



Footprints

Southern Colorado Runners

August 2011

Volume #340, Issue #8

Editor: Laura Wehrwein

To Peak Or Not to Peak?

By: Ron Dehn

Those of you who are “regular” readers might remember that I frequently write about the Pikes Peak Ascent. No, it’s not the Badwater Ultra, the Leadville 100, the Rim to Rim to Rim, or even the Pikes Peak Marathon. But the Ascent is at the upper end of what my mind and body can actually accomplish.

After reading the books *Born to Run* (see Ramblin’ in the July issue) and *127 Hours* (the book by Aron Ralston who had to cut off his own arm to survive an accident in the canyon lands of Utah), I am convinced that given enough desire, passion, training, adversity, and plain old guts, we humans are capable of tackling challenges way above and beyond our perceived limitations.

So I will rephrase my statement. The Pikes Peak Ascent is at the upper end of physical effort that I have been willing to

attempt in the past. For an average runner like myself, it simply takes a fair amount of commitment, and consequently time, to train for the Ascent. I do believe that if I devoted enough time, energy, desire, sweat, courage, and a bit of stubbornness, I could succeed at more difficult challenges.

Now for the tough part. Do I want to? What is my real motivation? Am I just being lazy? What are my priorities? What is the correct balance?

After some meandering, let’s get back to the original question – to peak or not to peak? And then to the original question – why do I run?

As best I can discern, I run for several reasons: 1. To keep in shape. 2. Because I enjoy it. 3. The social aspect. 4. To challenge myself.

Keeping in Shape: It just makes sense to keep active. It simply enhances your quality of life. You feel better if you walk, run, bike, swim, hike, or otherwise move utilizing your own body to propel yourself from one location to another. But, I am preaching to the choir.

Enjoyment: Running (after the first ¾ mile) is generally enjoyable to me. I love being outside and immersing myself in nature. Running can also free up your mind. Sometimes while running my

mind takes a vacation. Sometimes it allows creativity to take over. Sometimes it is a great way to pray / meditate. Running nourishes the body, mind, and spirit.



Ron Dehn

The Social Aspect: There is certainly a social aspect as well. Running with family members is one of my favorite activities. Through the years, I have also spent many hours on the prairies running with friends and co-workers. And as I have mentioned in other columns, the SCR family is made up of a terrific group of people. SCR provides many social opportunities such as predict runs, pot lucks, banquets, picnics, newsletter stuffings (yes this is a social activity), and opportunities to work races, among others.

The Challenge: Sometimes we have to stretch ourselves. Most of us can easily get into ruts, so we have to push ourselves to do something above and beyond the norm. It can mean anything from jogging up a hill when our body wants us to walk to the Badwater Ultra. We usually have to experience at least some adversity / difficulty / challenge in order to grow. Running provides countless opportunities.

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Letter to the Editor:

On July 4, I ran the Liberty Point 5K in Pueblo West. What impressed me was the manner in which the volunteers handled the task of being overwhelmed by an enormous number of race-day registrants. Working the finish line and tabulating results under a hot July 4th sun could not have been fun. Stan Wren and all the volunteers deserve a special thanks.



Anna Marshall of Pueblo West placed first at the 2011 Women's Distance Festival, held on June 25. Her time for the 5K event was an impressive 19:47.5. Congratulations, Anna!

Thank you to Larry Volk for the above photo. More photos from this event are inside this issue.



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

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Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	647-9174
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Stuffing Coordinator	Marilyn Vargas	
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Web Master	Paul LaBar	201-5443
Calendar Keeper	Dave Diaz	

Contributing Writers / Photographers

Gary Franchi, Dave Diaz, Maria Elena Weaver, Ron Dehn, Larry Volk, Mike Archuleta, Paulette Arns, Humberto Parades

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' - To Peak Or Not to Peak? By: Ron Dehn

(Continued from page 1)

Ok, now the question, *To Peak or not to Peak?* The short answer is: I decided to take a year off. In 2010, my brother Dave and I ran the Ascent together. We were also able to enjoy several training runs together. My kids are also interested in doing an Ascent with me, but this year was not going to work out for any other family members, so I decided to skip 2011.

It was a good decision for me. However, there are a few things I miss. One nice thing about committing to the Ascent is that beginning in January I am motivated to work a bit harder just knowing that in a few short months, I will be asking my body (and mind) to stretch and grow. It is not as easy to cut a run a mile short, or even skip a training run, if that Peak run in August is in the back of my mind. I am undoubtedly not in as good of shape as this time last year. I also miss the training. Every day when I go outside to get the newspaper, I have a little ritual that includes gazing at Pikes Peak. I think about the day's conditions on the Barr Trail and remember how great it felt to run on that trail.

I do plan to sign up again in the next year or two. I'm not ready to totally retire.

In the meantime, I wish success to those fellow area runners who have made the commitment in 2011. Good luck to Ascenders and Marathoners: Sue Bertoldo, Darryl Clark, Jamen Kyle Cox, Justen Kieth Cox, Dave Diaz, Reyna Ashley Ehrman, Kelly Ann Firestone, Denise Flory, Charlie Gray, Marge Gray, Allen Jackson Gross, Allen Ray Gross, Joey Lee Gutierrez, Taryn Rae Haas, Chester Hadden, Donald Hawkins, John Highfill, Mark Koch, Laurice Lopez-Cepero, Shawn Loppnow, Paula McCabe, Jessie Quintana, Robert Quintana, Troy Rogula, Brian Ropp, James Sheehan, Michael Strally, Patrick Swank, Butch Nezvinsky, Duane Richert, Tom Caughlan, Jim Coulson, Joanna McIntyre, Brian Vanlwarden, and probably a few others I missed in my search. I hope one of you will share your experiences of your 2011 journey on the mountain.

Happy August Birthday!

- | | |
|----------------------|------------------------|
| 1 Zach Heesaker | 17 Jim Hadley |
| 4 Aaron Lopez | 18 Melanie Hughes |
| 5 Jerica Khosla | 19 Dominic Musso |
| Jace Khosla | Mark Kleven |
| 6 Rachel Van Buskirk | Emily Lucero |
| Melissa Van Buskirk | 20 Alita Giron-LaBar |
| Kerry Meier | 21 Ricky Perez |
| 9 Emily Perez | Charlie Lucero |
| 11 Kristine Rivera | 24 Danny Baracz |
| 12 Adena C. Hidy | Lou Huie |
| Austin Hale | 25 Taylor Lopez-Ceparo |
| Dante Docessaro | 27 Aaron Drake |
| Ross Westley | 28 Marjorie Gray |
| 14 Gus Appenzeller | 29 Rylee Fox |
| Frank Lopez-Cepero | 30 Matthew Drake |

Gary's Great Stuff — Ante Up for a Good Cause

By: Gary Franchi

Thought for today's lunch:

(Compliments of cancer survivor and personal trainer Tim Rickett of the Fort Collins Club)

“Keep your calendar full. If you've got something to do tomorrow, you've gotta wake up.”

Musings on running, fitness, life:

Once upon a time in a galaxy seemingly far, far away, you could register for a running race and – now get this – even a duathlon or triathlon without taking out a second mortgage. I'm serious. Shoot, I actually remember when you could enter the Ordinary Mortals right here in Steel River Pee-town City for a scant 25 bucks, although the T-shirt, when offered, was extra. You could enter a 10K, even in Colorado Springs, for about \$15. I once ran a half-marathon in Fort Collins for under \$25.

I don't want to make it sound like I am an old geezer (which I am) just complaining, because many running races today are actually still pretty cheap. But on the other hand, there are marathons that will now cost you close to or more than 200 geeks to enter (Boston, Chicago and New York come to mind) and half-marathons that might require fasting for a week or two in order to save up enough money to enter.

The current issue of Runner's World magazine talks about registration costs and breaks down a typical entry fee for one of those larger marathons, and it comes to the conclusion that runners are getting more than their money's worth for them. I'm not sure if they wrote those words with a straight face

because the largest portion of their cost pie analysis is for staffing, which means for the race director or company that is conducting the event. What that basically means is that an organization is putting on the race to make a profit. If someone's livelihood is at stake, they're in it to make money, not for the good of the sport.

The best statistics that I've seen lately were the ones that long-time running guru Jeff Arnold put on the SoCoRunners List Server a few weeks ago – that the “typical” cost of an Ironman is \$575 and the average income of those who do Ironmans is \$161,000. Yet they sell out seemingly in the amount of time it takes you to put down this newsletter after getting bored reading this article.

How did this happen?

Blame supply and demand, a lot of people with deep pockets, the psychological factors associated with the need for personal accomplishment and recognition, the need to compete in order to be motivated to train, the desire to experience a different adventure, etc.

But another key factor is the proliferation of “cause” events. While reading the fitness events calendar in The Denver Post one day last month, just for kicks I started jotting down which events of the 15 or so that were listed were fundraisers and came up with these – the Prostate Cancer 5K, Avon Walk for Breast Cancer, Scleroderma 3K walk/5K run, Women's Vision Foundation Walk, Alex Hoag Run for Sunshine and the MS-150 bike ride. All great causes. Most with hefty entry / pledge fees. Those who participate in them undoubtedly believe very strongly in their causes and don't mind ponying up for them.

One of the things that stirred my pot a

bit recently was that my entry in the Copper Triangle bike ride required a \$10 donation to the Davis Phinney Foundation. It wasn't optional. Now, helping those with Parkinson's disease is certainly a worthy cause that I believe in, just like the causes of all of the events listed in the previous paragraph. But I'd like to be able to contribute to what I want to contribute to, not be required to because I am participating in a bike ride.

Being who and what I am, this got me to thinking that I need to create my own “cause,” and I have – the C&G Fund. This is a cause that's well worth contributing to – the life enrichment of Carrie and Gary, two respectable, hard-working adults who help drive the economy by being good consumers. Because we don't want to see you in pain, we'll spare you having to endure a grueling event that might cause you to get injured and to spend a lot of time training when you could use that for good family or spouse time.

Hence, no event. No T-shirt that doesn't fit right. No post-race meal that doesn't meet your lofty standards. No travel expenses. Just write out checks to the “C&G Fund” and send them to me in care of the Southern Colorado Runners. Like many of those other “cause” events, you'll have the satisfaction of knowing that this foundation will benefit people you deeply care for and will bring much happiness to their lives. Plus, you will know that they will be putting many of the dollars back into the economy, making this a better country for all. And remember, any contribution to the C&G Fund is tax-deductible.

If you'd like, we'll even send you a registration form.



Gary Franchi

The Southern Colorado Runners YMCA Tree

Ten things I was just wondering:

1. Why can't there be a rule that all weightlifters have to work out wearing a scarlet "S" on their shirts if they're taking body-enhancing supplements?
2. Can we assume that a "dental office smell" would not be a very popular-selling scent for an air freshener?
3. Why don't they have pay-per-view rock concerts?
4. Isn't it about time they cleared up doping in cycling by allowing doping in cycling?
5. When are they going to start selling extra-gluten food?
6. Wouldn't it be cool if we could speed up a human's metabolism rate like revving up an engine – by adjusting a governor switch?
7. How could NBA Commissioner David Stern possibly mispronounce Dirk Nowitzke's last name when awarding him the Finals MVP trophy?
8. Are the tours of California, Spain and Italy held to give cyclists enough opportunity to perfect their doping techniques before the Tour de France?
9. Do ants know when a family member or relative has been killed or is missing?
10. Did Lance Armstrong make as much money from bicycling as he does from endorsements?

Until next month, remember that the best "cause" for your event participation is your own health and fitness.

When the Pueblo YMCA was getting ready to open its new building a few years ago, it was soliciting sponsors to cover the cost of trees as part of the landscaping on its grounds. The SCR, which has used YMCA facilities for almost all of its executive meetings since Day 1, donated \$300 for a tree, which is shown below. The SCR tree is healthy and growing! Check it out the next time you visit the Pueblo YMCA.



Left: The SCR YMCA tree is alive and well!

Below: The nameplate that accompanies the tree sits near the base of the tree.

Thank you to **Gary Franchi** for taking these photos and providing information for this article.



June 19 — Arroyito Lake View Run



The Race Start



Trisha Davis



Riki Acosta



Paul DallaGuardia and Unknown Runner

Thank you to **Humberto Parades** for taking these photos.

June 25 — Women's Distance Festival



Stacey Diaz (L) and Peggy Oreskovich, race director.



Race volunteers Mike Archuleta (L) and Paul LaBar.



From L to R: Anna Marshall (winner of race), her mom, Marti, and her sister, Susan.

Thank you to **Dave Diaz** for providing these photos.

Women's Distance Festival (continued)



Left: Race volunteers, Middle: Rachael and Carissa Calkins, Right: Kayleigh Shinn, Taylor Lopez-Cepero, Jessica Kleven, Anna Marshall, and other race participants.



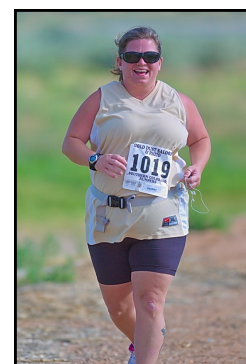
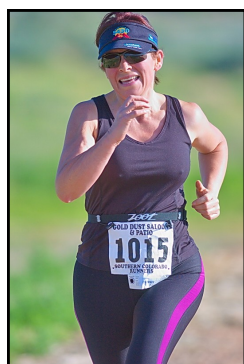
Carrie Franchi.

From L to R: Sarah Gogarty, Taylor Lopez-Cepero, Peggy Oreskovich.



Sarah Gogarty.

From L to R: Jill Miller, Marti Marshall, Trisha Davis.



From L to R: Gloria Montoya, Janette Herrera, Gloria Gogarty, Susan Montez, Roman Kerry.

Thank you to **Larry Volk** for providing these photos. To view and purchase, go to www.volkphoto.com.

Saddle Sadie Rides Again

By: Maria Elena Weaver

This “Old Grey Mare” has been back on her antique (OK, maybe just old) bike training for an amazing ride. I guess my husband, Al, felt sorry for me and helped me pick out a new, lighter bike last month. So, my new Royal Maroon, white tire Trek and I will do my fourth Venus de Miles Ride in Longmont, Colorado on August 28th.

Since some runners also like to ride, I'd like to encourage you to consider doing this ride. It is a ride for women only. Men are allowed to ride but



Maria Elena and her son, Jesse, at a past Venus de Miles ride.



Maria Elena and her husband, Al.

only if they are members of the “Men in Drag” team.

They are pretty hysterical in their skirts and helmets with yarn braids and other “accessories”. The ride is a fundraiser for Greenhouse Scholars, a scholarship and mentoring non-profit out of Boulder, so ridiculousness is

tolerated and even encouraged. I'd love to see Al in Pippy Longstocking braids. If you'd like to donate in my name instead of riding, that would be great too.

Four distances are featured, from a 25 or so miler to a century ride. I've done two 50ish milers and a 65-mile ride. This year I'll brave the hilly “calf-cramping” 67-mile stretch again. The course has hills, but hey we are in Colorado, and the support is excellent. It is much easier than giving birth to two eight pound babies. Yes, that would be yours truly. You can close your mouth now. There is even an area of free essentials at the start which includes sunblock. I don't think they have curling irons running (but I don't remember all that was there). The expo at the end has all sorts of sports-related and girly-girl booths.

The food is great after the ride and this year they'll even have gluten-free choices for me served in a lovely green area of the town of Prospect. I love visiting Prospect, a pedestrian-friendly neighborhood of beautiful multicolor homes. Yes, I know I'm gushing but it is a very nice event and it is great to see so many women out on the course. They are expecting around 2200 bikers this year, and they've managed the crowd very well so far.

My daughter Melina talks about doing the ride but hasn't made it yet. She is always at the finish. Last year she greeted me, yelling, “Look everybody, that's my momma.” For me and all of the other mommas out there, consider coming out and riding or supporting the scholarship fund. We women can do great things with the help of other women and our guys, in or out of drag. Giddy up girls.



Melina encourages her mom during a past Venus de Miles ride.



Etiquette For Runners, Part 1

By: Road Runners Club of America

Here are some very helpful reminders for all of us runners. This information was sent to us by the RRCA (Road Runners Club of America). Thank you to **Paulette Arns** for suggesting this topic for the newsletter. Stay tuned for Part 2 in next month's issue!

Rules of the road and trails

- Run against traffic if running on the road. If running on the sidewalk or multi-use trails, travel on the right and pass on the left.
- Never run more than two abreast if you are running in a group. Don't be a road or trail hog.
- Don't run down the middle of the road or trail.
- If you are running an out-and-back route, don't just make a sudden u-turn at your turn around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. Ensure the road or trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) then make your u-turn. Making a sudden u-turn without looking over your shoulder is a good way to get hit.
- Alert pedestrians when you are passing them – don't assume they are aware of their surroundings. A simple "on your left" warning will suffice.
- Be alert on blind curves.
- Stop at stop signs and ensure oncoming traffic yields to you before proceeding across a road. Don't assume cars will stop if you are entering a cross walk.
- Respect private property along your route. Don't relieve yourself in the neighbor's bushes.
- Don't litter. If you can't find a trash can, carry your trash home.

General Rules for Running in an Event

- **Follow the rules of the race outlined on the race entry form!** All runners have a collective responsibility to keep the event safe. Races generally discourage running with dogs, headphones, cell phones, and jogging strollers.
- Pre-register even if same day registration is offered. This will help ease the registration process for everyone involved.
- Arrive early for the event, especially if you are picking up your number on race day. Check your registration information carefully, especially if you are racing for an award or prize money.
- Use the facilities before the race start to lessen the need once on course, and help keep the facilities clean for person in line after you.
- Pin your race number on the front of your shirt/shorts. This is where it is most visible for photographers and race officials.
- Line up according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. Just because you arrived early does not mean you should be at the front of the starting line.
- Pay attention to the pre-race instructions. This is **not** the time to be blaring your favorite song on your personal music device (which should be locked in your car or at home).

Race Etiquette on Course

- If you drop something as the race starts, don't stop and pick it up! Wait until almost everyone has crossed the starting line; then retrieve it.
- Don't drop clothing on the course after you warm-up. If you must shed layers of clothing, tie them around your waist or place them on the side of the road where no one will trip over them. If you drop it; don't expect to get it back.
- Run or walk no more than two abreast.
- Do not block runners coming up behind you by swerving needlessly back and forth across the course.
- If you are walking in a group, stay to the back of the pack and follow the two abreast rule.
- Bodily functions are a fact of life during a race. If you need to spit, blow your nose or throw-up, move to the side of the road and do it there. If nature calls, check for a port-a-potty, an open business, a kind neighbor along the course, or as a last resort, a discreet clump of bushes before relieving yourself.

On that pleasant note, be on the lookout for Part 2 in the September newsletter!



Dave Diaz

2011 August through December Race Calendar By: Dave Diaz

<u>DATE</u>	<u>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
<u>AUGUST</u>			
Saturday, August 6	Up Down & All Around-Predict #8	8:00 AM	Swallows Road, PW
Saturday, August 6	The Top Ten Mile	7:00 AM	Colorado Springs, CO
Saturday, August 6	Danapalooza Trail Run 5K	8:00 AM	Canon City, CO
Saturday, August 6	Florence Fit N Fun 5K/ 10K	8:00 AM	Florence, CO
Saturday, August 13	Georgetown to Idaho Spr- 1/2 Mar	8:00 AM	Georgetown, CO
Saturday, August 13	Fowler Sprint Triathlon	7:00 AM	Fowler, CO
Saturday, August 20	Pikes Peak Ascent	7:00 AM	Manitou, CO
Sunday, August 21	Pikes Peak Marathon	7:00 AM	Manitou, CO
Sunday, August 28	Pikes Peak Road Ascent 11.6M	8:00 AM	Pikes Peak Highway
<u>SEPTEMBER</u>			
Saturday, September 3	Tenderfoot Mtn Triathlon	7:00 AM	Salida, CO
Monday, September 5	American Discovery Trail Marathon	6:30 AM	Colorado Springs, CO
Saturday, September 10	Boys & Girls Club 5K	9:00 AM	Lake Minnequa
Saturday, September 10	OJC Rattler Run 5K	8:30 AM	La Junta, CO
Saturday, September 10	Skyline Drive 10K	8:00 AM	Canon City, CO
Sunday, September 11	South Shore Adventure-Pred #9	7:30 AM	South Shore Trails
Sunday, September 11	Denver 1/2 Marathon	8:00 AM	Denver, CO
Sunday, September 18	Pony Express 15M	8:00 AM	Rampart Reservoir
Saturday, September 24	Run 4 Trails 4M	8:00 AM	Pueblo West HS
Sunday, September 25	Hot to Trot 5K	8:00 AM	Gold Dust Saloon
<u>OCTOBER</u>			
Saturday, October 1	Lion's Roar 5K	9:00 AM	City Park
Saturday, October 1	Royal Gorge Run 5K, 10K	8:30 AM	Canon City, CO
Sunday, October 9	Denver Rock n Roll Marathon	8:00 AM	Denver, CO
Saturday, October 22	Harvest Run 5K-Predict #10	4:30 PM	Lake Minnequa
Saturday, October 29	Strut Your Mutt	9:00 AM	Union Ave Historic District
<u>NOVEMBER</u>			
Saturday, November 5	Hustle for Russell 5K	9:00 AM	Pleasant View Mid School
Thanksgiving, November 24	YMCA Turkey Trot 5K	9:00 AM	Pueblo YMCA
Saturday, November 26	Temple Canyon 4M-Predict #11	9:00 AM	Temple Canyon-Canon City
<u>DECEMBER</u>			
Saturday, December 03	Rock Canyon Half Marathon 13.1M	9:00 AM	Pueblo City Park
Saturday, December 17	It's a Wonderful Run 4M-Pred #12	9:00 AM	Sunset Park

CALENDAR NOTES:

Florence Chamber of Commerce will host their annual Fit N Fun 5K / 10K on Saturday, Aug 6, 2011, at 8:00 a.m. starting at Pioneer Park in Florence, CO. For more information call 784-3544.



July 2011 Meeting Minutes

By: Mike Archuleta

DATE: July 6, 2011 at 6:00 p.m.

ATTENDANCE: Mike Archuleta, Paulette Arns, Dave Diaz, Paul LaBar, Terry Cathcart, Gary Franchi, Maria Elena Weaver, Brian Ropp, Peggy Oreskovich, Laura Wehrwein.

CLUB BUSINESS

Purchase Second Clock: Dave Diaz talked about purchasing 2nd race clock as back up. The club officers reviewed different race clocks and quotes. It was recommended that Dave Diaz purchase the 2nd race clock as back up for the club.

Spring Runoff: Daryl Clark will attend future meetings to discuss planning for the Spring Runoff.

Chip Timing: Discussed the possibility of the club looking at chip timing for the future races.

OFFICER REPORTS

Minutes:

The club approved the minutes with changes to the membership information.

Treasurer Report: Paulette Arns

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

Newsletter: Laura Wehrwein

Laura reminded members to submit articles to the newsletter by the 15th of the month.

Membership Chair: Maria Elena Weaver

Maria Elena Weaver submitted her report by email. There are 187 memberships including 104 individual memberships and 177 family memberships. There are 143 members receiving the

Colorado Runners Magazine.

Webmaster: Paul LaBar

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

Race Calendar: Dave Diaz

Dave reviewed changes to the calendar for 2011 and updated the predict series. Dave encouraged race directors to reserve dates for next year's race calendar.

REPORTS / LESSONS LEARNED

Run For Rio — June 4th

The run produced about 35 runners for the race. Paulette reported no issues during the race.

Diabetic Prevention — June 5th

The race had over 100 participants. There was confusion with walkers and runners on the track. Overall the race progressed without any problems.

Women's Distance Festival — June 25th

Peggy Oreskovich reported 50 runners for the race. Next year work on information regarding the race in the newsletter. Peggy put on another quality WDF.

Liberty Point — July 4th

The race had over 200 race registrations. The race continues to grow into one of the biggest races in Pueblo. Participants stated it was hard to register online for the race.

UPCOMING RACES / EVENTS

Mosaic Run — July 16th

Paulette 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 online race registration.

Lion's Roar Run — Oct 1st

Cheryl Farrier to report at future SCR meetings.

Pueblo Children Advocacy Bike Ride — Oct 2nd

Ellen Cooney reported that the center is looking at adding a 5K race or walk to the event. More details at the next meeting.

St Theresa and John Neumann

Both are looking at combining efforts in 2012 for the race. There may be a 10K race in addition to the 5K.

Boys and Girls Club — Sept 10th

Becky Medina asked for finish line support for the race. There will also be a basketball tournament happening at the same time.

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

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: August 3 (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!



Runners at the Women's Distance Festival on June 25,
2011. Photo submitted by Larry Volk.

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

THE FINAL WORDS:

And, finally, partial lyrics to one of my favorite running songs, "Reason
To Believe" by Dashboard Confessional:

I have reason to believe that I have victories to taste
I can feel them on my teeth, upon my lips and in my chest
I can roll them on my tongue, they are more supple than defeat
I feel the tension in my lungs and every move is fueled by my resolve to
Breathe.