



Footprints

Southern Colorado Runners

November 2011

Volume #340, Issue #11

Editor: Laura Wehrwein

Hot to Trot Recap — September 25 By: Jeff Arnold

This year's race was not the biggest Hot to Trot we've had, but it was certainly the fastest up front. Justin Ricks ran the fastest time ever on this fine course designed by Jacqueline Wall. The path from the top of the Main Street Bridge all the way to the path cantilevered off the levee is now new concrete, but essentially the course is the one Jacqueline described several years ago.

I checked results going back through 2005 when Ruth McDonald revived the race. Four of the first five finishers set records. Justin Ricks was first with the fastest time ever run on the course, 15:08.7. In fact it is one of the fastest 5K's ever run in Pueblo. Justin clicked off 5:05 miles for the first two miles and then dropped the hammer. The last 1.1 miles were under 5.

Gerald Romero was second overall, and of course the new 40-49 record holder with

an astonishing 16:42.2. Levi Medina, the former course record holder with 15:22,



Ruth McDonald, Race Director of the Hot to Trot Race.

was third in 17:09.3. Aaron Levinson, who is pretty much a self-made runner, was fourth in a personal record of 18:01.0 for the course. In fifth place was Chuck Smead who ran 18:02.8. That may not seem impressive until you realize that Chuck is 60. The guy right behind him was 13 year-old Michael Duran. Michael won the middle school cross country meet the previous week by a ton, but his pace for the Hot to Trot was more than 15 seconds per mile faster than for the 2 mile at City Park. Believe it or not 14 year-old Brandon Supernaw of Colorado Springs ran 17:15.8 last year.

I was especially pleased to see that several of my former runners ran well, two with their daughters. Melina Faris was born on the same day as my 9 year-old grandson, but she's much smaller, about 50 pounds, and much faster. She was second in the 12-and-under division with a 24:07.5. That time would have earned her a place on any of the girl's teams I coached.



Jeff Arnold

Maybe the best story I heard all day was when I met Ron La Freniere from Gardner, out of Massachusetts. Ron is 76 and won his division in 29:53.2. That's admirable enough, maybe a record, but he was also Alberto Salazar's coach. If you don't recognize Salazar's name, you haven't been paying attention. He is the coach for Nike. Galen Rupp, one of his best, recently set the American Record for 10,000 meters on the track with a 26:48.0. That's just over a 4:19 per mile average.

If anything could have topped the race, it was the breakfast and generous awards ceremony put together by Ruth. In my opinion the Hot to Trot has become one of the highlights of Pueblo racing calendar.

Look for more Hot to Trot race photos in this edition of the newsletter!

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CLUB ANNOUNCEMENTS

Officer Elections

Officer Elections for 2012 will be held during the December monthly club meeting held on Wednesday, December 7, at 6:30 pm. All club members in good standing are welcome to vote or be nominated for an officer's position. Elected members are the President, Vice President, Secretary and Treasurer. Officers appointed by the club are Membership Coordinator, Newsletter Editor, Webmaster, Predict Race Coordinator, Race Calendar Manager.

Any club member is welcome to nominate themselves or another member for any position. Feel free to contact any of the club officers if you need further information or are interested in a position. See the Officers page under club on the web site for contact information.

Annual Banquet and Runner of the Year Nominations

Mark your calendar for the Annual SCR Banquet to be held at La Renaissance Restaurant in Pueblo on January 28 starting at 6 pm. Stay tuned to the newsletter and soco.runners.org for details. As in previous years, the runners club will be accepting nominations for the male and female runner of the year. The nominations will be submitted through the running club web site so log on and submit your nominations.

RACE DIRECTORS Take Note — No January Newsletter

Because the CSU Print Shop is closed during the Christmas/New Year's Week, there will be no January newsletter. Please get your inserts completed (and dropped off at the Gold Dust) by November 25 for mailing with the December newsletter, or else you will need to wait for the February issue. Thank you!

Happy

November Birthday!

1	Ross Barnhart
2	Aaron Romani
3	Barbara Hadley
5	Jessie Quintana
7	Taylor Gurule
	Jason Van Buskirk
14	Alice Fitzgerald
16	Robert O'Callaghan
17	Larry Volk
	Rocky Khosla
18	Steven Wall
19	Juanita Peters
23	Chris Dehn
24	Paulette Arns
26	Al Arline
	Mike Borton
28	Nancie Biery
29	Robert Quintana
	Karen Clifton



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



**Southern Colorado
Runners**
www.soco.runners.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. 11

"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: Dave Diaz, Ron Dehn, Jeff Arnold, Martha Drake, Debbie Gurule, Darryl Clark, Marijane Martinez, Larry Volk, Don Pfof, Maria Elena Weaver

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.

St. George Marathon 2011 — October 1

By: Martha Drake

The St. George Marathon in St. George, Utah, was voted the "most organized marathon" by Runner's World in 2010. It was that and a lot more in the view of the eight Pueblo runners who participated in the event. Jessie Quintana, Kris Spinuzzi, Becky Medina, Mark and Debbie Gurule, Nathan Halprin, Vic Boley and Martha Drake ran the marathon. Our votes would also include "most spectacular", "most friendly", and "most inspiring." After a 4:00 a.m. bus ride to the start, we warmed ourselves by a bonfire. Mark got us off to a good start with a prayer, thanking God for "the courage to believe in ourselves." Then we ran the first couple of miles watching the sun rise over a purple skyline. It only got better and better as the scenic valleys and canyons of the southern Utah desert unfolded before our eyes.

All of us ran under our predicted times. Mark qualified for Boston, Kris ran under 4 hours, Becky cut 23 minutes off of her personal record and Jessie placed fourth in her age division. This was Nathan's first marathon which he ran in an impressive 3:42:36. We celebrated by going to the Seafood Buffet at Belagios that night. The next day we hobbled through the Las Vegas airport proudly wearing our race t-shirts and medals.

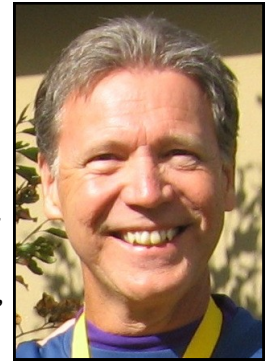
Why do we run? All of the above!



Back Row left to right: Becky Medina, Martha Drake, Kris Spinuzzi, Mark Gurule, Nathan Halprin, Vic Boley.
Front Row left to right: Jessie Quintana, Debbie Gurule.

Photo submitted by Debbie Gurule. See another photo of some of the marathoners on page 6!

Ron's Ramblin' — The 2011 Corporate Cup By: Ron Dehn



Ron Dehn

The 2011 YMCA Corporate Cup marked the 27th consecutive year for the Pueblo event. The Corporate Cup takes place each fall and is a fitness challenge for local organizations, businesses, and corporations. Teams compete in one of three divisions based upon company size.

The primary purpose of the Corporate Cup is “to promote healthy lifestyles in our community.” The Y recognizes that not everybody is an ironman triathlete so several events are geared toward participation. The 5K walk/run and bike ride are predict events. Participants predict their time to complete the course and the closest to the predicted time wins. Naturally no watches or timing devices are allowed. Since accuracy is the goal a person can walk the 5K in 48 minutes and beat a runner who covers the course in 18 minutes. Another health-promoting event is the Health Challenge. Participants keep track of their activities over a given period of time and accomplish health-oriented goals.

Even though the 1-mile run / walk is a timed event, literally hundreds show up just to walk a mile with their team. Like most organized runs, competition is based upon several age and gender divisions for all individual events. The overall goal is to get people off the sofa and move their body parts. And... it works. Twenty-six companies and around four thousand people took part in this year's event. Wow!

But, don't make the mistake of thinking that the Corporate Cup is void of competition and true athleticism. There are some exceptional athletes and exceptional times and scores in events such as the 1-mile run, the duathlon, swimming

relays, basketball shoot, volleyball, softball, golf, football throw, and bowling. And if you want to see some competition – watch teams square up against each other in the tug-o-war. There is serious business with lots of grunting, groaning, sweat, and spit. I was a last minute sub in this year's event, and my 157 pounds did nothing to slow down our very worthy and very determined opponents.

In case you didn't pick up on it – the word team comes up quite often when talking about the Corporate Cup. In fact, this year's theme was “Teamwork Makes the Dream Work.” The above event list is full of team activities. The “Cup” provides a venue for a cross section of an organization to work together to achieve common goals in a non-work environment. And, as a bonus, they have fun at the same time.

One event I haven't mentioned is the Teamwork Challenge. This contest takes place on the low ropes course at CSU-Pueblo and requires teamwork, strategy, skill, balance, and a bit of luck. Teams simply *have* to work together and utilize each individual's strengths to accomplish the elements of the course.

Bottom line: If you work for almost any size company / organization and are NOT involved in the Corporate Cup – contact the Y and get some information. It takes some organization, so get started in early 2012. It is tons of fun. And, if your company already forms a team – sign up. Don't wait until organizers come around begging. You will enjoy.

In the Beginning:

The YMCA organized Pueblo's first Corporate Cup in 1985 and six companies

took part. There was one division and the events were: the Basketball Shoot, the t-shirt competition, the 3-mile Predict, Swim Relays, Crazy Inner Tube Relay, and two or three running relays. The running relays had ¼ and ½ mile legs. Then there was this crazy thing called the Pyramid relay with ¼, ½, ¾, 1 mile, and 1 ¼ mile running legs. Imagine trying to recruit co-workers to run this event. The whole thing took place on one Saturday, except for the Basketball Shoot which was at the old downtown Y on the Friday night before. The results were tabulated as events unfolded and winners were announced and medals handed out by 3 in the afternoon.

In 1987 Marijane Martinez and I served on the Employee Development Committee at USC (now CSU-Pueblo). We pushed for a wellness component to employee development and invited Y staffers Ben Valdez and Cathy Dehn (my sister-in-law) to speak to our committee about the Corporate Cup. In 1987, USC participated with seven other teams in our first Corporate Cup and the university has participated every year since. Marijane and I co-captained for the first eight years and two or three more after that.

Some Personal Notes: The “Cup” has long been a family affair. My sister-in-law Cathy organized or helped organize the event for many years when she worked at the Y and she was a several year participant while employed at the Health Department. My brother Dave captained the Parkview team for many

Ron's Ramblin' — The 2011 Corporate Cup

years beginning in 1985 and has participated in numerous "Cups" since. My wife Chris, son Bryan, daughter Melissa, and daughter-in-law Nikki have also taken part in the fun.

The Corporate Cup has been and continues to be both a fun and meaningful activity in my life. It is one more reminder to keep active because that 1-mile run, the bike ride, and all the other events will be coming around in the fall. It has taught me a great deal about teamwork and organizing a team. It is more than fun and I have made many friends working with the Y and other organizations in helping to put the event on. My organizing years are past, but this year marks my 25th consecutive year as a participant. One of my fitness goals is to jog the 5k predict, ride the bike predict, and jog the 1-mile run when I am 80. I hope the Y is still in the Corporate Cup business in 17 years.



In the photo left to right:

Dave Dehn representing CMHIP.

Melissa Mestas & Heather Crowley (School District 70).

Ron Dehn (CSU-Pueblo).

Photo submitted by Ron Dehn.

Brian Ropp — Kudos for Completion of the Triple Crown Series!

By: Darryl Clark

To the right is a photo of myself with Brian Ropp after the Pike's Peak Road Ascent (Brian is on the left). This was the first year the Road Ascent was held and it is held under the auspices of the Pike's Peak marathon group and is a part of the Triple Crown Series. Brian is one of the first people (if not THE first) to complete all five of the Triple Crown Series races in one year (actually, three months). Brian ran the Garden of the Gods 10 mile, the Summer RoundUp Trail Run, the Pike's Peak Ascent and Pike's Peak Marathon (in one weekend), and the Pike's Peak Road Ascent.

Completion of the Triple Crown Series in such a short amount of time is a great accomplishment for one of our club members!



St. George and Portland Marathoners



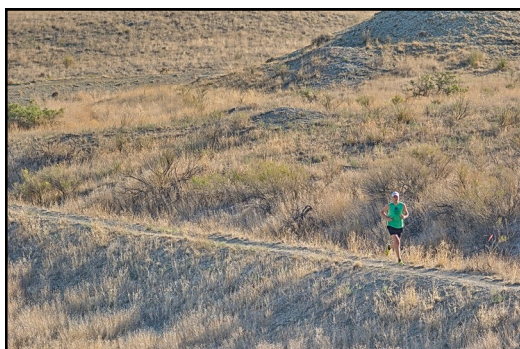
By: Marijane Martinez

To the left is a photo of the St. George and Portland Marathoners! Congratulations to Mark Gurule and Marijane Martinez for qualifying for the Boston Marathon!

Front Row left to right: Becky Medina, Diane Lopez, Marijane Martinez and Debbie Gurule.

Back Row left to right: Gloria Montoya, Mark Gurule, Kris Spinuzzi and Martha Drake.

South Shore Adventure Prediction Race — September 11



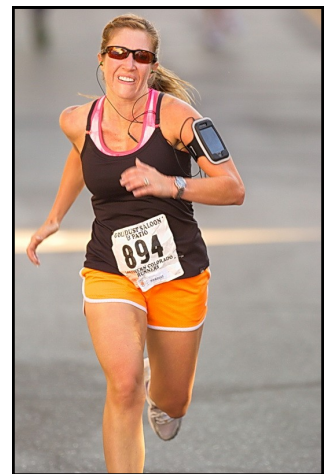
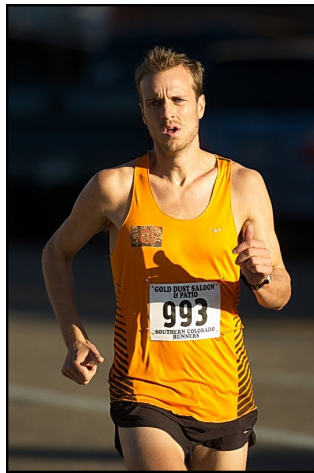
Photos from the South Shore Adventure Prediction Race on September 11, 2011.

Special thanks to Larry Volk for providing these photos.



Hot to Trot Race — September 25

Photos provided by Larry Volk



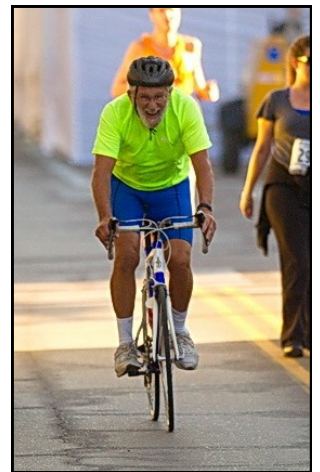
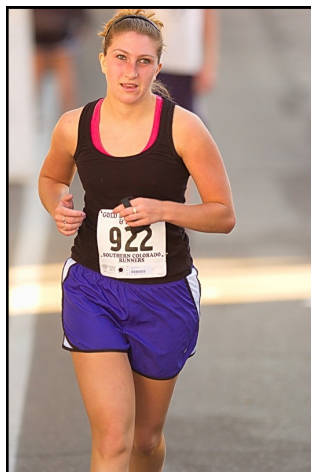
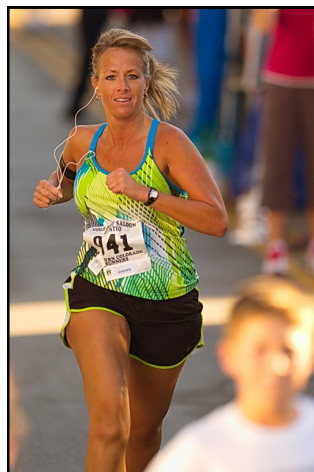
Top Row: Melina Feris, Justin Ricks, Chuck Smead, Mark Koch.

Middle Row: Jennifer Kottenstette, Shannon Rodriguez, Marijane Martinez, Melanie Milyard.

Right: John and Laurie Tafoya.

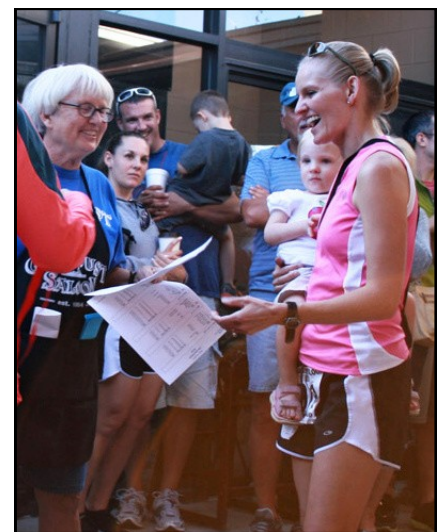
Bottom Row: Ron La Freniere, Tracey Cook, Elizabeth Wallin, Unknown.

To purchase photos, please visit www.VolkPhoto.com



Hot to Trot Race — September 25

Photos provided by Don Pfof





Dave Diaz

2011 and 2012 Race Calendar By: Dave Diaz

NOVEMBER

Saturday, November 5, 2011	Hustle for Russell 5K	9:00 AM	Pleasant View Mid School
Saturday, November 12, 2011	Early Bird 5K	10:00 AM	Lake Minnequa
Saturday, November 12, 2011	Rim Rock Marathon	8:00 AM	Grand Junction, CO
Saturday, November 19, 2011	Turkey Trot 5K	10:00 AM	Pathfinder Park, Florence, 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
Saturday, December 31, 2011	Raptor Resolution Run 5M	9:00 AM	Pueblo Nature Center

JANUARY

Sunday, January 1, 2012	Rescue Run 10K, 5K	10:00 AM	Colorado Springs
Saturday, January 14, 2012	Winter Series I 3.3M or 7M	10:00 AM	Colorado Springs
Saturday, January 28, 2012	Winter Series II 4M or 8M	10:00 AM	Colorado Springs
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
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APRIL

Saturday, April 21, 2012	Spank Blasing 10K/5K	10:00 AM	CSU-Pueblo Campus
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CALENDAR NOTES:

Two new races have been added to the calendar:

- Canon City Rec is putting on a Turkey Trot 5K at Pathfinder Park, located between Florence and Canon City on Sat, Nov 19. More info at ccrec.org.
- Pueblo Nature and Raptor Center will have a 5-mile run on New Year's eve, beginning at 9 AM.

Sign up for the SCR email group for latest information on races and running information. Visit socorunners.org and click "SCR Email Group" under "Related Area Links".

Reminder to Race Directors — Time to start planning the 2012 calendar — let me know the date of your 2012 Race.

Thanks, Dave Diaz — keeper of the calendar.



COME ON IN TO THE

Gold Dust Saloon

IN THE HEART OF THE
UNION AVENUE
HISTORIC DISTRICT
217 SOUTH UNION

October 2011 Meeting Minutes

By: Ron Dehn



Ron Dehn

DATE: October 5, 2011 at 6:00 p.m.

ATTENDANCE: Brian Ropp, Don Pfof, Paul LaBar, Paulette Arns, Laura Wehrwein, Jacqueline Wall, Dave Diaz, Terry Cathcart, Kerry Roman, Ron Dehn.

CLUB BUSINESS

Purchase Volunteer Hats for Spring Runoff Volunteers:

This is a proposal made by Darryl Clark and the feeling was that since Darryl is the race director he should make the decision. Paul will ask if Darryl could provide a sample to show the group.

Officer Elections:

Paul will write an article for the next newsletter. Officers for the next year are usually designated at the December meeting. One idea was for the new Vice President (whose duties are relatively light) to be groomed to be president.

Banquet:

tacey Diaz is heading up the committee and the venue will be at La Renaissance. Some felt that a new venue should be explored for the following year.

Chip Timing:

Paul has been looking into chip timing for races. There are RFID systems that would support 500 runners for about \$4,500. Some work with an Arch which runners pass under and some work with a mat at the finish line. Additional discussion is required regarding purchasing equipment or contracting for chip timing for larger races like the Spring Runoff and Rock Canyon.

OFFICER REPORTS

Minutes: Mike Archuleta

A question came up about the mention of privacy concerns at the last meeting. The club needs to develop a privacy policy. A correction was made to the Web Master's report. Work is being done to develop a content management system not a contact management. Club Member Lallo Vigil is working with Paul and Laura Wehrwein also volunteered to help. The minutes were approved.

Treasurer Report: Paulette Arns

Paulette gave a quick recap of routine expenses. Formal approval will be done next month.

Newsletter: Laura Wehrwein

Minor issues with emailing of the newsletter to the printer were resolved. The email process did not always work. Laura thanked Marilyn & Dave Rael for delivering to the Post Office and Paulette for picking up newsletters from the printer.

Membership Chair: Maria Elena Weaver

There are 195 total memberships, with 111 as individuals. Those members in the family plan total 173. 156 have subscriptions to Colorado Runner.

Webmaster: Paul LaBar

The Rock Canyon registration is enabled and the link to display entrants will be activated. Pricing will be adjusted to \$50 for late registrants.

Race Calendar: Dave Diaz

Dave is building the calendar for 2012, so Race Directors please notify Dave with info.

REPORTS / LESSONS LEARNED

Boys & Girls Club 5K:

Becky Medina reported that there were a few problems but all ended up good. She said "Paulette was fabulous".

South Shore Adventure:

Went well.

Corporate Cup:

Dave Diaz reported that there were lots of volunteers and we need to work with the Y regarding bibs because no bar codes were present therefore information had to be hand entered.

Run 4 Trails:

It was a new course with fewer runners & all went well. Marilyn & Dave did results.

Hot to Trot:

Went well but there is a need to provide more support to walkers. A couple got lost. We cannot use chalk or flour to mark the course on the Riverwalk thus creating a need for signs and/or more course marshals.

Lions Roar for Fitness:

339 crossed the finish line and lots of volunteers. The event was a successful fund raiser.

The Child Advocacy Ride:

SCR received a thank you note from Ellen Cooney. There were 96 cyclists and runners producing a net of approximately \$4,500. Next year's event is scheduled for Sept 30.

UPCOMING RACES / EVENTS

Harvest Run Predict:

All is set for a 4:30 start behind Felice's Pizzeria. The club provides food and drink. Kerry Roman suggested that participants be encouraged to bring a canned good to this and the Reindeer Romp predicts.

Strut Your Mutt:

Will be very informal. Dave Diaz will contact Ruth to see what she needs. Don Pfof & Kerry Roman volunteered to help.

Run 4 Kicks:

Holly reported that all is ready. Insurance, awards, and volunteers are covered. Paul LaBar is club liaison and Don Pfof will help.

Hustle for Russell:

Jacqueline Wall reported that the run is self supporting and requested only use of the clock and a timing device. It is an enjoyable community event. The club donated bibs for the race.

The Early Bird 5K:

Don & Lois Pfof will be club liaisons. Don asked Paul to place a link on the SCR website and organizers are looking for a finish line crew. The event is a fundraiser for the South High Band.

The YMCA Turkey Trot:

The clubs assumption is that it will be similar to last year. Two items need to be addressed: The finish line volunteers need better training and the course was a bit long.

The Temple Canyon Predict:

Dave Diaz will contact Rich to verify that all is set.

Rock Canyon:

There is a 750 person limit and a higher price for late registrations. Mail-in entries must be received by November 19th to be considered and there will be NO race day registration.

The Raptor Resolution Run:

Will be put on the race calendar for December 31st at 9am. This 5 mile run and 2012 yard (1.14 mile) walk will be put on by the Nature Center. Ron Dehn will act as club liaison.

The Earth Day Run: Marc Pratarelli was present to represent this proposed event. Paulette explained that a Certificate of Liability insurance form will be required for the Earth Day Run, the Raptor Resolution Run, and all runs sponsored by non SCR organizations.

The meeting was adjourned approximately 8:35.

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

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SCR Membership Chair in care of the
YMCA at the address listed above.

Visit our Web Site:

www.socorunners.org

Join us at a monthly meeting!

Date: November 2 (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 commu-
nity meeting rooms.

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



Marathon Ladies!

Left to right: Martha Drake (St. George Marathon), Gloria Montoya (Portland Marathon), Marijane Martinez (Portland Marathon), and Diane Lopez (Portland Marathon).

Photo submitted by Marijane Martinez.