



Footprints

Southern Colorado Runners

Dec. 2011 — Jan. 2012

Volume #340, Issue #12

Editor: Laura Wehrwein

Grand Canyon Rim to Rim Run Recap

I became a runner the summer of 2007. My friends and I rode the Santa Fe Century in May 2007 and wondered what we could continue training for together. They convinced me to run the 170-mile Colorado Relay that Fall with nine other women as part of the “Girls Gone Running” team. I managed to train for my three legs of the relay that totaled 18.3 miles and fell in love with running along the way. There really is no better way to see the world!

I originally joined the Pikes Peak Runners Club because I heard I could get 15-20% off shoes at the running stores in Colorado Springs. I have since learned SCR club members get the same discount if you show your newsletter. I'm thankful for my mistake in joining the wrong club that first year because I was inspired by their newsletter article on a Grand Canyon Rim to Rim run. After I ran my first marathon seven months after the relay run, I knew I would one day run the Grand Canyon!

It took a lot of planning and juggling of schedules to make it happen. Injuries, work, other events and life in general got in the way so only



three of us were able to make our October 7th crossing of the Grand Canyon. But it was absolutely amazing and better than I ever imagined it would be!

Kim Dodds and I flew from Pueblo to Las Vegas on the discount Allegiant Air flight Thursday morning. Before departing the plane, the flight attendant told the gambling crowd, “Good luck, you’ll need it!” Kim and I looked at each other laughed and said, “She’s right!”

We drove a little over 4 hours through rain, snow and under very ominous clouds to the North Rim of the Grand Canyon. The clouds parted as we arrived right at sunset so we ran down to Bright Angel Point in shorts and flip flops for photos. The 20-degree evening hit us as we walked back up the trail in the dark. Fortunately the heater worked great in our Pioneer cabin. Rooms here are reserved 6-12 months ahead, and no waiting lists are kept — you just keep calling until a cancellation happens to exist. Securing lodging on the North Rim was the most difficult part of planning our trip and isn't even an option October 16 to May 14th as the entire North Rim is closed.

The Ultra-runner types go for the 42-mile option of a Rim to Rim to Rim (R2R2R) with nearly 11,000 feet of climbing and no need for

By: Kim Arline

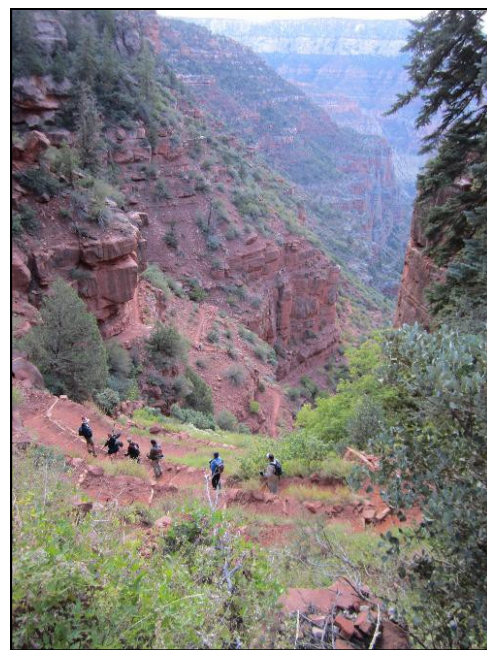
lodging on the North Rim. There is no official race across the Grand Canyon but the Grand Canyon marathon takes place on roads on top of the South Rim in November and Ultra runners have a



Kim Arline

code on how they report the fastest known time (FKT) on trail runs like this. Just this spring the FKT for the women's R2R2R was blown away twice in a week. Krissy Moehl and Devon Crosby-Helms ran it in 9:12:29 breaking the prior 9:25 record only to have it smashed 4 days later by Boulder's Darcy Africa with a time of 8:25:26. We ran about 8 miles with “Gary from Mesquite”, an Ultra runner that was doing four crossings in

(Continued on page 6)



North Kaibab trail down from North Rim

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Cross Country Start

Colors move like leaves in swirling wind,
a random stirring of pigment settling
at last into something like a line.
Team after team runs out in mock taunt,
a mythic act like screaming, jumping circles.
Only a few teams have a chance to win,
maybe half a dozen individuals
but all must put on confident faces,
most pretending even to themselves.
The best let others lead the initial sprint,
staying just behind the overeager,
counting coup inwardly as early heroes
begin to discover reality.
When colors are discrete, the real race starts.
Those with talent who have prepared
hold as others fade.
A two-stride lead becomes two seconds,
then suddenly insurmountable,
unless disaster, always a companion,
strikes.
At the end some will feel joy
in victory or superb performance;
they will exult, briefly beyond pain.
All but those few will be exhausted,
and show their suffering.
All will share the knowledge
that they have done what most dare not try,
hearts and minds stronger for the trying.

~ Jeff Arnold



**The blessing
of the dogs at
the beginning
of the Strut
Your Mutt
Race on Oct.
26.**

**Thank you to Don
Pfof for submit-
ting this photo.**



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. 12

“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

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Contributing Writers / Photographers: Dave Diaz, Ron Dehn, Jeff Arnold, Kim Arline, Marijane Martinez, Maria Elena Weaver, Stacey Diaz, Mike Archuleta, Don Pfof, Dennis Wait, Jay Zarr.

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.

The Raptor Resolution Run — December 31

By: Jay Zarr and Ron Dehn

Runners – New Year's Eve is just around the corner and here are some suggestions on how to begin your New Year's celebration. Consider combining a traditional idea with some very unique circumstances. How about this:

Show up at the Yurt at the Nature & Raptor Center of Pueblo at 9:15 am with your running or walking shoes and be ready to do your last workout of 2011.

Commit one or more 2012 resolutions to paper.

Run or walk a beautiful out and back course near the Arkansas River.

Join your friends inside the yurt for hot cocoa or hot cider along with a few sweet carbs

Hope you are one of the winners because you have never seen prizes like these at a race.

Interested yet?

Here's a few of the details. The inaugural Raptor Resolution Run (R³ for short) will be held at the Nature & Raptor Center of Pueblo at 10 am on December 31st. The Run will be 5 miles on a relatively flat and beautiful course paralleling the Arkansas River. The Walk will be a 2012 yard (1.143 mile) walk in the same area.

We all want to improve some aspect of our lives, right? You will have the opportunity to write down some resolutions for 2012 and place them in a self-addressed envelope and about six months later, your resolutions will show up in your mailbox so you can see how well you are doing.

Warm refreshments will be served in the yurt after the race in case December 31st just happens to be a cool day. By the way – the yurt is heated.

And... you have never seen prizes like these. The first overall male and female finishers will be awarded with a raptor release. A what you ask? Yes – these two lucky individuals will make arrangements with the Nature Center staff to host a raptor release or a raptor presentation at the location of their choice at some future date. (Limited to Southern Colorado & other restrictions based upon type of raptor.) How cool would that be for your kid's birthday party, classroom event, or your own family get together?

Those speedy individuals who take first place within their age / gender divisions will win a free Nature & Raptor Family annual membership. Second and third place winners will be awarded Nature Center pins.

As a bonus, an R³ runner's or walker's bib will give you and your family (up to 5 individuals) a 10% discount on meals purchased immediately after the awards ceremony at the Coyote Grille; so have a great lunch in a great setting at a great price. The Arkansas River Coffee company which is located on the grounds of the "Center" will award all participants a 2 for 1 coupon as well. The award ceremony will be at 11:15 and there will be some additional Yurt prizes drawn from bib numbers. All runners who meet the early registration deadline will be guaranteed t-shirts, refreshments, and we will do our best to guarantee a good time.

What a way to run or walk into a GREAT New Year! 2012, here we come!

Mark

Your

Calendars!

SCR Annual Awards Banquet — January 28

By: Stacey Diaz

You are invited!

SCR Annual Awards Banquet

Saturday January 28, 2012

La Renaissance Restaurant

6:00 PM Cash bar

6:30 Buffet

7:00 -9:00 PM Speaker, raffles, games, awards presentation-volunteer, predict, runner of the year and various other awards.

Menu: Roast tip sirloin, Jamaican sausage, salad d'hôte, vegetable, potato, crusty bread and desserts from the dessert cart and a cash bar.

Cost is 10.00 per person for SCR members and their guests. Reservations/payment will be taken on line at SCR's website, sacorunners.org, starting December 17, 2011. No reservations will be taken at the door.

Runner of the year nominations are available on line now at sacorunners.org. Nominations will close Monday January 1, 2012. Nominations will be narrowed to three each male/female with voting by SCR members to follow. Winners will be announced at the SCR banquet.

The Strut Your Mutt Recap — October 26

By: Don Pfof

The second annual Strut Your Mutt took place on Saturday, October 26, with registration and all events centered at the northwest end of Lake Elizabeth on HARP.

An estimated seventy dogs and their owners took part in an array of events that began with a blessing of the dogs at the statue of St. Francis of Assisi, with the ceremony performed by the pastor from a local church. The blessing was followed by three races, a two-mile walk around HARP, and special events featuring costume contests, such as an owner-dog look alike, as well as a best trick competition and an obstacle course. At the conclusion of festivities, a lunch consisting of a hot dog, chips, an apple and a beverage for humans was served, while dogs received treats prepared by Hopscotch Bakery.

Four SCR members, including Paulette Arns, Dave Diaz, Kerry Roman and I, helped with registration, the running events and the walk.

Ruth McDonald played a key role in organizing the event. To find out more about the history and purpose of Strut Your Mutt, as well as to get an assessment of how things went this year and to learn what is planned for next year, I interviewed Ruth. Here's part of what she had to say.

Strut Your Mutt is a fund raiser for PAWS—the Pueblo Animal Welfare Society. Ruth is co-chair of PAWS' Partners, a group of dedicated, hard-working volunteers who organize the fund-raising events. Ruth got involved with PAWS several years ago in large part because she liked the idea of a no-kill shelter for dogs and cats. Like other events in which Ruth and Shelley, co-owners of the Gold Dust, are involved—for example, Run with the Bulls raises money for SCR—they support Strut Your Mutt to raise money for PAWS.

Ruth noted that the turnout for this year's Strut

Your Mutt was smaller than last year. She attributed the smaller turnout to several factors, including less-effective publicity because PAWS lost its public relations person. Also, there was difficulty with the on-line registration, as well as competition with a number of other events taking place on the same day in Pueblo. All of these factors affected the number of entrants.

Despite that smaller turnout, Ruth thought the event was a success overall. The number of entrants in each of the three races was small; how-



Ruth McDonald and the PAWS donation dog.

ever, most of the owners and their dogs did the two-mile walk around HARP. Ruth was pleasantly surprised with the interest shown in the special events, especially the obstacle course, which was enjoyed by both participants and spectators.

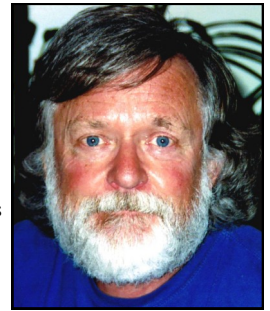
Ruth thanked people for their generosity. "People care about animals", she commented, "It just amazes you at the generosity some people have."

Importantly, all of the money collected through registration and donations went directly to PAWS. This was possible because of the generosity of The Gold Dust which furnished the lunch, and paid for the T-shirts and the fee charged by HARP to hold the event on the River Walk.

Plans are underway for next year's Strut Your Mutt. Ruth emphasized that 2012 has been designated the "Year of the Cat" by the PAWS' Partners. The PAWS' shelter is intended for both dogs and cats. Right now the dog shelter is completed, with kennels, veterinarian services, and areas where people can meet with the dog they are considering for adoption.

However, the cat shelter is not completed—only a shell exists. Completion of the cat shelter will

make it possible for cats to be taken in, spayed or neutered, nursed back to health if needed and readied for adoption. But first, the money needs to be raised. Therefore, all fund-raising efforts during 2012 will be aimed at trying



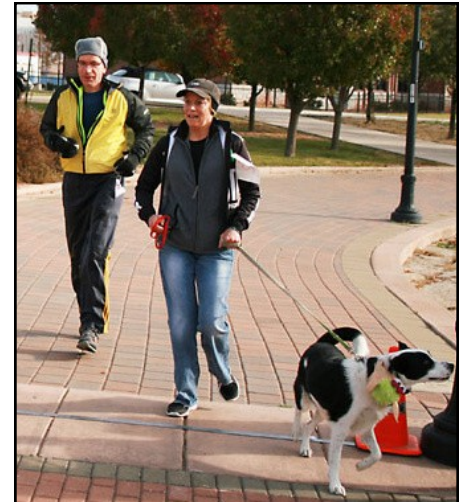
Don Pfof

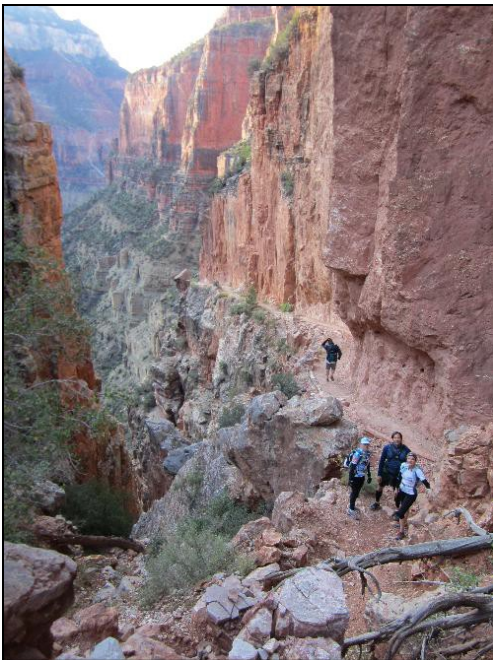
to collect the \$300,000 needed to complete the cat shelter.

Strut Your Mutt will be one of next year's events to raise funds to finish the cat shelter. Several changes are planned. First, it will probably be moved to sometime in May-June-July — Ruth noted that they've been lucky holding the event in late October for two years, but were it to snow, it would be a disaster. In addition, the event will likely be moved to the PAWS facility at 414 W. 9th Street. The site has a large parking lot, there are pens where the agility contests could be held, and there would be easy access to the River Trail for the races and the walk. Ruth is hoping that some SCR members will volunteer to run or walk with a dog from the shelter. And finally, a 5K run for those who don't want to run with their dog is under consideration, which should increase the turnout.

As always, Ruth was enthusiastic in talking about the work with PAWS. And, like the work Ruth and Shelley do for other organizations, including SCR, their dedication and generosity are evident, though they are modest about the contributions they make.







Grand Canyon Rim to Rim Run Recap

By: Kim Arline

(Continued from page 1)

four days. He was on a first name basis with these women and invited us to all kinds of crazy ultra events he is planning. The men's R2R2R FKT is 6:56:59 held by Dave Mackey. The FKT one-way is 3:06:47 using the shorter South Kaibab trail. Dr. Mark Rickman here in Pueblo ran a solo R2R2R this April. His run was 46 miles because he couldn't drive all the way to the South Kaibab trailhead and made a wrong turn on his return in the parking lot.

Kim and I awoke that Friday to light snow and clear skies on the North Rim. We figured we had all day for the run so we waited for the sun to come up so we could see it all! It was 22-degrees but felt warm in the sun so I just ran in long sleeves, leggings and had a rain layer in my water pack. Along with Gary, we also ran with a brother, sister and their friend until we took an additional side trail over to Ribbon Falls. I could not believe how many people were on the trail so I stated counting people we passed. We passed 68 hikers on the way down. I could not keep track of all the people going the other direction as there seemed to be even more but I did salute five R2R2R runners. Even off season, Dr. Rickman says he felt safe on his solo run with so many others on the trail.

The trail clung to the edge of cliffs with lots of switchbacks and bridges crossing streams and rugged gullies, then dropped into a grassy valley before entering the 2-mile "Box" narrows. We descended nearly 5,900 feet through ten different geological zones ranging from 270 million years ago to the

river bottom formation from 1,840 million years ago. Each layer of the canyon had a noticeable change in rock color, trail characteristics and surrounding vegetation. It was humbling and fascinating to run past layers of time peeled away the past 5-6 million years for our viewing.

Normally temperatures reach into the 90s in the bottom of the canyon but we enjoyed a high of 68 at Phantom Ranch. My coworker Mike Lucero was waiting for us at Phantom Ranch. He had hiked 10 miles down from the South Rim while we had run almost 15 miles from the North Rim plus our side trip to Ribbon Falls. We traded car keys, had lemonade (bring cash for snacks!), shared some stories, nail clippers and mole skin before heading our separate ways. We drove each other's cars to Page, Arizona the following day to save a bunch of driving. Mike had the week off and went on to win the lottery to get into "The Wave" at Paria Canyon, and to see Bryce, Zion and the Badwater Salt Flats.

Mike ran into snow and cold weather on the north side but Kim and I had nothing but sun and blue sky on Bright Angel trail. We had 4,800 feet of climbing over 9.6 miles from the Colorado River crossing. We could easily see the progress we made with the trail switchbacks below us. But it was difficult to see how we'd exit the canyon with nothing but cliffs ahead of us. (See photo below.)

The last few miles were long, involved mostly walking, and my lack of training was really showing. I kept



Kim on the Bright Angel Trail, wondering about the canyon exit with only cliffs in sight.



Kim Dodds, Mike Lucero, Kim Arline at Phantom Ranch.

checking my GPS watch thinking it was stuck as several minutes passed for each 0.2 mile.

We had a crowd of tourists bundled in coats and hats stare at us in our shorts and short sleeves as we had our finishing picture taken. Once we stopped moving quickly and wandered the parking lot looking for Mike's car, we noticed the 40-degree afternoon and breeze up top and did feel better with a jacket.

We had incredible weather, tons of photo opportunities, no injuries (other than sore toes!), and truly enjoyed a once-in-a-lifetime opportunity. We traveled nearly 25 miles, crossing a gorgeous mile-deep and six-mile-wide canyon in 7:25 on a glorious day. I'm normally not one to repeat races but I would love to do this again some day. Maybe I can actually train for it and go a bit faster. Or maybe I can return with my kids one day when they are older!

Kim and I stayed in the Maswik Lodge just 1/4 mile from the South Rim's edge. After getting cleaned up and checking in with our families, we hobbled over to a steak house for some red meat, beer and margarita.

(Continued on page 7)



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ritas and an amazing view of the gorge we had just traversed a few hours earlier.

On Saturday morning before 6 am, we ran/hobbled with sore quads along the Rim Trail near Mather Point to watch a gorgeous sunrise. After a few more stops at overlooks on the South Rim, Kim and I drove 2.5 hours to meet Mike for lunch in Page. He brought our rental car around the two hours plus from the North Rim. Mike showed us how to find the Antelope Canyons just a few miles east of town toward the power plant. There were no signs from the main road but we could see lots of cars parked 1/2 mile or so off each side of the highway.

The Navajo run tours into the Antelope Canyons, and the prices online are higher than just paying at the parking lot. We each paid \$20 for the 75-minute tour plus a \$6 Navajo permit fee. Our guide was an older teenager more interested in playing his guitar and singing in the canyon than explaining much. But his voice and guitar sounded amazing in the rocky chambers as everyone took lots of pictures with the light playing on the rock walls. If you take along a tripod, you can sign up for the Photographer's tour and get an additional hour in the canyon for photos.

We drove through Zion National Park on our way back to Las Vegas Saturday afternoon and I started imagining plans for a long trail run in Zion or Bryce some day!!! We drove down the Las Vegas strip on the way to our hotel to sleep before catching an 8 am flight home on Sunday morning. It was a whirlwind trip but worth every penny of the \$518 it cost each of us to fly, rent a car, pay park entry fees and three nights lodging in a spectacular part of our country, and have an amazing run I will never forget!

Antelope Canyons.

Planning an R2R or R2R2R

Drive time:

Pueblo to North Rim (12 hrs) or South Rim (10.5 hrs)

North Rim to South Rim (4.5 hrs, 215 miles)

Transcanyon Shuttle bus is \$80 one-way

North Rim to South Rim 7 am to 1:30 am

South Rim to North Rim 1:30 pm to 6 pm

Either rim to Page, AZ is 2-2.5 hours

Tight on time and want to fly?

Las Vegas: easy 4.5-5 hr drive to North Rim

Phoenix: 3.5 hour drive to South Rim

St. George: 3.25 hr drive to North Rim

5.75 hr drive to South Rim

Lodging:

North Rim Lodge or campground 1-877-386-4383

Only open May 15 to October 15

Next closest lodging on North Rim is 40 miles away in Jacob Lake. There really isn't much out there!

South Rim National Park has several lodges and campgrounds 888-297-2757 (but no hot tubs)

Free shuttle bus around the park and out to a Holiday Inn Squire if you want a hot tub (little more affordable than park) but 15 minutes from the Rim area.

When to go:

- National Park discourages Rim to Rim attempts in June, July and August due to high temperatures. Signs posted on the South Rim trail warn "going down any further is optional, going back up is mandatory."
- The North Rim can get a lot of snow during winter months and is closed entirely October 16-May 14.
- Best temperatures are in April, May, September, or October. More options for a Rim to Rim to Rim unless you can manage booking a place at Phantom Ranch at the bottom of the canyon.

Advice: Watch out for branches at the water crossing to Ribbon Falls. I had a bizarre, 36-hour delayed onset, month-long allergic reaction in nearly 15 "sting sites." They started to improve after my husband teased out microscopic thorns with a scalpel 16 days after our run. At least it was not bed bug bites!



One of two suspension bridges crossing the Colorado River in the Grand Canyon.

Early Bird 5K Recap — November 12

By: Dennis Wait

The Early Bird 5K Run and Lazy Bird 2-mile Walk occurred on November 12, 2011. Don, Lois, Paul, Paulette, and Mary operated the SCR finish line, with about 20 volunteers from the Pueblo South High School band, both parents and students. The volunteers helped with registration, the parking lot, the course, handing out t-shirts, and other duties.

I thought that the event was going to be blown into the next state, along with all the runners, walkers, volunteers, and SCR finish line workers. WOW, what a windy day. The wind brought in tumbleweeds about 6 feet in diameter that everyone was dodging. At one point it looked like one of the tumbleweeds was going to take out one of the parent volunteers. When the tumbleweed started chasing her, she took off running and screaming. The kids who did not run had fun with the tumbleweeds by dragging them back across the parking lot, and then letting their tumbleweeds go to see which one would make it to the other side of the parking lot first.

The run and walk ended with 32 paid entries, of which 5 were no shows. Considering this was our first time putting together an event, I feel that even though I had wished for more people to enter, overall the Early Bird 5K can be counted as a success. Everything went smoothly.

The top overall winner of the 5K run was Aaron Levinson (18:41.2) who received a turkey. The next top male finisher was Rudy Castillo (18:48.5), and the top female finisher was Jacklynn Snyder (26:49.3). They also both received turkeys. In our 2 mile walk there were 3 walkers. For the walkers, we used the computer to randomly choose Lynn Coleman, and she also received a turkey. Each age group in the male and female categories all received ribbons for first, second and third places. I hope to see you next year for the Early Bird 5K Run and Lazy Bird Walk, which is tentatively planned for November 10, 2012.

Happy December Birthday!

1	Dayley Rudolph	16	Daniel Paredes
2	Humberto Paredes	18	Matt Guy
	Lauren Kleven	19	Terry Cathcart
	Martha Drake	20	Lilijana Vigil
3	Karin Kyte		Robert Drake
4	Pat Berndt	21	Jerry Tiller
6	Brain Bentz	22	Kaylene Khosla
	Annabelle Corboy	23	Carol Kinzy
	Joseph Cardinal	24	Cecelia Gallagher
8	Jan Carroll		Gavin Lopez-Cepero
9	Janette Herrera		Richard Hadley
	Nicole Lopez	25	Donna Musso
11	Dave Dehn	30	Derrick McCabe
12	Kathy Stommel		MacKenzie Krall
	Anthony Diaz		Jared Bruce
13	Lallo Vigil		Karen Driscoll
	Carrie Franchi	31	Leanne Ropp
14	Rochelle Beier-Kemmet		Roger Giordana
			Rick Hardy



Happy January Birthday!

5	Wendy Garrison
8	Michele Herrera
11	Zeb Meier
12	Mark Chorak
13	Meghann DeVito
	Susan Montez
14	Jimmy Cardinal
15	Jim Hale
16	Mary Simmons
18	Gloria Montoya
21	Alyson Farrer
	Jessica Kleven
22	Cathy Dehn
24	Ruth McDonald
27	Mike Messick
	Gabrielle Wall
29	Tammy Stone



Las Vegas Rock 'n' Roll Half Marathon — December 4 By: Marijane Martinez

On Sunday, December 4, 2011, approximately 44,000 runners descended on the Las Vegas strip to run a first time event, running the Las Vegas strip at night. The Las Vegas Rock 'n' Roll Marathon/Half Marathon was going to take place with the marathon starting at 4:00 p.m. and the half marathon at 5:30 p.m. Tim Kelly of the Las Vegas Running Company/Las Vegas in Motion best described it as follows: "44,000 participants! Unless you had a front row seat next to the elite runners you were most likely jostled, jabbed, bludgeoned even...all along the course on Las Vegas Blvd. and downtown. There was a supply/demand dynamic at play whereby the demand for room to run far exceeded the supply." In spite of all of the jostling, jabbing and near bludgeoning, it was an experience I will never forget and am glad I was able to be a participant.

When I arrived in Las Vegas earlier that week the weather was cold and windy. The two pair of capris I packed stayed in the suitcase the entire trip and I was fortunate to have friends who supplied me with a heavier coat than I had taken. On Thursday evening, the Vegas ladies and their spouses had planned a 3-mile run in the development where they live at 4:30 p.m. to get a feel for an evening run. As I was in the bedroom changing into my running clothes I looked out the window to see leaves flying off the trees. The wind was blowing out of control. I thought they were filming The Wizard of Oz! One of the spouses remarked that this was the windiest he had ever seen it since he has lived in Las Vegas! I don't believe they are natives but close. I suggested we forgo the run or at least shorten the distance but one of the runners who is seldom able to run with others because of work commitments relished the thought of running with others and insisted we do the entire 3 miles. As we were running I was praying for two things: #1) I wouldn't end up in Kansas and #2) that Sunday evening wouldn't be anything like this! Fortunately both of my wishes came true. Although the wind blew off and on the entire time I was there and it was colder than I had hoped for, the night of the race the wind calmed down and the temperature was in the low to mid 40's which was ideal for a race. I reminded myself of the conditions the runners in Pueblo had to contend with the previous day for the Rock Canyon Half Marathon and considered myself lucky.

The mob scene in the Mandalay Bay where the run was staged was unbelievable. The race organizers moved bag check-in from outside Mandalay Bay to inside, meaning half the runners were trying to get outside to their corrals while the other half were trying to get inside to check in their bags. Trying to leave Mandalay Bay after the run was almost as challenging as running the half. As timing would have it, the Cirque du Soleil Michael Jackson show was letting out as we were leaving. What resulted was a mix of people decked out to the nines, mixed with a bunch of sweaty, stinky runners! Not a pretty sight or smell for them! I was again praying, this time that an emergency of some sort would not arise as this would have gotten really ugly and I didn't even want to think about that!

A real positive for our group was having members of Tim Kelly's group as friends. Las Vegas in Motion had secured a room in the basement of Mandalay Bay where we were able to leave our bags and we had access to 4 bathrooms that only few people knew about. **BONUS!**

I am certain that many lessons were learned since this was the first run of this kind, and I am confident changes will be made to improve the event. Based on the amount of money the event brought into Las Vegas I don't doubt that it will continue at night. As I mentioned previously, this was an experience I will never forget and I do not for a minute regret being a part of it. Would I return you ask? Yes, I would, only next time it will be for the rodeo!



Marijane Martinez and other runners at the Las Vegas Rock 'n' Roll Half Marathon.



Dave Diaz

2011 and 2012 Race Calendar By: Dave Diaz

<u>DATE</u>	<u>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
<u>DECEMBER</u>			
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	10:00 AM	Pueblo Nature Center
<u>JANUARY</u>			
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
Sunday, January 22, 2012	Lone Tree 5M Predict #1	9:00 AM	Pueblo West
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
<u>FEBRUARY</u>			
Sunday, February 5, 2012	Super Half-Marathon	9:00 AM	Colorado Springs
Sunday, February 12, 2012	Valentine's Twosome	9:00 AM	Pueblo City Park
Sunday, February 19, 2012	Spring Runoff Tune-up 10K-Pred #2	9:00 AM	Dutch Clark Prk Lot
<u>MARCH</u>			
Sunday, March 4, 2012	Pueblo Chieftain Spring Runoff	9:00 AM	Dutch Clark Stadium
Saturday, March 10, 2012	Run Thru Time Marathon & Half	9:00 AM	Salida, CO
Saturday, March 17, 2012	St Pat's 5K	10:00 AM	Colorado Springs
Sunday, March 18, 2012	Mad Max Trail Run-Predict #3	8:00 AM	Pueblo Nature Center
<u>APRIL</u>			
Saturday, April 14, 2012	Ramsgate 8, 8K-Predict #4	8:00 AM	8 Ramsgate Place
Saturday, April 21, 2012	Spank Blasing 10K/5K	10:00 AM	CSU-Pueblo Campus
<u>May</u>			
Saturday, May 5, 2012	Cinco de Mayo	7:30 AM	State Fair Grounds
Sunday, May 13, 2012	Yappy Dog-Predict #5	8:00 AM	South Mesa Elem School

CALENDAR NOTES:

There's a new Half Marathon in Colorado Springs for Super Bowl Sunday that looks interesting, and if you like trail running you'll love the Salida Run Through Time Marathon & 1/2 in March.

More info at www.socorunners.org.

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

December 2011 Meeting Minutes

By: Mike Archuleta



Ron Dehn

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

ATTENDANCE: Mike Archuleta, Paulette Arns, Paul LaBar, Don Pfost, Brian Ropp, Dave Diaz, Gary Franchi, Ron Dehn, Terry Cathcart, Jeff Algien, Jay Zarr, Carla Sikes, Garrison Ortiz.

CLUB BUSINESS

Officer Elections: The following officers were elected for 2012

Secretary : Mike Archuleta

Treasurer: Paulette Arns

Vice President: Brian Ropp

President : Paul LaBar

Equipment Manager Position: Discussion about having equipment manager or adding the duty to the race liaison to make sure equipment is replaced in the tackle box and race clocks.

The equipment needs to be inventoried and charged before the race. Dave Diaz and Brian Ropp will start looking at the equipment together.

Michael Duran: Request for monetary assistance for Michael Duran. Michael is competing at the Olympic National cross county event in California. The club awarded the amount of \$250.00.

Trail Improvements: Kim Arline sent email to Paul about trails improvements. The trail needs monetary assistance to help improve the trail system. The club approved the amount \$500.00.

Runner of the Year Nominations: To be posted on the website. SCR members can vote on the website. Male and female runner of year will be open for club members to nominate.

Most valuable club member

Outstanding club member award

Dirty sweat sock award

OFFICER REPORTS

Minutes: Mike Archuleta

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 donations, newsletter, trail builders, Rock Canyon race, office supplies.

Renew host gator for the web site.

Newsletter: Laura Wehrwein

Laura requested race directors to send enough race entry forms. The club needs 250 entry forms for the newsletters from each of the race directors. The new membership form will be in the newsletter.

Membership Chair: Maria Elena Weaver

There are 196 total memberships, with 112 as individuals. Those members in the family plan total 173. 157 have subscriptions to Colorado Runner.

Webmaster: Paul LaBar

Paul reported working with another club member. There will be new information on the website.

Race Calendar: Dave Diaz

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

REPORTS / LESSONS LEARNED

Hustle for Russell, Nov. 5, Jacqueline Wall:

There were about 70 participants in the race. No reported problems.

The Early Bird 5K, Nov. 12, Dennis Wait:

The race helped raise funds for the South High Band. There was about 26 participants and 4 walkers for the event . Dennis did an excellent job for the event. There was very high wind during the race.

The YMCA Turkey Trot, Nov. 26:

Paul reported on the race. The course was the same as last year. The finish line support did an excellent job. The race had over 400 finishers for the race. There was some difficulty with the YMCA online registration.

The Temple Canyon Predict:

Rich did an excellent job with the race. No problems with the race.

Rock Canyon, Dec. 3, Dave Diaz:

The race was cold and snowy with about 558 runners. The race was well organized by Dave Diaz. Parking remains an issue for the event .

UPCOMING RACES / EVENTS

It's a Wonderful Run, Dec. 17, Peggy Oreskovich:

The race will start and finish at Peggy's house. The race will be a predict race. The distance will be around 4 miles and there will be a potluck after the race.

The Raptor Resolution Run, Dec. 31, Jay Zarr:

Jay reported a 5 mile run and walk for the resolution run. The logistics are set up for the race. The majority of the race is on the trail. The race will provide nice long sleeve high-tech shirts.

Chilly Cheeks Run, Jan 7, Jeff Algien:

The race is to help raise money for Pueblo youth baseball. The money raised will help support the teams to go to the Youth World series. The 5K course will be at City Park. Paul will be the SCR liaison for the race.

Pueblo Rape Crisis Center Run, Apr. 7, Garrison Ortiz:

Garrison talked about having a race to support Pueblo Race Crisis Center. The date of the race is April 7. Mike Archuleta will be SCR liaison.

The meeting was adjourned approximately 9:00.

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:

www.socorunners.org

Join us at a monthly meeting!

Date: January 4 (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
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webmaster@socorunners.org



**Kim Arline and Kim Dodds at the Grand Canyon Rim to Rim Run in
October 2011.**

Photo submitted by Kim Arline.