



# Footprints

## Southern Colorado Runners

April 2012

Volume #341, Issue #3

Editor: Laura Wehrwein

### Training With Our Children By: Marilyn Vargas

It was only hours post California International Marathon completion, when our 13-year-old daughter, Jaylen, announced to us, "I want to do a half marathon." I could not believe what I was hearing out of a young runner who would shuffle her feet when she ran, and if she could get away with walking during a family run, would walk. Jaylen wants to run a half marathon?

David and I looked at each other in surprise and disbelief of what we had just heard.

David said in a supportive voice, "Great! You should run a half marathon if that is what you want to do." I responded, with a bit of confusion, "Yes, you should."

Jaylen wanting to run a half-marathon was hard to come to grips with, because she had never voiced or even demonstrated running to be something she really enjoyed. So registering for a half-marathon and beginning a training program seemed risky. I asked myself, "Will she really do this? Will she give up

before training even starts? How will we keep her motivated especially as the miles start to increase?"

There were the doubts about her sticking to the training program, but also there were questions such as, "Is she too young? Will running this distance negatively affect her growth plates? Should we discourage her and tell her she needs to wait until she is older?" In asking these questions and getting answers from experienced runners, we got many mixed opinions. I even made a point to visit with our doctor, Dr. Matthews, whose son ran his first half marathon at the age of 8. Today I give my many thanks to Dr. Matthews for his words of advice and reassurance in supporting the hearts and goals of young runners.



**Marilyn and Jaylen Vargas and the family.**

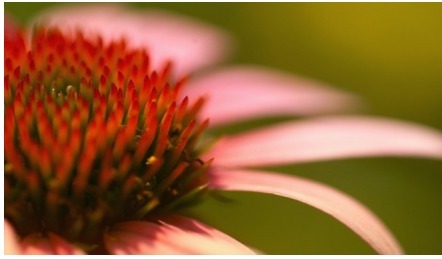
As the days progressed, we revisited the idea with Jaylen more than once to be sure that running a half marathon was what she wanted to do. I worried about her commitment because of the training program and her age. Then I overheard her talking with her siblings during one of those "Heart to Heart" conversations only kids know how to have with each other. I heard Jaylen share with her brother and sister, "When I say I'm going to do something, I do it until I finish." This was the day my heart was put at ease. The goal of running a half marathon belongs to Jaylen. So here we go!

Training. Here we go from the beginning -- walk a little, and run a little. Then repeat the same again. Yes, we call this "run-alling". As we began our training program, much to our surprise, not just Jaylen, David and I were "run-alling" -- Meno, age 11 and Rosalinda, age 12, joined in. Hooray, we are now doing a family activity and one I really love... Running!!!! We've run together before but this somehow felt different, maybe because we are now in TRAINING. As we run, I remind myself, "Now, don't live vicariously

*(Continued on page 4)*

#### Inside this issue:

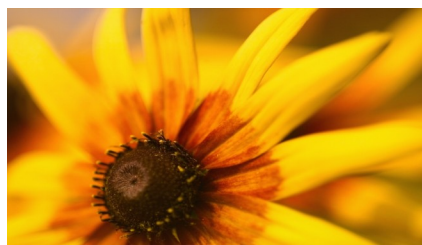
SCR's New Web Presence	3
PPRR Winter Series	4
NCAA T&F Championships	5
SRO Kicks Off USATF Grand Prix	6
SRO Carnival	7
2012 Race Calendar and Notes	8
Run Through Time Marathon	10
March SCR Meeting Minutes	11



Happy April Birth-  
day!

And Happy Spring!

- 3 Sarah Koch
- 3 Carmen Brown Coseno
- 4 Paul Larson
- 4 Denise Flory
- 5 Terra Spinuzzi
- 7 Jeff Wehrwein
- 8 Alyson Austin
- 9 Jesse Weaver
- 10 Marilyn Vargas
- 10 Linda Kelly
- 13 Joe Farra, Jr.
- 17 Christopher Roman
- 19 Arianna Wehrwein
- 20 Kieran Hughes
- 20 Buffie DeSalvo
- 22 Cheri Armstrong
- 23 Garrett Dietz
- 25 Mark Gurule
- 25 Mark Rickman
- 25 Jordan Tiller
- 27 Triton Roman
- 29 Michael Barris



SCR is associated with RRCA,  
Road Runners Club of America.  
See: [www.rrca.org](http://www.rrca.org)



**Southern Colorado  
Runners**  
[www.socorunners.org](http://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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**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.

# SCR's New Web Presence

By: Paul LaBar



In April 2012 the Southern Colorado Runner's web site will have a new look. You'll notice additional features that include a new Google based calendar of events available on all pages, and Google maps for many race locations, easier navigation, a search capability on the home page and a link to the Southern Colorado Runners Facebook fan site. We have new club member Lallo Vigil to thank for assistance setting up many of these features, Kim Arline for updating the calendar and revising much of the race assistance and membership information. Paulette Arns and I moved the content from the old web site to the new one. And Laura Wehrwein, SCR Newsletter editor, has been moderating the Facebook site with assistance from Kim. The Facebook site is a great place to share information and stay posted on the latest club and club member activities.

So what makes this site different, and why did we make the change? To keep most of the technical aspects out of the explanation, we have switched to using a Content Management System called Joomla that provides the ability to enter information directly into the web site without requiring extensive knowledge of HTML (the language used to code web pages) and other technologies to transfer and maintain information on the site. It also allows us to add new features, like the integration of Google calendar, into the site without lots of custom coding. Finally it will be much easier to change the site's appearance and organization. For example, move a piece of information from one section to another only takes a few mouse clicks rather than hours of re-coding.

As we become more comfortable with our new system, don't be surprised to see new features added and more contributions from club members besides me, the webmaster. If you have any suggestions for the site, feel free to provide your suggestions to [webmaster@socorunners.org](mailto:webmaster@socorunners.org). With the new system changes will be much simpler, hopefully allowing us to better meet the club's needs.



A sneak preview of SCR's new website!

## Training With Our Children By: Marilyn Vargas

(Continued from page 1)

through your children, Marilyn. Remember you wanted them to all be star basketball players too.”

Of course, there are those runs when Rosalinda, while “walking with a jump”, mumbles and complains, “I just want to go home.” Or, when David and Meno are running 9-to-10-minute miles during our 8 mile run, leaving us girls to finish 25 to 30 minutes behind them. And there are the worries about hydration, the kids’ sugar levels, and OH GEEZ -- ELECTROLYTES! Training with our children has been educational, and has shown to be one of the most rewarding experiences for us as parents.

Our kiddos have taught us to follow their cues. For instance, they slow down and eat when in recovery, they drink when they are thirsty, and they certainly let us know when they are enjoying their run, as we struggle to keep up with their pace. (Just as Dr. Matthews had told me that day in his office.) Part of the reward in it all is the enjoyment of laughter, bright smiling faces, and the aura of pride as they accomplish yet another long run.

During these past few weeks, we have seen our kiddos develop an understanding of their running accomplishments. Watching them grow in genuine enjoyment of the sport of running has made for some very memorable moments. As they reach their weekly goals, the excitement and pride in our hearts as their parents can be overwhelming. As we embrace the moments and give thanks for the Blessing of being able to run, we also give thanks for the Blessings that are evolving as we continue training with our children.

Jaylen will meet her half-marathon challenge at the Colfax Half Marathon in May 2012. We have asked Meno and Rosalinda if they want to do the half marathon with us. They have both declined for now, and we respect their decision. However, when they decide to take on *their* challenges, we are here ready to support them and share the journey in accomplishing their goals. As we all know, the desire to accomplish a goal, such as Jaylen’s half marathon, must rest strongly in one’s heart.

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## Pikes Peak Road Runners Winter Series By: Darryl Clark

Ice, blowing snow, cleats in the shoes. and great performances -- an equation that is summed up as “The Winter Series”. The series, a four race package held annually by the Pikes Peak Road Runners, challenges runners over different courses in varying conditions. The 2012 version saw many runners from our group not only participate but excel. The top performances were as follows:

Gloria Montoya: 1<sup>st</sup> in age group + age group course records in Race 1 & Race 2

Aaron Levinson: 2<sup>nd</sup> in age group

Roger Giordano: 2<sup>nd</sup> in age group

Mark Gurule: 3<sup>rd</sup> in age group

Martha Drake: 3<sup>rd</sup> in age group

Susan Marshall: 3<sup>rd</sup> in age group

In the team competition, The Pueblo Gents (see the picture at right) took 2<sup>nd</sup> in the Men’s Open division.

There were a number of our folks that participated in at least one race and did very well. Although he had to miss one race and didn’t qualify for a series award, Michael Orendorff set age group course records in Race 1 (breaking Dave Diaz’s record) and Race 4.



The Pueblo Gents, from left to right: Michael Orendorff, Darryl Clark, Aaron Levinson, Roger Giordano, Mark Gurule.

# NCAA Division II Track & Field Championships, May 2012

By: Todd Kelly



From May 24-26, 2012, Colorado State University-Pueblo will be the site of the NCAA Division II Track & Field Championships. The 2012 event marks the first time that CSU-Pueblo has hosted the national track championships and seventh overall national championship event hosted in the history of the school. Over 500 of the best NCAA Division II runner, jumpers and throwers will descend on Pueblo, Colorado to compete for All-American honors, individual national championships and team national championship.

The championships will take place at the Neta & Eddie DeRose ThunderBowl, one of the premier outdoor facilities in all of NCAA Division II.

To conduct the best track championship event ever, the CSU-Pueblo Department of Athletics is in need of several hundred volunteers. This key group of individuals will help escort participants to their events, assist with event setup, and serve as hosts, to name a few of the duties.

If you are interested in volunteering, please go to <http://www.gothunderwolves.com/athletics/championships/track/volunteers> to fill out the volunteer form. You will be contacted by a CSU-Pueblo athletic employee about your volunteer assignment.

The ThunderBowl, home to CSU-Pueblo's football and track and field programs, was constructed in 2008 as part of an unprecedented athletic expansion spearheaded by the Pueblo-based "Friends of Football" organization, which helped usher in the return of football, wrestling, and track and field to CSU-Pueblo in 2008.

The 2012 NCAA Division II Outdoor Track and Field Championships will be the second NCAA championship event held at the ThunderBowl. In November 2011, the ThunderBowl played host to the ThunderWolves football team's first home playoff game in nearly 30 years, which attracted a school record crowd of more than 11,000 fans.

The ThunderBowl features 6,500 seats, a synthetic turf field, a ten-lane all-weather track, throwing, jumping and pole vault areas, as well as a 27,000-square-foot field house, which includes a 4,300-square-foot strength and conditioning complex, team meeting areas, and student-athlete study areas and lounges. During the Track Championships, the on-site athletic training facility will also be open to all participants.



# Spring Runoff Kicks Off USATF-CO Grand Prix Series

By: Darryl Clark

The weather broke clear and sunny on March 4 for the 34<sup>th</sup> annual Pueblo Chieftain Spring Runoff (SRO). Two days earlier snow fell in Pueblo but the course remained ice free. Race time temperature was 43 degrees and six events ranging from a 10 miler to a Toddler's Run brought 1500 competitors out to enjoy a nice day of running along the Arkansas River. Even a 25-30 mph wind couldn't squelch the enthusiasm of the crowd. The eager faces awaiting the snap of the gun betrayed the accelerated heartbeats and swirling butterflies that infect each competitor at any start line.

As with any running event, the vast array of clothing colors, human stories and pumping adrenaline brought a certain pageantry that can only be found when a group of runners get together. Cancer survivors, first timers, those in training for other events and individuals that dedicate their effort to family or friend made up only a small portion of the stories that people could tell but it was clear at the start line, regardless of any differences, everyone felt the same bond that running brings.

For the first time, the SRO acted as a USATF-CO Championship event. The 10-mile race served to kick off the 2012 Grand Prix Series for Men, Women and Masters. An impressive group of elite athletes ran to claim a piece of the \$2500 prize money and, in the end, Robert Cheseret of the U.S. Army World Class Athletes program took 1<sup>st</sup> overall with a course record 50:50. Cheseret was pushed until the end by Patrick Rizzo who crossed in 51:05 and Matt Lavassuir in 51:21. A strong headwind and slight uphill grade going out probably prevented a sub 50:00 time but six men still went under 53:00 including Pueblo's own Justin Ricks who finished 6<sup>th</sup> in the standings. In the women's open competition, Alisha Williams won a hotly contested race with a course record 59:01 followed closely by Wendy Thomas in 59:17. In the Master's division, Robert Weiner took the men's title in 55:53 and Amy Regnier-Surage was the champion woman in 1:12:18. Interestingly, Shannon Meredith was the SRO Overall Women's Master Champion with a time of 1:06:07 but, as she is not a member of USATF-CO, couldn't compete for the USATF-CO title or prize money (we have to get her a membership!!).

Special note on the Championship: Tom White of Buena Vista, finished 3<sup>rd</sup> in the Men's Master race running on a prosthetic leg (1:09:15)! Tom is a former student of legendary coach, Joe Vigil, and was returning to the SRO for the first time since 1980 when his friend and former Adams State athlete, Tim Terrill, won the 10 miler. Terrill also returned for the first time and competed in the 5K. What a special moment it was when these old friends got together the day before the race.

In the 10K race, Steven Folkerts proved to be too much for the competition with a sterling time of 34:11. He was followed by Paul Koch who was also the Master's Champion in 38:55. In the Women's Open competition, Sharon Jacob doubled up by winning the Overall and Master's titles with a winning time of 45:44. 17-year old Gra Palumbo took second in 47:04.

On a fast 5K course, Hector Franco of Chihuahua, MX took first with a time of 16:46 and, since the 5K race started first, he had the distinction of being the first competitor to cross the finish line. He followed by Rudy Castillo in 19:08. In the closest competition of the day Luke Aragon and Regie Marquez fought for 3<sup>rd</sup> place with both recording a gun time of 19:16. 20 year old Aragon barely nosed out Marquez who won the 35-39 age group title. On the women's side, 13-year old Katie Rainsberger was first in 19:22 followed by 10-year old Chantae Steele (that's right, the average age of 1<sup>st</sup> and 2<sup>nd</sup> place was 11.5!). The Men's Master competition was won by Toby Doub in 19:45 followed by returning Masters Champion Roger Giordano in 19:55. The fastest woman in the Masters division was Nancy Musso who clocked a time of 25:34, edging out Mary Porter who crossed in 25:54.

On the 2 mile walk course, Robert Quintana crossed first in a field of 138 with Anne Jackson only 3 seconds behind. Note: The race director and author of this piece marked the walking course and, inadvertently, marked the wrong turn around point thereby shortening the course---ugh!! Next year we will not only have a true 2 mile course but will make every effort for the walkers to have a stadium finish just as the runners do.

The 1.2 mile Funner To Be A Runner races brings together elementary and middle schoolers from the Pueblo Area in an effort to keep kids active and to engage families in the yearly event. The 2012 event saw 493 children compete. Wow! What a mob! It's great to see so many future runners from our Pueblo schools.

The Pueblo Chieftain was, as always, our partner in holding the SRO and did a fantastic job promoting and supporting the event. They were also very gracious for allowing us to seek additional sponsors for the event this year and we were fortunate that the following organizations saw the benefit of supporting our cause:

Imprinted Sportswear — Randy Anderson

The Center For American Values — Trish Rooney, Scott Jones

The Pueblo Community Health Center — Donald Moore

Many thanks to these terrific sponsors!

In the end, the core of our event is the people that pay to participate but the backbone is the numerous volunteers that help from day one of

planning. The level of detail to an event like the SRO is always surprising from the packet stuffing to the tacks to hang race results. Without our volunteers, it could never happen. I appreciate each and every one of them. However, I would be remiss if I didn't single out the race committee that met month after month to make sure that each and every aspect of the race was given full attention. They did a marvelous job and it helps a race director sleep at night when people like Deb and Mark Gurule set aside their desire to run the race to oversee the water stops or when racing veteran, Dave Diaz, says, "Just tell me what I can do to help". Please take a minute to thank these folks and the rest of the committee for the time and effort they put in to making it all work: Brian Ropp (Parking), Gary Franchi (Publicity), Paul LaBar (all that computer stuff), Mark Koch (Course Marshall), Jeff Arnold (Course), Larry Volk (Photography), Terry Cathcart (Sage Advice and Race Details), Kerry Roman (Data Entry), Kim Arline and Marilyn Vargas (F2BR), Rich Hadley (Walker's Race), Tracey Mattoon-Amos (Chieftain Liaison) and Paulette Arns (Seems like everything; what would we do without her).....I should mention Shari Clark, too, because she had to live with my obsession for a year (and knows she has to live through it again).

I told Shari that in order for me to feel as if I have given to our community, I must feel as if I've given of myself. This event allows me to do that. Thank you to the SoCo Runners Club for the opportunity.

See you in 2013! Any thoughts on shirt color for next year?

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## Carnival by: Jeff Arnold

The Spring Runoff, which started in 1979 with two races, 10K and 10 mile, has added over the years a 5K run, a walk, toddlers' race and a Funner to be a Runner mile, named after a phenomenally successful educational program started by Pete Saccone near San Diego. For spectators, it has become a colorful carnival, too much to see, but all of it fun.

For the first time since the race moved to Dutch Clark, I got to see the 50 yard dash for kids 6 and under. With little people lined up from sideline-to-sideline, I tried to count. I got up to 90 and more were dashing to the start at the last second. Robert Cheseret's 15-month old daughter wobbled across the finish last of the many. (Robert was the elegant winner of the State Championship 10 mile race.)

The Funner to be a Runner was extended to 1.2 miles to make a safer course going upstream. It was divided into two waves, Kindergarten through 4<sup>th</sup> grades, and 5<sup>th</sup> through 8<sup>th</sup>, for the same reason. I missed the announcement of which schools had the most runners, but I heard later that the winning school had 100. When I was down on the trail, it looked like a million, running and walking and wandering off the path to look at the river. Kim Arline and Marilyn Vargas spearheaded this race which probably does more good than we can know.

The essence of the Runoff is running and walking as a fun challenge. For many folks, the Runoff is their only organized race of the year. With the sun, there were smiles everywhere.

Having the 10 mile be the USATF State Championship was a wonderful feature of the 34<sup>th</sup> edition. I drove out past the Nature Center, hoping to get a few pictures with a camera borrowed from Larry Volk and to see the superstars. The leaders were fast, too fast for me to catch on an unfamiliar camera, but not nearly as fast as they might have been without the strong wind out of the west.

Before the race I expected a tight group of young men running together with Cheseret tucked in behind, waiting to pounce once back on the track at Dutch Clark. It was more chaotic than that, but I especially admired the smoothness of the first two women who seemed to be cooperating to get through the wind.

I drove back to see the finish in the glorious sun. Cheseret flowed in to victory. He was not alone on the track but his 15-second lead over Patrick Rizzo, the fastest marathoner in race, was convincing. Alisha Williams and Wendy Thomas, the female runners I admired, came in similarly separated, with Thomas, the marathoner, behind.

I wish now I had introduced myself as a reporter to the top runners and asked questions, about themselves as well as the race. I know, for example that Thomas is the mother of two young children and that she finds a way to be a mom, yet run ten miles in windy conditions at a faster pace than most of us can one mile. I hope we do this again next year. Maybe I'll be braver.



**MARCH 4, 2012**

# 2012 April, May, and June Race Calendar

By: Dave Diaz

APRIL			
7th - Sat 8:00 AM	<b>Baylon Michael Meyer 5K Walk/ Run</b> <u>Lovell Park, Pueblo West</u>	5K Walk/ Run	Liz Lutz 719-242-3501
14th - Sat 8:00 AM	<b>Ramsgate 8 Prediction Run #4</b> <u>8 Ramsgate, Pueblo, CO</u>	8K	Don Pfost 719-544-9633
14th - Sat 8:00 AM	<b>"The Prairie Punisher" Duathlon</b> <u>Lamar CO-- Willow Creek Park</u>	5K/14.5M/5K or 2.5K/7.25M/2.5K	Bryce Hiigel 719-336-2774
15th - Sun 9:00 AM	<b>Run With the Saints</b> <u>Lake Pueblo State Park/ Rock Canyon Swim Beach</u>	10K, 5K run, 1.6M walk	Diana Maal 719-547-0513
15th - Sun 9:00 AM	<b>Ordinary Mortals Adult Sprint Triathlon</b> CSU-Pueblo Campus	5K run/12.5M bike/ 300m swim	Kim Arline
15th - Sun 9:30 AM	<b>Spring Fling Bike Ride</b> <u>Airport Industrial Park/ Refractories West</u>	about 30 Miles	More Info 719-546-2453
15th - Sun 12:00 PM	<b>Mini Mortals Youth Sprint Triathlon</b> CSU-Pueblo Campus	Iron kids Distance	Kim Arline
16th - Mon 10:00 AM	<b>Boston Marathon</b> Boston, MA	26.2M	
21st - Sat 10:00 AM	<b>Spank Blasing Run</b> <u>CSU-Pueblo Campus, Neta &amp; Eddie DeRose ThunderBowl</u>	5k, 10k	Todd Kelly 719-549-2013
22nd - Sun 8:00 AM	<b>Earth Day Run</b> <u>Pueblo City Park</u>	5K	Mark Pratarelli
28th - Sat 6:30 AM	<b>Collegiate Peaks Trail Run</b> Buena Vista, CO	25 & 50 Miles	
28th - Sat 8:00 AM	<b>Cheyenne Mountain Trail Run</b> Cheyenne Mtn State Park	50K, 25K	
28th - Sat 8:00 AM	<b>April Fun Run</b> <u>Lake Minnequa</u>	5K	Meg Scarlett
29th - Sun 7:45 AM	<b>Cherry Creek Sneak</b> Denver, CO	5K, 5M, 10M	
29th - Sun 8:00 AM	<b>Keller Williams Cares</b> Mineral Palace Park	5K	583-1100
MAY			
5th - Sat 7:00 AM	<b>Greenland Trail Run</b> Larkspur, CO	50K, 25K, 8M	
5th - Sat 8:00 AM	<b>Cinco de Mayo</b> <u>State Fairgrounds, Pueblo</u>	5k/10k & 2M Wellness Walk/Run	Hilbert Navarro 719-251-0436
5th - Sat 8:00 AM	<b>Take 5 in the Garden</b> <u>Garden of the Gods Park/map &amp; directions</u>	5K, 5M	
5th - Sat 8:00 AM	<b>Blossom Day 5k &amp; 5mi</b> <u>Centennial Park, Canon City, CO</u>	5k and 5 mile	Brian Vanwarden
6th - Sun 6:00 AM	<b>Colorado Marathon</b> *FULL*	Marathon, 1/2, 10K, 5K	
12th - Sat 8:00 AM	<b>PMC Spring Sprint</b> <u>Lamar CO-- Willow Creek Park</u>	5K/10K Run Walk	Bryce Hiigel 719-336-2774
12th - Sat 8:30 AM	<b>Body, Mind &amp; Spirit Run</b> <u>La Junta, CO</u>	5K Run 1M walk	Laura Updike 719-384-5446 ext 3
13th - Sun 8:00 AM	<b>Yappy Dog- Prediction Race #5</b> <u>S. Mesa Elem. School, 23701 Preston Rd, Pueblo</u>	8.6 Mi	Ross Barnhart 719-543-6982
20th - Sun 6:00 AM	<b>Colfax Marathon</b> Denver, CO	Marathon, 1/2	
20th - Sun 8:45 AM	<b>Run With the Bulls</b> <u>Pro Bull Riders Building/ Union Ave Historic District, Pueblo</u>	5K Run, 2-mi Walk	Ruth McDonald, Gold Dust Saloon 719-251-3189
28th - Mon 7:00 AM	<b>Bolder Boulder</b> Boulder, CO	10k	Cliff Bosley 303-444-RACE



JUNE			
2nd - Sat 8:00 AM	<b>Run for Rio</b> Rye High School, Rye, CO	5K	Jeff Arnold 719-947-3682
10th - Sun 7:00 AM	<b>Garden of the Gods</b> Manitou Springs, Co	10 mile run	
16th - Sat 7:00 AM	<b>Sailin Shoes</b> Downtown Colorado Springs	10K /5K	
17th - Sun 8:00 AM	<b>Arroyito Lake View--PR #6</b> North Shore Trails PW	5 Mile	Humberto Paredes
23rd - Sat 8:00 AM	<b>Strut Your Mutt</b> PAWS for Life	Run or Walk with your Dog	Ruth McDonald 719-251-3189
30th - Sat 7:00 AM	<b>Womens Distance Festival</b> TBD, Pueblo CO	5K	Peggy Oreskovich

**CALENDAR NOTES:** The next race in the SCR Prediction Series is **The Ramsgate 8**. This run begins and ends at the home of Don and Lois Pfof, 8 Ramsgate Place, located in Belmont. The course offers great scenery, and is mostly flat with some rolling hills, nothing too strenuous. The run takes you on the dirt roads east of the university. Be there---Sat, April 14, 8:00 AM about 5 miles. This one is a potluck so bring your favorite breakfast dish to share.

Speaking of the Prediction Series, the Mad Max may have been canceled but the Predict Series will continue. As in 2011, any club member who completes 5 predict runs in 2012 will receive a free custom tech shirt. There are still 9 Predict races left in 2012, so no excuses. If you can't run, please consider helping at the finish line for one of these runs. Nothing difficult or complicated, just write down the times of the runners as they finish, plus it's fun. Contact Dave if you can help. diazsd@aol.com

CSU-Pueblo has scheduled their graduation for Saturday, May 5 at the State Fair Events Center, so things may get a little congested for the **Cinco de Mayo 10K/5K** also scheduled for May 5 at the State Fair grounds. The start and finish of the run will move near the amphitheatre on the SE corner of the fairgrounds with the race exiting and returning through the Beulah gate.

For the first time ever, the **Pikes Peak Marathon** will be chip timed. In fact, the entire Triple Crown, which includes the **Garden of the Gods 10Mile Run**, will be chip timed. According to outtherecolorado.com, the Pikes Peak Marathon, Inc. and the Pikes Peak Road Runners have agreed to share the cost of a new chip timing system, about \$40,000, plus additional purchases of hardware and chips. The chips, which stick to the back of race bibs, cost only 35 cents each. "This allows us to keep the cost low for the runners," said John Garner, a PPRR member who spent 6 weeks researching the project. "We didn't want a system that cost nothing to acquire, but then hit us with a \$5 per runner fee for chips." The price for the Garden has gone up to \$30 and the Peak is now \$115 plus active.com fees of \$8.48.

There is a bicycle ride from PW to Skyline Drive in Canon City scheduled for the afternoon of May 12. It looks like fun and it's cheap. It's only \$10 and that includes dinner from Chipotles. It's put on by Nick's bicycle shop in PW and the Southern Colorado Cyclist Club--if you join the club, the cost for the ride is only \$5. We're thinking of joining. More info at <http://activepueblo.net/skyline>

Here are some events that will be happening in La Junta and Lamar, CO. **In La Junta: SEMHS to host "Body, Mind & Spirit Run" on Saturday, May 12<sup>th</sup>:** In celebration of Children's Mental Health Month, the public is invited to participate in a 5K Race, 1 Mile Walk, and Kids Fun Run. 5K - Race Starts at 8:30am, and the 1 Mile Walk/Kids Fun Run Starts at 9:00 am. Awards will be given for 5K Runners - Overall Winners, 1st, 2nd & 3rd in each age group. Walkers and Fun Run participants will receive a Participant Ribbon.

**And in Lamar, CO: April 14<sup>th</sup>, 2012 "The Prairie Punisher" Duathlon**, 8am. Location Lamar Community swimming pool parking lot. Will have 2 courses, a Long (5K/14.5M/5K) and Short (2.5K/7.25M/2.5K). **May 12<sup>th</sup>, 2012 "PMC SpringSprint"** 5K/10K run-walk and, **August 18<sup>th</sup>, 2012 "Tinman" Sprint Triathlon** 500yd pool swim, 14.5 bike, and 5K run. Check out their website for more information [lamarparksandrec.com](http://lamarparksandrec.com) and click on adult icon. Contact number is 719-336-2774.

Finally, if you're thinking about doing the **Bolder Boulder 10K** on May 28<sup>th</sup>, you'd better start saving up. This year the least expensive option for entering the race is \$48 which includes a short sleeve cotton t-shirt. The most expensive package is \$79 and after May 14, all prices increase another \$9.

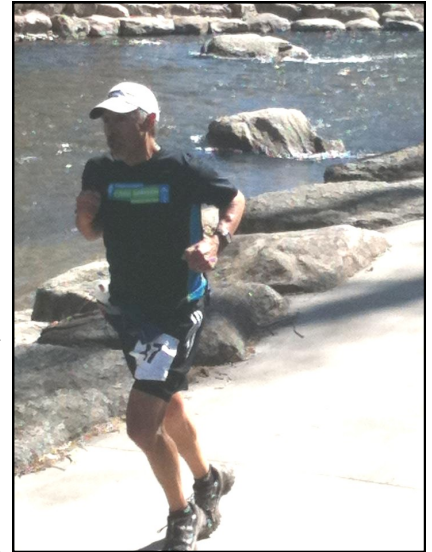
Until next month, KMF (keep moving forward).

Dave Diaz, Keeper of the Calendar



## Run Through Time Marathon and Half Marathon Recap — March 10 by: Dave Diaz

If you like trail running and hills, then you'll probably like the Run Through Time Marathon and Half Marathon in Salida, CO. This year was the 7<sup>th</sup> annual run, I believe, and the second time I've done the half marathon. It's usually held the weekend after the Spring Runoff, so it's a good time for me since I don't usually get to run the SRO. When I registered for the race, I was a little concerned about the weather in March and the possibility of snow, not necessarily running in snow but driving in it. The cost for the run was only \$40 (it would have been less but I registered late). I figured if the weather was too bad, I'd just consider it a donation to the Chaffee County Running Club and stay in Pueblo. As it turned out, the weather was beautiful, sunny and dry. We didn't spend the night in Salida; instead we left Pueblo about 6:00 AM. The drive took less than 2 hours so we had plenty of time before the 9:00 AM start. The run starts near the Salida SteamPlant Event Center; they turned an old steam plant into a beautiful community event center. It is located right on the riverbank of the Arkansas River in Historic Downtown Salida. It was a nice place to stay warm before the run. They also held an optional pre-race dinner there on Friday night, and after the run they served a light hot lunch of soup and bread. The race finished on the patio of the SteamPlant.



**Dave Diaz running the Run Through Time Marathon.**

It was about 30 degrees at the start of the run but quickly warmed to 40+ degrees. This year I ran in short sleeves and shorts and the biggest problem was a little mud on the trail. The first 2-3 miles of the run are on dirt roads and are relatively flat. This serves to thin out the runners before they hit the single track trails and the uphill that follows. The half marathon, 13.1 miles, had over 2200' of climbing and the same descent, with ~9 miles of single track trail and the rest dirt and jeep roads, with lots of twisting looping trail. We started up the Tenderfoot (aka "S" Mountain) and beyond and continued up. The return was fun as it was mostly downhill and finished directly in front of the Steam Plant. Congratulations to the Chaffee County Runners for an excellent race at a reasonable cost.

I ran a little faster this year than last but that's because I didn't fall. Last year I went down twice, and I scratched the face of my watch so bad I couldn't read the time. It always happens to me — as soon as I start looking around and thinking, "Man, it's great to live and run in Colorado", bam, I find myself eating dirt. Any trail run where I don't fall is a great run but when I do fall I'm still happy as long as there's just blood and nothing's broken. For the most part, I didn't know where I was; only that I was either going uphill or downhill and it was beautiful and hard, but fun. The run had everything you could ask for — good weather, a nice short-sleeve tech shirt, a well-marked course with 3 aid stations (which was plenty since they encouraged you to carry your own water) and well-groomed trails with plenty of enthusiastic volunteers.



**Sue Bertoldo of Pueblo completes the marathon in 5:58:33.**

Stacey couldn't run this year, due to a lingering injury that has bothered her for almost 2 years, but she swears she's coming with me next year to run, so God willing I'll be back. I noticed in the results 2 other runners from Pueblo: Sue Bertoldo, who did the full Marathon in a great time of 5:58:33, and Heather Crowley of Pueblo West who completed the half in 2:54. I finished the half in 2:14. The marathon is much harder than the half — not only is it twice as long, but it also continues up for another 2400'. The 26.2 miles has over 4750' of climbing and the same descent. The new route for 2012 included about 11 miles of single track trail, 7 miles of two track jeep trails, and the rest dirt road. It was a big loop with a brief out and back in the middle. The following is a note from their webpage:

*"These are hard trail runs at altitude with significant hills, climbs and descents. You are likely to encounter rocks, snow, ice and/or mud. Aid is minimal. We strongly suggest carrying extra clothing (a light jacket) water and food. Very scenic, but watch your step."*

Don't let that scare you, it's a great run.

The race was capped at 350 runners total in both races and sold out weeks before the race, so if you're interested in doing it next year, register early. Salida is a nice town of about 5000 people and the Chaffee County runners are a dedicated bunch who also put on the Arkansas River Blue Grass Marathon at the end of May, as well as the Fib Ark 5K/10K in mid June. I'm looking forward to the Colorado Brewers Rendezvous on July 14 — it's not a run, just a brewfest.

# March 2012 Meeting Minutes By: Mike Archuleta

**DATE:** March 7, 2012 at 6:00 p.m.

**ATTENDANCE:** Mike Archuleta, Paulette Arns, Paul LaBar, Dave Rael, Marilyn Vargas, Terry Cathcart, Jeff Arnold, Darryl Clark, Dave Diaz, Gary Franchi, Dennis Wait.

## CLUB BUSINESS

Reviewed assistance contracts.

Spring runoff recap : Darryl and club members reviewed the Spring Runoff.

## 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, banquet, Spring Runoff.

### Newsletter: Laura Wehrwein

### Membership Chair: Maria Elena Weaver

Total = 133

Individual memberships 66 out of those 133

Family = 130

116 Colorado runners subscribers

Newsletter only members ( not included in total members) 25

### Webmaster: Paul LaBar

Paul report update on placing google calendar on the website.

### Race Calendar: Dave Diaz

Dave reported update on the races for the year.

## UPCOMING RACES / EVENTS

### Beulah Challenge, August 4, Michelle Highfill:

Scheduled for August 4. There will be 5K and 10K race . The race will start at

Beulah mountain park. The race liaison will be Mark Pratarelli.

### Keller Women's Run:

Theresa Duran will be the race liaison. Concern about the race still taking place.

### Hospice House:

Hilbert and Paul talked about the race taking place in the late summer. Information to be presented at upcoming meetings.

### Ramsgate 8, April 14, Don Pfof:

Don Pfof will host the predict event.

### Run with the Saints, April 15, Diana Maal:

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 a race web site for the event. The race will be a 5K run and walk.

### All Star Run, April 28, Shannon:

The race is scheduled for April 29. The logistics for the race were discussed. The race will be further 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 race participants. The money goes to scholarships

for school system. Looking for assistance with timing and the finish line. The race is 5K and 10K.

### Cinco de Mayo Run, May 5, Hilbert Navarro:

Hilbert reported the Cinco Run will take place on May 5. Asked for SCR endorsement.

Adjourn @ 820 pm.



Mike Archuleta



## 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](http://www.facebook.com/SoCoRunners)

#### **Visit our Web Site:**

[www.socorunners.org](http://www.socorunners.org)

#### **Join us at a monthly meeting!**

Date: April 4, May 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  
community meeting rooms.

#### **Contact Information**

[president@socorunners.org](mailto:president@socorunners.org)  
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[calendar@socorunners.org](mailto:calendar@socorunners.org)  
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**Terry Cathcart and other volunteers hand out race packets on the Friday before the Spring Runoff.**

Photo submitted by Marvin Jones.