



Footprints

Southern Colorado Runners

September 2011

Volume #340, Issue #9

Editor: Laura Wehrwein

Fowler Triathlon Recap — August 13

By: Donald Moore

Yes, the town of Fowler hosted a triathlon. On Saturday, August 13, I left the house at 5:30 a.m. and drove east on Highway 50 to participate after learning about the event from fellow club member Dave Diaz on the Socorunners Yahoo Group. I needed a "tune up" race to prepare for Salida's Tenderfoot Mountain Triathlon on Labor Day weekend and this fit my training schedule well. This was Fowler's first foray into hosting a triathlon and they did a great job. It was very well organized and full of community spirit. I have done about 30+ tri events over the last five years, big (Philly, Boulder) and small (Lamar, Center), and this one was as well organized as any in which I have participated.

Scott Epperly organized the sprint format event, which consisted of a 525-yard pool swim, 8-mile bike and 4-mile run. Scott told me, "I organized this event for two reasons. First, was to give the community something fun to do that also promoted physical fitness. Second was to raise funds for the high school



The Top Three Men Finishers of the Fowler Triathlon (from L to R): Donald Moore (1st), Kermit Snyder (2nd), Tye Stephens (3rd).

basketball programs." Another reason I signed up is my daughter is an avid basketball player and I thought the \$45 entry fee was well worth an opportunity to have a race effort in my training and to support kids playing hoops.

Epperly is the Fowler Grizzly basketball coach and on faculty at Fowler High School. He was able to garner an amazing amount of involvement and support for a first time effort. I didn't take a formal count but I bet there were at least 75 spectators on hand to watch, cheer and support the athletes.

About a dozen high school kids helped protect intersections and assure a safe course. Additional community volunteers included the Fowler Police Department, Town of

Fowler, Fire Chief Tracy Nelson and the Fowler Fire Department, and Brandon and Cindy Chambers with Med-Trans Ambulance Service. Jason Smith from the Pueblo Police Department was also there. Peak View Animal Hospital donated shirts, Otero True Value donated lane line materials, Designs and Stitches donated trophies, Jack's Groceries donated fruit and water, and Loaf & Jug donated Gatorades. Epperly told me, "The boys and girls basketball teams of Fowler greatly appreciate all the help that was given to make this a truly great inaugural event."

The contest included 13 individuals (10 men, 3 women) and 10 teams (mostly teams of three but a couple teams of two); all included, 43 athletes were on the course, a

Inside this issue:

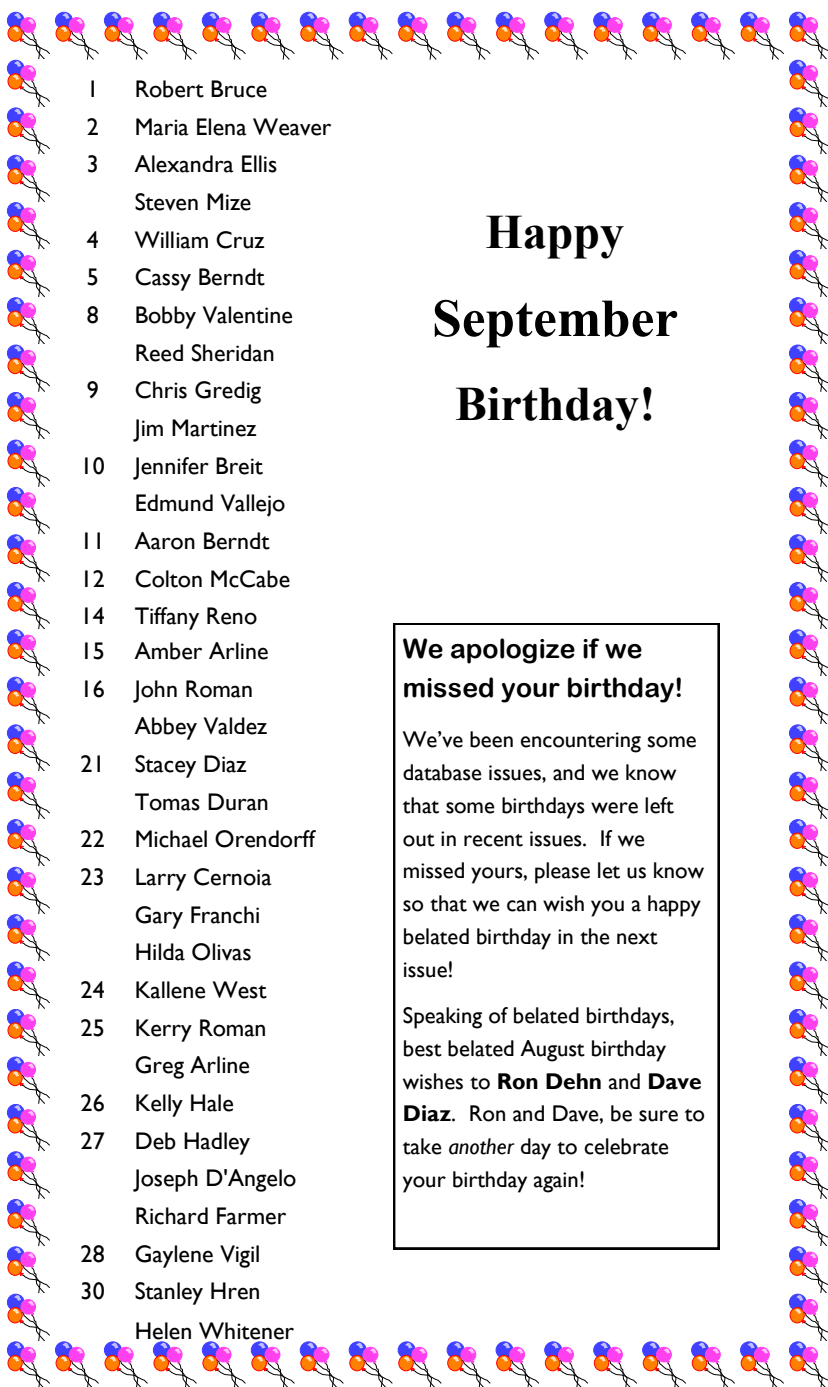
Ron's Ramblin'	3
Gary's Great Stuff	4
Tribute to Ted Quintana	5
Amazing Grace	7
South Shore Adventure Run	8
Run 4 Trails	8
Lions Roar For Fitness	9
2011 Race Calendar	10
July SCR Meeting Minutes	11

(Continued on page 6)

Laura's Notes By: Laura Wehrwein

Happy September to all of my running comrades! This issue is packed with articles and pictures. This is the first month as Editor that I had to turn down some wonderful articles due to space constraints. So, next month, stay tuned for a nostalgic article by Jeff Arnold on the Frostbite Five! (I'm so sorry we couldn't fit it in this month's edition, Jeff.) Also, if space allows, next month I'll be sure to include Etiquette for Runners, Part 2. (Part 1 was brought to you in last month's issue.) Keep those awesome articles and photos coming!

Until next month, may your running trails be blessed with the perfect running weather.



- 1 Robert Bruce
- 2 Maria Elena Weaver
- 3 Alexandra Ellis
Steven Mize
- 4 William Cruz
- 5 Cassy Berndt
- 8 Bobby Valentine
Reed Sheridan
- 9 Chris Gredig
Jim Martinez
- 10 Jennifer Breit
Edmund Vallejo
- 11 Aaron Berndt
- 12 Colton McCabe
- 14 Tiffany Reno
- 15 Amber Arline
- 16 John Roman
Abbey Valdez
- 21 Stacey Diaz
Tomas Duran
- 22 Michael Orendorff
- 23 Larry Cernoia
Gary Franchi
Hilda Olivas
- 24 Kallene West
- 25 Kerry Roman
Greg Arline
- 26 Kelly Hale
- 27 Deb Hadley
Joseph D'Angelo
Richard Farmer
- 28 Gaylene Vigil
- 30 Stanley Hren
Helen Whitener

Happy September Birthday!

We apologize if we missed your birthday!

We've been encountering some database issues, and we know that some birthdays were left out in recent issues. If we missed yours, please let us know so that we can wish you a happy belated birthday in the next issue!

Speaking of belated birthdays, best belated August birthday wishes to **Ron Dehn and Dave Diaz**. Ron and Dave, be sure to take *another* day to celebrate your birthday again!



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.

“Footprints” Volume No. 340, Issue No. 9

“Footprints” is the newsletter produced monthly by, about, and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

Postmaster: Please send address changes to “Footprints” c/o Southern Colorado Runners at 3200 Spaulding Ave, Pueblo, CO 81008

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

Gary Franchi, Dave Diaz, Maria Elena Weaver, Ron Dehn,
Larry Volk, Mike Archuleta, Donald Moore, Marijane Martinez,
Debbie Gurule, Kim Arline, Cheryl Farrer.

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' — Mini Rambles

By: Ron Dehn



Ron Dehn



Larry Volk explains his predict strategy at the Up, Down & All Around Predict Race.

Thank you to Nina Gonzales & Family

Nina and Family hosted the Up, Down & All Around Predict Race on August 6. It was a great 5-mile course in Pueblo West with majestic views of Pikes Peak, the Spanish Peaks, and the Wet Mountains. Nina threw in a few hills to exercise our quads and marked it well with arrows and cones, so even yours truly (who is severely directionally challenged) knew where I was going. (Ok, I had a little help from Stacey Diaz and Paul DallaGuardia.)

With my "new and improved" retirement schedule (yes, we retirees have busy schedules), I have missed several of the predict races this season, so I was happy to participate in this one. If you haven't done any of the predicts, I highly recommend them. First, they are not races per se. They are social events where we enjoy each other's company and usually, but not always, a pot luck is part of the activity. Oh, yes — and we throw in a run. The runs are all unique and distances vary. Speed does not matter — accuracy does. The Predicts offer an opportunity to get to know your fellow club members, and as I have said many times, there are some very nice people who host and attend these events. Check the SCR website calendar for information on remaining predict runs.

Hooray for Diana Nyad

Diana Nyad is a 61-year old endurance swimmer whose dream was to swim 103 miles from Cuba to Florida. Her plan was to swim for approximately 60 hours with a 30 - 40 person support crew. Instead of a shark cage, the crew used specialized equipment to surround Diana with a slight electrical current imperceptible to humans but strong enough to keep most sharks at bay. In order for the record to be official, she swam without a wet suit and was not allowed to touch the boat or any of the crew. Diana trained for 2 years specifically for the Cuba to Florida swim including a 24-hour training exercise. She attempted the same swim in 1978 but was unsuccessful. Even with the additional years, she felt she is in better swim shape now than in her younger years.

However, the waves were rougher than anticipated and the currents blew her off course. Her shoulder which had been healthy began to cause major problems. In addition, she had severe asthma attacks which also had never been a problem while swimming. Medication brought no relief and toward the end, Diana would swim three or

four strokes then roll on her back to breathe. She aborted the attempt after 29 hours and approximately half the distance to her goal. Hooray for Diana even though she did not reach Florida? Definitely! There goes a gutsy lady!

Thank you to Kim Arline

Kim Arline has been the driving force behind the Pueblo West trail system. The trails are multi-use trails and are primarily meant to provide safe walking and biking paths to the various schools for students. They also provide safe walking and biking trails for the general public. I'm sure Kim had help, but she was at the forefront in public meetings and discussions with civic leaders. And it is very refreshing to see that one person with passion, reason, and determination can indeed make a difference.

I have cycled on "Kim's Trails" several times lately. The trails are smooth, safe, and are linked to the schools, to each other and to streets. I appreciate the opportunity to get off the main streets and still get a workout. A week or two before school started, my daughter, who teaches at Desert Sage Elementary, was getting her classroom decorated and ready for the kids. I surprised her one day and rode the 7.4 miles from home to her school and stayed almost exclusively on "Kim's Trails" and "minor" streets. THANKS, KIM! Great job!

Coming next month: I have no idea, so it will be a surprise to all of us.



Participants of the Up, Down & All Around Predict Race on August 6. From L to R: Paul DallaGuardia, Stacey Diaz, and Darryl Clark.

Gary's Great Stuff — Pro cycling by the \$\$ signs

By: Gary Franchi

Thought for today's lunch:

(Compliments of George Costanza to Jerry in a "Seinfeld" episode)

"Jerry, it's not a lie if you believe it."

Musings on running, fitness, life:

First the Tour de France, then the US Pro Cycling Challenge. And right here in our own backyard, too. Does the world get any better than this if you like to watch cycling?

Well, OK, I guess you COULD buy one of those Lance Armstrong Collection DVD sets. But, hey, they're pretty pricey. A check on Amazon.com recently showed one cost at £6.49, which is equal to approximately 18,731 U.S. nickels. But get this – it comes with FREE delivery in the UK with Super Saver Delivery. Plus, give wrapping is available. So it's a bargain by Mountain Standard Time.

Getting back to reality, Colorado recently had the pleasure of hosting and conducting the U.S. Pro Cycling Challenge, a most prolific inaugural event. Some of the best of the best were here, most notably the top three podium finishers in July's Tour de France – Cadel Evans, Andy Schleck and Frank Schleck.

Most notable for this region is that the tour's initial race was a 5.18-mile time trial held in Colorado Springs, starting at the Garden of the Gods and going through Old Colorado City on its way to the downtown area. How cool it was to have that here!

In addition, the event had TV coverage on the Versus channel, with Tour de France announcing veterans Phil Liggett and Paul Sherwin handling the pedal stroke by pedal stroke with their deep, spot-on analysis. Good stuff.

But what's amusing about sports today is how everything revolves around the almighty buck. Yeah, the cycling purists in Colorado come out and say what a great event this is for Colorado and for America. And it is, actually. But affected and related businesses had mainly dollar signs in their eyes while talking through the other side of their mouths.

For instance, regarding the prologue in Colorado Springs, an individual could tour the prologue in the Garden of the Gods and then take

a bike ride with some past and present cycling champions, including Chris Carmichael and Alison Dunlap, then attend a VIP cocktail hour at the Broadmoor – all for \$495.

Another option was to ride the prologue route just before the pros hit the course. This had very limited availability and cost \$750.

Actually, those were pretty cheap deals. There were several different hotel/viewing/amenities packages available in Vail for the Stage 3 climb up Vail Pass. You could get 4 days/3 nights packages in the \$2200-\$2,800 area for several hotel nights, meals, VIP viewing spots, etc. The thought of seeing those guys climb Vail Pass had to be enticing, especially for those who had done that climb in one of the rides or tours this summer.

But the really best deal I saw was the ability for local riders to "pace" the opening portion of the Avon to Steamboat fourth stage on Aug. 26 as part of a very affordable \$100 package. Cyclists could ride the opening 15 miles from Avon to 4 Eagle Ranch on a "Scout the Stage" ride. It also included a special commemorative Scout the Stage jersey and gift bag, a BBQ lunch at 4 Eagle and the best seat in the house as the pros begin the climb up to Wolcott Divide and on to Steamboat. It was limited to just 300 riders.

Finally a deal worth writing here about!

Blinded by the Sight

Having been a participant and student of triathlon for 20+ years, I ran across some verbiage that really made sense to me recently. Said Will Kelsay, a pro off-road triathlete who is currently competing in six triathlons in six countries in six weeks:

"I love triathletes. Some of my best friends are triathletes. But let's face it, some can be a little grim and self-obsessed. Some find it difficult to crack a smile, as if might take too much time from their training or distract them from their all-important focus.

"People start out with this excitement and enthusiasm, and then slowly they get the blinders on and they're so focused, they lose sight of everything else. Eventually, all they're seeing is themselves and everything about them. That, I don't think is right."

The truth be told.

Ten things I was just wondering:

1. Isn't it just a matter of time before those resourceful food processors/manufacturers come up with a way to use the hydrogenation process to make bananas and other fruit and produce have a longer "shelf life"?
2. Isn't it annoying having to listen to someone whistle a tune that you don't recognize or understand?
3. Are those poker players on TV actually watching miniature TV screens installed in the tables?
4. If someone at work leaves a "Back in 15 minutes" sign on the door, couldn't he or she actually be gone for the remainder of the day?
5. Thinking back to all those mountain stage races in the Tour de France, how is it possible that overall winner Cadel Evans averaged 24.9 miles per hour over the 2,144 miles?
6. Has any Colorado Rockies player gotten a hit in the clutch this year?
7. Don't you secretly, or openly, hope that the NBA doesn't settle its player vs. owners dispute and cancels its entire season this year?
8. Seriously now, why do cats insist on putting their toys in their water dish?
9. Not that it's the best magazine in the world or anything, but don't you get a little rush whenever a new issue of Runner's World appears in the mailbox?
10. Why do people say things are going "fine" when they're PO'd about something? For that matter, why do they say things are going "fine" whenever they're asked how they're doing?

Until next month, good luck to all in the late summer and fall events they have been training for all year.



Gary Franchi

A Tribute To Ted Quintana By: Dave Diaz



The older members of our club may already know that Pueblo runner Ted Quintana, 60, passed away on July 17, 2011, from complications with a recently discovered brain tumor. Younger members of our club may not know who Ted was, as he hasn't raced for some time. Although I haven't seen much of Ted in the past 15 years, I wanted to make sure that members of our club took a moment to remember Ted and recognize a few of his running accomplishments.

Ted Quintana.

My memories of Ted go back to the Central High School Baseball team, in the late 60's. I was a senior and Ted was a sopho-

more. Ted was a left handed catcher and sometimes pitcher. He wasn't very tall and he didn't weigh very much but he could hit the ball. We later spent many years playing fast pitch softball against each other. Although vertically challenged (he was short) Ted was a solid catcher with a good arm and was always a good hitter and played many years with various fast pitch teams. Ted married Donna and they had two children, Kristie and Tim. As Tim was growing up, Ted coached his son's youth baseball team, a team that my youngest son, Matt, also played on. Tim went on to play for Central and Matt for South.

I don't think anyone ever ran the bases as slow as Ted. He was slow between the bases, but fast in long distance running. Ted was all slow twitch, and although Ted didn't start long distance running until his thirties, he quickly became a fine runner. Since we were close in age, it seems we always were competing against each other (along with Jim Robinson). In fact in 1986, we both finished the Bolder Boulder in 38:28 but he beat me, as was usually the case. In 1990, he ran 36:54 at Boulder.

In the 80's, Ted was a regular at all the local road races and often ran the SCR Predict Series (although it was called the Handicap Series then). I remember training for the Pikes Peak Marathon on the Greenhorn trail in Rye with Teddy and Paul Barela and being chased by a bear. I remember running Barr Trail with Ted and not being able to keep up. Ted ran the Pikes Peak Marathon 7 times (and the Ascent once) and in 1989, he ran up the Peak in 3:03:59, then went down in 1:46:44 for a total of 4:50:43. He ran several regular marathons under 3 hours, but his finest effort came at the Las Vegas Marathon (about 1990, I believe) where he ran 2:43. As Ted got older, he no longer entered races; however, he continued to run the rest of his life, mainly with friend Jim Robinson and cousin Bob Quintana on the dirt trails on the south side of the dam.

Ted was due to retire this fall after working 36 years at the State Hospital and would have turned 61 this past August. He will be missed by all who knew him.

Goodbye to Dr. Katherine Frank!

By: Dave Diaz

It's also good bye to two-time SCR President, Dr. Katherine Frank. Dr. Frank is the new dean of the Indiana University East School of Humanities and Social Sciences. Katherine, who also is a professor of English, began her duties as dean on July 11, 2011.

She arrived in Pueblo in the summer of 2001 to begin teaching English at the then University of Southern Colorado. I remember meeting Katherine in 2001 after a race in Pueblo West when we all went to the Do Drop Inn for breakfast. She quickly became involved in the running club and in 2002 was elected to the first of two terms as President of SCR. In the Fall of 2001, she ran the Denver Marathon in 3:21 qualifying her for Boston, which she ran in 2002 in 3:24. In 2004, she was elected SCR's Female Runner of the Year.

Katherine has always been bothered with various running injuries and has turned more to bicycling in recent years but continued to run and was a regular on the river trail.

When Katherine left she was chairperson of English and Foreign Languages at Colorado State University-Pueblo where she also served as the president of the Faculty Senate and an associate professor of English.

Pueblo will also be losing one of its best mountain bikers, as Katherine's husband Joe Dvorsky will be leaving soon to join her. Joe was voted the "Dirty Sweat Sock" award in 2004.

Congratulations and good luck to Katherine and Joe in their new lives.



Dr. Katherine Frank.

Fowler Triathlon Recap — August 13

By: Donald Moore

(Continued from page 1)

very respectable turnout for a small town race. I asked Epperly if he was satisfied with the number of competitors and the race conditions and he responded, "The weather was great and the competition was excellent. The community is abuzz about the event and it should be even better next year. We will hold the second annual Fowler Triathlon on Saturday August 11th, 2012. Changes planned are to increase the bike from 8 miles to 12 miles. We will also put two or more swimmers in each lane if the number of registrants increases." Weather at the race start was high 60s, a tad humid and once in a while a slight breeze would emerge. For my taste, the race conditions were practically perfect .



The Top Three Women Finishers of the Fowler Triathlon (from L to R): Jody Tomky (1st — participated 4 months after delivering her child), Staci Buford (2nd), Amy Lowther (3rd).

The race course started at the Fowler town pool, which rests right on Highway 50 on the south side of the road. It also was the sight of

the first transition. There were five heats and the first heat went promptly at 7:00 a.m., a hallmark sign of a well-run event. The pool was an unorthodox length, 28 yards, so 9.5 laps were required to make the 525 yard distance. Racers exited the pool and mounted their bikes and had to cross Highway 50 but there were police assuring safety, traffic was light and it was as safe as possible. Once on the bike, athletes snaked through a short piece of neighborhood and then headed south out of town for a four mile loop and then repeated it for the 8 mile cycling effort. Police and Fire personnel were alertly protecting all intersections requiring turns. After two loops, athletes entered the second transition area at the Town Park and started their run. The run course traced the bike course in the opposite direction and was mostly flat. Miles two and three had slight

upward grades and mile four sloped down back to town and one could really get his or her pace going to the finish line.



The 1st Place Team Finisher of the Fowler Triathlon: Mary and Justin Osborne and Brooke Grissom. The other top teams were Cory and Cindy Kreft and Melanie Knapp (2nd), and Trish and Gabriella Leone (3rd).

There was a post-race refreshment tent with tables, chairs and all the desirable hydration and calories athletes look for after a race: fruit, energy bars, breakfast burritos, Gatorade, water, etc. Each competitor received a very nice long sleeve tech shirt, goody bag, and there were trophies for the top three finishers in the men's, women's and team divisions. Scott's volunteers had the results, including splits, on hand after the race and he sent a complete spreadsheet and pictures to everyone on the Monday following the event.

Most remarkable thing about the Fowler Triathlon? Community pride. It was totally evident. My hat goes off to Epperly and his community for hosting a quality event — I'll be back next year and hope some Puebloans will go, too.

Amazing Grace

By: Marijane Martinez



On July 17th, I had the pleasure of experiencing the thrill of running a 5K race with my granddaughter, Grace, who is 8 years old. My journey with Grace began when I saw an article in the Pueblo Chieftain about a triathlon the YMCA was going to produce. I thought it would be ideal for Grace who at that time was 7. Emeri, my other granddaughter, was only 4 at the time so I opted against entering her. I spoke to Grace about the triathlon and she said she would be interested. About halfway through the several months of training Grace had second thoughts about the triathlon as the training was getting a bit tougher. I had the talk about 'commitment' with her and she stayed the course. The day of the event I had rallied up friends and relatives for support and Grace completed her first triathlon and was extremely tired but happy. It was then that I thought maybe it was time to start working with her to run a 5K race with me. I spoke to her about it and she decided it was something she wanted to do.

Training Grace for a 5K proved to be a bit more challenging than I expected for several reasons. One being that an 8 year old would rather sleep in than get up to run before it gets too hot during the summer months. In addition, Grace is also taking piano lessons and is in gymnastics. Finding the time for training was a challenge but we managed. We started by going to the track and doing a half mile, and in half mile increments we progressed to 2.5 miles before the actual 5K. The 5K I selected was special because it was the Donor Dash in Denver, Colorado. The Donor Dash is a fundraiser for transplant recipients and my grandnephew, Gabriel, is a heart transplant recipient. Several family members and friends participated in the walk, including Gabriel who is now 4 years old. His mother pushed him in a stroller and at the finish line he ran across with all of his "Gabriel's Gift" team members behind him. It was an awesome event with well over 4,000 participants. Grace was in awe when she saw so many participants still coming in long after she had finished.

'Amazing' Grace!

In the previous months of training I had talked to Grace about the importance of pacing. When the gun went off Grace really wanted to take off with all the people around us and I once again talked about the importance of pace. We did the first mile in 11:22, the second in 11:15 and the 3rd in 10:05. Negative splits, every runner's dream run! As we were running we passed a young girl about Grace's age who was walking with her mother and her mother was asking, "Are you ready to run again honey?" This was a perfect opportunity for me to show her the result of not pacing during a run. When we were within a few hundred yards of the finish I repeated to her what I had said when we ran at the track. I told her when we were in the last 100 meters of whatever distance we were running if she felt compelled to sprint to the finish she was free to do so. Famous last words at the Donor Dash, because Grace sprinted away from me so fast I couldn't stay with her and believe me, I did try! My granddaughter, Grace ran her first 5K race in 33:44 which I think is amazing, hence Amazing Grace! I had predicted she would run 36+ and truth be told if she would have run a 50+ I would still be just as proud of her!

Needless to say as a grandparent who is a runner, this is a memory I will always cherish. I hope this is only the beginning of running for Grace. She definitely has the talent and my goal is to keep her interested without pushing her too hard or too fast. My dream is to be able to write a future article about running a 5K with Grace and her little sister Emeri... this would definitely be this Grammi's dream come true.



Outdoor Divas Triathlon — Aug. 14

The photo at left shows, from L to R, Marijane Martinez, Laurice Lopez-Cepero, Taylor Lopez-Cepero and Debbie Gurule. The picture was taken on August 14, 2011 at the Outdoor Divas Tri - Longmont, CO.

Taylor Lopez-Cepero took 2nd place in her age division with a total overall time of 1:26:07.

This was Laurice, Taylor and Debbie's first tri.

Photo provided by Debbie Gurule.

South Shore Adventure Run — Sept. 11

By: Larry Volk

This year's run will be a 10K event (+/- a few meters), and the course is almost the same as last year. It is a trail run with approximately 1000 -1500 ft. of total altitude gain and loss. This is a technical trail run with varying surface: loose rocks, wash-outs, roots, gravel, cactus, weeds, holes, etc. — ALL can be crossed during this run. If we're lucky, we may see a snake or two.

This is a **carry-your-own-water** event. There will be NO water available on the course during the run. Water will be available at the start and finish only.

The predict starts at 7:30 AM. **Course Description:** The course starts and finishes at the Arkansas Point Campground, just inside the Lake Pueblo State Park South Shore entrance. The run travels west along the Conduit Trail to Hooters Canyon Trail. Topping Hooters Canyon, the trail veers straight / slight right (west) onto the Roller Coaster Trail to set the course for a relatively nice downhill towards the South Shore Trail. Follow Roller Coaster Trail past Pin Ball to the Free Ride Trail. The course turns right onto Free Ride and follows it down (1/4 mile) a technical downhill to the Skull Canyon Trail. Turning left (east) onto Skull Canyon, the course winds its way back up to Roller Coaster. After taking a right (relatively southwest) onto Broken Hip, the course follows down to the Lower Dog Trail. Taking a left onto Lower Dog, follow Lower Dog back up to Roller Coaster. Right turn on to Roller Coaster. Follow Roller Coaster around to the Rock Canyon/Edge Trail. The course takes a right turn on to Rock Canyon/Edge Trail back to Rock Canyon. Follow Rock Canyon down to the Keyhole Canyon Trail. Left turn onto Keyhole Canyon. Follow Keyhole Canyon up through the Keyhole and on to Cuatro Cinco. A left turn onto Cuatro Cinco will take you approximately 1.25 miles along rolling terrain, with about a 250 ft. gain in altitude until Cuatro Cinco crosses the Arkansas Point Trail at the RED gate. The run continues east onto the Rodeo Ridge Trail. Follow Rodeo Ridge for about 1/2 mile until it intersects with the Rodeo Trail, which takes the course down 200 ft. of altitude in 1/4 mile onto the Duke Trail. Turning right onto Duke, and then left onto the Conduit Trail, the trial follows the base of the bluffs around (east, then north, and then west) for approximately 1.25 miles back towards the start. But...you are not done yet! I saved the best for last — one last climb and decent! From the Conduit, you will turn left onto the Steep Tech Trail for about .68 mile. At the APEX you will turn right onto the Arkansas Point Trail for a couple hundred meters to the Staircase Trail. Turn right onto the Staircase Trail, and then descend down for 0.44 miles back to the Conduit Trail. Take a left turn back onto the Conduit Trail, which routes back to the Arkansas Point Campground start.

Directions to Start: From Pueblo: Take CO 96 West from Pueblo Boulevard 4 miles to the Lake Pueblo South Shore Marina road. Turn into the state park and follow the signs to the South Shore Marina. You will pass through the Ranger Station to the Arkansas Point Camp Ground Office. **From Pueblo West:** Travel through the state park and follow signs to the South Shore Marina. You will pass through the Ranger Station to the Arkansas Point Camp Ground Office.

Contact: Larry Volk at: email: lrvolk@yahoo.com or cell 719-251-9683.

Run 4 Trails — Sept. 24

By: Kim Arline



View of the Run 4 Trails trail route.

The 3rd Annual Run 4 Trails is on Saturday, September 24. This year's event will begin and end on the new trail constructed this summer behind Sierra Vista Elementary in Pueblo West. Pueblo West High students help host this race to raise money for additional trails to connect our schools, parks and neighborhoods. All proceeds are doubled by Pueblo West Metro District to extend the community trail system.

We will offer a 5K walk or run on a fairly level, fast out and back course. Those that enjoy more distance can run the 5-mile course that includes the full loop (created from 4 trails) used last year in our 4-mile event. Last year participants did the 3.5-mile loop clockwise. This year they will run it counterclockwise with a more gradual but longer 1.8-mile climb. Both courses are on an 8-foot wide paved trail alongside a 4-foot wide soft surface trail.

A gift certificate for a 3-month membership to "We Recycle" will be drawn from the first 30 people to register online. Online registration is through

www.prace.com. Adult SCR club members may use a COUPON code of "**SCR2011**" to get the \$2 discount on registration prior to the fee going up on September 16. Youth 17 and under get a discounted registration for \$10 including a t-shirt.

School and team challenges are back again this year. The school with the most students and staff participating will take home the traveling trophy and have their picture in the Pueblo West View. The fastest and largest team of friends, family, coworkers or whoever are eligible for prizes.

The new Sierra Vista trail section was funded by a Safe Routes to School grant to allow students to walk or bike to school. Over 2,000 students attend schools within a mile of the trail which diverts foot and bike traffic away from heavy automobile traffic on Spaulding Avenue. We've had to wait almost four years for this trail! So come out and celebrate our long awaited trail with us!

More information on the race is available at www.activepueblo.net/run4trails. If you can't attend the race but want to support community trails, a link is also available for donations only. After the race, there will be a bike and pedestrian safety program for community members to learn how to keep our streets and trails safe for everyone. Bring a bike along to get into the action! Learn more about the Safe Routes to School program and our efforts to get kids more active walking and biking safely to school.

Lions Roar for Fitness — Oct. 1

By: Cheryl Farrer



Cheryl Farrer

Wow! I can't believe another year has gone by. It is time to once again call all runners and walkers to support fitness and education — and simply an overall healthy lifestyle. It is time for the second annual Lions Roar for Fitness 5K and 1.6 Mile Challenge. Due to high traffic in City Park and a great turn out at our first race of over 250 participants, we have moved the race to Lake Minnequa. We are very excited about the new location! The grounds are great and there will be no roads to cross for the race! We are expecting a high turnout from our students, their families and friends and would like the Pueblo community to come join the fun and competition.

The Lions Roar is held in the heart of autumn to celebrate living — *Healthy Living*. We want to promote to the students and to our city that it is not only important to have a high quality education, but to also have an active lifestyle. It has been proven by scientists in Sweden that students who are active and mimic the healthy habits of their parents live healthier lives as adults and are more successful in the workforce ([Anthem Newsletter](#), Fall 2010).

Fountain International attained International Baccalaureate (IB) status this past school year. The IB program is a rigorous curriculum that is embraced by the students, teachers, administration and parents. As the saying goes — “it takes a village to raise a child.” Fountain has shown this to be true. If a student is challenged he/she will rise to the occasion. One way to gauge the success of the IB program at Fountain can be measured by the high reading CSAP scores attained by our third graders. We are very proud of our students and hope to continue ensuring that our youth have access to this quality education for years to come. At Fountain, we expect the students to become Inquirers, Knowledgeable, Thinkers, Communicators, Principled, Open-Minded, Caring, Risk Takers, Balanced and Reflective. These characteristics are expected not only within their academic endeavors, but for their everyday adventures. Our fundraising events help to provide financing to equip our children with the resources they need to excel. This is especially needed at this time considering the large cutbacks in the school districts.

Our students are informed of healthy living and, even more so, community service. The students are hard workers and are very passionate about healthy living. They are all very excited about the upcoming race. Teachers, parents, staff and students have all increased their training since our first race. It has been such a wonderful experience for both the physical education instructor, Ms. O'Connor, and myself to watch the students embrace the knowledge that is taught in her class. She is very proactive in teaching the students a variety of ways to enjoy being active and eating healthy.

This race helps to fundraise for our students; however, during the 2010/2011 school year the students did a fabulous job raising funds for others. They collected toiletries and donated the large collection to the YWCA to be distributed to those less fortunate. The students collected hats and mittens, which were donated to Posada during our cold winter months. They collected canned goods for Tom and Luie's Cupboards. The kindergarten class raised funds to adopt four sea creatures. The Pre-K Class did A Pennies for Playgrounds project for children in third world countries. The entire school participated in the Jump Rope for Heart; \$6000 was raised to support AHA to help children with heart disease. FIMS is also going green. We have begun recycling and the students have dived in wholeheartedly for the cause.

Sponsorships for the race have been going strong. At this time, the sponsors for the race are: **PLATINUM:** Physical Therapy Connections P.C., TC, Little Caesars Pizza, The Sugar Shack, Southern Colorado Runners Club and Sound Diagnostic Imaging. **GOLD:** Manzaneros Construction Services, Sunshine Medical Group, LLC, Legacy Bank, AllPhase, Rinaldo Mechanical and Rice Root Accounting. **SILVER:** Kuykendall, Sotton, & Dowell, LLC, McPherson, Brefogle, Daveline and Goodrich, PC, Eagleridge Family Medicine, Marck Time Music and Living Fit, LLC.

To learn more regarding sponsorship please call the FIMS Main office at 549-7100 or contact the race director, Cheryl Farrer at living-fit.cheryl@gmail.com.

We would love to see the community enjoying this fun event. Fruit, water and a student-designed T-shirt (students participated in an internal art contest to receive the honor of having their artwork on over 300 T-Shirts) will be given to all runners and walkers. All participants will receive a finishers trinket. 5K winners will receive awards as usual. Following the race, a healthy breakfast burrito brunch will be provided for a small fee. Please help us continue to provide our children with the tools needed to prepare them for a successful future, while supporting a healthy Pueblo and a healthy “YOU”.

A registration form is included in this issue or visit www.socorunners.org to register online.



Dave Diaz

CALENDAR NOTES:

The Run 4 Trails scheduled for Sat, Sept, 24 will have a 5K run/walk and 5 Mile run and will start at Sierra Vista Elementary School in Pueblo West NOT at Pueblo West High School.

The Child Advocacy Bike Ride, Sunday, Oct 2, will also include a 5K Run this year.

The Autumn Color Run, Sat, Sept 17, in Buena Vista will include a full marathon this year.

2011 September through December Race Calendar By: Dave Diaz

<u>DATE</u>	<u>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
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
Saturday, September 10, 2011	Walk to end Alzheimer's 5K	9:00 AM	Pueblo Community College
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 17, 2011	YMCA Corp Cup 5K	7:45 AM	CSU-Pueblo
Saturday, September 17, 2011	Autumn Color Marathon/Half/10K/5K	7:00 AM	Buena Vista, CO
Saturday, September 17, 2011	Wildlife 3M Walk for Hope	9:00 AM	Pueblo Nature Center
Sunday, September 18, 2011	YMCA Corp Cup Bike 12.4 Mi	8:30 AM	Airport Industrial Park
Sunday, September 18, 2011	Pony Express 15M	8:00 AM	Rampart Reservoir
Thursday, September 22, 2011	YMCA Corp Cup 1 Mile Run/Walk	5:45 PM	Pueblo YMCA campus
Saturday, September 24, 2011	Run 4 Trails 5K Run/Walk 5M Run	8:00 AM	Sierra Vista Elem PW
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 2, 2011	Child Advocacy 38M Bike or 5K Run	8:00 AM	Airport Industrial Park
Saturday, October 8, 2011	Xterra Marathon of Trail Races	8:00 AM	Cheyenne Mt State Park
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
Sunday, October 30, 2011	Run 4 Kicks 5K	9:00 AM	Langoni Park
NOVEMBER			
Saturday, November 5, 2011	Hustle for Russell 5K	9:00 AM	Pleasant View Mid School
Saturday, November 12, 2011	Rim Rock Marathon	8:00 AM	Grand Junction, CO
Thnksgyg, 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



Shawn's Shuffle — July 23

Photos Left to Right:

Denise Ricks and 8-year old daughter, Kylah.

Darryl Clark, Anthony Diaz, Nina Gonzales.

Race Director Shawn Loppnow.

Special thanks to Dave Diaz for providing these photos.

August 2011 Meeting Minutes

By: Mike Archuleta



Mike Archuleta

DATE: August 3, 2011 at 6:00 p.m.

ATTENDANCE: Mike Archuleta, Paulette Arns, Paul LaBar, Terry Cathcart, Gary Franchi, Brian Ropp, Daryl Clark, Becky Medina, Nina Gonzales, Cheryl Farrer, Kim Arline, Ellen Cooney.

CLUB BUSINESS

Spring Runoff: Daryl Clark discussed planning for the Spring Runoff and future plans for the annual event. The following were discussed: chip timing, award ceremony, shirts & hats, sponsorship. The future plans may be to hold a running expo before the event.

Mercury Running Club: Paul talked about the club making a donation to the Mercury Running Club. Perry Smith asked to attend SCR meeting in the future to receive donation from the runners club.

OFFICER REPORTS

Minutes:

The club approved the minutes with changes.

Treasurer Report: Paulette Arns

Paulette presented the financials to the club. The majority of the cost was spent on the WDF 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 193 memberships including 109 individual memberships and 173 family memberships. There are 154 members receiving the Colorado Runners Magazine.

Regarding the list of race volunteers,

Maria Elena has made corrections to the database, and she will continue to do so as members return her phone calls and emails.

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

Paul reported for Dave regarding the race calendar. Paul reminded everyone the Corp Cup is coming up in September.

REPORTS / LESSONS LEARNED

Mosaic Run — July 16

Paulette reviewed the race. There were about 50 runners and walkers for the event.

UPCOMING RACES / EVENTS

Boys and Girls Club — Sept. 10

Becky Medina asked for finish line support for the race. Becky also reviewed the logistics for the event. Online registration closes on September 7.

There will also be basketball tournament happening at the same time.

Pueblo Children Advocacy Bike Ride — Oct. 2

Ellen Cooney report the center will be having 5K/10k run walk with the bike ride. There will be no timing or results for the event.

Lions Roar for Fitness — Oct. 1

Cheryl Farrer reported on setting up the Lions run. The course will be different this year. The run had 250 participants last year. The race funds will be used for the school.

Run for Trails — Sept. 24

Kim Arline talked about the new course for the event. The event will include 5K and 5mile run. SCR members will get a \$2.00 discount for the race. Kim will be at the next meeting to discuss more about the event.

Hot to Trot — Sept. 25

Brian agreed to be the runner club liaison for the event.

Harvest Run — Oct. 22

The run is scheduled for Oct 22 for club members. There hopefully will be beer and pizza at the event for the SCR members.

Strut Your Mutt — Oct. 29

Paul will contact Don to get more information about the event.

Run for Kicks — Oct. 30

Paul is the liaison for the race, and the funds will help Pueblo soccer. There will be a new course.

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: September 7 (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



**Dave Diaz and his granddaughters, Lana, Sofia, and
Gabriela, enjoy the day at the Up, Down & All Around
Predict Run on August 6.**

Photo submitted by Ron Dehn.