



Footprints

Southern Colorado Runners

February/March 2012

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Editor: Laura Wehrwein

Trials and Tribulations of My First Marathon By: Paul DallaGuardia

A question that I've asked myself many times over the past 11 years is why would anyone want to run a marathon? I mean, you've gotta be crazy to run that far. And I was asking myself that very same question at mile 21 at the PF Chang's Rock 'n' Roll Marathon on January 15 in Phoenix, Arizona.

Yes, it was my first marathon, and I wasn't having fun at that point, and I wouldn't for the next 5.2 miles for that matter. It was tough. All the words of encouragement that my friends had sent me off with weren't really helping at that point. But at the same time, all of my friends kept me going. There was no way that I would sag in and have to explain to them how I didn't finish. Quitting was not an option. My body hurt, and I was dizzy and lightheaded as I shuffled, moseyed and trudged along. The 4:30 marathon pace group passed me and I couldn't keep up. It was painful, but as I passed folks having a tougher time, I would mutter words of encouragement to them like: "Come on, you



Paul DallaGuardia finishes his first marathon. Thanks to Stacey Diaz for the photo.

can do this!" Or "Let's get this thing done." I could tell that they wanted no part of me by the blank stares they shot back in my direction.

With less than a mile to the finish line I made best friends with a 62 year old gentleman from Canada, who was completing his 33rd marathon. He talked me through to the finish line, keeping my mind off of what I was doing. What an amazing feeling as we trudged thru the finish chute with so many people yelling and cheering as I clocked a 4:43 for my first marathon.

How did I get here, being 53 years old and attempting my first marathon? My motivator

for this adventure was a simple tattoo: the Ironman "Tat." I wanted to experience a marathon before I tackle IM Arizona in November with Dave Diaz who, by the way, is one incredibly awesome dude!

I started training in early September, not quite sure what to expect. I was told that I had to get in a minimum of two 20-mile runs, the last one 3 weeks before the race, when the taper starts. Shoot, I'd never totaled 20 miles in one week let alone at one time. In fact, my previous long run was 13.1 miles.

My plan was to run long one week then back off the next. The next long run would build on the first long run, I'd back off the following week again and repeat that schedule through December. At that point, I was looking forward to the training because I knew that every successive long run I'd be doing would be something I'd never done before. I decided to start with 16 miles. Alone, I headed south on Burnt Mill Road and noticed 2 big black birds sitting on the power lines, probably vultures. I thought to myself, "This is not a good omen." While my initial goal had been to break 4 hours for the race, reality set in real quick. Soon I began thinking of just trying to survive in Phoenix.

Training went relatively well. I built my average weekly mileage up to 35 / 40 miles, and I learned a lot about distance running. 1.) NEVER NEVER leave the house without the chafing crème. 2.) Sore raw nipples are not an urban legend. 3.) Ice baths are cold. 4.) Dropping water bottles off the night before a long run in December doesn't help.

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Editor's Notes by: Laura Wehrwein

Hello to all of my running friends! It was my pleasure to attend two awesome SCR events during the past couple of months. First was the SCR Annual Awards Banquet in January. This was my first attendance at the Awards Banquet, and I was quite impressed. The speakers were very inspiring, the food was delicious, and the coveted awards and prizes were unique and of high quality. Thank you so much to all of the SCR volunteers who made it possible. (You can see the beautiful mugs of the Banquet Committee volunteers on the back page of this newsletter.) Speaking of mugs, who knew that past Footprints editor Ron Dehn, besides being a superb writer and runner, is also a talented pottery maker? Take a look below at the beautiful mugs he made for the Prediction Series winners. Wow!



The second event I attended was the Spring Runoff Tune-Up Predict Run. Besides it being my first Predict Run, it was also my first 10K. I didn't do so well on the prediction part, but I don't care. I'm just grateful that I finished. It's so motivating to be with other runners, especially with ones of such high caliber as those in our club.

I've been a member of SCR for several years, but for a long time I was a fringe member. I just started getting involved in the past year — first as editor, and now (finally) with races and other club activities. I'm not sure what took me so long — fear of not fitting in? Fear I wasn't a 'good enough' runner? I am a pretty shy person at heart, but the members of this group have made me feel so welcome — it just took a bit of initiative on my part to reach out and give the group a chance. To any other fringe members who may be lurking, I encourage you to reach out and get involved, too. I think you'll be pleasantly surprised with the friendliness and high character of the members of this group.

Finally, to stay more informed throughout the month:

1. 'Like' our page on FaceBook. Post questions to the group, or share running articles and photos. <http://www.facebook.com/SoCoRunners>
2. Join our Yahoo! Groups List Server. <http://sports.groups.yahoo.com/group/socorunners/>

Happy running! See you at the Spring Runoff!

~ Laura



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



**Southern Colorado
Runners**
www.socorunners.org

SCR Mailing Address:

3200 Spaulding Avenue
Pueblo, CO 81008

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

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Current SCR Officers

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Calendar Keeper	Dave Diaz	

Contributing Writers / Photographers: Dave Diaz, Ron Dehn, Jeff Arnold, Kim Arline, Paul DallaGuardia, Maria Elena Weaver, Stacey Diaz, Mike Archuleta, Darryl Clark, Todd Kelly, Larry Volk, Martha Drake.

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.

Just A Few Rambles

By: Ron Dehn



Mark Rickman

In case you missed it, check out the article on Mark Rickman in the January 26th issue of the *Pueblo Chieftain*. The article tells about how Mark (who admitted he may be a bit crazy) enjoys snowshoe racing. No, we're not talking a hike wearing snowshoes – we are talking lining up with other snowshoers and seeing who is the fastest at tromping through the snow to the finish line. Mark has qualified for the national championships for 12 consecutive years and will be attending this year's nationals on February 24th in Frisco, CO. By the way, he has medaled 4 times at the nationals.

Given the fact that in snowshoe racing, course and weather conditions vary greatly, PR's don't mean a whole lot. There are just too many variables. However, Mark's PR for a 10K race is 38 minutes. This writer doesn't care that this particular race was on a low altitude Michigan trail that featured well packed snow. 38 minutes? How many of us mortals wish we could run a 38 minute 10K at sea level on dry pavement with a tailwind? Mark – You are the Man! Good luck in Frisco.

One more note – Yes this is the same Mark Rickman who not long ago completed a Rim to Rim to Rim run in the Grand Canyon. (See Kim Arline's article in a recent issue of *Footprints*.) I must agree with Mark that he is possibly just a "bit crazy".

Notable Accomplishments by other SCRers

And while we are talking about superhumans... *Colorado Runner* magazine listed the top marathon and 10K times in Colorado from August 15th, 2010 – August 14th, 2011. Only USATF certified race courses were considered in the rankings. I spotted the names of several runners familiar to SCR on the list. The fastest marathoners included Gerald Romero, 39 with a 2:46 in the American Discovery Trail, Connilee Walter, 38 with a 3:03 in the Colorado Marathon, and Carol Kinsey, 63 with a 3:36 also in the Colorado Marathon. The fastest 10Ks for that time period included Justin Ricks, 31 (8th fastest OA) with a 30:33, Adam Rich, 30 with a 31:13, and Charlie Gray, 56 with a 40:07.

To top it off, Carol Kinzy's time in the Colorado Marathon put her on the list of All-Colorado records. The article didn't say how many years these records have been tracked, but the oldest year on the list was 1972. Wow and wow again! To quote Butch Cassidy (from the movie *Butch Cassidy and the Sundance Kid*), "Who are those guys?" CONGRATS to all.

Banquet Thanks

While we are talking about club members who do outstanding things – Kudos to the banquet committee for their work on the annual SCR banquet held at La Renaissance on January 28th. Great slideshow, food, agenda, speakers, awards, and camaraderie. Of course, it takes many people to put together a great event like this, but at the core of the group were Peggy Oreskovich, Carrie Franchi, Stacey Diaz, and Paul LaBar. Thanks to all who contributed to an enjoyable evening.

PP Ascent & Marathon

Finally for any of you who are thinking about running the Pikes Peak Ascent or Marathon, registration starts March 15th. The Ascent is limited to 1800 runners and the Marathon is limited to 800 participants. There has been so much demand for entries that the last few years organizers have required participants to qualify. A qualifying race must be from 2009 or more recent.

For the Ascent, minimum requirements include: a previous Ascent in 6:30 or less, a standard half marathon in 2:30 or less, or a standard full marathon in 5:30 or less. For the PP Marathon, qualifying races include a previous PP Ascent in 6 hours or less, the PP Marathon in 10 hours or less, or a standard marathon in 5:30 or less. These requirements are for the slower waves, and the faster waves naturally require faster qualifying times. Again, qualifying events cannot be earlier than 2009. One may also sign up for the Triple Crown which includes the Garden of the Gods 10 miler, the Summer Roundup 12K, and the PP Ascent or Marathon. The number of these entries is also limited.

In general, there are some other caveats, so check the website for complete information. Also – don't assume all of this is accurate. Nothing says that requirements cannot change between now and registration. See: <http://www.pikespeakmarathon.org/index.htm>

If you are thinking of registering, make yourself familiar with the web registration process in advance. Things can happen very quickly on March 15th.

I am leaning toward entering this year after taking last year off, but we'll see. If you do enter, don't take this race lightly. It's not the miles. Ninety-five percent of the Ascent is a giant "hill" with an elevation gain of nearly 8,000 feet, and don't forget that the trail is steep and the air is thin above timberline. It can also be 40 degrees cooler at the top of the mountain than at the starting line. If there is a view, it is spectacular, but don't be surprised if the visibility is 50 feet. Enough encouragement yet?

That's enough rambling for now... Happy Trails!

Trials and Tribulations of My First Marathon By: Paul DallaGuardia

(Continued from page 1)

Another thing I learned is that long runs are indeed long. Most of them I did by myself. Got caught in a nasty wind storm one morning and had to dodge tumbleweeds – unpredictable little buggers. Several runs started with temperatures in the mid-teens. That may sound intimidating, but getting out on a brisk morning, after a long work week, is well worth it mentally. I actually looked forward to the long weekend runs, and they made for great therapy, a perfect time to get things straight in the head. I looked forward to all of the runs but sometimes ended up thinking to myself, “What the heck am I doing out here?”

I did my first 20-miler with Dave. That guy is a machine! I felt good the whole distance and by now I had the after-run ice bath down pat: Bathtub of cold water with 8 pounds of ice for 10 minutes wearing a stocking cap and drinking a cup of hot chocolate. Tanna would just shake her head and leave me alone.

Two weeks later was the second 20 miler, and it didn't go anything like the first! It was the day after Christmas, in 4 inches of packed snow. My daughter Desiree had flown in from Maui for the holidays and was planning on running the marathon with me. She strapped on her Yak Traks while I was laced up my screw shoes. What a horrible run that turned out to be! I barely made it through and had to walk the last 1 ½ miles home because I was fried. Desiree looked at me and said, “Just think, Dad, we will have to go another 6 miles in the Marathon.” Not a pretty visual. Unfortunately, the worst part of the day was that she injured her foot and wasn't able to run in Phoenix. I was truly looking forward to sharing my first marathon with her.

That pretty much sums up my first marathon experience and training for it. Besides the actual training and memorable moments, I will never ever forget the way members of the runners club treated me – so darn positive with their pre-race encouragement. This is a great group of people that makes up SCR. Everyone had more faith in me finishing the race than I had in myself. There is no way that I can ever repay them for their kindness and support. A special thanks to Debbie Gurule, Marijane, Dave Diaz and Tanna for being the best ever.

Lone Tree Predict Run Recap — January 22 By: Darryl Clark

Larry Volk was the winner of the first prediction run of 2012 and gets the Spring Runoff 2012 cap as his prize. I'm sure he'll wear it everywhere he goes.

Sherri Giordano was also a prize winner when she was lucky enough to be peed on by one of Darryl's puppies.

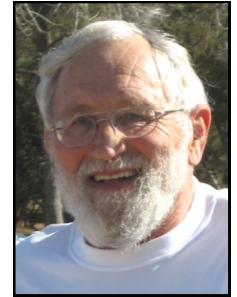
Thanks to everyone that came out and braved the wind. A great group of 45 souls was a nice way to start the year. We enjoyed having everyone into our home.

Right: Larry Volk (and his furry friends) — The 2012 Winner of the Lone Tree Predict Run

**Bottom (from left to right):
Jeff Arnold, Roger Giordano, Aaron Levinson and Charlie Gray**



Valentine's Twosome Recap — February 12 By: Jeff Arnold



Sunday morning I woke up wondering how I was going to mark the course with white chalk if it was snowpacked. It was partly so but I don't think anybody got lost because of lack of marking. I, however, was so frazzled that I forgot the tackle box at home, which had the printing timers. When Paulette arrived we discussed the problem. She decided a return to her place in Pueblo West to get a Time Machine would take about half the time of my going home for the tackle box.

Twenty-nine runners got started just before 9 a.m. Long before that, Rich Hadley asked me whether more teams chose the faster runner to go first or second. If there's a winning way, I don't know it. Charlie Lucero, a 16 year-old South sophomore, flew off the starting line. He was the first to exchange, to Jessica Kleven, in 9:30, just under a 6-minute per mile pace. On a road partially snowpacked, that's pretty fast.

The Ricks family chose the opposite strategy. Denise started and gave the baton to Justin after about 11:15. These splits are only approximate, but if I'm close, Justin ran about 8:30, or 5:20 pace. Whether it was the strategy, or Justin's speed, the Ricks were the overall Valentine's champions, in 19:48. That's one of the better times in the history of the race.

There was much more to notice. One thing is clear: youth running is getting stronger. Four of the first seven teams had combined ages of 34 or less. Eleven-year old Emily Lucero, with her father Robert, was on the team that finished third. She seemed to finish with a sprint that few high school runners can match. In addition there were teams with combined ages of 19 and 23.

The thing that made me happiest was that nearly all the runners seemed to be having fun. It was cold, but there were lots of smiles.

There was one team composed of 7 and 9-year old brothers, where the younger turned around at some point and came back to the start in the opposite direction of what was planned. He got the Wrong Way award. Next year it will probably be warmer. He will be a year older. A father-daughter team were dramatically slowed by the father's fall on icy road. They got chocolate but no time because we didn't pull their tag.

Baton Awards

- * Biggest: American Flag, Taylor Cepero Lopez and Marcus Gurule.
- * Ugliest: Chewing gum on wood baton - *Stick of Gum*, Wendy Garrison and Donald Moore.
- * Most Romantic: Decorated belt – *Wrap yourself in Love*, Rita Kerr Vanderslice & Ryan Kopp.
- * Most Creative: Wood baton with *Dad and Daddy's Girl* carved into it, Kelly and Michael Barris.

Volunteers

Race Director: Jeff Arnold.
 Finish Line: Paulette Arns, Terry Cathcart, Paul LaBar.
 Course Marshall: Darryl Clark.

Race Conditions

About 25 degrees at start, course partly snowpacked.

Partial Results (Please see the SCR website or Facebook page for complete results.)

1.	Denise & Justin Ricks	61	1 st	OA	19:48
2.	Jessica Kleven & Charlie Lucero	32	1 st	31 -40	20:56
3.	Emily & Robert Lucero	51	1 st	48 -59	22:14
4.	Taylor Lopez Cepero & Marcus Gurule	33	2 nd	31-40	22:25
5.	Sarah Klomp & Domingo Santisteven	32	3 rd	31-40	22:31
6.	Kelli & Michael Barris	64	1 st	60-69	24:11
7.	Kristen Horton & Mitch Klomp	34	4 th	31-40	24:15
8.	Jitka & Seam Mc Givney	80	1 st	80-89	24:34
9.	Rita Kerr Vanderslice & Ryan Kopp	61	2 nd	60-69	24:56
10.	Emily Perez & Michael Sumpter	30	1 st	21-30	24:56



Mitch Klomp at the Valentine's Twosome.

Pueblo Health Challenge

Move More, Volunteer Often, Live Well
www.pueblohealthchallenge.org



The **Pueblo Health Challenge** is an ongoing challenge for community members working or living in Pueblo County to “**Move More, Volunteer Often and Live Well.**” Registration opens March 1st with participants submitting data each month on their physical activity, volunteerism and participation in any health promotion classes to earn “Health Points.”

Data Tracked and Point system:

Participants may download an Xcel tracking form to log activities each month or just log activity on a calendar of their choice to report each month for the following Health Points:

- **Volunteer work (2 points/hour)** time cannot be court mandated, for school credit or for own family members.
- **Health promotion classes (2 points/hour)** May include smoking cessation, parenting, healthy cooking, gardening, diabetes, cardiac, etc classes.

Exercise may be submitted in time OR miles:

- **Light Exercise (3 points/hour)** walking, dancing, activity without sweating much or breathing hard.
- **Moderate to Difficult Exercise (6 points/hour)** for more effort activity resulting in sweating and harder breathing
- **Walking or running (1 point/mile)**
- **Bicycling (0.4 points/mile)** (or other non-motorized wheeled device)

Commuting on foot or bike instead of driving:

- If any of the miles reported walking/running/biking **were for transportation** such as to work, school, store, bank, restaurant (**additional 0.2 points/mile**) because of reduced air pollution and traffic and improving visibility of pedestrians/bikes on roads increases safety for all road users.
- **Number of car trips avoided** by walking/biking instead of driving earns extra Commuter Points for the May and June Commuter Cup Challenge within this challenge. Feel free to submit all year long to help justify funding bike lanes and bike paths.

Registration is \$5 per person for the year. Worksites and friends or clubs are encouraged to form teams to support and challenge one another. A team leader must be identified to pueblohealthchallenge@gmail.com to receive team data files to provide additional worksite or team incentives and recognition.

Submitting Data Monthly:

- A link to submit data online will be available at www.pueblohealthchallenge.org and will be emailed to participants the end of each month.
- Using the link, participants just fill in the blanks for total hours or miles of activities they participated in that month and points will be totaled and posted online.
- Participants may include their own success stories, accomplishments or suggestions for the Health Challenge during the monthly report.

Data will be updated monthly on the website with cumulative miles, hours, points earned, car trips avoided and gas saved by each participant and the total group combined.

Eligibility for Prizes:

Monthly Drawings:

- Must submit monthly data no later than the 5 days after start of the next month.
- Must volunteer at least one hour per month
- Must earn at least 25 points to get one entry into the monthly prize drawing.
- Prizes will vary monthly but may include exercise equipment or class gift certificates, bike tune ups, coffee cards, healthy restaurant gift certificates, sporting event tickets.

End of Year Drawing: larger prizes such as airline tickets, overnight packages, will be drawn at the end of the year

- Must submit data for at least 6 months of the challenge.
- Must volunteer at least 12 hours during the year
- Must earn at least 500 points during the annual challenge.

Useful for SCR:

- Join the **SCR team**
- Volunteer hours for the running club can easily be tracked

Track your training and competition miles and win prizes!

3rd Annual Pueblo Bike/Walk Commuter Cup Challenge:

The **2012 Pueblo Commuter Cup Challenge** will be a challenge within the **Pueblo Health Challenge** for a more sustainable and longer tracking period and to avoid competing challenges. All participants may provide their walking/biking “transportation” miles and “car trips avoided” every month instead of only 6 weeks of the year.

The **Commuter Cup Challenge** will provide additional incentives and recognition to all participants that walk or bike commute during May (National Bike Month) and June (Colorado Bike Month). “**Commuter Points**” will be used instead of “Commuter Rate to Work” last year as all types of commutes will count, not just to-work commutes.

Commuter Points = (2 x Number car trips avoided) + Number Commute Miles

This will give a little more credit for more frequent commutes to balance longer distance commutes. The majority of polluting effects occurs in the first few miles of a drive so there’s more benefit to avoiding shorter distance, more frequent trips. Up to three car trips (round trip) avoided per day maximum will be counted to discourage exaggerating trips avoided for more points.

This will still be a worksite challenge with three divisions based on the number of employees. Division worksite trophies will go to teams with the highest “Commuter Points” so the more people on a team, the better the odds of winning.

More details at www.activepueblo.net/commutercup



Mark your calendar for these fun, free Bike Commuting Events:

Bike from Work Happy Hour

Thursday, May 17th during National Bike Week

Socialize with other Bike/Walk Commuters

4:30-8:00 pm at **Bingo Burger** on 1st & Court

6:00-6:30 pm ride around town

6:30 on Live Music on the patio

Bike to Work Breakfast Stops

Wednesday, June 27th on Colorado Bike to Work Day from 6 am to 9 am. Locations will be posted.



For Sale:

Brand New Asics Women's running shoes (GT-2730)

Size:10

Color: white/midnight blue /turquoise/

Original Price \$90, asking \$49

Please call 248-0500 for more information.

2012 Spank Blasing — April 21, 2012 By: Todd Kelly

From its humble beginnings as a fund-raising Walk-A-Thon for women student athletes at CSU-Pueblo, the Spank Blasing 5K/10K & Fun Walk, presented by Kaiser Permanente, has grown into one of the top five races in southern Colorado.

The first event attracted less than 100 people who walked around the CSU-Pueblo campus, raising around \$5,000. Last year, over 650 people participated in five different events, generating close to \$20,000 for CSU-Pueblo student athlete scholarships.

This year marks the 10th anniversary of the "Spank" and the CSU-Pueblo Department of Athletics is hoping the 2012 version of the run is the biggest ever. Scheduled for April 21 of this year, race officials have once again lined up live music by Martini Shot at the finish line and will offer all participants who are 21 and older a FREE Miller Lite at the end of the race.

Both the 5K and 10K courses offer participants a challenging, but safe experience as the routes circle the CSU-Pueblo campus and surrounding Belmont neighborhood. The courses offer several elevation changes, pushing runners to pace themselves throughout the race.

All events end with a final lap, with encouragement from the CSU-Pueblo dance and cheer teams, around the track in the Neta & Eddie DeRose ThunderWolves.

Thanks to chip timing, results are posted in a timely manner, and all age group winners are able to pick up their medals within a reasonable time after their event.

Complimentary breakfast burritos, along with Gatorade and Aquafina bottled water, provided by Pepsi, will be available for all participants, along with short-sleeved Tech shirts.

The second annual Run With The Wolves youth event will take place at the conclusion of the Spank. This free event will feature a 50-yard run for children 5 and under, and a one-mile run for kids in 8th grade and under. Each participant will receive an official Run With The Wolves medal, and the school with the highest number of participants will get to keep the official "Run With The Wolves" traveling trophy for one year. Belmont Elementary School won last year's challenge.

Following the Spank Run, participants are encouraged to stick around the ThunderBowl for free back massages, the Miller Beer Garden, and the annual CSU-Pueblo Football Red/Blue Spring football game which kickoffs at 2 p.m.

On-line registration is now available at www.spankblasing.com or call (719) 549-2013. The current registration fee is \$20 per person through April 21. After April, the price goes up to \$25 per person. Race-day registration fee is \$30 per person. Student and family prices are also available.

Start time is scheduled for 10 a.m. at the Neta & Eddie DeRose ThunderBowl on the CSU-Pueblo campus.

Spartan Race — Saturday, May 5, 2012 at Fort Carson By: Kim Arline

Join others for a fun muddy 4-mile obstacle course with a few surprises from the Special Forces group just up the road. Events raises money for returning war veterans.

At registration, join the Pueblo team "Steel City Healers" (started with a few of us in Health Care here) with password "steelcity". Once registration closes they will kick \$5, \$10 or \$15 back to your credit card depending on how many people join our team.

Waves are filling fast so our team will likely be spread out in different waves but we can all hang out and celebrate a muddy good time afterward at the beer tent! **You don't have to be fast for the team, we all run our own race.** The four fastest people on the team set our team time and the rest of us can just have fun!

There is also a fun kids Jr Spartan Adventure Race on the same day! There are two separate age group races for children ages 4-9 and 10-13. My son and his friends LOVED the Mini Muddy Buddy!

For more information, pictures and registration, please visit

www.spartanrace.com



2011 Run 4 Trails Leads to Walk/Bike to School Events By: Kim Arline

The 3rd annual Run 4 Trails took place on September 24th with a new location and course. Three years ago this run was started to introduce the community to a brand new trail connecting to Sierra Vista Elementary. Well, the grant contract for trail construction was delayed a couple years so this was our first year to actually celebrate and run our new trail. We had an out and back 5-km course that was pretty level and scenic with views of the Spanish Peaks out and Pikes Peak back. We also had a 5-mile course that was more challenging with a good steady climb. The Ricks family easily won the team competition for the second year in a row.



Participation in the race was down this year but hosting an event in September is always a challenge with so many events taking place. Next year the race is scheduled for the last Saturday of August so we can all enjoy the Pro Cycling Race finishing in Colorado Springs on Friday before this race.



Meno Vargas with Santa

over 65 bikes at each school crammed into the bike racks, locked to fences, trees and parking signs. There were a couple scooters, skate boards, a fat tire unicycle and a mountain board making their way to school.

Throughout September and October the bike racks routinely had 15-20 bikes in them at each school but as the mornings got darker and colder, the bike racks have gotten more lonely but often have at least 5 bikes daily.

The sponsored walk and bike to school days continued at Sierra Vista Elementary in November and December with impressive participation despite the cold mornings. In November a confusing phone message from the schools (event was cancelled for Skyview due to muddy trail conditions) limited participation at Sierra Vista but we still had 70 kids walk or bike that 29 degree morning.

In December we delayed the event one day due to icy roads and temperatures in the teens. Santa Claus was on the trail handing out candy canes with the principal and went through 173 candy canes (included some parents and younger siblings). My husband and SCR member Marti Marshall served hot cocoa near the bike rack to fight the 20 degrees.

I owe a special thanks to a few other SCR members that have volunteered on walk/bike to school mornings such as Marilyn Vargas, Raelene Moore, Marian Heesaker and especially Paulette Arns who has volunteers every day at the busy high school crossing but doesn't even have kids in our schools.

We will resume our walk/bike to school events March 7, April 4 and May 2 when nicer weather returns. Mile markers along 25 miles of improved and unimproved trails are coming as well as 3-4 informational signs along the Sierra Vista trail about the area wildlife for an outdoor classroom for students and community members. We hope to target the three area schools including PWHS this spring and hopefully increase daily use of the trail through fun challenges. All activity can all be tracked through the new Pueblo Health Challenge (detailed on page 6) by community members of any age with extra points given for walking/biking for transportation purposes!

The Run 4 Trails raises money to extend the trail system in Pueblo West to connect our schools, parks and higher density neighborhoods. All proceeds from the last three years will help finally connect Pueblo West High School in a with a paved trail connection. Exact alignment of the trail will depend on the alignment of a new road recently approved for construction by Pueblo West. The road will extend the student parking lot past the modulars into the open space area and onto Spaulding Avenue. This road will provide much needed secondary access to the largest school in Pueblo County.

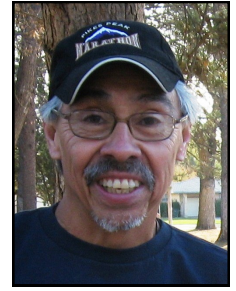
The race gave community members an opportunity to finally get out onto the trail and see how they could use it to walk or bike to school. On October 5th, we promoted International Walk/Bike to School Day at Sierra Vista and Skyview Middle School. Students were encouraged to use the trails to the school with volunteers posted at road crossings roughly every 1/2 mile. The volunteers provided more visibility and safety at the crossings and handed out raffle tickets to kids on the way to school so the farther a kid traveled the trails, the more chances to win a prize in the drawing.

It was great to see so much interest from students and parents with 404 kids walking or biking to school that morning! We had

Rock Canyon Half Marathon Recap — December 3, 2011 By: Dave Diaz

After many weeks of beautiful weather, our luck ran out and 558 finishers were treated to 25 degrees and 17 mph winds with blowing snow for the 25th running of the Rock Canyon Half Marathon held Dec 3, 2011 in Pueblo. At least it wasn't too icy, but the snow started to fall just as the race started, making for a tough day for volunteers.

Denver's Daniel Nally and Fort Collins' Ellie Keyser won the men's and women's divisions of the race and both set course records in terrible running conditions. Back in 2000, Geraldo Silva of Boulder ran a 1:12:44 (same time) but that was on a different course. The next year Geraldo ran 2:37 and finished 84th overall at Boston. For the men, Nally ran in 1:12:44. Peter Maksimov, an elite runner out of Colorado Springs was second in 1:15:39. "It was a tough day out there and it didn't go too well for me. I will be back to redeem myself," he said. "It was a great race with fantastic volunteers. I know you can't control the weather but everything in your control was great. I will recommend this race to others! I love the race sweater, no one does a sponsor logo-less shirt anymore, I applaud you." Troy French of New Hampshire, who recently moved to Colorado Springs, took third place in 1:15:52 and Neal Oseland was fourth overall and first master in 1:21:23.



Twenty-two year old Keyser, a senior cross country runner at CSU-Fort Collins, ran a 1:23:13.7. No woman has run as fast as Elly since we started keeping online results and certainly no woman has run this fast on the current course. In fact, in 2005 she would have been the overall winner. Tracy Thelen, of Colorado Springs, was second in 1:29:32 (this time would have won the last two years). Rochelle Persson, also of Colorado Springs was the top master and third overall in 1:30:21.

This year we capped entrants at 750 but we could have had many more judging by the emails and phone calls I received after we closed registration. Unfortunately, the poor weather and treacherous highways kept some of the pre-registered runners home.

The weather was bad for runners but worse for volunteers. Thank you to the South High Cross Country Team for taking care of the Nature Center water stop. Thanks also to Hilbert Navarro and family and to Anthony Diaz and family and friends for also working water stops in the snow and cold. Finally, thank you to the many club members who spent hours in the cold working results and finish line.

This year, we upped the entry fee from \$25 to \$35. It was just too much work for the small profit we were making and the price of sweatshirts went up (actually they went up last year but we didn't raise prices). We also added finisher medals for the 25th anniversary and we had to hire A-I Barricades to cone off a lane in the park. They also supplied flaggers at both ends of City Park. Ordinary volunteers aren't good enough to do it anymore, according to Pueblo Parks and Rec; they must be certified. I asked if we could just close the park for 1/2 hour, but they said no because various workers use the roads to get to work, and also Pueblo City buses go thru the park. I mentioned how Denver closes City Park, Cheeseman Park and Washington Park regularly for races in Denver but no one cares. I guess Denver doesn't have the traffic problems Pueblo does.

Just before the race started someone called the police (I think I know who but can't prove it) and TWO (not one but two) patrol cars showed up and issued many parking tickets to runner's cars who they say were parked illegally. Twenty-five years we've been doing this race and never had a problem, I just don't understand. We sent home many unhappy runners. One even got in my face, wanting to know what I was going to do about the ticket. I just explained I didn't have the authority to fix a ticket.

Next year will be my 19th year as race director; I am trying to make it to 20 years but I don't know if I can. I miss the days when you put on a race for the runners and didn't have to worry about anyone trying to justify their job. Back then, Parks and Rec were helpful and Police just drove thru the park. No harm, no foul.

I'm just glad this one's over. See you on the trail!

P.S. Next time you see me, let me know your feelings about the Rock Canyon sweatshirts. I'm thinking of giving tech shirts next year instead because they take up less room. The price would be about the same.

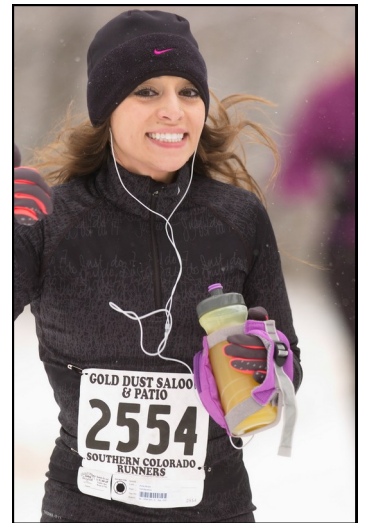
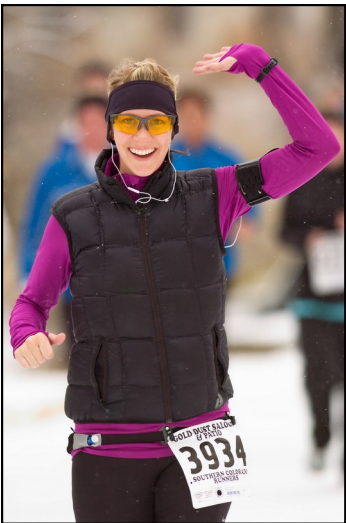


Rock Canyon Event Photos

Pictures On Both Pages Provided By: Larry Volk (www.volkphoto.com)



Above, left to right: Kristen Bosgraaf, Dulce Garcia, Kathryn Brien, Kathryn Reed.



Above, left to right: J. Kimberly Thomas, Alissa Gregg, Abby Miller, Karlie Musso.



Above, left to right: Lee Anderson, Daniel Nally, Jannelle Allen, Kristy Milligan.



A comeback for the decade: Ordinary Mortals Triathlon ordinary-mortals.org

Triathlon includes:

3.1 mile run
12.5 mile bike
300 yard serpentine pool swim
Run to the finish!

Duathlon ends with a 2.5 mile run.

Cost:
\$50 entry fee
Show a annual USAT number or \$12
day pass for the event.

Mini Mortals Info:

Junior 5-8 years:
0.5 mile run
2.3 mile bike
50 yards in pool

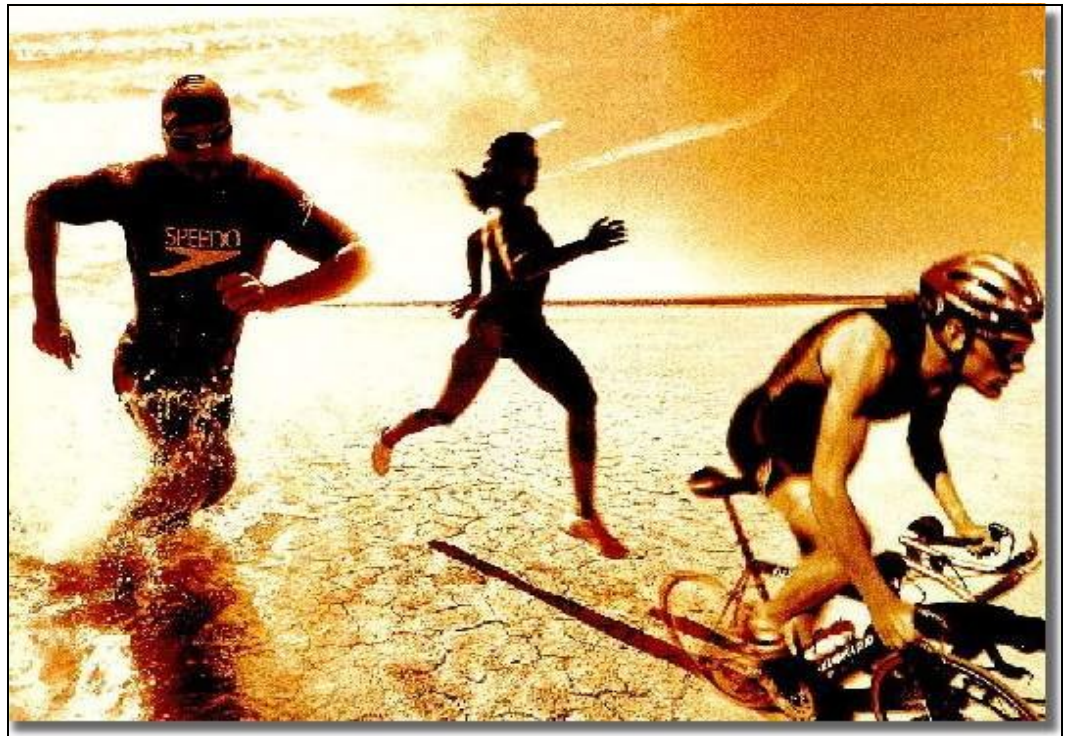
Intermediate 9-11 years:
1 mile run
4.6 mile bike
150 yards in pool

Senior 12-15 years:
2 mile run
7 mile bike
300 yards in pool

Cost:
\$25 entry fee
Show annual USAT number
or \$10 day pass for event.

Location:

Colorado State University– Pueblo
2200 Bonforte Blvd
Pueblo, Co 81001



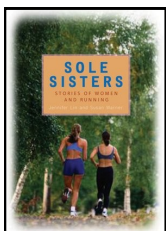
Twenty years ago the Ordinary Mortals triathlon began in Pueblo. For a solid ten years the triathlon was a success, but has been out of service for the last ten. Now Ordinary Mortals is making a comeback and it will take place at the CSU–Pueblo campus. On April 15th at 9:00 am, the triathlon will kick off hopes of being a successful event for years to come. What separates this event from other triathlons is the event also includes a duathlon. There will be accurate chip timing by Summit Management and all events are sanctioned by USAT. Also there will be a Mini Mortals triathlon that will start at 12:00 pm. Awards will be given out to overall and age groups for adult and youth triathlon. Only top 3 male/females will be award in the duathlon event.

Contact Info:
gwendolfish@yahoo.com

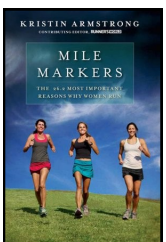


Women's Running Books Recommendations by: Martha Drake

Here are two women's running books that I have recently read and enjoyed. The book descriptions are taken from www.amazon.com. You may find them motivating especially during the winter months.



Sole Sisters: Stories of Women and Running, by **Jennifer Lin and Susan Warner**, is a gripping collection of stories that captures the inspirational heart of the women's running. Authors Jennifer Lin and Susan Warner have interviewed women of all ages from all walks of life and all parts of the country. All of their subjects have one thing in common: Running has transformed them. There are both heartrending stories of grief and survival and light-hearted tales of friendship.



In **Mile Markers**, *Runner's World* contributing editor **Kristin Armstrong** captures the ineffable and timeless beauty of running, the importance of nurturing relationships with those we love, and the significance of reflecting on our experiences. This collection considers the most important reasons women run, celebrating the inspiring passion runners have for their sport and illustrating how running fosters a vitally powerful community. With unique wit, refreshing candor, and disarming vulnerability, Armstrong shares her conviction that running is the perfect parallel for marking the milestones of life.

Happy Belated February

Birthday!

- 2 Sara Cardinal
- 3 Trisha Davis
- 6 Tiffany Koch
Jennifer Loppnow
- 13 Jerry Lopez
- 14 Allen Weaver
- 18 Wyatt Armstrong
- 20 Beverly Skroch
- 25 Carlos Rivera
- 26 Nancy Mitrick
Levi Ropp
- 27 Vicki Meier



Happy March

Birthday!

- 2 Kim Arline
- 3 Arnold DeCesaro
Aaron Levinson
- 6 Sarah Clapp
Shawn Loppnow
- 11 Rick Acosta
- 12 Paul Koch
- 13 Dennis Krall
- 15 Chester Haddan III
- 17 Patrice McGivney
- 18 Jeff Flory
Jonathan Huie
- 20 Lisa Lucero
- 23 Marcus Gurule
- 24 Bob Gassen
- 25 Becky Medina
- 26 Marvin Bradley
- 28 Meg Scarlett



2012 Race Calendar By: Dave Diaz

<u>DATE</u>	<u>EVENT/ DISTANCE</u>	<u>TIME</u>	<u>LOCATION</u>
March			
Sunday, March 4, 2012	Pueblo Chieftain Spring Runoff	9:00 AM	Dutch Clark Stadium
Sat, March 10, 2012	Run Thru Time Marathon & Half	9:00 AM	Salida, CO
Sat, March 17, 2012	St Pat's 5K	10:00 AM	Colorado Springs
Sunday, March 18, 2012	Mad Max Trail Run- #3 4.6M/10.3M	8:00 AM	Pueblo Nature Center
April			
Saturday, April 14, 2012	Ramsgate 8, 8K-Pred #4	8:00 AM	8 Ramsgate Place
Sun, April 15, 2012	Run With the Saints 5K/10K	9:00 AM	Lake Pueblo
Sun, April 15, 2012	Ordinary Mortals Sprint Tri	9:00 AM	CSU-Pueblo
Sun, April 15, 2012	Spring Fling Bike Ride 30M	9:30 AM	Airport Industrial Park
Mon, April 16, 2012	Boston Marathon	10:00 AM	Boston, MA
Sat, April 21, 2012	Spank Blasing 10K/5K	10:00 AM	CSU-Pueblo Campus
Sun, April 22, 2012	Earth Day Run 5K	8:00 AM	Pueblo City Park
Sat, April 28, 2012	April Fun Run for City Employees	8:00 AM	Minnequa Lake
Sun, April 29, 2012	Cherry Creek Sneak 5K,5M,10M	7:45 AM	Denver, CO
May			
Sat, May 5, 2012	Cinco de Mayo	7:30 AM	State Fair Grounds
Sat, May 5, 2012	Blossom Day 5K, 5M	8:00 AM	Canon City, CO
Sat, May 5, 2012	Take 5 in the Garden	8:00 AM	Garden of the Gods, CS
Sunday, May 13, 2012	Yappy Dog-Predict, Pred #5 8.6M	8:00 AM	South Mesa Elem School
Sunday, May 20, 2012	Run With the Bulls 5K	8:45 AM	Union Ave Historic District
Sun, May 20, 2012	Colfax Marathon	6:00 AM	Denver, CO
Mon, May 28, 2012	Bolder Boulder 10K	7:00 AM	Boulder, CO
June			
Sun, June 10, 2012	Garden of the Gods 10M	7:00 AM	Manitou Springs, CO
Sat, June 16, 2012	Sailin' Shoes 5K, 10K	7:00 AM	Colorado Springs
Sun, June 17, 2012	Arroyito Lake View, Pred #6 5M	8:00 AM	Pueblo West

CALENDAR NOTES: Big changes are in store for the 2012 Spring Runoff. For the first time the SRO will be chip timed. The race is scheduled for Sunday, March 4 at 9:00 AM. The race will again include a 2-mile walk, 5K run, 10K run, and 10-mile run but this year the 10-mile run will be the USA Track & Field Colorado State 10-mile Championship with USATF runners competing for \$2500 in prize money.

Both the Cherry Creek Sneak (Denver, 4/29/12) and the Colfax Marathon (Denver, 5/20/12) have added 10 mile runs to their other races. I like Cherry Creek but hate Colfax because the 10M will be starting later than the marathon but will be entering the marathon course while marathon runners are coming through and finish in City Park along with the marathon. I just don't like finishing with runners that didn't do the marathon—I don't care much for relay runners either, but that's just me, old school.

Two new triathlons are scheduled for the Pueblo area this year. The Ordinary Mortals Sprint Triathlon returns on 4/15/12 at the CSU-Pueblo campus and The Pueblo Swim Club is planning a Sprint Tri on 6/9/12 at Mineral Palace Park. Details soon. Also, there will be an Xterra triathlon on 9/9/12 at Lake Pueblo put on by Peak Multisport. Details at <http://www.xterrapueblo.com>. The Fowler Sprint Triathlon will once again be held on 8/11/12.

Speaking of Triathlons I just found out Fort Collins has an IronMan Distance Tri scheduled for 7/29/12 at Horsetooth Reservoir. It's part of the HITS Triathlon Series.

The Great Divide Bicycle Store in Pueblo will once again sponsor their annual Spring Fling non-competitive bike ride on 4/15/12. It begins at Refractories West at the Airport Industrial Park and goes to the Test Track and returns. You may turn around before the Test Track if you like. The best part is it's FREE and that includes door prizes and a free lunch provided by Angelo's Pizza. Visit the Great Divides webpage for some great video's including how to change a flat tire. <http://greatdividebike.com/>

At last, a flat bike ride. The inaugural and more level (as opposed to Ride the Rockies) Pedal the Plains — “ a race for the rest of us” — will be held Sept 21 to 23 with planned rest stops in Eastern Plains towns. Details will be announced in the spring. www.pedaltheplains.com

Karma! Last year the Boulder Marathon moved to Labor Day, a date that the Discovery Trail Marathon in Colorado Springs has held for many years. That was just wrong, I thought. This year they changed to Sept 23...then the Denver Rock n Roll Marathon moved from October to Sept 22. What goes around...Boulder has now moved to Oct 21.

February 2012 Meeting Minutes

By: Mike Archuleta

DATE: February 1, 2012 at 6:00 p.m.

ATTENDANCE: Mike Archuleta, Paulette Arns, Paul LaBar, Don Pfost, Brian Ropp, Dave Diaz, Gary Franchi, Ron Dehn, Dennis Wait, Daryl Clark, Riki Acosta, Marilyn Vargas, Jeff Arnold, Frank Cepero, Maria Elena Weaver, Theresa Duran, Diana Mael, Erin Lovell, Liz Lutz.

CLUB BUSINESS

Assistance Contracts for Races

Baylon Michael Meyer Memorial Run /Walk: Request to have assistance with the timing and results. Difficulty with last year's race with the number of participants. The club voted to help with the run. Marilyn Vargas will be the race liaison for the race. The date of the race will be April 7.

Lion's Roar: The club will assist with the race. Cheryl has done an excellent job with race preparation in the past. Paul will be the race liaison for the race.

Joy Walk: Ron Dehn talked on behalf of Joy Walker regarding the walk. The tentative date is May 12.

Digital Clock Stand

The club needs a box for the new race clock. Don is going to make a case for the stand.

Spring Runoff

The planning group is meeting weekly to plan the race. Further information to be sent out on the race.

Predict Runs — Non-member Attendance

Gary talked about people showing up for the predict runs and not being members of the club. Sometimes out of town runners attend the predict runs.

OFFICER REPORTS

Minutes: Mike Archuleta

The club approved the minutes with no changes.

Treasurer Report: Paulette Arns

Paulette presented the financials for club. Money spent on the newsletter for expenses.

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.

Membership Chair: Maria Elena Weaver

Individual memberships: 61

Total: 112

Family: 190

96 Colorado Runner subscribers

Webmaster: Paul LaBar

Paul reported about updates on the SCR Website. Placed information on the Spring Runoff and Valentine's Twosome.

Race Calendar: Dave Diaz

Dave reported updates on the races for the year.

REPORTS / LESSONS LEARNED

Chilly Cheeks Run, Jan 7, Jeff Algien:

The run had 114 participants for the event. The event was held at city park. Very organized event by Jeff and his group.

Lone Tree Predict, Jan 22, Daryl Clark:

Dave reported on the Lone Tree Predict Run. Total of 45 runners showed up for the race.

UPCOMING RACES / EVENTS

Valentine's Twosome:

Paul reported on the logistics for this year. The race has always been very well attended.

Spring Runoff Tune-up Predict Run, Feb. 19, Larry Volk:

Dave Diaz will assist Larry with the race as needed.

Ramsgate 8, April 14:

Don Pfost will host the predict event.

Run with the Saints, April 14, Diana Mael:

Diana reported on the logistics of the race. Volunteers are set for the race this year. Needing assistance with the finish line and race results.

Spank Blasing Run, April 21, Todd Kelly:

Ron reported on the run. The run will just need information on the web site and newsletter.

Earth Day Run, April 22, Mark Pratarelli:

Mark reported on the run and the course for the event. There will be race web site for the event. The race will be a 5K run and walk.

Run for God:

The Run for God program was presented to the group. It's a training program for 5K race for anyone interested in becoming a runner. Erin will be organizing the training program.

All Star Run, April 28, Shannon:

The race is scheduled for April 29. The logistics for the race were discussed among the group members. The race will be discussed at the next club business meeting.

Baylon Michael Meyer Memorial Run/Walk, April 7, Liz Lutz:

Liz reported on the race for April. Last year there



were over 300 participants for the race. The money goes to scholarships for school system. Looking at assistance with timing and the finish line. The race is 5K and 10K.

April Fun Run (City of Pueblo), April 28, Meg Scarlett:

Meg reported on the race. The race will be at Lake Minnequa course. Dennis Wait will share the course he used for his race with Meg. The race is for city employees and SCR members, family members.

Spirit Run:

Hilbert reported that the Spirit Run may not take place. Hilbert will check with Jess about the race.

Hilbert also talked about hosting Mexican runners participating in the Spring Runoff. The sister cities association pays for the travel for the event. Looking for hosting families to host the runners.

Cinco Run, May 5, Hilbert:

Hilbert reported the Cinco run will take place on May 5, 2012. Asked for SCR endorsement for the race.

OTHER ITEMS

Theresa Duran reported on her son's participation in the track nationals. Thanked the club for monetary support to help her son to attend the national event.

The meeting was adjourned approximately 8:50



MARCH 4, 2012

Gold Dust Saloon

IN THE HEART OF THE UNION
AVENUE HISTORIC DISTRICT

217 SOUTH UNION
PUEBLO

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

Non-Profit
Organization
U.S. Postage Paid
Pueblo, Colorado
Permit # 41

Address Service Requested



If you move, let us know!

Issues of "Footprints" are not forwarded.
Please get your new address to the
SCR Membership Chair in care of the
YMCA at the address listed above.

'Like' Our Facebook Page:

www.facebook.com/SoCoRunners

Visit our Web Site:

www.socorunners.org

Join us at a monthly meeting!

Date: March 7 (First Wednesday of
each month)

Time: 6 pm (SCR Club business),
7 pm (General business — new
races, etc.)

Location: Pueblo Family YMCA at 3200
Spaulding Ave (just off of Pueblo
Blvd). We meet in the
community meeting rooms.

Contact Information

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calendar@socorunners.org
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webmaster@socorunners.org



The 2012 SCR Awards Banquet Committee — Peggy Oreskovich, Carrie Franchi, Paul LaBar, and Stacey Diaz — worked hard to put on an amazing production on January 28, 2012. Thank you for all of your hard work!

Photo submitted by Dave Diaz.