



# Footprints

Southern Colorado Runners

May 2011

Volume #340, Issue #5

Editor: Laura Wehrwein

## Youth Triathlon a Success! By: Kim Arline

**P**ueblo's first ever Youth Triathlon took place under sunny skies on Saturday, April 16<sup>th</sup> at CSU-Pueblo. Forty-five kids 15 and under competed in three age divisions using Iron Kid distances for the swim, bike and run. There were lots of proud, happy faces at the finish line as the kids accomplished something many adults have never attempted.

The weather was downright cold that morning as we set out cones, remarked the course and families started arriving. Fortunately it warmed a bit by 9 am when the first wave of 5-8 years olds swam their 50 yards. Two heats followed for 9-11 year olds swimming 150 yards and two more heats of 12-15 year olds swimming 300 yards. The kids then ran to the transition zone and headed out for the 2.3-mile bike loop. We had two bike crashes but the kids pushed on after skinned knees were tended to and finished the course.

After dropping their bikes and helmets in the transition zone they ran 0.5 mile (5-8 years),



**Pueblo Youth Triathlon Club.** Top row: Dillon Derting, Joseph Misiaszek, Garret Lopez. 3rd row standing: Gwen Steves, Denise Crepeau, Grace Hale-Tafoya, Tanner Snyder, Jennings Tiller, guest, Greg Arline, Dominic Derting, Amber Arline. 2nd row sitting: Alyson Farrer, Madison Derting, Brooke Holdredge, Bari Agnes, Kim Arline, Acacia Nettles, guest, Cheryl Farrer. Front Row: Paul Dallaguardia, Tom Ratzlaff, Grace Gonzales, Kailee Misiaszek, Duncan Sharp, Ken Sharp

### Inside this issue:

Gary's Great Stuff Column	4
Autism Awareness 5K Recap	6
Hershey Track Meet	6
Race Photos	7
Walk-n-Roll Pueblo	8
2011 Race Calendar	10
April SCR Meeting Minutes	11

1 mile (9-11 years) and 2 miles (12-15 years).

Bringing an event like this to Pueblo was a major undertaking requiring lots of help from many volunteers too numerous to list. We had extra challenges race day as 30 volunteers that were promised did not show! But this all started over a year ago with a vision and a dream. Gwen Steves, a local triathlete, volunteer swim team coach and Laboratory Scientist at Parkview's Pueblo West ER approached the YMCA to sponsor

this club and the Kids Triathlon as part of their Healthy Kids programming. Next Gwen recruited other triathletes, cyclists and runners like me to help her.

I showed up to the first meeting last summer thinking I was volunteering to help at some distant date she mentioned for this event in April 2011. I was a bit confused when the discussion turned toward a training club for

*(Continued on page 3)*

## Editor's Note by: Laura Wehrwein

Happy May to you! I really enjoyed my first month as editor, and I'm looking forward to many more months ahead. Thanks to our writers and photographers this month. Don't be shy — please send your articles my way. Even tiny blurbs on a recent or upcoming race are appreciated. Sometimes those tiny blurbs are exactly what I need to fill an empty space in the newsletter. And it's always great to hear from new folks, as well as our regular contributors.

I just registered for Cheyenne Mountain Zoo's Run to the Shrine on May 21. It will be my first participation in an organized running event since the birth of my baby one year ago. I probably won't be running — I may be backpacking my baby instead — but I'm just excited to finally get moving again while supporting a great cause. And what better way to spend a Spring morning than at the zoo!

Until next month, happy running days to all of you!



At the Pueblo Youth Triathlon, the top three girls in the age 5-8 division proudly display their medals. From left to right: Alyson Farrer, Grace Hale-Tafoya, Heidi Martin.

See more photos of this event on page 7 of this issue.



SCR is associated with RRCA,  
Road Runners Club of America.  
See: [www.rrca.org](http://www.rrca.org)



**Southern Colorado  
Runners**  
[www.socorunners.org](http://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.

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### Current SCR Officers

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### Contributing Writers / Photographers

Gary Franchi, Dave Diaz, Maria Elena Weaver, Mike Archuleta, Kim Arline, Joe Bulow, 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.

# Youth Triathlon a Success!

(Continued from page 1)

kids on Friday evenings starting in September 2010. I tried to politely decline the offer but Gwen was so enthusiastic about this club, she insisted she could help my family of sinkers learn to swim. Before I knew it, I agreed to coach running and cycling. I went home that night and told my kids, "You'll never believe what I just got us into." I explained if I had to go, they had to go with me. My daughter just smiled, shook her head and texted her friends, "My mom is crazy. Help me!"

We started the training on the bikes taking advantage of the last couple hours of daylight in late fall. As days got shorter we started some running work outs and during the darker winter months, we swam, did strength training, some bike mechanics and learned about the transition zone indoors. Some nights we had 30 kids but most Friday nights we had 15-20 kids eager to train. The bike mechanic training sure helped when my daughter's chain fell off during the race. She hopped off, quickly put the chain back on just like Coach Austin showed the kids and continued to ride. I'm hoping my kids perfect their tire changing skills so I can bring a flat home and just snap my fingers and it's repaired. It doesn't work with the dishes so I'm probably just dreaming!

The spring brought more sports for our little athletes to squeeze into their schedules. We lost a few kids to other sports and school events but our core group stuck with it and competed against kids from Colorado Springs, Greeley, Castle Rock and Salida. Some of those kids have paid coaches, *really* nice bikes and "Wicked Fast" times like the Colorado Springs club is named. Most of the top three finishers in each age group were these kids, some of which are nationally ranked triathletes already.

But there are a few Pueblo kids we'll be reading about in the years to come! Several of the 5-6 year old boys are amazing cyclists

on those little 16 inch one speeds and one little guy ran 3.5 miles at practice one night and still wanted to keep going. The Pueblo kids had a wide variety of interesting bikes but they all had great attitudes, never complained and were fun to coach! The Tri course followed much of the 5-km Corporate Cup course at CSU-P with the hill many adults complain about on Bartley. The 12-15 year old kids had to ride up that hill three times on their 7-mile bike and run up it twice on their 2-mile run. Those one speed dirt bikes and little girly bikes didn't make those



**Youth Tri Club coaches: Denise Crepeau, Austin Clark, Ken Sharp, Kim Arline, Gwen Steves, and Justin Steves at the Tour de Starbucks ride in December 2010. (Coaches not in photo: Tom Ratzlaff, Dan Radiff, Kanda Misiaszek, Paul Dallaguardia).**

climbs any easier. It seemed like each week we had another kid moving up to gears on a "newer" bike.

We had three training sessions at CSU-Pueblo on the actual course giving us the opportunity to train our timers with some real kids running through. Timing this event required Paul Dallaguardia and his girlfriend Tana punching times and writing down numbers from the kids' arms at the pool exit, Sherri and Roger Giordano timing and logging bib numbers at the transition zone exit to the run, and my husband Al and my co-worker Karen Sisson timing and taking bibs at the finish line. Michael Orendorff figured out the club's Race Director software to assign waves, print bib labels, insert splits at each timing zone and create race results.

Paulette Arns was an amazing advocate and volunteer helping get this race off the ground by assisting with the computer system, helping train timers, delivering equipment for the practice sessions and the actual race.



**Kim Arline**

It took a ton of effort to get this race off the ground, we learned some things we'd like to improve on to keep this event viable in Pueblo. Everyone involved in this race commented how much fun it was to see such

little competitors pushing themselves, yet having so much fun doing it. Seems like all the kids are looking forward to doing another triathlon! My son really enjoyed the freedom he felt on a closed course where he could just ride and run all over a college campus without an adult hovering over him.

It was truly rewarding to see the proud smile on a little girl's face as she cruised down the hill on her sassy pink bike with a white basket, see her leave the bike and charge out of the transition zone. Seeing our Pueblo kids finish strong and proud was worth every minute of effort we put into this program and event. You can just feel the health

and wellness of Pueblo is changing and will only get better!

Gwen hopes to foster an official USAT adult and youth triathlon club here in Pueblo and bring back the "Ordinary Mortals" triathlon as a weekend event next year with kids racing one day and adults racing the other day. The Ordinary Mortals was an adult triathlon started by Michael Orendorff in 1991. But it will require involvement and help from more triathletes, runners and others in town coming together to train and create something great for everyone! If you want to get involved, contact Gwen at [gwendolfish@yahoo.com](mailto:gwendolfish@yahoo.com).

# Great Stuff — Tailwinds help robots at Boston Marathon

By: Gary Franchi

## Thought for today's lunch:

(Compliments of the late Albert Einstein)

***"If you travel faster than the speed of light, time reverses itself, but it's not worth the jet lag."***

## Musings on running, fitness, life:

Now let me get this straight: Geoffrey Mutai of Kenya ran the Boston Marathon in 2 hours, 3 minutes and 2 seconds on April 18. So, he ran each of those 26.2 miles at the ridiculous average pace of just a fraction of a second under 4 minutes and 42 seconds.

Of course, some of his miles were slower. He probably only ran a 4:45 or 4:50 up Heartbreak Hill, which arrives about 21 miles into the marathon. But in the downhill sections earlier in the race, he probably was under 4:30. Now, not many humans can run even one mile under 4:30, let alone 26 of them in a row.

To put this in perspective, Mutai's Boston time was faster than 283 of the 609 finishers in last December's Rock Canyon Half-Marathon in Pueblo. It was faster than more than half of the finishers (808 of the 1,443) in the Horsetooth Half-Marathon, which was held April 17 in Fort Collins. Now, those folks ran 13.1 miles while Mutai did 26.2.

This doesn't make sense and it can't be happening, can it? The Einstein quoted at the top of this piece should still be alive so he could figure out and explain the scientific dynamics of how this is possible. Why didn't Mutai suffer jet lag for traveling faster than the speed of light?

So, like, what the heck is going on in this world? Have aliens taken over the world of running? Better yet, is there a robot manufacturing plant in Kenya? Is there another one in Ethiopia, which is now churning out runners with about as many crazy marathon times as does Kenya?

Why can't the U.S. get a spy to infiltrate the

robot manufacturing plant in Kenya, steal the technology and bring it back to the states and start producing some of these robots right here on our soil. I mean, Ryan Hall, the first American finisher at Boston, ran a "sluggish" 2:04:58 and finished fourth. What a slacker, even if it WAS the fastest marathon time ever recorded by a U.S. runner by 40 seconds. The second-place Boston time was 2:03:06 and the third runner was timed in 2:04:53.



**Geoffrey Mutai, winner of the 2011 Boston Marathon, passing near the halfway point. Photo by George Roberts used under Creative Commons Attribution 3.0 Unported license.**

Hall came up with probably the best quote about the speed merchants in front of him: "I was out there running and I said to myself: 'I can't believe this is happening right now. I'm running a 2:04 pace and I can't even see the leaders.' It was unreal."

The women ran astoundingly fantastic as well. The first U.S. female finisher, Desiree Davila of Michigan, finished second in 2:22:38 and was only 2 seconds back of first-place Caroline Kilel of Kenya. Davila's time was the fastest Boston time ever by an American

female. And Kara Goucher, who attended CU a few years back, chopped a minute off her marathon PR with a 2:24:52 just 7 months after having a baby.



**Gary Franchi**

To be honest, these were ideal marathon conditions. The weather was cool but not cold. But the most important thing is that the runners had tailwinds of 20 to 30 mph the entire race. Picture having this spring's Pueblo winds at your back for 26.2 miles. Got it?

Still, I want some stock in that robot formula that is used by the manufacturing plants in Kenya and Ethiopia. Shares of that are going to be worth millions some day when the secret is sold to other countries. Did I hear someone say sub 2-hour marathon?

## Some numbers to tickle you

- 6,000 of the approximately 27,000 Boston Marathon entries this year were non-qualifiers, people who gained entry by raising money for charity.
- The 2011 Boston Marathon field filled in an astounding 8 hours.
- The 2011 Chicago Marathon, which has about 45,000 runners, filled in a record 31 days.
- The 2011 New York Marathon fills its 45,000 slots via a lottery.
- Carrie and Gary Franchi, who have different consumption habits, fill their refrigerator with 1 stop at both Wal-Mart and King Soopers.
- The average Puebloan fills his/her face at a fast-food restaurant an average of 5.6 times a week. (OK, so I made that one up.)
- This newsletter will soon be helping fill your wastebasket after you finish this column. Probably before you finish it.

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### Ten things I was just wondering:

1. When filling out a registration form for the Bolder Boulder, why don't they have a "don't expect to finish" prediction time category?
2. After hearing that Cincinnati Reds pitcher Mike Leake was arrested for shoplifting six shirts at a Macy's store, do we need to take up a collection for him since he can't get by on his measly \$425,000 salary?
3. And do we need to send checks to help out Dallas Cowboys receiver Dez Bryant, who is being sued for having unpaid jewelry bills of \$825,000?
4. Judging by the new Denver Triathlon's entry fees of \$99 for the sprint distance and \$125 for the Olympic distance, can we assume that race organizers aren't in it for the "good of the sport?"
5. Judging by the \$130 basic entry fee for the Boston Marathon, can we assume that B.A.A. officials aren't in it for the "good of the sport?"
6. When you take away the hype, isn't it amazing how little substance often remains?
7. Could you say you've "matured" when the running goal has nothing to do with your finish time but everything to do with not doing any more physical damage?
8. When did the metabolism rate decide to take a snooze?
9. How did cavemen live before java was invented?
10. How did ex-Footprints editor Ron Dehn fill his time this past month?

•

Until next month, may you not be embarrassed the next time a 10K runner beats you to the finish when you're only running a 5K distance.

*Happy May Birthday to you!*

- 2 Ben Valdez  
Sheri Tiller
- 4 Paul Dallaguardia  
Jim Austin
- 5 Troy Davenport  
George Dominguez  
Alexis DeaBueno
- 7 Eva Cosyleon
- 8 \*Otis Paul Drayton, Glen Cove NY, 4x100m runner (Olympic-gold-1964)
- 9 \*Marie-Jose Percec, Guadeloupe, French 200m/400m runner (Oly-2 gold-96)
- 10 Melinda Orendorff
- 11 Tomas Coseno
- 13 Paul La Bar  
Steven Camy
- 14 Deborah Gurule  
Bea Jones
- 15 \*Miruts Yifter, Ethiopia, 5K/10K runner (Olympic-gold-1980)
- 16 \*Steven Earl Lewis, LA Calif, 4X100/400m runner (Olympic-gold-1988)
- 17 Angela Kleven
- 18 Mark Koch
- 19 Charlie Gray
- 20 Diane Lopez  
Lori Gregory  
\*Bruno Marie-Rose, French runner (world record 200 m indoor)
- 21 Ana Bentz  
Stanley Moore
- 23 Sidney Arnold
- 23 \*Nina Otkalenko, USSR, 800m runner (9 world records)
- 24 \*Audrey Brown, England, 4 X 100m runner (Olympic-silver-1936)
- 25 Mary Davenport  
Jennings Tiller  
Reyna Ehrman  
\*Irnema Szewinski Kirszenstein, Poland, 200m runner (1968 Olympic Gold)
- 26 Lois Pfof  
Tamara Moore
- 27 \*Ray Armsetad, Kirksville Mo, 4X400 runner (Olympic-gold-1984)
- 29 Jake West

**\*Honorary SCR Member**

## Autism Awareness 5K Recap — April 16 By: Joe Bulow



Joe Bulow

The 4th annual 5K for Autism Awareness Month was held Saturday, April 16th at America the Beautiful Park near downtown Colorado Springs. Under sunny blue skies and a slight wind, hundreds of walkers and runners came out to help raise funds and attention to a disorder that affects the brain's normal development of social and communication skills.

During the pre-race registration, the Cari Dell Band, a local cover tunes band, provided excellent entertainment as adults gathered information from various kiosks promoting local therapy centers or other businesses geared toward improving the lives of those affected by this disorder while the children played on the fantastic playground nearby.

The children's race consisted of an approximately 400 meter loop in front of the Julie Penrose Fountain, or what my boys refer to as "the Big O" fountain. Volunteers placed a medal around the neck of each child who ran or walked this loop.

Although the 5K run/walk did not involve race numbers, racing chips, or timing mats, a race atmosphere was obvious as a group of about 25 runners shot out from the pack early and set a competitive pace. The course led participants north on the Monument Valley trail toward Colorado College where the concrete surface switched to dirt trail after about one mile.

Runners and walkers turned around and across at the Cache La Poudre bridge and headed back to the park. Upon re-entry to the park, everyone ran the loop by the fountain before finishing by the main shelter. Cold beverages and fresh fruit were offered as post race refreshments.

## Hershey Track Meet in Pueblo — June 4 By: Kim Arline



Kim Arline

City of Pueblo Parks and Recreation is hosting a "Hershey Track Meet" on Saturday, June 4th at Dutch Clark Stadium starting at 10 am. Hershey track meets are free events for 9 to 14 year olds held all over the country in spring and early summer.

Hershey events open to Pueblo students and needing community volunteers to help with on June 4th are:

50 meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 4x100 meter relay, standing long jump, softball throw. The 13-14 year olds will also compete in the 1600 meter run. Kids may compete in 2 track and 1 field event or 1 track and 2 field events at no cost.

The boy and girl winner from each age division in each of the track and field events from Pueblo will get to advance to the Colorado Hershey meet in Fort Collins on June 18th. All participants that attend the state meet will receive a t-shirt, some Hershey Candy and compete in an official track meet. At least five participants from each state and 10 Canadian provinces and three territories ultimately will travel to Hershey, Pa. to compete in the North American Final Meet held August 5-7 at Henry Hershey Field on the campus of the Milton Hershey School. In total, approximately 550 youth athletes will spend four action-packed days in Hershey visiting its famous sites, meeting peers and famous track and field athletes, and competing in a nationally recognized track event.

Contact Liz Knox at 553-2802 or [eknox@pueblo.us](mailto:eknox@pueblo.us) to volunteer to get more kids in Pueblo running and jumping for fun and life!

Good luck to Youth Triathlon Club  
Coaches Gwen Steves and Tom Ratzlaff  
in their May 7th St. George Iron Man  
competitions!

## Horsetooth Half Marathon in Fort Collins — April 17



Left: (from left to right) Troy Diaz, Dave Diaz, Stacey Diaz and David Diaz at the Horsetooth Half Marathon on April 17. Above: One of the many hills along the scenic course. Photos submitted by Dave Diaz.

## Pueblo Youth Triathlon — April 16



Left: In the transition zone, Grace Hale-Tafoya gets ready for the running part of the Triathlon.

Below: Some of the parents and 5-8 year-old athletes. Photos submitted by Kim Arline.



# 2<sup>nd</sup> Annual Walk-n-Roll Pueblo

By: Kim Arline



Kim Arline

The 2<sup>nd</sup> Walk-n-Roll Pueblo campaign kicks off Wednesday, May 18th with a city-wide Bike to Work day during National Bike Week. Join others and try bike commuting that day and stop to visit

with other cyclists at a breakfast stop downtown by City Hall at SRDA. The breakfast stop will include coffee, fruit smoothies made by a fender blender (you might have to pedal for your own smoothie) and breakfast burritos for those that register at [www.activepueblo.net](http://www.activepueblo.net). At 7:25 am we will get ready for the 2-mile "Downtown Tour" bike ride with a police escort. We should finish the tour so most people working in town can get to work by 8 am. This free event is designed to encourage people to try bike commuting for health, fitness and explore other options than ALWAYS driving. If you don't have to work May 18th, your job is to ride down and have fun with us anyway. For each person we get to try cycling in town, we hopefully create one more driver that is more aware and drives more carefully near cyclists.

The 2<sup>nd</sup> annual Commuter Cup Challenge starts May 18th and will end five weeks later on June 22nd, Colorado Bike to Work Day with breakfast stops scattered around town to visit. This fun, free challenge encourages



**2010 Downtown Tour. Look for it on May 18th at 7:30 am this year!**

you to try bike commuting the entire month and see how often you can leave the car at home. The data collected is how many days you work, how many days you bike/walk commute and how many miles you log commuting on foot or bike. Company and individual commuter rates are tracked so the more you ride, the better. We also track miles to offset the challenges those living farther from work have to overcome to commute.

The Commuter Cup Challenge was incredibly successful in its first year with 55 residents riding 25% or better the *entire* month. Commuters that actually reported their data logged 7,523 miles biking to work. Training miles can be included but only if they are built into your commute to or from work. Improvements have been made to make reporting data very easy this year. Worksites just need someone to step

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**A breakfast stop in 2010.**



**One of the Costume Cruiser events in May 2010. Look for these every Thursday night at 6 pm.**



*(Continued from previous page)*

forward and offer to be the team captain to provide bike route maps, safety information to interested employees. Last summer we had two Pueblo men become full time commuters and lost a total of 60 pounds and both were able to get off cholesterol, diabetes and blood pressure medications plus they saved a bunch of money on gas!

To help more people try biking and walking in Pueblo and discover how to get around, several fun rides and historical walks are on the calendar. Thursday Costume Cruiser rides will take place at 6 pm. Brad Evans, the founder of Denver Cruisers explains, "Cruisers are sort of the gateway drug for

cycling." People that consider wearing spandex and riding 40 miles revolting, can actually find cycling less intimidating and a lot more fun on these casual, slower pace, social rides. Families are welcome on the rides but parents must ride with, supervise and be responsible for their kids. A Bicycle Scavenger Hunt, Bike Tour of Graffiti Art, an Ice Cream Social Ride along the River trail and other rides are planned after a brief safety briefing. This campaign is sponsored by the City of Pueblo to promote healthier habits, improve awareness and safety on our roads and make cycling a viable transportation option especially with rising gas prices and many families suffering in this economy. There is no charge for the events but you must sign a

liability waiver. For those that enjoy more miles, "Dine on Skyline" is a 60-mile RT ride from Nick's Bike Shop in Pueblo West to Skyline Drive in Canon City. This is the only event with a fee to cover your meal Nick's Bike Shop will deliver to you on top of Skyline. We hope to have a little presentation on the geology and dinosaur footprints up there also. Due to State Patrol rules only the first 45 people to register can join this ride.

Check out the blue flyer insert with the calendar, description of some of the events and tips for everyone in a car, on foot or on a bike to stay safe and have fun! Hope to see you riding!



**Group ride from Pueblo West on Bike to Work Day in June 2010. Check out the calendar online for a group ride in your area.**



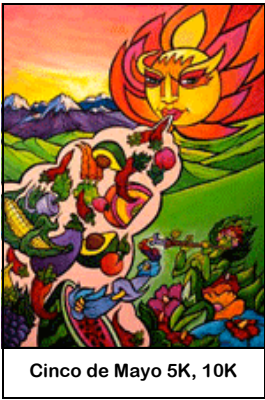
Dave Diaz

# 2011 May through December Race Calendar By: Dave Diaz

DATE	EVENT/DISTANCE	TIME	LOCATION
<b>MAY</b>			
<b>Sunday, May 01, 2011</b>	<b>Cinco de Mayo 5K, 10K</b>	<b>7:30 AM</b>	<b>Colo State Fairgrounds</b>
Sunday, May 01, 2011	Colorado Marathon	6:00 AM	Fort Collins, CO
Sunday, May 01, 2011	Cherry Creek Sneak 5M, 5K	8:00 AM	Denver, CO
Thursday, May 05, 2011	Down and Dirty Trail Series, 3K	6:00 PM	Bear Creek Park, CS
Saturday, May 7, 2011	Take 5 in the Garden 5M, 5K	8:00 AM	Garden of Gods, CS
<b>Saturday, May 7, 2011</b>	<b>John Neumann Panther Run 5K</b>	<b>9:00 AM</b>	<b>Pueblo City Park</b>
Saturday, May 7, 2011	Blossom Day 5K & 5M	8:00 AM	Centennial Park, Canon City
Saturday, May 7, 2011	Collegiate Peaks Trail Run 50M, 25M	6:30 AM	Buena Vista, CO
Saturday, May 7, 2011	Greenland Trail Run 50K, 25K	8:00 AM	Larkspur, CO
Sunday, May 8, 2011	Colo Rockies Home Run 5K	8:00 AM	Coors Field, Denver, CO
Thursday, May 12, 2011	Down and Dirty Trail Series, 5K	6:00 PM	Bear Creek Park, CS
Sunday, May 15, 2011	Colfax Marathon	6:00 AM	Denver, CO
<b>Sunday, May 15, 2011</b>	<b>Yappy Dog 8.6M-Predict #5</b>	<b>8:00 AM</b>	<b>South Mesa Elem School</b>
Thursday, May 19, 2011	Down and Dirty Trail Series, 8K	6:00 PM	Bear Creek Park, CS
<b>Sunday, May 22, 2011</b>	<b>Run With the Bulls 5K</b>	<b>8:45 AM</b>	<b>Union Ave Historic District</b>
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
<b>JUNE</b>			
<b>Saturday, June 4, 2011</b>	<b>Run for Rio 5K</b>	<b>8:00 AM</b>	<b>Rye High School</b>
<b>Sunday, June 5, 2011</b>	<b>Diabetes Prevent-a-Thon 5K</b>	<b>8:00 AM</b>	<b>CSU-P</b>
<b>Saturday, June 11, 2011</b>	<b>Spirit Fest 5K</b>	<b>8:00 AM</b>	<b>Pueblo Riverwalk</b>
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	Mt Evans Ascent 14.5 M	7:30 AM	Idaho 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
<b>Sunday, June 19, 2011</b>	<b>Arroyito-Lake view 5M PredRun #6</b>	<b>8:00 AM</b>	<b>North Shore Trails PW</b>
<b>Saturday, June 25, 2011</b>	<b>Women's Distance Festival 5K</b>	<b>7:00 AM</b>	<b>Lake Minnequa Trails</b>
Saturday, June 25, 2011	WAR-Whitewater Adventure Race	3:00 PM	Canon City, CO
Saturday, June 25, 2011	Slacker Half Marathon	8:00 AM	Georgetown, CO
Sunday, June 26, 2011	North Face Hellacious Trail Challenge	7:30 AM	Colorado Springs, CO
<b>JULY</b>			
Saturday, July 2, 2011	Leadville Trail Marathon & Half	8:00 AM	Leadville, CO
Saturday, July 2, 2011	Veteran's Home Run 5K	7:00 AM	Colorado Springs, CO
<b>Monday, July 4, 2011</b>	<b>Liberty Point 5K</b>	<b>8:00 AM</b>	<b>Pueblo West</b>
Sunday, July 10, 2011	Summer Roundup Trail Run 12K	7:00 AM	Bear Creek Park, CS
<b>Saturday, July 16, 2011</b>	<b>Mosaic Run 5K</b>	<b>8:00 AM</b>	<b>Amazing Grace Church, PW</b>
Sunday, July 17, 2011	Barr Trail 12M	7:00 AM	Manitou, CO
<b>Saturday, July 23, 2011</b>	<b>Shawn's Shuffle 4M-Predict #7</b>	<b>6:00 PM</b>	<b>Regency Park Area</b>
Saturday, July 23, 2011	Classic 10K	7:00 AM	Colorado Springs, CO
<b>AUGUST</b>			
<b>Saturday, August 6, 2011</b>	<b>Up Down &amp; All Around-Predict #8</b>	<b>8:00 AM</b>	<b>Swallows Road, PW</b>
Saturday, August 6, 2011	The Top Ten Mile		Colorado Springs, CO
Saturday, August 6, 2011	Danapalooza Trail Run 5K	8:00 AM	Canon City, CO
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
<b>SEPTEMBER</b>			
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
<b>Sunday, September 11, 2011</b>	<b>South Shore Adventure-Pred #9</b>	<b>7:30 AM</b>	<b>South Shore Trails</b>
Sunday, September 11, 2011	Denver 1/2 Marathon	8:00 AM	Denver, 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
<b>OCTOBER</b>			
<b>Saturday, October 1, 2011</b>	<b>Lion's Roar 5K</b>	<b>9:00 AM</b>	<b>City Park</b>
Saturday, October 1, 2011	Royal Gorge Run 5K, 10K	8:30 AM	Canon City, CO
Sunday, October 9, 2011	Denver Rock n Roll Marathon	8:00 AM	Denver, CO
<b>Saturday, October 22, 2011</b>	<b>Harvest Run 5K-Predict #10</b>	<b>4:30 PM</b>	<b>Lake Minnequa</b>
<b>Saturday, October 29, 2011</b>	<b>Strut Your Mutt</b>	<b>9:00 AM</b>	<b>Union Ave Historic District</b>
<b>NOVEMBER</b>			
<b>Saturday, November 5, 2011</b>	<b>Hustle for Russell 5K</b>	<b>9:00 AM</b>	<b>Pleasant View Mid School</b>
<b>Saturday, November 12, 2011</b>	<b>Atalanta 5K</b>	<b>8:45 AM</b>	<b>City Park</b>
<b>Thnksyvg, November 24, 2011</b>	<b>YMCA Turkey Trot 5K</b>	<b>9:00 AM</b>	<b>Pueblo YMCA</b>
<b>Saturday, November 26, 2011</b>	<b>Temple Canyon 4M-Predict #11</b>	<b>9:00 AM</b>	<b>Temple Canyon-Canon City</b>
<b>DECEMBER</b>			
<b>Saturday, December 03, 2011</b>	<b>Rock Canyon Half Marathon 13.1M</b>	<b>9:00 AM</b>	<b>Pueblo City Park</b>
<b>Saturday, December 17, 2011</b>	<b>It's a Wonderful Run 4M-Pred #12</b>	<b>9:00 AM</b>	<b>Sunset Park</b>

**CALENDAR NOTES:**

The Boulder Running Company will debut its Down and Dirty Trail Series in May at Bear Creek Regional Park in Colorado Springs. The opening race, a 3k starts at 6 pm, Thursday, May 5. On May 12 the series will feature a 5K, then on May 19 an 8K. They wanted a race that would be friendly for all runners, not just the hard core trail runners.



Cinco de Mayo 5K, 10K



St. John Neumann Panther 5K Run



# April 2011 Meeting Minutes

By: Mike Archuleta

**DATE:** April 6, 2011 at 6:00 p.m.

**ATTENDANCE:** Mike Archuleta, Paulette Arns, Dave Diaz, Paul LaBar, Brian Ropp, Ron Dehn, Terry Cathcart, Gary Franchi, Todd Kelly, Hilberto Navarro, Sayra Bassett, Kristie Dowart, Brian Rayburn, Carlos Rivera, Kim Arline, Rich Hadley, Patricia Henson, Dan Comden, Maria Elena Weaver

## CLUB BUSINESS

**Purchase Second Clock:** The officers talked about purchasing a second race clock as back up. Paulette and Dave will look at getting quotes for the clock. The concern is if the current clock breaks down, there is no back up.

**Storage Unit:** Dave Diaz stated the current storage unit is becoming crowded and may need a larger storage unit. Dave will research cost and bring to the next meeting.

**Loaning equipment:** Developing some type of policy for loaning SCR equipment to other organizations or persons. The policy will define who can borrow equipment.

## OFFICER REPORTS

**Minutes: Mike Archuleta**

The club approved the March minutes with no changes.

**Treasurer Report: Paulette Arns**

Paulette presented the financials to the club. The majority of the cost was spent on the Spring Runoff and newsletter.

**Newsletter: Laura Wehrwein**

The new newsletter editor will be back at the next meeting.

**Membership Chair: Maria Elena Weaver**

Reported over 185 members. 26 short for the newsletter.

**Webmaster: Paul LaBar**

Paul reported working with another club member to develop contact management for the website. The club has bought the SCR.org domain name for the next 9 years.

**Race Calendar: Dave Diaz**

Dave reviewed changes to the calendar for 2011 and updated the predict series.

## RACES AND EVENTS

**Spring Runoff**

Tracey from the Pueblo Chieftain presented awards to Terry, Paul, and Paulette for their hard work for the Spring Runoff.

**Spirit Fest: June 11**

Jess and Hilbert reported the race logistics for the race. Dave Diaz will be the SCR liaison for the race. The course will be similar to last year's course. Hilbert Navarro requesting finish line and timing support for the race in June. The registration is online with Active.com.

**Cinco de Mayo: May 1**

Hilbert asked to have SCR promote the race. The race is using chip timing and we do not need the club to do timing for the event.

**Youth Triathlon: April 16**

Kim Arline 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.

**Arkansas Point Bike Challenge: April 17**

Kim Arline asked to borrow the clock and time machines for the race.

**Spank Blasing: April 23**

Todd Kelly reviewed the events on April 23rd. The race is using chip timing for the event. The race may have over 600 runners and walkers for the event. Todd asked to borrow the race gun to start the race. There will be several events after the race with Martini shot band playing.

**Panther Run: May 7**

Carlos Rivera talked race logistics for the Panther Run on May 7th. Paul LaBar will be SCR club liaison for the race. The race registration will be on Active.com. The course will be at City Park. Carlos has several volun-

teers for the race.

**Liberty Point Run: July 4**

Stan Hren touched base with the runners club about the Liberty Point Run. The run attracted over 400 runners last year. Stan stated the fee will remain the same

**Boys & Girls Club Run: Sept 10**

Patricia reported the club will have the race on September 10th. The club is starting to get the logistics ready for the race. She stated she will be at future meetings.

**Suicide Prevention Run**

Kristie Dowart stated that Suicide Prevention would like to have race this fall. She states she is looking at Sept 3<sup>rd</sup> as possible race date. She will work with Mike Archuleta before the next meeting.

**Diabetic Prevention: June 5**

Sayra Bassett presented information regarding the race. The official date for the event is June 5th at Pueblo CSU. Mike will be the SCR liaison.

Meeting Adjourned at 9:00 p.m.



Mike Archuleta

See ya at 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  
U.S. Postage Paid  
Pueblo, Colorado  
Permit # 41

[www.socorunners.org](http://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](http://www.socorunners.org)

**Join us at a monthly SCR meeting!**

Date: May 4 (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



Greg Arline turning for second lap on  
bike at the Pueblo Youth Triathlon.  
Photo submitted by Kim Arline.

*THE FINAL WORDS:*

And, finally, a quote from my favorite show, **Seinfeld**:  
If you look annoyed all the time, people think you're busy.  
~George Costanza