 5K	7:00 AM	Lake Minnequa Trails
Saturday, June 25, 2011	WAR-Whitewater Adventure Race	3:00 PM	Canon City, CO
Sunday, June 26, 2011	North Face Hellacious Trail Challenge	7:30 AM	Colorado Springs, CO
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 20, 2011	Pikes Peak Ascent	7:00 AM	Manitou, CO
Sunday, August 21, 2011	Pikes Peak Marathon	7:00 AM	Manitou, CO

NOTES: The "Ramsgate 8" Predict Run, scheduled for April 9, 2011, has been canceled for 2011, due to illness.

Canon City is planning the 2nd annual Royal Gorge Whitewater Festival June 24 & 25, and will include an Adventure Race along the Arkansas River. They also canceled the Autumn River Run and instead will have a Turkey Trot on Thanksgiving.

Salida, CO, is hosting the 1st annual Arkansas River Bluegrass Marathon and Half on Sunday, May 29, in conjunction with a Bluegrass Festival in Salida.

Race Directors, please contact Dave with any changes at calendar@socorunners.org

March 2011 Meeting Minutes

By: Mike Archuleta

ATTENDANCE: Mike Archuleta, Paulette Arns, Dave Diaz, Don Pfost, Paul LaBar, Jeff Arnold, Brain Ropp, Ron Dehn, Terry Cathcart, Dennis Wait, Marilyn Vargas, Sayra Bassett, Gwen Steves, Julie Johnston, Todd Kelly

Gary Franchi was not present at the meeting. It was mentioned that Gary must be writing articles for the Spring Runoff or drinking beer at the Gold Dust.

CLUB BUSINESS

Request for race email listing. The club to develop polices regarding using the email list for other race organizations.

Calendar: The club to look at the race calendar each year and look at a process to prevent scheduling conflicts with other race dates.

Race equipment: The club is looking at purchasing second race clock for the club. Dave Diaz to research pricing for a back up race clock. The club purchased projector to project race results at races.

OFFICER REPORTS

Minutes: Mike Archuleta

The club approved the minutes with no changes for February.

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 stepped down as newsletter editor. The new editor lives in Fountain. Marilyn Vargas and Dennis will coordinate newsletter stuffing and mailings.

Member. Chair: Maria Elena Weaver

Total Memberships: 161

Individual memberships: 90

Family memberships: 71

Family members (other than main member): 159

Newsletter only recipients: 26

We have 187 newsletters going out to members and the newsletter only addresses; therefore we are short by 13 members to reach our 200 newsletter goal. I sent out 65 renewal letters on Monday and hope we will reach that goal. In the meantime I will continue to send out newsletters to non-renewed members.

Webmaster: Paul LaBar

Paul reported the maintenance of the website. He stated Kim Arline is looking at some other pay option for online registration.

Race Calendar: Dave Diaz

Dave talked about the 2 new predict races coming up on the race calendar. The predict races will be in June and August.

UPCOMING RACES AND EVENTS

Spring Runoff

Terry Cathcart reviewed the logistics of the races for the Spring Runoff. Jeff Arnold has marked the course. Mike Archuleta will be the lead bicyclist for the race. The medical support team has been arranged for the race. Terry talked about the different races and the new course for the Spring Runoff.

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.

Run For Kids

Julie talked about the race being held Oct 30th. The race will be 5k. to be held on Sunday. The race will concede with the soccer events. Julie hoped to have several of the soccer players run the 5k race. Paul will be the SCR representative.

Spank Blasing Race

Todd Kelly reviewed the race and events after the race. Todd mentioned beer garden

with Martini Shot playing during and after the race. The race will be posted on SCR website.

Diabetic Prevention

Sayra Bassett stated that the race will be changed to June 5th . The course site will be announced at next runners club meeting. Mike will be the SCR liaison for the race.

Beulah Challenge

Michelle Highfill will help coordinate the race, which will be held in 2012.

Race Recaps

- Valentine Twosomes had over 51 couples for the race. The weather was excellent for the race.
- Spring Runoff Tuneup had a great turn out of over 40 runners for the event .

Meeting Adjourned at 805 p.m.

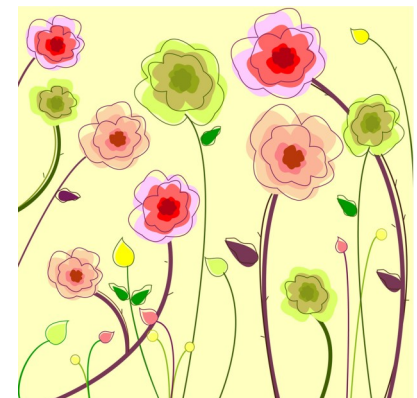
Spring on in to the

Gold Dust Saloon

In the HEART of the

Union Avenue Historic District

217 South Union



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

Non-Profit
Organization
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Permit # 41

www.socorunners.org



If you move, let us know!

Issues of "Footprints" are not forwarded.
Please get your new address to the
SCR Membership Chair in care of the
YMCA at the address listed above.

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

Join us at a monthly SCR meeting!

Date: April 6 (First Wednesday of each month)

Time: 6 pm (SCR Club business),
7 pm (General business — new races, etc.)

Location: Pueblo Family YMCA at 3200 Spaulding Ave. (just off of
Pueblo Blvd.). We meet in the community meeting
rooms.

We look forward to seeing you! Bring your ideas!

Contact Information

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



Runners at the Valentine's Twosome.

Photography: Larry Volk

THE FINAL WORDS:

And, finally, a quote from my favorite show, **Seinfeld**:

George Costanza: I want to make a good entrance. I never make good entrances.

Jerry: You have made some good exits.