



Footprints

Southern Colorado Runners

June 2011

Volume #340, Issue #6

Editor: Laura Wehrwein

Girls Rock the Incline

A few weeks ago Kris Spinuzzi, Gloria Montoya, Debbie Gurule and I decided we wanted to try training on the Incline near Pikes Peak. As many times as I had done the Pikes Peak ascent and all the training that goes with it, I was surprised to find out that the Incline begins from the same parking lot that we trained on so many times. I really had no idea. I had taken the time to look at some video footage of the Incline and was a little skeptical going into it because of my acrophobia (fear of heights). Since I had done the Peak, I thought the stairs would be possible so I went into it with that frame of mind.

We left bright and early on a Thursday morning and when we arrived we took the last parking space in the lot. We started up the Incline and Kris got this notion that she wanted to start at the very bottom. We waved and told her to go for it because we were starting from where we were! Well, like the Peak, you are breathless within the first few minutes. It didn't take Kris long to

By: Marijane Martinez

catch up with us even though she had gone to the bottom. We continued our trek and for about $\frac{3}{4}$ of the distance I was actually ok. Breathless yes, but everyone was, so that caused me no concern. As we continued to climb I started feeling my heart beating much faster and my body started trembling. I knew I was approaching my "danger zone". At that point what could I do? My options were very limited — continue up or return down. Going down was not an option because I would have to look down. Going up seemed to be my only alternative until I heard voices off to the left. I turned and saw runners coming down the actual Peak and realized the trail was just a few feet away. After my quick thank-you prayer, I waited for Gloria and told her I was making a stage left and asked her if she wanted to join me. She considered it for a little while and then decided she wanted to continue with Kris and Debbie. I told her to be careful and that I would wait for them at the bottom.

I walked over to the trail and began my trek down the Peak. Within the first few minutes my heart calmed and my body did as well. I knew I was going to be fine. I decided there was no sense running since I was going to be there ahead of the others anyway and running would only increase my wait time. So I began walking down and was suddenly flooded with memories. I started remembering the many times I went to train on Pikes Peak with friends. These are some of the most special times in my running career. I realized how lucky I was to be able to train with such talented people back then. Everyone I trained with was so fast I always thought I was slow when in fact I discovered



Kris Spinuzzi, Gloria Montoya and Debbie Gurule at the top of the incline.

in later years, I was running the fastest times in my life. Gilbert Cruz, Lorraine Hoyle, Betty and Tomas Duran, George Slaughter, and Dave Diaz to name a few — these "blasts from the past" taught me so much about running and I will forever be grateful. I remember Gil would always tell me that I trained new runners to beat me. He may have been correct but my joy came from seeing new runners excel and do the best they possibly could.

I arrived at the parking lot before the other ladies and found a rock to relax on and took in the sights, sounds and beauty of the area. When they did arrive, Gloria came up and hugged me and told me how emotional getting to the top was for her. She thanked me and said she would not have been able to do it if I hadn't been so encouraging and supportive throughout the years. So although I may not have made it to the top that day, I was on top of the world anyway!

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Editor's Note: Due to technical difficulties, this month's birthday list won't be included in this newsletter. Happy birthday to all of our June birthday members, and we'll be sure to wish you a happy belated birthday in next month's issue.



Above, an unidentified little biker competes in the Pueblo Triathlon.



Thank you to **Larry Volk** (www.volkphoto.com) for providing these photos of the Youth Triathlon in Pueblo on April 16, 2011. See more photos of this event on Page 6 of this newsletter.



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
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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Gary Franchi, Dave Diaz, Maria Elena Weaver, Ron Dehn, Kim Arline, Todd Kelly, Larry Volk, Ross Barnhart, Martha Drake, Bianca Hicks, Marijane Martinez

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.

Ron's Ramblin' - The 2011 Santa Fe Century

By: Ron Dehn



Ron Dehn

"I always start these events with very lofty goals, like I'm going to do something special. And after a point of body deterioration, the goals get evaluated down to basically where I am now – where the best I can hope for is to avoid throwing up on my shoes." -Nuclear engineer and ultra-runner Ephriam Romesberg, sixty-five miles into the Badwater Ultramarathon.

No, I am not going to even begin to compare the Santa Fe Century Ride to the Badwater. The Badwater Ultra is an invitational 135 mile race from Death Valley to Mt. Whitney, California in the middle of July and only the elite ultrarunners dare attempt it. The temperatures can be up to 130 degrees and participants often run on the white lines of the road because they are "cooler" than the plain asphalt. The Santa Fe Century is a challenging 100 mile bike ride, with a few thousand participants, many of which complete the full century. Not in the same genre at all. BUT – the quote does speak to "re-setting" goals once reality hits and I can relate to that. Besides – it is a cool quote.

Three out of the last four years, my wife Chris, Percy, Lee (sister-in-law & brother-in-law) and I have ventured to Santa Fe in mid May for a family outing and to ride in the Santa Fe Century. Lee is a good cyclist and goes the full distance, Percy does well when she elects to ride, and Chris does an excellent job as our support crew.

I am a "wanna be" cyclist. I wanna be one, but for a multitude of excuses, I don't seem to rack up many miles in the saddle. And, it seems that you need one to get to the other. I have ridden in Santa Fe with varying degrees of success that coincidentally seems to correlate with the number of training miles undertaken.

I did complete the century in 2009 and in January 2011 I decided my goal was to complete it again. BUT – sometimes it was too cold to train, sometimes it was too early, sometimes it was too late, sometimes it was too windy, sometimes I had too many other things to do. Well, you get the picture.

On May 15th, some of that training would have come in handy – especially that training I skipped because it was too windy.

The route in Santa Fe is roughly a rectangle, with the first leg heading south, then east,

punctuated by "Heartbreak Hill". The first time I heard of Heartbreak Hill, I figured it couldn't be too bad.

After all, I've done the Pikes Peak Ascent – how difficult could a paved hill be on a bike? Hmm... a lesson in humility. I walked a fair portion. The second year, I tripled my training and thought surely I could ride to the top. Well – better than the year before, but still had to dismount and walk. This year, I knew I would be walking – the only question was how far down the hill would I have to start?

All in all – things went well. I figured that I would be lucky to complete a half century. At 42 miles, I asked the ladies (Chris, Percy, and their cousin Debbie) to pick me up after I had completed 50 miles. It was great having my own personal SAG wagon. They were sitting in the truck at 56 miles and I was glad to see them. Percy encouraged me to go further because the wind was finally at my back. I considered it for a few seconds, and decided that I was tired enough and that my risk of injury was creeping up, so I put the bike on the rack and slowly climbed in the truck.

In 2008 Larry Volk, who is an excellent cyclist gave me two pieces of advice.

1. When in doubt, use a lower gear (make more rpms) because it is easier on the knees.
2. Keep the rubber side down (tires on the road).

I kept those in mind this year as well. They worked again. THANKS LARRY!

It was a great family outing – lots of fun sight-seeing, visiting, playing cards, eating, and yes riding.

But next year – I am going to complete the full 100.



Ron Dehn (left) and his brother-in-law, Lee

then north, then west back to the start point. The wind blew all night, and continued during the day. It was generally from the southeast. The first part of the ride contains a fair amount of downhill. The wind made it chilly, but due to the friendly terrain, I kept a decent pace (for me) to the first rest stop. I ate, stretched, used the facilities and took time to recover a bit before heading out. The next several miles are mostly uphill

Gary's Great Stuff — Where Runners Are In Bloom

By: Gary Franchi

Thought for today's lunch:

(Compliments of comic strip writer/author
Jef Mallett)

**"I don't write when I run, swim or bike.
But I write a whole lot better afterward."**

Musings on running, fitness, life:

I'm now a Bloomie. No, not a bloomin' idiot, although I'm sure many of you would vote for that. But, hey, we are what we are. Besides, if that is true, then it's my parents' fault.

Yep, now that I have finished a Lilac Bloomsday Run in Spokane, Washington, I am officially considered a Bloomie. Now isn't that just exciting?!?! What's that? Wait – don't turn the page yet. Give me at least another paragraph, OK?

Thanks.

Anyway, my other half Carrie lived in Spokane for 14 years before moving to Pueblo in 1995, and she got the urge to return there a few months ago and convinced me that running the Bloomsday Run with thousands of other bloomin' idiots, I mean Bloomies, would be the greatest thing since Cappuccino Coffee ice cream. Wow, it must be good since, as Bloomsday Run founder and race director Don Kardong once wrote: "Without ice cream there would be chaos and darkness." He didn't say anything about there being chaos and darkness without doing the Bloomsday Run.

So, there we were on May 1, our third day in Spokane and the first one with sunshine, waiting about 2½ blocks from the starting line, loving the feeling of being jammed together like sardines with 56,642 happy and friendly entrants, or maybe a few less who pushed the snooze button and never returned to reality in time.

Personally, I was praying that most of the ones in my immediate sardine can had showered sometime in the previous 24 hours. I

mean, I believe that when most people think they have allergy problems, it's actually their body's reaction to being too close to foul-smelling humans. I mean, just think about some of those people you work with. See what I mean? Which reminds me that my work cohorts have all had allergy problems lately. Hmm, very strange.

Anyway, the Bloomsday Run, the last 2 miles of which somewhat resembled a Boulder Boulder-like adventure along city streets, did indeed turn out to be a trip and a half. There was the \$15 entry fee that included a T-shirt that you had to finish the race to get. It had 41 live musical performers (35 of which were bands of some sort) along the 12K course, and there were scenic city views. The course had a kick-ass Domsday Hill at the 5-mile mark that included a huge human vulture at



The Human Vulture at the 2011 Bloomsday Run in Spokane, Washington.

the top of the quarter-mile or so ascent, and it had a very nice finish on the Monroe Street Bridge, a huge expanse built over the Spokane River.

Plus, Bloomsday had a rockin' pre-race trade show/expo that went on for 2 days at the nearby Spokane Convention Center and a post-race music, eating and Michelob Ultra party in Riverfront Park, a short walk from the T-shirt tables that the finishers shuffled through on their way to the park. We skipped the beer and feasted on a fresh Chinese chicken, veg and noodle concoction that I wished I could dine on regularly in Pueblo.

With more than 5,000 volunteers, Bloomsday is a model of efficiency. And, yes, all the volunteers got a T-shirt, albeit a different color and design than the race shirts.

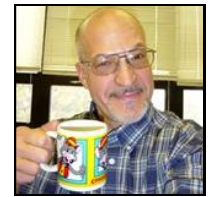
On the statistical side, I finished first among two people from Pueblo and first among people with the same last name with my snailish 1:18:16 time. That time was "bloated" by photo stops (I took my camera with me), 2 aid station walks, general old-body sluggishness and a cartilage-free knee that seems to be encouraging me to switch to the elliptical machine. On the negative side, I finished 208th in my age division and 10,968th overall. On the positive side, there were 1,037 in my age division and 50,611 official finishers. They were all recorded by a D tag computer timing tag that you put in your shoelaces and that still resides in my left shoe, serving as a nice souvenir to me of what was a fantastic excursion and addition to my 31-year career of race participation.

This was not the biggest Bloomsday Run. In 1996, it had its all-time high of 61,628. Kardong, who finished fourth in the 1976 Olympic marathon, founded the race in 1977, and the first winner was Frank Shorter. There is a walking division in addition to the running division. Walkers who finish faster than 1:40 are DQ'd because officials assume they ran part of the course. Baby strollers and jogging strollers are actually encouraged, but you can only walk with them, not run and push them. If you do run with them, you are banned from the race for 5 years.

Kardong, by the way, has run all 35 Bloomsdays and finished fifth this year with a time of 56:41, proving that studs still have their great genetics into their 60s.

The U.S. Dept. of Labor Statistics estimated that the race's economic impact on the city of Spokane in 2010 was \$14+ million. It also estimated that the average runner brings in \$241.42 in "spectator expenditures."

Right now, we're considering the Bay to Breakers 12K in San Francisco next year (mid-May). Carrie also lived in the San Fran area, having been raised there. At this point, I'm just hoping she's never lived in Afghanistan or



Gary Franchi

(Continued on next page)

(Continued from previous page)

Iran since I have no desire to run a race in those places.

Ten things I was just wondering:

1. Can we assume that pizza doesn't speed up the metabolism rate?
2. Can I assume I was wise for telling my spouse that I didn't want to see the final tab for staying 3 nights at the Double-tree Inn, which was the Bloomsday Run host motel?
3. Could you call an outdoor barbecue chef a "hamburger helper"?
4. Regarding McDonald's revealing plans to remodel their restaurants nationwide to modernize them in order to give customers a better "experience," are they saying that with a straight face?
5. Having tuned in to restaurants' trend to charge for side items that were previously included free and for a certain chain to start assessing a cost for a second round of family salad, when are they going to start charging for use of plates and eating utensils?
6. Should we lament the fact that many runners keep taking and never volunteer at a race or should we just appreciate and thank those who continue to serve our great sport and make it better for everyone else?
7. What would happen if SCR race photographer Larry Volk broke his shutter finger?
8. Why don't they develop a rating system to determine who are the best spitters in baseball?
9. Is there ever a sure thing in this world?
10. Don't you just feel a whole lot better afterward when you hit the snooze button and fall back to sleep?

Until next month, make your plans to do the Bloomsday Run in some future year. You just might see Carrie and Gary during your visit there.

Spring RunOff School Trophy

By: Kim Arline

On May 16, a traveling trophy for the school with the most participants at the Spring Runoff was presented to Highland Park Elementary students and Mr. Mike Latino, the PE teacher that inspired 105 kids to run this year. Mike Latino and the students were impressed with the trophy saying they felt like they won the Super Bowl. Mr. Latino told the kids, "This is your trophy. You earned it!" Students were given a Pueblo

Chieftain pencil made from recycled newspaper and a chance to touch the trophy before going back to class.

Highland Park has won this honor and is listed on the base of the trophy for all six years this event has been held. The trophy is up for grabs next spring if a school can inspire as many runners as Mr. Latino has done 6 years in a row!

(Right) Mike Latino.
(Below) Runners from the Spring Runoff were called out of class for the presentation of the school trophy.



Kim Arline



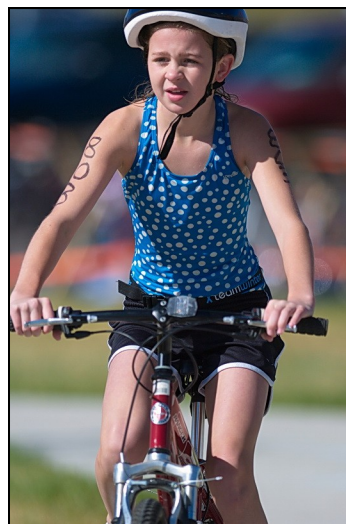
Pueblo Youth Triathlon — April 16



(Left) Swimmers at the competition. (Right) Fans of Grace Hale-Tafoya cheer on their favorite athlete.



From left to right: Jennings Tiller, Amber Arline, Unidentified, Tommy Monahan.



From left to right: Chance Ricca, Jourdan Snyder, Kaleigh Kroecker, Lina Krueck.

Spank Blasing 5K/10K Recap — April 23

By: Todd Kelly

The 9th annual Spank Blasing 5K/10K Run & Walk, presented by Kaiser Permanente, turned out to be a record-breaking event as over 600 participants hit the streets around the Colorado State University-Pueblo campus and Belmont neighborhood.

Despite cool temperatures and wind, the Scholl family from Kremmling, Colorado stole the show inside the Neta & Eddie DeRose ThunderBowl. Ten-year old Tyler Scholl claimed the overall 5K title with a time of 17:25 over a very hilly and challenging course. Tyler's sister, Tabor Scholl, 14 years old, took top honors in the female 5K race, and 2nd overall, with a time of 18:17. Not to be out-done, father Shawn placed fourth overall with a time of 18:32. And finally, in the 10K race, mom Stephanie Scholl won the overall women's division with a time of 42:57.

Other top 5K winners include Josh Holland of Colorado Springs who placed third overall with a time of 18:18. Emily Lucero of Pueblo placed second in the women's overall 5K with a time 23:19, while Mirada Musso of Pueblo was the women's overall third-place winner with a time of 23:21.

Pueblo's own Rudy Castillo won the overall 10K race with a time of 36:04 over a course that feature hills as well as steady inclines and declines. Gerald Romero was second overall with a time of 36:35 and Canon City's Jim Coulson was third with a time of 37:09.

After Stephanie Scholl's winning time in the women's 10K, Karlie Musso of Pueblo West was second with a time of 47:00 with Gianni Palumbo, also of Pueblo West, finishing third with a time of 47:19.

Following the run, participants enjoyed their complimentary breakfast burrito, Gatorade, and, new this year, a free Miller Lite. Martini Shot provided great finish line entertainment, and over 100 kids took part in the free Run with the Wolves toddler run and one-mile youth run.

The Spank Blasing Run benefits the CSU-Pueblo Student Athlete Scholarship fund and is sponsored by Kaiser Permanente, Health Access Pueblo, Dave Solon Nissan, Pepsi, Convergys, Miller Beer, Pueblo Rotary Club 43, CSU-Pueblo Associate Student Government, Comcast, Clear Channel and KOAA TV.

For more information, please contact Todd Kelly at (719) 549-2013.



Runners and walkers at the Spank Blasing 5K/10K.

Thank you to **Larry Volk** for providing the photos on these two pages. To view and purchase these photos and others, check out Larry's website at www.volkphoto.com.

Liberty Point 5K Run/Walk — July 4, 2011 By: Bianca Hicks

United Way of Pueblo County, Snap Fitness 24/7, the Pueblo West Metro District and Pueblo West Chamber will host the annual Liberty Point 5K Run/Walk in coordination with the Pueblo West 4th of July festivities on Monday, July 4, 2011. This year's race is sponsored by Health Access Pueblo and Parkview- Pueblo West Emergency Services. Come out and enjoy a brisk walk or run with your family and friends while supporting a great Pueblo cause!



Bianca Hicks

Registration and packet pick-up will last from 6:15am until 7:15am; race start is at 7:30am. Registration and the race start will be located at the intersection of Joe Martinez Blvd and Purcell Blvd. Participants will run/walk south to Liberty Point and then circle back to the start location. Medals will be given for the first and second place males and females in each age division (walkers and runners). Walkers and runners of all ages are welcome.

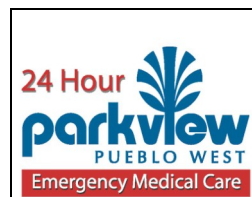
Interested participants can pre-register through June 29th by visiting United Way of Pueblo County's website at www.pueblounitedway.org or by picking up a form at Snap Fitness (198 S. Purcell Blvd) Monday - Friday from 10am - 6pm, the Pueblo West Metro District, the Pueblo West Chamber or United Way. A pre-registration form is also included in this newsletter edition. Participants may also register the morning of the race; however, pre-registration is strongly encouraged.

Pre-registration cost through June 29th: \$10 per person or \$20 maximum for immediate family members. Race day registration cost is \$15 per person or \$25 maximum for immediate family members. Credit cards will not be accepted on race day registration. Individuals who pre-register can pay in advance via credit card on United Way's website. For more information, please contact United Way at 583-4455 or visit www.pueblounitedway.org.

All proceeds benefit United Way funded programs. Last year, programs funded by United Way touched the lives of over 113,000 people in Pueblo County. This is made possible through generous contributions to United Way, along with proceeds from events like the Liberty Point 5K Run/Walk. Visit UWPC's website for a complete listing of the many organizations who receive funding and to find out how you can make a difference through giving or volunteering.

After the race, stay and enjoy the other Pueblo West 4th of July festivities. For more information on the 4th of July activities, contact the Pueblo West Chamber of Commerce at 647-9086.

United Way of Pueblo County would like to thank the many partners of this event and the Southern Colorado Runners Club for their continued support and outstanding collaboration.



New Book by Hal Walter

By: Martha Drake



Hal Walter talks about his book with Pueblo West Book Club members at the White Branch Library in Pueblo West on April 25, 2011.

Does pack-burro racing qualify as an extreme sport? Competitors run 4-6 hours over rough terrain with significant elevation attached to an animal that can break a five minute mile or come to a dead stop within seconds. Risks include being kicked or stepped on, falling on a cactus, tumbling down a rocky ravine and being hit by a flying pick. Sounds extreme to me!

Hal Walter has experienced all of this and more in his 32 years of pack-burro racing. He shares his adventures in his new book *Wild Burro Tales: Thirty Years of Haulin' Ass*. The book is a collection of 19 short stories about the sport of pack-burro racing and a lot more. Hal weaves in facts about the history of mining in Colorado, beautifully describes scenery in the high country and relates how he uses his passion to reach out to his autistic son.

Look for Hal and his donkeys in the documentary "Haulin' Ass," a film by Trevor Velin. It recently won the Golden Badger Award at the Wisconsin Film Festival.

Long time Pueblo runners remember Hal as an outstanding marathoner. He won the first Pueblo River Trail Marathon in 1984 with a time of 2:39. Hal's

resume includes running the Boston Marathon twice and winning the 29-mile World Championship Pack-Burro Race in Fairplay six times. In his past, Hal worked as a Copy Editor for The Pueblo Chieftain and journalism instructor at the University of Southern Colorado. Currently, he is a columnist for Colorado Central magazine and will soon write a cooking column for Mules and More. He also works as an editor and photographer for a variety of publications and manages Bear Bones Ranch in Westcliffe.

Hal lives on a ranch in Westcliffe with his wife Mary and son Harrison. Visit his website (www.hardscrabbletimes.com) for monthly updates on his life. *Wild Burro Tales* can be purchased at The Bookery in Pueblo, Candy's Coffee Shop in Westcliffe and The Book Haven in Salida. For a signed copy, send \$15 plus \$3 shipping/handling to Hal Walter, 307 Centennial Dr., Westcliffe, CO 81252. The book is also available through www.amazon.com.

SCR Sponsors Pillars Park

By: Ross Barnhart

The Leadership Pueblo Class of 2011 (a leadership development project of the Greater Pueblo Chamber of Commerce) is leading efforts to develop a park along the Arkansas River Trail and White Water Kayak Park. The vision is to attract people to the area with an "Urban Rock Climbing" or vertical venture experience located along a safe, maintained park and recreational trail that is accessible, supports healthy lifestyles, creates an economic impact and memorable experience for visitors in our area as well as an investment along the river corridor for residents living in Pueblo. The Leadership Pueblo class is raising funds for an "unroped" rock climbing and bouldering experience offering practice sites for beginners, as well as more advanced climbers wanting to hone their techniques while getting exercise. This initiative complements other activities offered along the Arkansas River trail such as kayaking, running, biking, picnicking, fishing, and hiking.

The Southern Colorado Runners Club is an early sponsor of the project, which is moving forward quickly. The Leadership Pueblo class has been busy with this project, recently hosting a golf tournament to raise funds for the project. The class has coordinated support and approval for the project from a variety of agencies including the City of Pueblo, Pueblo Conservancy District, and the Urban Renewal Authority. The class is soliciting sponsors to help buy everything from trash receptacles, benches and tables, to climbing boulders and a picnic shelter. The initial installations will be in place and dedicated in late June. For more information about the project or to make a tax-deductible contribution for the park, you may contact SCR member (and Leadership Pueblo participant) Ross Barnhart (barnhartaccount@gmail.com) or Shawn Sandoval (Leadership Pueblo participant) at the Greater Pueblo Chamber of Commerce.



Dave Diaz

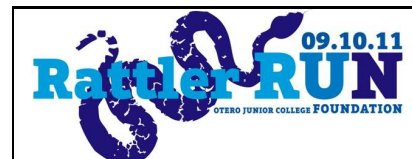
2011 May through December Race Calendar By: Dave Diaz

| DATE | EVENT/ DISTANCE | TIME | LOCATION |
|------------------------------|---------------------------------------|-------------------------|-----------------------------|
| 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 | CSU-P |
| Saturday, June 11, 2011 | Spirit Fest 5K***** | ***CANCELED FOR 2011*** | |
| Saturday, June 11, 2011 | The Stampede 10K/ 5K | 8:00 AM | Trinidad, CO |
| 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 |
| 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 |
| 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 |
| JULY | | | |
| 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 |
| 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 | Mosiac 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 |
| Saturday, July 23, 2011 | Classic 10K | 7:00 AM | Colorado Springs, CO |
| Saturday, July 30, 2011 | State Games Sprint Tri | 7:15 AM | Colorado Springs, CO |
| Sunday, July 31, 2011 | State Games 5K | 7:30 AM | Colorado Springs, CO |
| AUGUST | | | |
| Saturday, August 6, 2011 | Up Down & All Around-Predict #8 | 8:00 AM | Swallows Road, PW |
| Saturday, August 6, 2011 | The Top Ten Mile | 7:00 AM | 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 |
| SEPTEMBER | | | |
| Saturday, September 3, 2011 | Tenderfoot Mtn Triathlon | 7:00 AM | Salida, CO |
| 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 |
| 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 |
| 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 |
| Sunday, October 9, 2011 | Denver Rock n Roll Marathon | 8:00 AM | Denver, CO |
| Saturday, October 22, 2011 | Harvest Run 5K-Predict #10 | 4:30 PM | Lake Minnequa |
| Saturday, October 29, 2011 | Strut Your Mutt | 9:00 AM | Union Ave Historic District |
| 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 |
| Thnksgvg, November 24, 2011 | YMCA Turkey Trot 5K | 9:00 AM | Pueblo YMCA |
| Saturday, November 26, 2011 | Temple Canyon 4M-Predict #11 | 9:00 AM | Temple Canyon-Canon City |
| 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 |

CALENDAR NOTES:

The Spirit Fest 5K scheduled for Sat, June 11, 2011 in Pueblo has been canceled due to conflicts with the Boats, Bands and BBQ.

The Mountain Air Marathon in Gunnison scheduled for Sunday, Sept. 18, 2011, has been discontinued .



May 2011 Meeting Minutes

By: Ron Dehn

DATE: May 4, 2011 at 6:00 p.m.

ATTENDANCE: Dave Diaz, Paulette Arns, Paul LaBar, Laura Wehrwein, Terry Cathcart, Ron Dehn, Rikki Acosta, Carlos Rivera, Hilbert Navarro, Sayra Basset, Vanessa Furuto

CLUB BUSINESS

Purchase Second Large Clock: Dave Diaz has done some research on the current pricing. He found something similar to our current clock with a total price in the \$2,300 to \$2,400 range. Dave recommended that we continue to research before a purchase. Laura Wehrwein said she would help in the investigation.

Larger Storage Unit: The current 5 x 10 shed is quite full and costs the club \$38 per month. A 10 x 10 shed will cost \$56 per month. The club voted to go to a 10 x 10. Right now there is a waiting list, but when a larger shed becomes available, Dave will take care of the move. The gate combination and key will remain the same.

Philanthropy: The club was approached by the Pillars of Pueblo organization which is looking for sponsors to enhance a recreation area near the kayak course on the Arkansas River. This is a project taken on by the 2011 Leadership Pueblo class which will include a climbing area, benches, etc. Pillars submitted a document which detailed the plan. After some discussion of philanthropy in general and this project specifically – the club voted to donate \$500 to the project. Although a formal vote was not taken to increase our annual donations to the Nature Center, Trailbuilders, etc – the consensus was that these donations should probably be increased in the future.

OFFICER REPORTS

Minutes:

The club approved the April minutes with no changes.

Treasurer Report: Paulette Arns

Paulette provided the report and noted that activity for the month was minimal. The report was approved.

Newsletter: Laura Wehrwein

In response to a question about submission deadlines, Laura indicated that it is desirable to have items submitted electronically to her by the 15th of the month. She is also going to look into establishing a stuffing date in advance.

Membership Chair: Maria Elena Weaver

Maria Elena Weaver submitted her report by e-mail. There are 183 memberships including 102 individual memberships and 172 family members. 111 have requested the Colorado Runner magazine, and there are 26 “newsletter only”.

Webmaster: Paul LaBar

Paul renewed our web site certificate and registration is up for the Run with the Bulls.

Race Calendar: Dave Diaz

The Nature Center has approached us with the possibility of holding an “Earth Day Run”, but no specific plans have been brought to our attention.

REPORTS / LESSONS LEARNED

Kid’s Triathlon, April 16th: The event went well. There were lots of volunteers and Michael O. utilized the club software for the first time for a triathlon.

Arkansas Point Bike challenge, April 17th: Went well.

The Spank Blasing, April 23rd: The event went well and had great participation.

Cinco de Mayo, May 1st: Hilbert thanked SCR for our help. He reported that the event went well but participation was down a bit. Hilbert indicated that promotion for the event will be increased next year.

UPCOMING RACES / EVENTS

Panther Run, May 7th: Carlos reported that they have flaggers and course marshals. Paul LaBar is the liaison and Paulette, Terry, and Dave will help at the finish.

Run with the Bulls, May 22nd: Paul LaBar is the liaison and reported that Ruth is extremely well organized. Rikki Acosta will help at the finish.



Ron Dehn

Prevent a thon, June 5th: Sayra reported that the course will be the same as the Spank Blasing (5k only). She has course marshals lined up, and C & C Disposal is the primary sponsor.

The Spirit Fest: Hilbert reported that both the event and the run are cancelled for 2011, but Jesse Sena plans to hold the run in 2012.

Run for Kicks, Oct 30th: Julie Johnson is organizing a 5k race on the northside at the Langoni Soccer Complex. It will be a benefit for scholarships for the Pueblo Rangers. Julie has requested that SCR do timing and results.

OTHER TOPICS

1. We will need the WDF entry forms for the next newsletter.
2. The club will loan one of the timers to Otero Junior College for their September 10 Rattler Run.

Meeting adjourned at 8:30 p.m.

Come 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
U.S. Postage Paid
Pueblo, Colorado
Permit # 41

Address Service Requested



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: June 1 (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



Four participants smile for the camera at the Colorado
Marathon/Half Marathon on May 1, 2011. From left to
right, Gloria Montoya, Carol Kinzy, Marijane Martinez,
Diane Lopez.

Carol was the 1st place Grand Masters Female in the
marathon; she broke the state record for her time in her
age division. Gloria, Marijane and Diane all placed 2nd in
their respective age divisions in the half marathon.

Photo submitted by Marijane Martinez.

THE FINAL WORDS:

And, finally, a quote from Jesse Owens:

I always loved running... it was something you could do by yourself, and
under your own power. You could go in any direction, fast or slow as
you wanted, fighting the wind if you felt like it, seeking out new sights
just on the strength of your feet and the courage of your lungs.