



Footprints

Southern Colorado Runners

October 2011

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Editor: Laura Wehrwein

Blast From The Past — The Frostbite Five

By: Jeff Arnold

Of all the races SCR used to produce, but no longer does, my favorite is the original Frostbite Five. This was a point-to-point race that started five miles above Rye on Highway 165. Over the years that the mountain course was run, it had some different finish points, and thus starting points, but the start was always well above the entrance to Camp Jackson.

Try as I might, I can't remember who the race director was, but especially because runners had to be transported up the fairly steep road, I'm guessing the director was Ben Valdez of the YMCA and SCR. It's hard to imagine anyone driving up before the race and finding a place to park a car alongside

the road which has few spots wide enough for that. Still harder is imagining jogging or even walking back up to get that parked car. I never did.

Running downhill is something I did relatively well, compared to running on the flat or uphill. I can almost feel, in memory, the freedom of rolling along, running much faster and easier that would be possible without the gravity assist. The long straight coming out of the horseshoe curve by the Camp Jackson entrance down to the Huckleberry Hills curve was a special place for me. I think I may have dipped below 5 minutes per mile pace briefly, almost out of control, coming down there.

I clearly remember, too, a much flatter section about 3.5 miles into the race where it always felt to me that I was running uphill. I'm not sure how long that section is, I'm guessing a half-mile or so, but it felt longer and harder than the rest of the race put together.

The race was always held in February, which probably accounts for the Frostbite part of the name, but I don't remember a time when the road was slick. There was a year when it was

foggy. The fog added an eerie quality to an already unusual race. It seems to me that that year, the finish was the farthest



Jeff Arnold

downhill of any of the Rye races, at St. Aloysius Church just around the corner from Rye High School.

Sadly, for me at least, the downhill race was ended when the State Patrol withdrew its sanction. The next several years the Frostbite Five became another of the many races held at least partly on the River Trail. It evolved into the Five and Dime, 5K and 10K, and disappeared entirely a few years after Ben took a new job in Widefield.

I have been unable to see copies of Footprints from before the web site so like all memories, I'm undoubtedly better in my mind than on the road. Still, I'd love to be 40 or so again and get a few folks together for a bandit run.

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SCR is associated with RRCA,
Road Runners Club of America.
See: www.rrca.org



Southern Colorado Runners
www.socorunners.org

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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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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. (A count of 250 inserts is requested.) The club reserves the right to reject ads/flyers that don’t meet its low standards.

Come on in to the
Gold Dust Saloon
In the HEART of the
Union Avenue Historic District
217 South Union

2011 SCR Prediction Series Cumulative Results By: Carrie Franchi

#	Name	Lone Tree	Spring Run-Off	Mad Max	Yappy Dog	Arroyito	Shawn's Shuffle	Up, Down & Around	S. Shore Adventure	Total Points	Best 5 Races
1	Brian Ropp		57.50	92.11	27.78	100.00	100.00	60.00	100.00	537.39	452.11
2	Stacey Diaz	38.89	27.50	73.68	88.89	89.47	60.00	86.67	68.18	533.28	406.89
3	Paul DallaGuardia	100.00		63.16		73.68		66.67	50.00	353.51	353.51
4	Carrie Franchi		97.50	28.95	72.22	31.58	90.00		54.55	374.80	345.85
5	Shawn Loppnow	83.33	60.00		38.89		75.00	73.33		330.55	330.55
8	Peggy Oreskovich	66.67	7.50	84.21	33.33	68.42	70.00			330.13	322.63
9	Darryl Clark		70.00	52.63			20.00	46.67	90.91	280.21	280.21
6	Donald Moore	27.78	42.50		94.44	26.32			81.82	272.86	272.86
7	Aaron Levinson		100.00	42.11		42.11		33.33	27.27	244.82	244.82
10	Riki Acosta	11.11	15.00	76.32	83.33	5.26	55.00	6.67		252.69	240.76
11	Rick Acosta	61.11	12.50	15.79	22.22	10.53	65.00	53.33		240.48	217.45
12	Debbie Gurule	94.44	65.00	94.74						254.18	0.00
13	Kris Spinuzzi	72.22	87.50	65.79						225.51	0.00
14	Larry Volk			71.05		57.89		93.33		222.27	0.00
15	Ron Dehn			60.53				100.00	59.09	219.62	0.00
16	Bill Veges		22.50	97.37					86.36	206.23	0.00
17	Jessie Quintana	22.22	77.50	57.89			35.00			192.61	0.00
18	Mark Gurule	88.89	32.50		66.67					188.06	0.00
19	Bill Giebel			86.84					95.45	182.29	0.00
20	Martha Drake	50.00	50.00		77.78					177.78	0.00
21	Justin Ricks			50.00			50.00		77.27	177.27	0.00
22	Paulette Arns	55.56		44.74	61.11			13.33		174.74	0.00
23	Ben Valdez		72.50	100.00						172.50	0.00
24	Becky Medina		80.00	89.47						169.47	0.00
25	Kylah Ricks			47.37			80.00		40.91	168.28	0.00
26	Humberto Paredes		75.00					80.00		155.00	0.00
27	Anthony Diaz		90.00	23.68		21.05	15.00			149.73	0.00
28	Dave Diaz	16.67		39.47		84.21				140.35	0.00
29	Marijane Martinez		95.00		44.44					139.44	0.00
30	Wendy Garrison	44.44	62.50	21.05						127.99	0.00
31	Denise Ricks			5.26			85.00		36.36	126.62	0.00
32	Trisha Davis	77.78				36.84				114.62	0.00
33	Stan Moore		55.00			15.79			31.82	102.61	0.00
34	Matthew Drake				100.00					100.00	0.00
35	Troy Johnson						95.00			95.00	0.00
36	Wyatt Swanson					94.74				94.74	0.00
37	Trisha Ferguson	33.33	47.50	13.16						93.99	0.00
38	Kira Hughes		92.50							92.50	0.00
39	Richard Emond	5.56	2.50	78.95					4.55	91.56	0.00
40	Lallo Vigil			81.58					9.09	90.67	0.00

Ron's Ramblin' — The Warrior Dash

By: Ron Dehn



Ron Dehn



tried hardest to keep clean. It didn't work out. Her costume got snagged on the barbed wire at one point, and she just had to go lower. Melissa's

tutu was murky brown in the front, with a small portion of white on the rear. And Jeremy figured mud was simply part of the fun.

The Warrior Roast was near the finish, and participants leapt over two long rows of flaming materials. While an untimely fall would not have been good, all seemed to navigate the flames and smoke fairly well.

Our kids took about an hour to complete the course. They explained that they could have been faster, but John (one of their friends) had to remove his

On August 20th I did not do the Pikes Peak Ascent, but I did enjoy the day. Chris and I had a great time at the Copper Mountain Warrior Dash. Jeremy, Maggie, and Melissa (son, daughter-in-law, & daughter) signed up months ago and we were their support team and cheerleaders.

There was no lack of dashers. This was a 2 day event with 18 waves per day and up to 500 participants per wave. Like many events of this nature – one had to register early or miss out on the fun.

The term Warrior Dash is a bit of a misnomer. There was not a whole lot of dashing going on over the 5k course. The Copper Mountain race had a dozen or so obstacles including the Cliff Hanger (a steep rappel), the Muddy Mayhem, the Cargo Climb, various contraptions of ropes, walls, tires, etc., and just before the finish, the Warrior Roast. Because the course wound around the mountain, we were able to cheer at the Start, the Muddy Mayhem, and the Warrior Roast.

Each participant signed a waiver in which they promised not to dive head first into the muddy pit. Well, quite a few partici-

pants must have problems with reading, adrenalin, and / or an affinity to mud. The Mayhem consisted of a fairly large rectangular pit of mud that appeared to be about 2 feet deep. As an added incentive to get mucky, several strands of barbed wire were strung over the pit a couple feet off the ground. This left no choice but under the barbed wire and through the mud. Of our three, Maggie



contacts and get his eyes flushed by a medic. It seems that he somehow got mud in his eyes. Hmm. Outside of that, our gang escaped with a few bumps and bruises but no visible blood.

The extremely well organized event featured the 5K, bands, food, beer, costumes, vendors, large crowds, and lots of fun. Oh yes, and a little bit of rain. Probably a third of participants wore costumes of some type. Our kids were super heroes of sorts so Chris and I gave them names. Jeremy was Kaptain KaJam, Maggie was Wondrous Woman, and Melissa was Tutu Girl. I have no idea what their super powers were but they were undoubtedly protecting Truth, Justice, and the American Way in spite of the fact that they were NOT able to leap over long pools of mud in a single bound.

According to the website, the 2012 Warrior Dashes will be held on various dates in 17 locations from Arizona to London with “more locations coming soon.” Copper Mountain is on the list for August 18 and 19, 2012. If you are not up for the Pikes Peak Ascent or Marathon but still want to do something that you can tell your grandkids about, check out wariordash.com. I might see you there.



Pictures from the Copper Mountain Warrior Dash, August 20, 2011.

**Facing Page. Top: Melissa.
Bottom: Maggie and Jeremy.**

**Above: Jeremy and his friend, John.
Bottom: Tutu Girl, Kaptain KaJam, Wondrous Woman.**

Photos submitted by Ron Dehn.

Mountain Chile Cha Cha — August 27

By: Joe Bulow



Joe Bulow

Have you ever been so interested in checking out a new home that had a fantastic description in the newspaper with specs that fit your interests but disappointed you when you finally viewed the home for yourself in person? The Mountain Chile Cha Cha trail race in Pagosa Springs, CO left a similar taste in my mouth this past August weekend: an adventurous course set in a small vacation town that had one too many flaws to totally satisfy my interests.

The Mountain Chile Cha Cha has been growing in size over the past several years since its inception at least four years ago. However, the race director and staff apparently have more to learn about pulling off a race that was not only well publicized but had all the potential aspects to be an epic experience.

Offering three races in one with 5K, 7mi and 15 mi distances starting at the same time, the Cha Cha piqued the imagination of a variety of runners with its ads in Trail Runner magazine promising a course on single track trails, rolling hills and scenic forests and farmland. The race also raises money for GECKO, a non profit organization that gives money back to the local community to promote outdoor education for children.

The negatives of this race weekend began with the race packet when the race numbers were not available to the runners, who made the effort to be present in Pagosa Springs early enough in the evening so as not to miss the times recommended for pick-up. The missing numbers were overlooked initially because of the fantastic race packet itself, which offered each participant a pair of sweet hiking/trail socks, several food samples, and an attractive cool-fit race shirt with a snazzy race logo across the chest, all in a nice mesh bag that could be utilized for future use such as for wet clothes on a camping trip.

Upon presenting to the race area the next morning, participants were further confused when race numbers were still not available 30 minutes before the proposed starting time and then had to wait in a long line of 200 pre-registered in the cool mountain morning air to finally retrieve their number.

One thing the race director has no control over is the weather and Pagosa Springs received a hard driving rain the night before the race. The anticipated hard packed trails had become a muddy quire that only a pig would love. The race director announced that they were delaying the race start to allow the wet sections of the course to dry but it appeared to be a smoke screen for "we aren't prepared to start our race on time."

Trail runners are a hearty group and are game for any change or obstacle that crosses their path. So, everyone was willing to overlook not only the race number snafu but deal with the muddy trails in his or her own way.

Everyone started together in a parking lot, crossed a scenic bridge over the San Juan River and immediately trekked up a sharp hill that would level out but continue a steady ascent for the better part of the first mile. No mile markers were on the course and once again, no one seemed to mind as trail running is more of an adventure with less concern about mile splits. Several runners were not even wearing a watch much less a GPS gadget.

The trail continued to roll up and down for the next 2-3 miles on a dirt road that bordered a dense forest park but then opened up to farmland. While the private road we were on was less adventurous than a single track trail, it did offer a grassy median to run on to avoid the thick muddy tracks and puddles.

A river crossing just before mile 4 posed an interesting dilemma - avoid wet shoes by balancing yourself on one of the two logs set side by side four feet about the rushing cold river tributary or plow through the river and continue on the trail with no wait or hesitation.

Normally I would choose the river but everyone ahead of me selected the log route so I followed. However, the seemingly strong plank of wood could not support the four of us on it at one time and snapped in two with me and another left standing in the river before we knew it. We later heard that during the second loop of the race, the 15-miler racers were re-routed around this river crossing onto a city road just a few feet away, which posed the question — why wasn't this offered in the first place?

The volunteers at the aid stations could not have been nicer as they provided us with an array of food and drink, more than I expected for a shorter race although I then realized that the 15 milers would be back through here another time. Bowls of M&Ms, bananas and potato chips beckoned our taste buds, and cups of water and Clif Shot electrolyte drink were offered as well.

Immediately after the 4 mile aid station just past the river crossing, we were challenged to a very steep climb that lasted a good half mile and was made even more daunting with the slippery mud covering the entire trail. The best part of this situation was that we were re-entering the adventure of the thick forest and single track trails.

The next mile and a half atop the summit that overlooked the surrounding area allowed runners to get into a good rhythm of running if they had any energy left from hiking the incline. The latter part of the race included very sharp switchbacks while descending the opposite side of the steep hill, which slowed and bunched people together.

Prior to the delayed start, the race director had mentioned that while the course was marked, he had left some of the trail decisions up to our own inner compass. Once again, this decision was welcome to some while others became frustrated when they reached an intersection of crossing trails with no pointed arrow to show the way but only occasional strips of cloth hanging from tree limbs.

The last half mile of the first loop that led to the finish for the 7 milers or the halfway point for the 15 milers was on asphalt and allowed one to pick up his or her speed and make up time that was lost on the muddy, curvy trails. The race director placed a chile beaded necklace over each finisher's noggin and another pulled off the bottom tag of the much anticipated race number and you were done. There was no race clock to confirm finishing times however the volunteer who recorded such numbers shouted them out when asked.

Despite the several flaws and correctable mistakes, the race appeared to be enjoyed by all in attendance. The race was also just another cog of the existing town chile festival which offered chile taste testing and a beer garden as well as live music that, while started later than the advertised time, continued on for the entire afternoon.

Pagosa Springs is a fun small town to enjoy for the weekend and offers plenty of adventure to those interested in outdoor activity including the hot springs pools, inter-tubing on the river, numerous hiking and biking trails and plenty of restaurants and cafes. The Mountain Chile Cha Cha has a solid foundation to be an excellent trail race but could be a more attractive event with just a few adjustments and attention to detail.

Rattler Run Press Release — September 10 By: Almabeth Kaess

LA JUNTA — The *first-ever* Rattler Run at Otero Junior College was held on Saturday, September 10, 2011, with over 190 participants. The 5K Run, 2-Mile Walk and 1-Mile Kids Race drew participants from throughout the area and state. The race was hosted by the OJC Foundation as a fundraising event for scholarships.

Almabeth Kaess, event organizer, said that OJC Foundation and race committee were extremely pleased with the turn-out for the race and enthusiasm that was generated for the race by the community.

“When you do something for the first time you never know what to expect; however, I think this year’s Rattler Run exceeded all of our expectations and we’re looking forward to making this an annual event,” she said.

“We had an outstanding committee to work on organizing the race, many of whom are runners themselves or have been involved with organizing large races. Their expertise was invaluable in helping us put on a quality event. Another key to our success was the great support we had from our sponsors. Their help with funding and in-kind support helped to cover many of the base costs for the race, allowing us to put more funding toward the scholarships for future OJC students,” said Kaess.

Kaess explained that the OJC Foundation had set three goals for the event: raise scholarship funds for future OJC students; bring alumni and friends back to the OJC campus and promote health and fitness.

“I think we accomplished all three of those goals this past weekend. We had quite a few alumni come back to OJC to run in the 5K race, including Mark Hensley, who came from Seattle, Wash. We also had a large contingent of alumni come down from the Denver-metro area. It was also great to see almost 75 walkers and over 50 Kids Racers participate. Promoting health and fitness among all age groups was certainly one of our goals,” she said.

At the conclusion of the 5K Race, awards were presented to the top runners along with some special awards.

5K Overall Top Awards

Top Male age 39 and under, Jamen Cox, Pueblo West: 21.02
 Top Female age 39 and under, Annie Kaess, Centennial: 25.57
 Top Male age 40 and over, Dale Havill, La Junta: 25.22
 Top Female age 40 and over, Kathy Tompkins, La Junta: 26.34

Age Category Winners

Male age 19-29

1 Russell Baker, Fort Collins: 21.24
 2 Justen Cox, Pueblo West: 21.50
 3 Chad Stapleton, Denver: 23.15

Female age 19-29

1 Kate Baker, Fort Collins: 26.39
 2 Talor Hall, La Junta: 30.32

Male age 30-39

1 Mark Hensley, Seattle, Wash.: 21.26
 2 DC DiPrince, La Junta: 22.30
 3 Michael Mora, Rocky Ford: 25.41

Female age 30-39

1 Heidi Gearhart, La Junta: 26.09
 2 Natalie Summers, Ordway: 28.16
 3 Crystal Stewart, Swink: 29.07

Male age 40-49

1 Terry Tompkins, La Junta: 27.15
 2 Jon Moreland, Rocky Ford: 29.46
 3 Mark Allen, Cheraw: 34.11

Female age 40-49

1 Rhonda Sims, La Junta: 28.53
 2 Laurie Knapp, Rocky Ford: 34.43
 3 Sharri Moreland, Rocky Ford: 38.45

Male 50-59

1 Ignacio Garcia, Pueblo: 24.43
 2 Jonathan Fox, Fowler: 28.25
 3 Ted Freidenberger, Rocky Ford: 28.27

Female age 50-59

1 Alice Blue, Fowler: 32.36
 2 Catherine Hensley, Los Alamos, N.M.: 41.00
 3 Kathy England, La Junta: 44.00

Male 60-69

1 Donald DiPrince, Pueblo: 25.51
 2 Joe Farra, La Junta: 26.04
 3 Randy Schwartz, Swink: 27.02

Male age 70 and Over

1 Lyle Lough, La Junta: 28.33



Photo Above:

Over 50 kids, ages 7-12, participated in the 1-Mile Kids race that started at OJC and ended in front of the grandstand on the field of Tiger Stadium. Pictured are the participants lined up at the starting line.



Photos Right, Top to Bottom:

The overall top runner’s award for the women, age 40 and over was Kathy Tompkins, La Junta. Tompkins finished the 5K race with a time of 26.34 minutes. Presenting Tompkins her award are OJC Foundation Board members, John Knapp, on left and Jonathan Fox, on right.



Jamen Cox, Pueblo West, is awarded the top runner’s award for ages 19-39. Cox was the first runner across the finish line for the 5K race with a time of 21.02 minutes. Cox is the grandson of Deloris Cox, of La Junta. Presenting Cox his award are OJC Foundation Board members, John Knapp, on left and Jonathan Fox, on right.



Lyle Lough, La Junta, was the top male runner in the 70 and over age category. His time was 28.33 minutes. Presenting Lough his award are OJC Foundation Board members, John Knapp, on left and Jonathan Fox, on right.



The Southern Colorado Runners Club
proudly presents the
25th Annual

HARVEST RUN

5K Run / Walk
Lake Minnequa Park

The 2011 5K Harvest Run begins and ends near the back patio of Felice's Pizzeria (old Silver Saddle). Felice's is a family-style and kid-friendly pizza parlor located on the southern end of Lake Minnequa. Felice's is located about 0.6 mi west of the intersection of I-25 and Pueblo Blvd on Pueblo's far Southside. Park in their lot, or on the west side of the building, and walk to the back patio to register. Plan to stick around after the run for the best part — FREE PIZZA~FREE BEER~FREE POP — on the patio of Felice's Pizzeria, courtesy of the Southern Colorado Runners.



Details:

SCR provides pizza, beer and soft drinks. Plan to stay and enjoy the company of fellow runners. Non-members welcome if you join SCR—come and check us out—see if you'd like to join. Join now and become a member until Dec 31, 2012. Membership forms available at registration.

The Harvest Run is one of 12 free races held throughout the year which vary in location and distance. Runners are asked to predict their finishing time and the winner is the one closest to their predicted time. You don't have to do the entire series; run in one race or do all twelve. NO watches allowed. Members who complete 5 races throughout the year will receive a shirt at the annual awards banquet in January.



Etiquette For Runners, Part 2 (cont. from Aug. 2011 issue)

By: Road Runners Club of America

Race Etiquette on Course (continued)

- Move to the side if someone behind you says “excuse me” or “on you’re your right/left”. The person behind you is giving you a heads up before passing. It’s proper race etiquette to let that person pass you without blocking their effort.
- If someone in front of you is wearing headphones, and they are blocking, gently touch their elbow or shoulder as you pass to alert them to your presence.
- If you need to tie your shoe or stop for any reason (phone call, nose blow, etc) move to the side of the road and step off the course.
- Pay attention to your surroundings. The course may or may not be closed to traffic. It is your responsibility to watch for oncoming traffic!
- Yield the right of way to all police and emergency vehicles. Yield the course to wheel chair athletes, you can change direction or stop more quickly than they can, especially on a downhill.
- Don’t cheat! Don’t cut the course or run with someone else’s number.
- Enjoy your race!

Aid Station Etiquette

- When approaching an aid station to hydrate or re-fuel, move to the right and grab your fluid/nutritional needs from the volunteers or the aid tables then continue forward away from the volunteers or aid table.
- If you need to stop at an aid station step to the right side of the road and proceed to the aid station, but do not block others from accessing the aid tables or volunteers handing out fluids.
- Throw your used cup to the right side away from the course as close to an aid station as possible. Drop your cup down by your waist as opposed to tossing it over your shoulder. The person behind you may not appreciate the shower if the cup is not empty.
- Say thank you to the volunteers manning the aid station.
- If you see someone in distress on the course, report their number to the aid station and try to recall the approximate mile marker where you saw them.

Finish Line Etiquette

- If you neglected to leave your personal music device at home, now would be the most important time to remove your headphones.
- Follow the instructions of the race officials at the finish.
- If a friend or family member is running the last stretch with you and isn’t in the race, he/she should move off the course before the finish chute starts.
- Once you have crossed the finish line, keep moving forward until the end of the finish chute. Stay in finishing order if the event is not electronically timed so the finish line volunteers can remove the pull tags for scoring.
- If the event is electronically timed, be sure to return the timing tag/chip before leaving the finishers’ chute.
- Exit the chute and wait for friends or family in a central location.
- Enjoy the post-race refreshments, but remember it is not an all you can eat buffet for you and your family.
- Stay around for the awards ceremony to cheer on the overall winners along with the age group winners. Running is one of the few sports where the participants get to mingle closely with the event winners.
- Be proud of your accomplishment!

Award Winner Etiquette

- If you won an award, stay for the award ceremony. It is about you, after all.
- If you feel you deserved an award but your name was not announced, don’t run on stage to debate the award with the announcer. The announcer usually just reads the information given to them by the race officials. Find a race official and discuss the discrepancy with them.

Remember no event is perfect and people work hard to make them safe and enjoyable. Most events are staffed primarily by volunteers, but there is always a race director or race committee that is responsible for an event. If you have ideas for improving an event or concerns you would like to address, share them with the race director or race committee in a positive and productive manner.



Dave Diaz

2011 October through December Race Calendar By: Dave Diaz

CALENDAR NOTES:

Attention Race Directors! It's time to start planning the 2012 calendar — let me know the date of your 2012 race.

Thanks, Dave Diaz —
Keeper of the Calendar
calendar@socorunners.org

<u>DATE</u>	<u>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
OCTOBER			
Saturday, October 1, 2011	Lion's Roar 5K	9:00 AM	Minnequa Lake
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
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	South High Band 5K	??	Lake Minnequa
Saturday, November 12, 2011	Rim Rock Marathon	8:00 AM	Grand Junction, CO
Thnksvgv, 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
JANUARY			
Saturday, January 28, 2012	SCR Awards Banquet	6:00 PM	La Renaissance Restaurant
MARCH			
Sunday, March 4, 2012	Pueblo Chieftain Spring Runoff	9:00 AM	Dutch Clark Stadium
APRIL			
Saturday, April 21, 2012	Spank Blasing 10K/5K	10:00 AM	CSU-Pueblo Campus



September 2011 Meeting Minutes

By: Mike Archuleta



DATE: September 7, 2011 at 6:00 p.m.

ATTENDANCE: Mike Archuleta, Paulette Arns, Paul LaBar, Terry Cathcart, Mike Sexton, Larry Volk, Dennis Wait, Brian Ropp, Daryl Clark, Becky Medina, Nina Gonzales, Cheryl Farrer, Kim Arline, Ellen Cooney, Julie Johnston, Maria Elena Weaver, Ron Dehn, Dave Diaz, Marilyn Vargas, Mark Traveolli.

CLUB BUSINESS

Spring Runoff: Purchase volunteers hats for the volunteers for the spring runoff. The information will be discussed at the Spring Runoff meeting.

Race Clock: Paulette showed the club members the race clock. The new clock has 6-inch numbers in the display. The club now has a backup clock for races. Ron and Mike will use the clock at the Rattler Run in La Junta.

Parks and Recreation: Mike Sexton from Parks and Recreation talked about the use of City Park for races. Dave Diaz voiced concerns about the use of the park. Mike explained the new policies on the use of the park. A permit is needed for the use of the park. The park will not be closed for races. Traffic will continue through the park. There is a 90-day notice for events requesting road closures or events larger than 500 people. Mike provided an information packet for the club.

Privacy Concerns: Paul talked about privacy concerns on the list server and website. Someone was searching race results and called a family member to get participant phone number.

Donations: A \$500 donation to the Nature Center was approved. A \$250 donation to trail builders was approved. The meeting attendees discussed a donation to South High School cross county team. The South High School team has helped with many of the SCR events. Dave asked for a donation of \$500 from the club to the cross country team. This will be further discussed at the next meeting.

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 Shawns Shuffle predict race. Donation to the Child's Advocacy Center. Received payment from the Liberty Point 5K.

Newsletter: Laura Wehrwein

Laura reminded members to submit articles to the newsletter by the 15th of the month. There is a request of race directors to send enough race entry inserts. The club needs 250 entry forms for the newsletters from each of the race directors.

Membership Chair: Maria Elena Weaver

There are 194 memberships including 110 individual memberships and 174 family memberships. There are

155 members receiving the Colorado Runners Magazine.

Webmaster: Paul LaBar

Paul reported working with another club member to develop contact management for the website. Paul also mentioned there is no race day registration for non-SCR events.

Race Calendar: Dave Diaz

Dave reported on the race calendar. He reminded everyone the Corporate Cup is coming up in September.

REPORTS / LESSONS LEARNED

Up, Down & All Around

The event took place on Sept. 6.

UPCOMING RACES / EVENTS

Boys and Girls Club — Sept. 10

There are 32 online registrations for the race. Last race around 190 participants. Volunteers for the race are Paulette, Paul, Daryl, Martha, and Mary Jane.

OJC Rattler Run — Sept. 10

The OJC Rattler Run is scheduled for Sept 10th. Ron Dehn and Mike will help with the finish line. The course is a 5K run and 2-mile walk.

Pueblo Children Advocacy Ride — Oct. 2

Volunteers for the event are Paulette and Mike.

Lions Roar for Fitness — Oct. 1

The course will be at Lake Minnequa. Volunteers for the event are Paul, Paulette, Terry, and Mike.

Run for Trails — Sept. 24

Kim Arline talked about the new course for the event. The event will include 5K and 5-mile run. SCR members will get a \$2.00 discount for the race. Kim stated there will be a bike safety check after the event.

Hot to Trot — Sept. 25

Paul reported on the online registration for the event. It will be the same course. There have been some problems with the walkers in the past. Dave Diaz has agreed to help with the course.

Harvest Run — Oct. 22

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

Strut Your Mutt — Oct. 29

There is some signage at the park.

Run for Kicks — Oct. 30

Julie reported on the race day logistics. The race online registration will be on the ranger website. Dog tags for race day awards and ribbons.

South Shore Adventure — Sept. 11

Larry Volk reported on the preparations for the predict run on Sunday. Larry said the race will start at 7:30 a.m. and it is a 10K event.

Early Bird 5K Run — Nov. 12

Dennis Wait reported that the run is to help sponsor the South High School band. The event will be a 5K run and 2-mile walk.

Corporate Cup Events

The 5K is on Sept. 17 and the course is the same as the Spank Blasing course. The race will start at 7:45 a.m. There will be 2-minute intervals between waves for the run. Volunteers are Dave, Paul, Paulette, and Martha.

The bike predict is on Sunday, Sept. 18 at 9:00 a.m. at the test track.

The one-mile run will be on Thursday, Sept. 22 at the YMCA. Volunteers are Dave, Mike, Paulette, and Dave.

Earth Day 5K — Apr. 22

Mark Traveolli explained the race logistics. There was discussion about the race director kit for the race. The race will be at the City Park by the zoo. This will be a fund raiser for District 60.

Raptor Resolution Run

The nature center would like to do a run on Dec. 31 or Jan. 1.

Race will be called the Raptor Resolution Run and will be held on the trails at the nature center. The event will be a 5K or 10K.

It was suggested to do a 5-mile run and 2-mile walk.

Other Discussions

Jake Zarr presented the club with the following proposal. Pueblo West Rotary Club Parade of Lights in Pueblo West on Nov 26. This will be held to enhance the fund raising for scholarships for the Pueblo West students. There are plans to make the race a holiday event for the holiday season. The race will be a fun run for the first year. This will compete with the turkey trot.

Meeting adjourned at 8:40 p.m.

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
3200 Spaulding Avenue
Pueblo, CO 81008

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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: October 5 (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



Bob Fowler, La Junta, crosses the finish line for the Rattler Run 5K on September 10. Fowler's fireman's costume was a tribute to the Ground Zero New York City Firefighters.

Photo submitted by Almabeth Kaess.