



Footprints

Southern Colorado Runners

July 2011

Volume #340, Issue #7

Editor: Laura Wehrwein

Bolder Daughter By: Maria Elena Weaver

“I am not a runner like you, Mom,” said my daughter Melina one day in the distant past. Of course, she doesn't remember saying this and I'm the one with the poor memory. So, in the world of mothers and daughters, this may or may not have happened. Regardless, Melina didn't show much interest in running until high school, when she did one season in cross country. Genetics being what they are, she didn't win any races or go to state, other than a state of condescension towards her mother's interests.

It was a great surprise when she called in 2008 and said, “I'd like to run Bolder Boulder with you, Mom.” This conversation is one we both remember. Melina was 24 at the time and finishing her degree at C. U. Boulder. Understandably, she was sad to leave Boulder and continue her career in law at a yet to be determined school. This would be one of the many steps in letting go of Boulder a place she still loves.

I had run Bolder Boulder in '91 (yes, 1991,



Maria Elena and her daughter, Melina

I'm not THAT old). My impression then was of a huge crowd, which I hate, and people who spent much more than I did on running shoes and clothes. Shoot, my shoelaces didn't match my running top and I didn't even have a heart monitor on, what a loser. I vowed to never do that darn yuppie run again.

Well, as most of you moms out there might imagine, I answered, “Sure, Hon, I'd love to run Bolder Boulder with you.” Her little finger has grown, but you can still find me wrapped all around it.” This was her first 10K and she wasn't sure how she'd do. I offered some advice but avoided micro-managing her training. There were lots of calls during that time and questions about

mileage, aches and the usual pre-race uncertainty. On race day, my husband Al and very patient son Jesse dropped us off at the bus stop.

Jesse had been dragged to athletic events since before he could walk. We even hired sitters to come along. His dad and I deluded ourselves into thinking these were mini-vacations for him. Well, they weren't. He told us last year that he'd like to go on a vacation. When we reminded him of all of those trips we'd taken, he answered, “No, Mom, those don't count because they were for races.” Oh, how we parents delude ourselves. Thank goodness the kids are there to straighten us out.

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Happy Belated Birthday!

June 1	Layken Breit
June 3	Jacqueline Wall
June 4	Molly Hadley
June 5	Lew Fox, Cole Tibbs
June 6	Maria Appenzeller
June 8	Shawn Borton
June 9	Samantha Davenport, Travis Garcia
June 10	Jaylen Vargas
June 12	Kent Kleven
June 13	Lucas Flory
June 14	Sylvia Cernoia
June 16	Joseph Bentz
June 17	Code Markert
June 19	Mike Archuleta, Paul DallaGuardia
June 20	Melissa Babcock, Dave Banko, Kira Hughes
June 21	Retzio Gredig
June 24	Chris Markert
June 26	Tina Corpuz
June 27	Robert Hamilton



Happy July Birthday!

July 1	Philip Quattlebaum
July 2	Brooke Tibbs, Don Pfof
July 3	Sandy Reinsch, Ralph Corpuz Jr., Megan Crepeau
July 4	Zarela Vidal-Paredes
July 7	Linda Garcia, Rachel Appenzeller
July 12	Joan Banko
July 13	Dalton Rudolph, Heather Van Buskirk, Jack Janney, Phillip Martinez, Michael Martinez
July 14	Ashtyn Breit, Brenda Koch
July 15	Kevin Hughes
July 17	Miranda Musso
July 19	Michael Cernoia, Todd Kelly
July 20	Mira Roman
July 21	Ryhan Moore
July 22	Zane Khosla
July 29	Connor Hale
July 30	Jennifer Cernoia
July 31	David Clapp




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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Current SCR Officers

President	Paul LaBar	201-5443
Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	647-9174
Non-Elected Officers		
Membership Chair	Maria Elena Weaver	
Newsletter Editor	Laura Wehrwein	237-9549
Stuffing Coordinator	Marilyn Vargas	
Editorial Consultants	Gary Franchi, Ron Dehn	
Web Master	Paul LaBar	201-5443
Calendar Keeper	Dave Diaz	
Contributing Writers / Photographers		
Jeff Arnold, Dave Diaz, Maria Elena Weaver, Ron Dehn, Marijane Martinez, Stacey Diaz, Larry Volk, Mike Archuleta, Almabeth Kaess		

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' - How come my foot hurts?

By: Ron Dehn



Ron Dehn

“How come my foot hurts?” Wow, what runner hasn’t asked that question? And more than once, especially if you replace the word “foot” with knee, toe, hip, back, and take your choice of a long list. Christopher McDougall is a runner who happens to be a writer; and little did he know that this question would take him on some extraordinary journeys involving drug guerrillas, death, near death, science, anthropology, and friendships / relationships with some incredibly talented albeit unusual people. McDougall documented his adventures in his book *Born to Run*.

Some of his story takes place in Leadville, Colorado. Much of it takes place in Barrancas del Cobre — the Copper Canyons, mysterious and remote canyonlands in Mexico. Legendary Adams State Coach Joe Vigil plays a role in the book, and Colorado Springs superathlete Matt Carpenter is also mentioned.

Born to Run is the result a series of unlikely events, that did indeed begin with the above question. Yes — running injury is one of the central themes of the book, but *Born to Run* is not a book about stretching, warm ups, or the normal “how to” or “how not to” book. This book documents an incredible adventure, and the characters are fascinating. Naturally the protagonists in the book are linked by their love of running.

The book title, *Born to Run*, very accurately describes the author’s thesis. Through observation, experience, and some investigation in the fields of anatomy and anthropology, McDougall concludes that humans were literally born to run. He puts forth the argument that not only are we born to run, but we are equipped to be ultra-distance runners. Ultimately, he finds examples of cultures where running extremely long distances is embraced as the norm. We (you, me, and the majority of the running community as we know it) get injured because we have wandered from the running style of our ancestors.

The story centers around the Tarahumara (pronounced Tara-oo-mara) which McDougall describes as “a near-mythical tribe of Stone Age superathletes.” He also refers to them as the “Shaolin Monks of running.” Their real name is Rarámuri — the Running People — but the conquistadores butchered the name, and Tarahumara stuck.

The story concludes with the “greatest race the world has never seen”, which pits the Tarahumara against a handful of American ultradistance runners in the harsh environment of the Copper Canyons. I won’t reveal the outcome of the race, but it is not nearly as important as the story and interaction of the characters that leads up to the ultimate showdown.

One of the more interesting discus-

sions centers on how to handle fatigue as an ultrarunner. One runner said, “Instead of cringing from fatigue, you embrace it. You refuse to let it go. You get to know it so well you’re not afraid of it anymore.” Another talks about exhaustion in this manner: “I love the Beast. I actually look forward to the Beast showing up, because every time he does, I handle him better.” In summary, “You can’t hate the Beast and expect to beat it; the only way to truly conquer something, ... is to love it.” This approach actually makes sense to me. I know that on occasion, dread of a steep hill (biking or running) can actually be worse than the hill. I know that I have not actually reached the point of “loving” fatigue, but it is certainly easier if one refuses the dread, and simply embraces the hill as part of the process of getting from one place to another. Sounds like a metaphor for lots of life’s challenges to me.

Anyway, I enjoyed reading *Born to Run* and I think both runners and non-runners would appreciate it. It has encouraged me to do some additional research and experiment a bit with running style. I don’t know where this experimentation will lead, but I know it will *not* be to the Barrancas del Cobre. Enjoy!

Bolder Daughter

(Continued from page 1)

On the way to the starting line, Melina and I pretended we weren't nervous like "those other people." We weren't wearing watches, headphones or matching outfits, but we did have our special shirts on. Hers said, "If you think I'm trouble, you should see my mom." Mine warned the world about my daughter. We had a great yak session in running shoes and made it to the end smiling and very proud of ourselves. We loved the music along the course, the Boulder architecture and jiggled with both groups of belly dancers. In 2009, we even did a half-marathon together, but her law studies have really limited training, so 10Ks were plenty challenging for us.

This year we ran our fourth Bolder Boulder. For the second year we wore new shirts which we've worn three times now. Mine has a drawing of an apple tree and hers has an apple. We don't care much about our race time since we share an activity that binds us closer together. I hope my little apple and I will be out there next Labor Day, having our yak session in running shoes again.

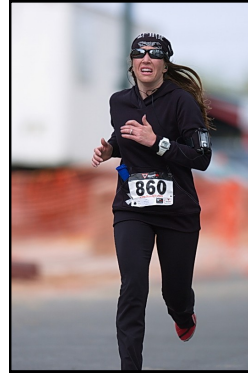


"The Apple" and "The Tree" — Melina and Maria Elena

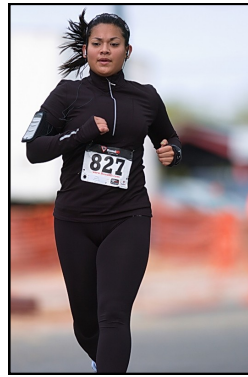
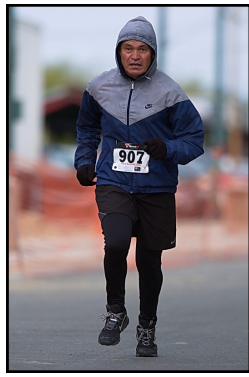
2011 SCR Prediction Series Cumulative Standings (through Arroyito Lake View run held 6-19-11)

#	Name	Lone Tree	SRO	Mad Max	Yappy Dog	Arroyito	Total Points
1	Stacey Diaz	38.89	27.5	73.68	88.89	89.47	318.43
2	Brian Ropp		57.5	92.11	27.78	100	277.39
3	Peggy Oreskovich	66.67	7.5	84.21	33.33	68.42	260.13
4	Debbie Gurule	94.44	65	94.74			254.18
5	Paul DallaGuardia	100		63.16		73.68	236.84
6	Carrie Franchi		97.5	28.95	72.22	31.58	230.25
7	Kris Spinuzzi	72.22	87.5	65.79			225.51
8	Donald Moore	27.78	42.5		94.44	26.32	191.04
9	Riki Acosta	11.11	15	76.32	83.33	5.26	191.02
10	Mark Gurule	88.89	32.5		66.67		188.06
11	Aaron Levinson		100	42.11		42.11	184.22
12	Shawn Loppnow	83.33	60		38.89		182.22
13	Martha Drake	50	50		77.78		177.78
14	Ben Valdez		72.5	100			172.5
15	Becky Medina		80	89.47			169.47
16	Paulette Arns	55.56		44.74	61.11		161.41
17	Jessie Quintana	22.22	77.5	57.89			157.61
18	Dave Diaz	16.67		39.47		84.21	140.35
19	Marijane Martinez		95		44.44		139.44
20	Anthony Diaz		90	23.68		21.05	134.73

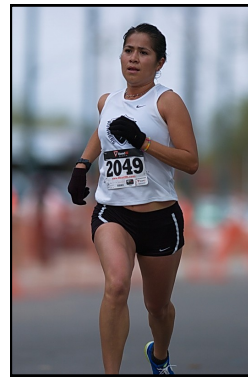
Cinco de Mayo — May 1



From Left to Right: Emily Lucero, Ramon Arriaag, Melanie Milyard, Stanley Moore



From Left to Right: Beth Stevenson, Raul San Miguel, Terra Jackson, Deb Hadley



From Left to Right: Paul Andrada, Ralph Regalado, Adriana Mendez-Diaz, Chester Haddan



From Left to Right: Robert Lucero, Ben Valdez, Becky Medina, Michael Orendorff

Special thanks to Larry Volk for providing the photos on this page and the next. To see more race photos and purchase photos, please visit Larry's website at www.volkphoto.com.

Run with the Bulls — May 22



From Left to Right: Runners at the starting line, Participants on the course, Walkers enjoying the race



From Left to Right: Aaron Levinson, Melanie Hughes, Donny Simony, Rudy Castillo



From Left to Right: Jennifer Breit, Kira Hughes, David Baker, Jae Ryan



From Left to Right: Tracy Fuller, Ashlee Romani, Walter Gonzales, Tanya Van Wagenen

Tribute to Kathie Arwood (1943-2011) By: Marijane Martinez and Stacey Diaz



Kathie Arwood

On May 31, 2011, Southern Colorado Runners Club lost one of its women pioneers. You may have never met Kathie, but many of you know of her work — she made the beautiful and unique pottery awards for all but one of the Atalanta women's runs.

Kathie was a multi-talented person. She was a mom, an artist in residence for Pueblo City Schools, she worked at the library reading to children, participated more recently in archaeological digs and worked tirelessly with animal rescue.

Kathie, along with Marcia Spinuzzi, Hank Spinuzzi, Lila Gradisar, Judy Tucker, Mary Creager and Fran Ruby, founded the Pueblo Chapter of the Colorado Columbines, which was a Denver women's running club. After many organized trips to Denver to participate in the Columbine runs, the Pueblo group wanted to start a race for women in Pueblo.

Judy Tucker, Mary Creager, Fran Hruby, Marcia Spinuzzi, Hank Spinuzzi, Lila Gradisar and Kathie Arwood began running together when Judy Tucker had an organization meeting to form a local women's running club. This club would be the Pueblo Chapter of the Denver Colorado Columbines running club. Thus the Pueblo Columbines were born.

The Pueblo Columbines then decided to organize a women's only race and out of this idea, the Atalanta Women's Race was initiated. The first year's prizes were golden apple necklaces because, according to the legend, Atalanta had a deep fondness for golden apples, which, unfortunately, would eventually lead to her downfall. The next year, Kathie had an idea to make a pottery apple for the race winners. In 1982, Kathie made her first set of apple coffee mugs for race age group winners and continued this tradition until her death. She also made pottery apple trays, bowls and baskets for the overall event winners. These awards are treasured by many of us who have received them over the years and will be even more special now.



10th anniversary of the Atalanta 5K.

Left to Right: Kathie Arwood, Rietta (Hank) Spinuzzi, Judy Tucker, Marcia Spinuzzi, Lila Gradisar.

Without Kathie's beautiful awards the Atalanta Run will not be the same. Since Kathie was the last original member of the group that started the Atalanta Run, it seems a fitting time to end the race. It has come to its natural conclusion. So this year, in tribute to Kathie and all the Columbines, we have decided to end the Atalanta Race.



Kathie created beautiful pottery for the winners of the Atalanta 5K. The picture above shows a sampling of her work.

After the formation of the Pueblo Columbines, a few of the men runners in Pueblo wanted to be a part of a running club as well and thus the Southern Colorado Runners Club was born. Judy Tucker said this about Kathie, "She worked hard for the club, but with no fanfare and no expectation of recognition." According to the article about Kathie in the Pueblo Chieftain, she did this with all things in life.

In the eulogy she gave at Kathie's funeral, Kathie's long time friend, Marcia Spinuzzi, said of Kathie, "When we think of Kathie, we remember a talented, creative, loyal, hardworking person, full of life with a generous heart, feisty spirit and beautiful eyes. When you remember Kathie, raise a glass of diet Pepsi and toast a great friend."

Due to Kathie's passion and love of animals, the family requests any donations be made to PAWS animal shelter, www.pawspueblo.org. The Southern Colorado Runners has made a donation to PAWS in Kathie's memory.

Run For Rio Recap — June 4

By: Jeff Arnold

Rio Martinez apparently had a good heart. When he was shot in the head in the late summer before his senior year at Rye High School was to begin, his heart kept beating. After his mother flew up from Texas to say good bye to him, Rio's heart was transplanted into the waiting body of Dave Karnell.

Almost fourteen years later, Dave walked the 13th annual Run for Rio, a 5K commemorating Rio's life, encouraging registration for organ donation, and raising scholarship money for a Rye High School senior. Dave had done this twice before. This time two of Rio's schoolmates took the opportunity to listen to the heart that has been powering Dave since August of 1997 and Rio for all his time on earth. Neither Jason Golly or Heidi Garner could hold back the tears. Nor could Nancy Martinez, Rio's mother.

Aaron Franchi, son of the illustrious G-Man, was the only Rio scholarship winner at the race. Aaron brought his wife Jenny and two small children who hitched rides in strollers. Aaron expressed interest in getting more Rye students involved in the run and walk next year.

Volunteers: **Race director:** Nancy Martinez, **Course and results:** Jeff Arnold, **Timer:** Darryl Clark

RUNNERS

1	Chester Haddan	M	44	22:45	Pueblo
2	David Baker	M	53	23:12	Pueblo
3	Robert Konieski	M	33	23:47	Winter Park
4	Ryan Hurtado	M	34	25:25	Colo. Springs
5	Glenn Bakken	M	60	26:59	Granby
6	Kaven Rhule	M	27	27:18	Pueblo
7	Jason Golly	M	31	28:00	
8	Kelly Hale	1 ST Female	43	28:27	Rye
9	Rick Acosta	M	59	32:30	Pueblo
10	Heidi Garner	F	33	33:23	
11	Joshua Sturtevant	1 ST Youth	9	34:48	Wetmore
12	Riki Acosta	F	36	34:38	Pueblo
13	Prairie Golly	F	28	37:29	
14	Joanna Sturtevant	F	35	40:49	Wetmore

WALKERS

1	Paulette Arns	1 ST Female	58	38:04	Pueblo West
2 tie	Jenny Franchi	F	31	52:24	
2 tie	Aaron Franchi	M	30	52:24	
4 tie	Brittney Slade	F	17	58:32	Rye
4 tie	Dalton Jordan	M	17	58:32	Rye
6	Peggy Jordan	F	48	58:55	Rye
7	John Hurtado	M	47	59:51	Trinidad
8	Jan Mullins	F	65	1:01:37	Trinidad
9 tie	Angela Anderson	F	63	1:02:04	Trinidad
9 tie	Kim Harman	F	44	1:02:04	Trinidad
11	Dave Karnell	M	61	1:05:31	
12	Lee Marriott	M	66	1:07:25	Trinidad
13	Mike Martinez	M	62	1:08:50	Woodland Park

OJC Rattler Run and Reunion set for Sept. 10 Otero Junior College Press Release

The Otero Junior College Foundation Board has announced the first-ever Rattler Run and Reunion, to be held in conjunction with La Junta's Early Settlers' Day festivities on Saturday, September 10, 2011. The event will include a 5K Run, 2-mile Walk and 1-mile Kids Race. The event is open to all participants, including OJC alumni.

According to Almabeth Kaess, director of marketing and development at OJC, there are several goals for the event that include: raising funds for Foundation scholarships; bringing the college's alumni back to campus to reconnect with the campus and former classmates; and promoting health and fitness in the community.

"Few events have been held over the college's 70-year history that brought our alumni back to campus," said Kaess. "We are hoping that the Rattler Run and Reunion will become an annual event that will provide a backdrop for former students to return to La Junta and get reacquainted with the campus and the people they knew during their time at OJC," she said.

The 5K Run, 2-mile Walk and 1-mile Kids Race are scheduled to begin early on the morning of September 10, prior to the start of the Early Settlers' Day parade. The events will have a staggered start; starting with the 5K Run at 7:30 a.m., followed by the 2-mile Walk at 8 a.m. and the 1-mile Kids Race at 8:30 a.m. All races will begin on the west side of the OJC Student Center at 2001 San Juan Ave., in La Junta. Registration will begin at 6 a.m. in the OJC Student Center.

The 5K Race and 2-mile Walk will go south at San Juan Avenue out of the city limits and then loop back to finish at the starting line. The route for the 1-mile Kids Race will lead to the new Tiger Stadium track and field and will finish in front of the grandstand in Tiger Stadium.

Awards will be given to the top three finishers in all age and gender division for the 5K Race and the top three boy and girl finishers in the Kids Race. Special awards will be presented to the school with the most students participating in the Kids Race, to the top employer with the most employees participating and to the top non-profit or organization with the most volunteers or members participating.

"At the conclusion of the races, we are hoping that people will stay in La Junta and enjoy the many activities planned for Early Settlers' Day," said Kaess. "All activities surrounding Early Settlers' Day will be held in the La Junta City Park. The OJC Foundation will set up an OJC alumni tent in the City Park so that former students can have a place to gather and visit. There will also be an OJC Volleyball Tournament going on at the McDivitt Center gym throughout the day and a home soccer match at 5 p.m. at Tiger Stadium," she said.

Kaess explained that over the past year the OJC Foundation Board has reorganized and has set some specific goals.

"One of the first programs the Foundation Board would like to establish at OJC is a President's Leadership program, which we hope to have in place this coming fall. This program would provide scholarship support to qualifying students in order to earn a Certificate in Leadership Studies at OJC, based on the completion of a prescribed academic plan, service learning and experiential learning. One of our goals with the Rattler Run and Reunion is to raise some funds to provide that scholarship support," said Kaess.

To register for the Rattler Run, participants can register online by going to: www.ojc.edu. The homepage of the Otero Junior College website has a link to the registration site with additional information. Pre-registration fees for the 5K Run and 2-Mile walk are \$20. There are no pre-registration fees for the 1-Mile Kids Race. Day-of registration fees are higher for all races.

For more information, contact Almabeth Kaess at 719-384-6857 or almabeth.kaess@ojc.edu.

More information about the race and the day's events can be found at: www.ojc.edu/alumniEvents.aspx.





Dave Diaz

2011 July through December Race Calendar By: Dave Diaz

<u>DATE</u>	<u>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
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	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
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
Thnksvg, 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 inaugural PIKES PEAK ROAD ASCENT will take place on Aug 28, 2011, 11.6 miles up the Pikes Peak Hwy.

The Fowler Basketball team will sponsor a Sprint Tri on Aug 13, 2011. Email scott.epperly@fowler.k12.co.us for an application or more information.

The Atalanta 5k scheduled for Nov 12, 2011 will not be held this year.



June 2011 Meeting Minutes By: Mike Archuleta

DATE: June 1, 2011 at 6:00 p.m.

ATTENDANCE: Mike Archuleta, Paulette Arns, Dave Diaz, Paul LaBar, Terry Cathcart, Gary Franchi, Todd Kelly, Sayra Bassett, Rich Hadley, Marilyn Vargas

CLUB BUSINESS

Purchase Second Large Clock: The officers talked about purchasing a second race clock as back up. The club officers reviewed different race clocks and quotes. It was recommended that Dave Diaz review current quotes and move forward in purchasing back up race clock.

OFFICER REPORTS

Minutes:

The club approved the May minutes with no changes.

Treasurer Report: Paulette Arns

Paulette presented the financials to the club. The majority of the cost was spent on the Run with the Bulls and newsletter.

Newsletter: Laura Wehrwein

Laura sent an email with a tentative monthly newsletter production schedule: articles are due 15th of the month, and stuffing usually occurs last Thursday of the month.

Membership Chair: Maria Elena Weaver

Maria Elena Weaver submitted her report by e-mail. There are 185 memberships including 103 individual memberships and 175 family memberships.

Webmaster: Paul LaBar

Paul reported working with another club member to develop contact management for the website. Paul working on placing recent race results on the Web site.

Race Calendar: Dave Diaz

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

REPORTS / LESSONS LEARNED

Panther Run: May 7

Paul reported no major issues on race day and the race had great race support. The only issue report was there were several events in the park.

Race with the Bulls: May 22

The race with the Bulls had 138 signed up for the race and only 121 finished the race. There was some race day confusion with the walkers during the event.

Spank Blasing: April 23

Todd Kelly reviewed the events on April 23rd. The race used using chip timing for the event. The race had over 614 runners and walkers for the event. There were several events after the race with Martini shot band playing, beer and burritos.

UPCOMING RACES / EVENTS

Spirit Fest: June 11th

Cancelled for 2011

The Run for Rio: June 4

The race is setup and Jeff Arnold will mark the course and do the race logistics.

Diabetic Prevention: June 5

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

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,

Mosaic Run: July 16

Marilyn reviewed the race and course for 2011. The course will be the same course as last year. The goal is to encourage kids to run the race. There will be on-line race registration.

Women's Distance Festival: June 25

Dave Diaz reported that Peggy Oreskovich is coordinating the events for the WDF. They will send out registration forms to previous participants.

Meeting adjourned at 8:30 p.m.



Mike Archuleta

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

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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: July 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.

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secretary@socorunners.org
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webmaster@socorunners.org



Maya Maes-Johnson runs the Cinco de Mayo 5K on
May 1, 2011, at the Colorado State Fair Grounds.

THE FINAL WORDS:

"Success isn't how far you got, but the distance you
traveled from where you started."

~ Unknown