



Footprints

Southern Colorado Runners

May 2012

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Editor: Laura Wehrwein

Running the Boston Marathon By: Dave Diaz

It took me 35 years but I finally ran the Boston Marathon. How I came to run Boston means as much to me as actually running the race. It's not that I couldn't qualify — I've qualified over 30 times, it's just that I never had the desire to go.

That changed a couple of years ago when my oldest son, David, thought it would be fun if we did Boston together. David was always a talented runner; he ran a 46 minute 10K at the Spring Runoff when he was only 10 years old. In high school he ran a 16 flat 5K his senior year. After graduation he received 7 offers to run college cross country but chose to play baseball instead.

David didn't run much again until his mid 30's. He graduated college and began teaching math and coaching baseball but decided that wasn't for him. He became a Certified Personal Trainer and opened "Fitness Together of Denver". Part of the program is helping clients lose weight and that's what

brought him back to running. He ran his first marathons with clients, but in 2010 decided to try to qualify for Boston. At 38 years old he had to run a 3:15 marathon to qualify. In the summer of 2010 he ran the San Francisco Marathon but didn't qualify, not even close — he struggled to a 3:40 finish. The run taught him some important lessons about pace and pain. In the fall of 2010 he tried again and ran the Denver R&R Marathon and that's where we both qualified. David ran a 3:12 and I ran a 3:53 (being old, I only had to beat 4 hours).

We began plans to run Boston in 2011 but you may remember that's the year the Boston Marathon filled in 1/2 hour. Previously, the race had taken months to fill but that year we were shut out. Luckily, your qualifying times are good for 2 years and we planned to register for the 2012 race the minute registration opened.

In September of 2011, registration opened for the 2012 Boston Marathon. However, they made some significant changes in the registration process. For 2 weeks they took all entries of qualified runners, starting with



Matt, David, and Dave Diaz.

the runners who qualified by over 20 minutes, then 10 minutes, then 5, then everyone. I was able to register a few days before David but I was afraid he would get turned away. For two weeks they continued to accept all registrations, and then they changed the rules in the middle of the game. They announced only runners who beat their qualifying time by 1min and 14 seconds would be accepted.

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Happy May Birthday!

2	Sherri Tiller Ben Valdez
4	Paul DallaGuardia
5	Alexis Deabueno Troy Davenport
7	Eva Cosyleon
10	Melinda Orendorff
11	Thomas Coseno
14	Deborah Gurule Bea Jones Paul LaBar
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Mountain Bluebird in Falcon, Colorado.

Back in 2005 when we lived in Falcon, Colorado, I fed live mealworms (the birds' cuisine of choice) to the Mountain Bluebirds. I used to call the birds at dinnertime ("Bluuuuuebirds!!") and they would fly to our back porch railing to await their food. After laying her eggs and raising her kids in one of the nest-boxes on our property, this lovely bird and her mate would bring their new fledglings to the back porch so the entire family could enjoy some tasty bugs.

Photo submitted by Laura Wehrwein.



SCR is associated with RRCA,
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See: www.rrca.org



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

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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.

Ron's Ramblin' — The Spank Blasing Run By: Ron Dehn



I have been involved with the Spank Blasing Run since its inception in 2006. That was the year that Todd Kelly added the Spank Blasing 5k to an existing “Fun Walk” fundraiser for athletics. He needed somebody to coordinate the finish line so I volunteered. This went on for several years, but as the event grew, TK eventually went to chip timing, so I started running the race.

As a long time CSU-Pueblo / USC / SCSC employee I knew Spank and wanted to support the event both in his honor and for the benefit of student athletes. Spank was a professor in the Physical Education Department who became a legendary cross country and track coach. In his last few years on the job, he served as Athletic Director for the university. He was highly respected by his athletes and colleagues. Spank actually fired the starting gun at the inaugural Spank Blasing Run. He passed away before the second annual run, but one of his family members has started the race each year since.

In 2010, the Spank landed on April 18 which is my son Bryan's birthday. Bryan has done some running, but not on a regular basis, but I thought doing the Spank 5K would be a great start his birthday morning. Fortunately, he agreed to run with me. I'm not sure if he thought it was a great idea or just did it to humor me; but in any case, he and I did the 5K to celebrate his birthday. In 2011, my daughter Melissa also joined the fun and the three of us repeated in 2012. I think we have started a new family tradition. In fact we are already talking about doing the 10K next year.

Bryan and I simply ran this year's event, just to run it. Melissa has been training, so we told her to see how well she could do. She left us in the dust and it paid off because she won her first racing medal with a 3rd place finish in the 5k. So this year the Spank was not only a family run to celebrate Bryan's birthday, but Melissa won her first medal to boot. Pretty cool!



Ron, Melissa and Bryan Dehn at the Spank Blasing Run on April 21, 2012. Congratulations to Melissa on her 3rd place finish!

Running the Boston Marathon By: Dave Diaz

(Continued from page 1)

That means instead of David having to run a 3:15 he really needed a 3:13:46. He made it by 1 minute and 6 seconds. As you might guess there were a lot of upset runners as 3,228 runners who qualified and registered were denied entry. Since they were trying to limit the field, it was the only fair way to do it but that probably didn't mean much to those that got turned away. Starting in 2013, the

from Fenway Park and Friday was opening day for the Boston Red Sox. We had purchased tickets for the Saturday game vs. Tampa Bay. This weekend's games had been sold out for months. When we arrived in town we walked to Fenway and it was crazy — people everywhere. Every pub and restaurant was overflowing; everyone was wearing Red Sox stuff. We went to a bar that was built under the left field stands and when you went to the bathroom you could actually see

news.

RACEDAY

Before I left Pueblo I had checked the weather for Boston and it said a 30% chance of rain for raceday but on Sunday we began getting texts and emails from BAA warning us about dangerous heat expected for raceday. They advised anyone who hadn't met the qualifying standards not to run — I thought everyone had to qualify but I guess not, some

raise money for charity and get in. They even offered guaranteed, but not free, entry into the 2013 race for anyone who chose not to run on Monday. We had come too far and waited too long to even consider their offer. We decided to do the best we could, after all it would be hot for everyone. Normally I don't mind the heat but this year we didn't have a chance to train in it and get acclimated. It caught us totally off guard.

The race didn't start until 10 AM but we got up at 5 AM because we had to catch the subway to get to the busses that take you to the start by 6 AM. We arrived at the start in Hopkinton before 8 AM and found some shade under a big tent in the "athlete village" and lay down on the grass and tried to rest. This year the race would have a 3 wave start.

Wave 1 for those qualifiers under 3:20, wave 2 for 3:20-3:40 and Wave 3 was 3:40 and above. Each wave was further divided into corrals, all seeded by time. David was in Wave 1 and would go at 10 AM while I was in wave 3. About 9:30 David left for the start about a 1/2 mile away. The only good thing about being in wave 3 was when everyone else left there were no lines at the porta-potties. At 10 AM the heat was already unbearable but I tried to ignore it. About 10:20 I headed toward the start, along with 9,000 other runners. I was in Wave 3, corral 2 but the race started before I could fight my way through the crowd so I didn't make my start time but since it was chip timed it really didn't matter. I was already sweating before I started running.



David and Dave Diaz at the Boston Marathon.

qualifying times for the Boston Marathon have been tightened by five minutes for each age group.

The trip to Boston was fantastic. We made memories I'll take to my grave. My youngest son Matt also came with us on the trip. Both are married, but no kids or spouses came along.

We left Denver at 6 AM Friday and because of the time difference made it to Boston at 1:30 PM. We took a taxi to downtown Boston and it was a mad house. The taxi could barely get through. Our hotel was right by the marathon finish line and just a few blocks

the game through the window. When the game ended they opened a garage door directly into left field. The bar must have been a storage room for Fenway at one time.

Saturday morning we went to the Expo and picked up our packets and spent two hours there and still didn't see everything. We headed back downtown to eat before the 4PM game at Fenway. My son knows someone who works for the Red Sox and we ended up with free tickets behind 1st base, so we sold the tickets we had in the outfield. Sunday we rested, then went to the pre race pasta dinner on Sunday night and that is where we started to get some disturbing

My plan was to try to run at my usual marathon pace at the start (about 9 min miles) and see what happened. By 5 miles I knew things weren't going right and decided to ease up and just enjoy the race but by 14 miles I was tired and at 18 I knew I was in trouble. Jack Fleming, a BAA spokesman, said the highest temperature recorded for the day was 89 degrees at the 10-kilometer mark in Framingham at about 12:30 p.m. Along the course they had set up extra medical tents and spectators set up hoses with sprinklers, and there were many police officers, firefighters and National Guardsmen to help hurting runners.

At 18 miles many runners were walking, I started catching walkers from wave 2. I saw 3 runners go down. Since it was so hot, Fire Departments along the course set up mini car washes with water spraying for runners to run through and they increased the water stops to every mile. Because the street was wet, one man slipped on the cups on the ground and fell hard. Luckily it was firemen spraying the water and they were with him almost immediately. I think another runner was out before she hit the ground, she just collapsed in the street and runners carried her onto the grass. Another man in front of me screamed and grabbed his hamstring. I knew he had cramped up from dehydration because it has happened to me before. I just hoped that it didn't happen to me today.

At 18 miles, I was overheating and began to wonder if I could make it to the finish. For a moment, I considered walking but I fought against it. I know once you give in to walking you are done and the next time it's easier to walk. Plus, I knew it would take forever to finish if I started walking now. I decided to keep running or plodding as far as I could. When I reached Boston College all the coeds screaming really energized me and as I made it past 20 miles I was still moving forward.

When I got to Heartbreak Hill (I only knew it was Heartbreak Hill because it was written in the street) it didn't seem that bad to me, I expected a much steeper and harder hill, but by this time many runners were walking. I figured I didn't come to Boston to walk up Heartbreak Hill so I kept running and passing walkers. Besides I was wearing my Pikes Peak

Doubler shirt and didn't want to be seen walking up a little hill like that. When I got to the top there was a little downhill and I felt a little better---I began to think I was going to make it.

The last 3 or 4 miles I forgot how tired I was. You'd think since the winner had finished a little after noon and it was now approaching 3 PM that the spectators would have left but they were still there screaming and cheering along the sides, in some spots 3 or 4 people deep. That helped me so much. I could finally see the giant CITGO sign which is about a mile from the finish. I had my phone with me and stated taking video as I ran towards the finish, I heard someone call my name and I turned to see my sons Matt and David screaming and waving from the sidelines. I'll never forget that moment.

David ran a 3:34 and I finished in 4:16. Of my 60 marathons it's my slowest time ever (not counting the Pikes Peak Marathon), but I'm not too concerned as I'm sure in a few more years I'll be wishing I could run a 4:16. Humberto Paredes from Pueblo West also ran and I'm sure has a story to tell. He finished in 4:05 and Brian Cunningham also from Pueblo West finished in 5:04.

After I crossed the finish line, what I saw shocked me--- rows and rows of runners in wheelchairs being pushed into the medical tent and that tent was full. Most runners were trying to find any kind of shade they could but I just wanted my medal and to get out of there. I later learned that 2,100 runners were treated for dehydration or exhaustion. Chris Troyanos, medical coordinator for the BAA, said that 152 runners were treated at hospitals, and that eight to ten runners were in critical condition at some point. Fortunately no one died.

When I started running, 35 years ago, the qualifying time to run Boston was 2:50 and even though I had no plans to go to Boston, I still tried to qualify. I came close but couldn't make it. Then they changed it to 3 hours and that's when I started qualifying as I've run 7 marathons under 3 hours. Then they made it 3:10 and as I get older they keep giving me more time. Next year it's 4:20.

I don't know how many father-son combos

have run Boston, plenty I'm sure, but it was the experience of a lifetime for me. My kids, David, Matt and my daughter Judi, have grown into active, healthy, successful

adults with families of their own and I have five beautiful grandkids. The trip would not have been possible, however, without the support, help and patience from my wife Stacey who gave up a chance to visit Boston so a father could reconnect with his adult sons. I've been blessed to have stayed healthy for so long when so many of the guys I used to run with can no longer run. Thank you to all and thank you Boston.

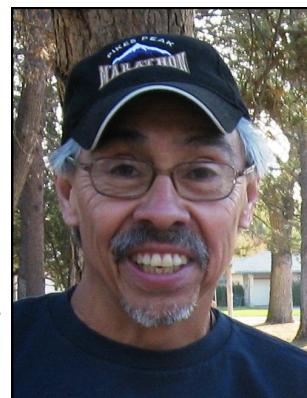
I have no desire to go back to Boston. I've done it once and that's enough for me, but my youngest son Matt said, "Dad, you have to come back when I qualify." He's 29 years old, the same age I was when I started running. If it takes him as long to get to Boston as it did me, I'll be going in spirit only. By the way, when you finish everything on your bucket list, do you have to kick it? Just asking. See you on the trail, Dave.

Some interesting facts about the race.

3,863 people did not pick up their bib numbers or about 14 percent of the field and at \$150 each that's \$579,450. Of the 22,426 runners who did pick up numbers, 427 opted to defer for a year and 4.1 percent of those who started the race dropped out, or about 920 DNF's, compared with 1.8 percent in 2011. The average finish time for 2012 was 4:18 which was 28 minutes slower than the average in 2010 which was 3:50. The overall male and female winning times were both 10 minutes slower than in 2011.

Editor's Note

Congratulations, Dave, to you and David! What an amazing story of determination and persistence!



Dave Diaz

The Ramsgate 8 Prediction Run — April 14, 2012

By: Don Pfost

Seven runners turned out for the Ramsgate 8 8K predict on Saturday, April 14, with an 8:00 am starting time. Our collective speculation concluded that the small turnout was likely due to the other running events scheduled for the same weekend.

Weather conditions included a starting-time temperature of 44 degrees, a clear, sunny sky, and a light breeze—a beautiful spring morning.

The predict course was an out-and-back 5 miler, shortened by roughly 52.8 yards to

make it an 8K. The run started on Ramsgate Place, headed east through Drew Dix Park, north onto Troy and the CSU-Pueblo campus, and then turned east at the traffic circle onto the prairie for about 1.2 miles, zigzagging through parts of the vast “urban development” area (*sans* “urban” and “development”) that included a southern leg along the west side of the arroyo, holding pond and spillway, and another leg west and northwest to the turnout point.

Aaron Levinson took advantage of his fa-

miliarity with Belmont and the prairie to finish a mere six seconds off his predict, earning the honor of having his name inscribed on “Ramsgate”, the race mascot. Jessie Quintana and Modesto Atlano finished second and third, 1 min:38sec and 2 min:13sec off their respective predicts.

Modesto and Troy Johnson, who finished fourth, were newcomers to the predict series.

Thanks to Darryl Clark and Dennis Wait

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for their help at the finish line.

Following the run, we moved inside to the communal brunch consisting of “John Wayne” and “Rueben” casseroles, a plate of assorted cheese slices, bagels and cream cheese, donuts, and juice and coffee. After filling our plates, we gathered around the dining table, enjoyed our victuals, and chatted and pontificated about running and the meaning of life.

I researched the history of the Ramsgate 8 Predict and as best I can determine, it was held the first time on April 15, 1995. Thus, because it was canceled last year, this year marked the sixteenth chapter in its history.

And it will be the last. It’s been fun, but Lois and I have decided it’s time to retire. (More to the point: Spending all day Friday cleaning the house, marking the course, and preparing our dogs for a morning without their early walk, has lost its luster.)

Thankfully, Dennis Wait, our next-door neighbor and father of Aaron Levinson, has graciously offered to take the April time slot next year and hold the inaugural Ramsgate 6 predict, a yet-to-be determined 6 mile course through Belmont, the prairie and beyond. Good luck, Dennis!



Photos on previous page:
Top: The runners are off!
Bottom, L to R: Troy Johnson, Larry Volk and furry friend, Aaron Levinson

Photos on this page:
Above: Shawn Loppnow and Darryl Clark
Right: Aaron Levinson, winner of the 2012 Ramsgate 8, displays “Ramsgate”, the race mascot.



Ramsgate 8 Predict 4/14/12 - 8K/4.97 Miles

Race #3 of the 2012 Prediction Series

Place	Name	Predict	Actual	Difference	Points	Pace
1	Aaron Levinson	0:34:00	0:34:06	0:00:06	100.00	0:06:52
2	Jessie Quintana	0:52:00	0:53:38	0:01:38	85.71	0:10:48
3	Modesto Atlano	0:40:10	0:37:57	0:02:13	71.43	0:07:38
4	Troy Johnson	0:39:44	0:37:24	0:02:20	57.14	0:07:32
5	Stacey Diaz	0:50:00	0:47:22	0:02:38	42.86	0:09:32
6	Larry Volk	0:40:23	0:37:28	0:02:55	28.57	0:07:32
7	Shawn Loppnow	1:00:00	0:56:15	0:03:45	14.29	0:11:19

Race Directors and Hosts: Don and Lois Pfost

Finish Line: Darryl Clark, Dennis Wait

Results: Don Pfost

Ordinary Mortals Comeback — April 15, 2012

By: Kim Arline

Twenty years ago two Pueblo Regional Center employees approached SCR about hosting a triathlon at their pool in Pueblo West. Michael Orendorff, a fairly new SCR member had the most experience with triathlons so the club assigned him to help. He quickly became the race director for the next several years and grew the race into a successful and well known race, usually the first on the Colorado tri calendar. After a few years he looked for a non-profit to hand the race to but few non-profits here could fathom anyone in Pueblo doing three sports as they considered bowling to be an athletic feat.

Orendorff found a kindred spirit in Ben Valdez at the YMCA who took on the Ordinary Mortals Triathlon (OMT) and ran it very successfully for many years. Women raced on Saturday and men raced Sunday to accommodate the increase in participants. The women's race would sell out well in advance of race day. After Valdez took a job with the Widefield School District, the YMCA struggled to keep the event going and in 2006 the final OMT took place.

Two years ago, Pueblo West swim coach Gwen Steves approached Orendorff about bringing the OMT back to Pueblo. Steves has fond memories as a teenager volunteering counting laps at this race before she became a triathlete herself. She ap-

proached the YMCA and they suggested starting a Youth Tri Club through the YMCA to develop interest in the sport. Last April, Steves, Orendorff and myself worked with Paul and Paulette our faithful

lenges with such a short time line starting in late January, dealing with multiple university departments and the Event Management class of 62 students and their instructor that took this event on as a class project.



Dr. Laurel Wright, her daughter, husband James and their two grandchildren all participated.

There were times we were pulling our hair out wondering if we could bring back this respected event to Pueblo and do it justice. There was one student in the class, Bekah Gatchel, that made it a personal crusade for her class to succeed and kept the lines of communication open to Steves and myself. Another student, Victor Quintana excelled in securing

SCR timing experts to put on the first ever Youth Triathlon in Pueblo at CSU-Pueblo. We managed to time the entire event with SCR equipment and Orendorff got all the times entered into the system for results before the pizza arrived!

This year Steves pushed the concept a bit further wanting to host the Ordinary Mortals (adult) triathlon and a Mini Mortals (youth) triathlon with chip timing. We approached CSU-Pueblo and the YMCA to partner in this event. George Dallam suggested a date that could possibly utilize the Event Management class prior to finals and the reverse format (swim at the end, rather than the beginning) due to unpredictable weather in April. The YMCA fortunately opted out as we had enough chal-

lenges with such a short time line starting in late January, dealing with multiple university departments and the Event Management class of 62 students and their instructor that took this event on as a class project.

sponsorship and hosted a really nice expo next to the transition zone. As race day approached, the weather looked ominous and we were unsure how well the race was going to go. On Saturday, university staff and hoards of student volunteers worked in the wind setting up the transition zone and set out to mark the course as dark clouds gathered overhead. The weather worsened and work was called off but I could feel the group was coming together and realized the only thing we had to worry about was the weather. The students returned at 5:30 pm to finish setting the stage set for 158 adult competitors including one wheel chair athlete and 71 youth competitors. We all went to bed Saturday night hoping Mother Nature would get the howling

wind and massive thunderstorms out of her system by morning.

I had strict orders from my friend Gwen, the race director; to take it easy Sunday morning, not worry about anything but my own race as I was registered for my first triathlon. I awoke to blue sky peeking through the clouds and none of that nasty "W" stuff yet! I got my gear set up in the transition zone with a couple of the other youth tri coaches, got my chip and had Dr. Berryman do my body marking. It was actually really cool to have so many friendly faces there to encourage me and share my first experience in this new sport.

A rather competitive crowd gathered at the starting line to challenge one another while many of us farther back in the crowd agreed we weren't "competers" but rather "completers" of our first triathlon. On the 5-km run, I enjoyed hearing the music all the way down on Troy and chuckled as a few out-of-towners said, "I thought Pueblo was flat!" as we climbed back up Bartley.

The 12.6 mile bike course had a bit of wind but nothing like what was forecasted.



The last Youth Tri practice on a windy Friday afternoon a week before the race.

We had great support from the Pueblo County Sheriff who wanted this first real bike race on the highway to be safe and successful. We rode out Highway 47 to Pete Jimenez and out to the airport and back to CSU which gave us a chance to see who was ahead and behind us.

The swim was at the end and only 300 yards which attracted many other newbies

like myself. I liked the idea of a serpentine swim (up and down each lane and under the rope to the next lane) just for something different and an easy way to see how much farther I had to go. I heard from experienced triathletes the short swim was a bit more challenging than they expected as their arms were weak from the windy ride.

My favorite part of the race was running out of the pool to the finish with my son running alongside cheering me on. I guess I understand a bit of the attraction of this sport as I looked forward to the next phase before I had completed the distance of the current phase. I'm not a convert to the sport yet, but sure did enjoy the diversity and camaraderie of the participants, it really was a fun, wonderful crowd of Ordinary Mortals!

Mini Mortals:

The Mini Mortals was a repeat of last year's course with several repeat participants and unfortunately a few repeat challenges with vanishing volunteers and repeat mechanical problems with bikes for a few kids. Next year we will actively re-



Some of the participants of the Ordinary Mortals Triathlon.

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(continued) Ordinary Mortals Comeback — April 15, 2012

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cruit volunteers specific for the youth course. There was also a snafu with race results when late entries were added, shifting names to other bibs, but was eventually sorted out by the timing company.

All but a couple kids had a great time, they enjoyed Wolfy, the university mascot at the finish line and award ceremony. It was neat to have so many families compete together. There were two families with three generations participating – the race director’s mother, brother and his kids and Dr. Laurel Wright, her husband, daughter and two grandchildren all raced. And 11 other families that had Ordinary Mortal parents or grandparents racing the same days as their Mini Mortal.

Gwen Steves, Ken Sharp, Michael Orendorff, Paul Dallaguardia and myself coached an almost entirely new group of youth in the YMCA Youth Tri Club this year. I didn’t think a few kids would last long in the training program but they kept coming back each week. One girl often was in tears after riding in the cold or wind. I thought I would have to ride alongside her on the second 2.3 mile loop of bike course to distract her to finish. Just a week before the race, someone donated a new bike for her to ride which made a huge difference. Although I know pushing myself beyond comfortable limits makes a big difference in my own life, I’ve never seen it so visible in another person until I saw that girl finish her 4.6 mile ride with a giant smile across her face! She did something few adults have done and even fewer kids – she completed a triathlon all on her own and she was obviously proud of her accomplishment. So were all us coaches that had witnessed her transformation.

OMT Side Notes By: Michael Orendorff

The question asked after attending a party is: “Did you have fun?” And then, as we get older, we throw the word “safe” somewhere into the question.

And that’s what triathlons are to me -- parties. I get excited about doing these three-ring circuses. And what was great about the OMT party was someone else set it up and someone else tore it down and cleaned up – well, lots of someone elses. What a treat. The big uncertainty for me on Sunday morning was: “Do my old man legs have any dancing left in them?”. If we can longer go fast we can still dance and have fun while the younger people do the racing.

So, yes, the party was fun, the party was safe and though my legs showed up a bit tired they still enjoyed what dancing they could do that morning. I was inspired by the many people I knew who were taking on the challenge – some with great uncertainty. Triathlons are invigorating to me for just that reason, there are usually many challenges one gets to hear about that people are taking on in a very personal manner.



Michael Orendorff (original Race Director of the OMT) running to the swim at the end of the race.

Perhaps the most daunting challenge for this 61 year old guy was to be the lead runner and biker for the 9-11 year old age group when the Mini-Mortals (youth) Tri started at noon. Kids, as you may know, rip off a starting line as if all effort needs to be expended in the first 200 meters. I wondered if trying to take off with the mad dashers would quickly come to a halt with a muscle pull due to having been drained by my own race and then, long after having fully cooled down, trying to hang with some fast 11 year olds for a few hundred meters. It was scary but I survived and then was able to enjoy being pushed by the lead 11 year old to a good paced second workout for the day through the run and bike.

Knowing the general challenges of staging a triathlon and knowing a few of the specific challenges faced in staging and running this particular triathlon made me extremely appreciative of everything I saw as I checked in, set up in the transition zone and then finally took off as the Gwen Steves sounded the start horn. Signs, road markers, event workers and a much milder than predicted wind welcomed us throughout the race course.

Special events are emotionally draining for the key people. I really hope that the feedback which Gwen and Kim received during and since the triathlon has begun to recharge them so that they can present this opportunity for dancing and partying to many others in 2013. I know they’ve noted several things which can be improved for next year – just as Darryl Clark, Spring Run-off race director and first time triathlete at the OMT, did after his first year as director of SRO. So next year should be even more fun for us participants and I encourage any SCR members who have never done a tri to show up with whatever bike they own and find a new way to celebrate being alive.

Run/Walk for Rio 5K — June 2, 2012 by: Gary Franchi

Plan now to participate in 15th Run/Walk for Rio 5K

Some big things are brewing down in the Greenhorn Valley in preparation for the 15th annual Run/Walk for Rio 5K that will be held at 8 a.m. Saturday, June 2, at Rye High School. A movement is underway to get participation from all of the recipients (or at least one of their family members) of the annual \$1,000 Rio Don Diego Memorial Scholarship that the race funds. Race organizers also encourage community members and the Rye High student body to make plans now to participate.



The race is held in memory of former Rye High School athlete and scholar Rio Martinez, who died accidentally in 1997 prior to his senior year. Race proceeds fund the scholarship that is awarded annually to a graduating Rye High student who best personifies the qualities that Rio stood for – integrity, intelligence, athletic excellence and compassion. The event also promotes organ and tissue donation since Rio's organs were donated to help save other lives.

The race will start and finish at the high school and will cover a gently rolling course at an altitude of 6,900 feet in downtown Rye and the nearby neighborhood. It will be produced by the Southern Colorado Runners (SCR). The local Lions Club will make a pancake breakfast available after the race.



Registration forms will be available in the area soon and on the SCR website (www.socorunners.org/), with the early registration fee \$20 (\$17 for members of the Southern Colorado Runners). Entrants will receive a short-sleeved tech shirt boasting a cool, new logo, and there will be overall and age-group awards in both male and female categories.

For more information, contact Nancy at (719) 859-5136 or funkyriivs@yahoo.com, or race director Jeff Arnold at (719) 947-3682 or jeffaco@earthlink.net.

Runners for Animals — June 23, 2012 by: Ruth McDonald

What joy it is to share a run or a walk with a very important part of the family – your dog. Running on the river trail, at City Park, through Rose-lawn Cemetery or on the lantes on the mesa was always a joy for me and my Standard Poodles. My times were fast during the first part of the run (the dogs were pulling me) and slower during the last part (the dogs were tired). I actually did a 7.5 minutes mile once because my dog was so pumped up at the start of the race.

A year or so ago, I decided to spend some time helping dogs who did not have a running partner or a family. PAWS for Life was my choice.

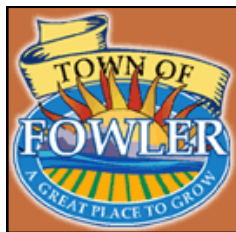
PAWS For Life, a no-kill animal shelter, has been in existence for over 30 years. Their new campus, located right by the river trail and Pueblo Blvd., was built with donations, grants, and in kind work from the Pueblo community. Thousands of homeless dogs have been taken in and placed with families. Now the PAWS shelter would like to expand to find homes for homeless cats.

On June 23, the 3rd annual Strut Your Mutt event will be held at the new PAWS campus and on the river trail. The event will include a walk or a run with your dog, beginner agility course, best pet tricks, and pet dress-up contests. **New this year is a 5K “Run for the Animals” with only runners competing.** All competitors get a free lunch afterwards (a hot dog of course).

Strut Your Mutt will be a great event and lots of fun for the family. All proceeds go to finish the new cat shelter. For details and entry forms, visit PAWSPUEBLO.com or call Ruth at 719-251-3189.

P.S. Don't have a dog to run or walk with? The shelter animals need exercise daily! You may find a permanent running partner.

2nd Annual Fowler Sprint Triathlon — August 11, 2012



2nd Annual Fowler Sprint Triathlon

Date: August 11th, 2012 Start Time: 8am Location: Fowler, CO

Details: 525yd pool swim, 8mile bike, 4mile run

Contact: Scott Epperly, (719)263-4279

2012 May, June, July, August Race Calendar

By: Dave Diaz

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>DISTANCE</u>	<u>LOCATION</u>	<u>CONTACT</u>
MAY					
Sat 05	8:00 AM	Cinco de Mayo	10K, 5K	Fairgrounds, Pueblo CO	Hilbert Navarro 719-251-0436
Sat 05	8:00 AM	Blossom Day	5K, 5M	Canon City, CO	
Sat 05	8:00 AM	Take 5 in the Garden	5K, 5M	Garden of the Gods, CS	
Sun 06	6:00 AM	Colorado Marathon	26.2M	Fort Collins	
Sat 12	8:00 AM	PMC Spring Sprint	5K, 10K	Lamar, CO	Bryce Higel 719-336-2774
Sat 12	8:30 AM	Body, Mind, Spirit Run	5K, 1M walk	La Junta, CO	Laura Updike 719-384-5446 ext 3
Sun 13	8:00 AM	Yappy Dog-Predict #5	8.6 M	South Mesa Elem School	socorunners.org
SCR Club Run @ 23701 Preston Road, Pueblo, CO					
Sat 19	7:15 AM	Run to the Shrine	5K, 10K	Cheyenne Mtn. Zoo, Colorado Springs	cmzoo.org
Sun 20	8:45AM	Run With the Bulls	5K	Union Ave Hist Dist	socorunners.org
Sun 20	8:00 AM	Colfax Marathon	26.2M	Denver, CO	
Sun 27	7:00 AM	Bluegrass Marathon	26.2M	Salida, CO	
Mon 28	7:00 AM	Bolder Boulder	10K	Boulder, CO	
JUNE					
Sat 02	8:00 AM	Run for Rio	5K	Rye High School, Rye CO	Jeff Arnold 719-947-3682
Sun 03	8:00 AM	Diabetes Prevent Thon	5K	CSU-Pueblo Campus	
Sun 10	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	
Sat 16	7:00 AM	Sailin' Shoes	5K, 10K	Colorado Springs	
Sat 16	8:00 AM	FIBArk Road Race	5K, 10K	Salida, CO	fibark.net
Sun 17	8:00 AM	FIBArk Trail Run	10K	Salida, CO	
Sun 17	8:00 AM	Arroyito Lake View #6	5M	Pueblo West	socorunners.org
SCR Club Run @ 1253 Calle Arroyito, Pueblo West, CO					
Sun 23	8:00 AM	Strut Your Mutt	5K	PAWS for Life Offices	
Sun 30	7:00 AM	Women's Distance Fest	5K	Nature Ctr of Pueblo	socorunners.org
JULY					
Wed 04	8:00 AM	Liberty Point	5K	Pueblo West, CO	Bianca Hicks 719-583-4455
Sun 08	7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	
Sat 14	8:00 AM	Mosiack Run	5K	Pueblo West	mosiackyouth.com
Sun 15	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	
Sat 21	7:00 AM	Classic 10K	10K	Colorado Springs	
Sat 21	6:00 PM	Shawn's Shuffle #7	4M	Regency Park Area, Pueblo	socorunners.org
SCR Club Run @ 1 Glenroyal Ct, Pueblo, CO					
Sat 28	7:00 AM	State Games Tri	750M, 20K, 5K	Prospect Lake, CS	
Sun 29	7:30AM	Stae Games 5K	5K	Colorado Springs	coloradospringssports.com
AUGUST					
Sat 04	8:00 AM	Beulah Challenge	5K, 10K	Beulah, CO	
Sat 11	8:00 AM	Up Down, All Around #8	5M	Pueblo West	socorunners.org
SCR Club Run @ 353 Acansa Drive, Pueblo West, CO					
Sat 11	8:00 AM	Fowler Sprint Triathlon	525 yd, 8M, 4M	Fowler, CO	719-263-4053
Sat 18	7:30AM	Early Bird 5K	5K	Minnequa Lake	719-542-9299
Sat 18	8:00 AM	Tinman Tri	500yd, 14M, 5K	Lamar, CO	719-336-2774
Sat 18	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	
Sun 19	7:00 AM	Pikes Peal Marathon	26.2M	Manitou Springs, CO	
Sat 25	8:00 AM	Run-4-Trail	5K, 5M	Sierra Vista Elem Sch, PW	719-647-1230

Calendar Notes

Yappy Dog Prediction Run:

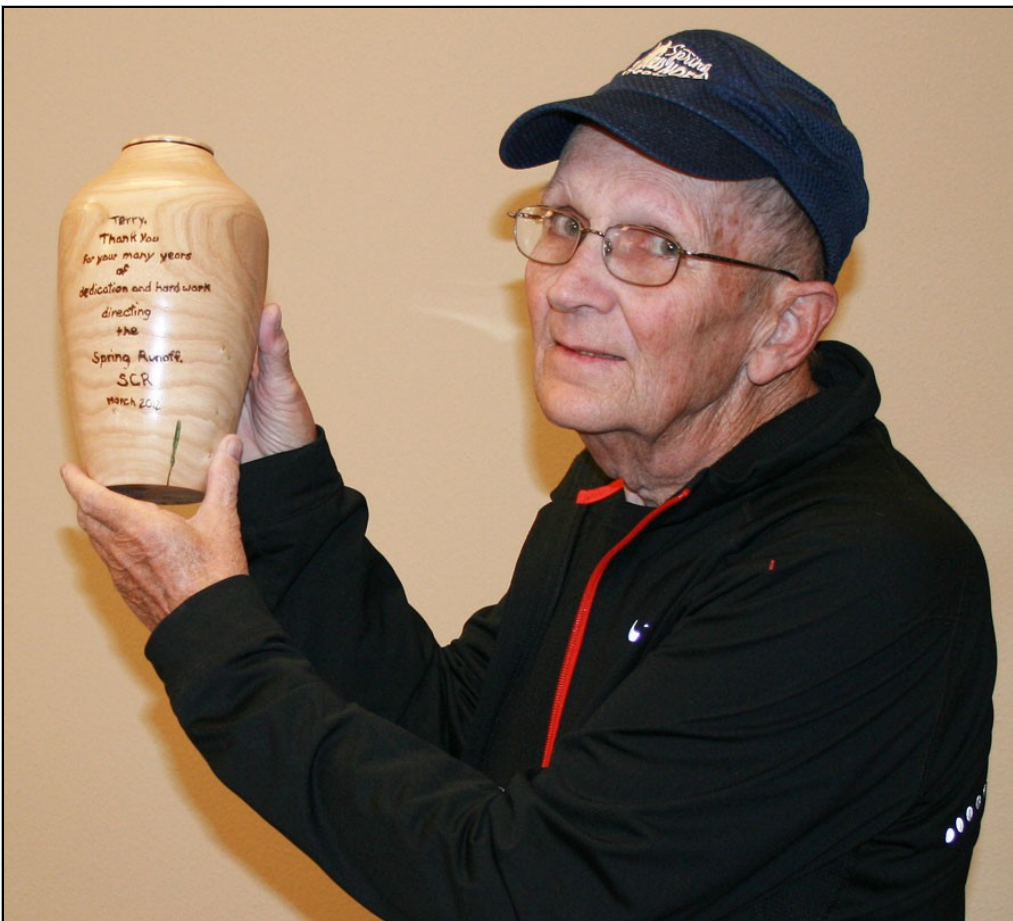
The next Prediction Run will be the Yappy Dog, 8.6 miles, Sunday, May 13th at 8AM. The run is hosted by Ross Barnhart and family at the family home located across the street from the South Mesa Elementary School on 24 1/2 Lane between County Farm Rd and Preston, out on the Mesa. The name comes from the little "yappy" dogs along the course but not to worry, they are fenced up. You're more likely to see cows than dogs. Here is a great opportunity to run where you may have never run before. The run takes place East of Pueblo in the rural area generally referred to as the MESA. After a long straight, paved, and mostly downhill stretch on South Road, the run winds and twists on dirt roads that disguise the uphill portions of the course. It is a beautiful and challenging run on paved and dirt roads and a dirt trail that runs beside an irrigation canal. Two water stops so you don't have to carry water. After the run, stick around for a pot luck brunch. This run is part of the SCR Prediction Series. It is race #5 this year with 7 remaining. Come out and earn your free predict shirt. The race begins and ends at South Mesa Elementary School, 23701 Preston Road. Directions: Head east on Santa Fe Drive, right (south) at 23rd Lane, left (east) on County Farm Rd then turn right at 24 1/2 Lane. The school is on your right. The run starts in the middle of block in front of the school. Host: Ross Barnhart (barnhartaccount@gmail.com)

Women's Distance Festival:

The Women's Distance Festival takes place Sat, June 30th, 7 AM and will have a NEW location this year. It will begin and end at the Pueblo Nature Center. Details soon so mark your calendar.

Garden of the Gods Run:

I read on the Garden of the Gods Facebook page that a 5K has been added to the Garden of the Gods 10 mile run. I can't confirm it, because it doesn't say anything about a 5K on the official web site, but I hope not.



Thank You, Terry!

On March 22 at the Gold Dust Saloon, Terry Cathcart received an award (a handmade vase) at the Spring Runoff debriefing meeting.

The inscription on the vase reads:

Terry,

***Thank you for your many years of
dedication and hard work directing
the Spring Runoff.***

SCR

March 2012

The vase was turned by Bob Sweeney, the pyrography of the inscription was done by Deb Sweeney, and the vase is of Ash.

Congratulations, Terry! Your award is well-deserved.

Photo submitted by Don Pfost.

Current SCR Member List

Name	MshpYear	Type
Rick Acosta	2012	Indv
Riki Lea Acosta	2012	Indv
Siria Aguilar	2012	Fmly
Maria Appenzeller	2015	Fmly
Mike Archuleta	2012	Indv
Kim Arline	2012	Fmly
Cheri Armstrong	2012	Fmly
Jeff Arnold	2012	Indv
Paulette Arns	2014	Indv
Joe Arrazola	2012	Indv
Tracy Atilano	2012	Fmly
Michael F. Atlas-Acuna	2012	Indv
Shelby Austin	2012	Fmly
Dave Banko	2014	Fmly
Eileen Baracz	2012	Fmly
Paul Barela	2012	Indv
Ross Barnhart	2012	Indv
Michael Barris	2012	Indv
Rochelle Beier-Kemmet	2012	Indv
Ana Bentz	2015	Fmly
Pat Berndt	2012	Fmly
Nancie Biery	2012	Indv
Mike Borton	2012	Indv
Marvin Bradley	2012	Indv
Carol Brimmeier	2012	Indv
Susan Campbell	2012	Indv
Sara Cardinal	2012	Fmly
Jan Carroll	2012	Indv
John Castanha	2012	Indv
Terry Cathcart	2012	Indv
Jane Chess	2012	Indv
Daryl Clark	2012	Fmly
Karen Clifton	2012	Indv
Annabelle Corboy	2013	Indv
Tina Corpuz	2012	Indv
Thomas Coseno	2013	Fmly
Eva Cosyleon	2013	Indv
Denise Crepeau	2012	Fmly
Paul DallaGuardia	2012	Fmly
Troy Davenport	2014	Fmly
Trisha Davis	2012	Indv
Dave Dehn	2012	Fmly
Ron Dehn	2014	Fmly
Buffie DeSalvo	2012	Fmly
Anthony Diaz	2012	Indv
Dave Diaz	2012	Fmly
Matt Diaz	2012	Fmly
Dave Dietz	2014	Fmly
Martha Drake	2012	Fmly
Tomas Duran	2013	Indv
Richard Emond	2012	Indv
Joe Farra Jr	2012	Indv
Christa Ferrendelli	2012	Indv
Alice Fitzgerald	2012	Indv
Denise Flory	2014	Fmly
Gary Franchi	2012	Fmly
Misti Frey	2012	Fmly
Marty Garcia	2012	Indv
Wendy Garrison	2012	Indv
Bob Gassen	2012	Indv
Sheri Giordano	2012	Fmly
Charlie Gray	2013	Fmly
Chris Gredig	2012	Indv
Len Gregory	2012	Fmly
Karl Gurule	2013	Indv
Mark Gurule	2012	Fmly
Matt Guy	2013	Indv

Name	MshpYear	Type
Chester Haddan III	2012	Indv
Barbara Hadley	2013	Indv
Richard Hadley	2012	Fmly
Kelly Hale	2012	Fmly
Joan Hamilton	2012	Fmly
Kerri Harbison	2012	Indv
Danny Hardy	2012	Fmly
Marian Heesaker	2012	Indv
Samantha Hernandez	2012	Indv
Lindsey Herrera	2014	Fmly
Chris Holley	2012	Indv
Gary Horton	2012	Fmly
Stanley Hren	2012	Indv
Kieran Hughes	2013	Fmly
Janice Huie	2012	Fmly
Henry Hund	2012	Indv
Jessie Jackson	2012	Indv
Jack Janney	2012	Indv
Troy Johnson	2012	Indv
Rocky Khosla	2012	Fmly
Carol Kinzy	2014	Indv
Mark Koch	2012	Fmly
Paul Koch	2012	Fmly
Heikei Kovacich	2012	Fmly
Dennis Krall	2012	Fmly
Karin Kyte	2012	Indv
Paul LaBar	2012	Fmly
Ron LaFreniere	2012	Indv
Paul Larson	2012	Fmly
Elizabeth Laughlin	2012	Indv
Diane Lopez	2013	Fmly
Laurice Lopez-Cepero	2012	Fmly
Shawn Loppnow	2013	Fmly
Robert Lucero	2014	Fmly
Regie Marquez	2012	Indv
Jim Martinez	2012	Fmly
Marijane Martinez	2012	Indv
Maryvonne Mauprivez-Mack	2012	Indv
Paula McCabe	2012	Fmly
Darren McCall	2012	Fmly
Ruth McDonald	2012	Indv
Sean McGivney	2012	Fmly
Becky Medina	2012	Fmly
Vicki Meier	2012	Fmly
Mike Messick	2012	Fmly
Nancy Mitrick	2012	Indv
Susan Montez	2012	Indv
Gloria Montoya	2012	Indv
Donald Moore	2014	Fmly
Sam Morris	2012	Fmly
Danny Nelson	2012	Fmly
Donna Nicholas-Griesel	2012	Indv
Cindy Nicolay	2012	Fmly

Name	MshpYear	Type
Robert O'Callaghan	2012	Indv
Michael Orendorff	2012	Fmly
Peggy Oreskovich	2012	Indv
Humberto Paredes	2012	Fmly
Gayle Perez	2012	Fmly
Juanita Peters	2013	Indv
John Petersen	2012	Indv
Don Pfost	2013	Fmly
Mary Porter	2012	Fmly
Priscilla Portillos	2012	Indv
Marc Pratarelli	2012	Fmly
Diana Quattlebaum	2012	Fmly
Jessie Quintana	2013	Indv
Robert Quintana	2014	Fmly
Brian Rayburn	2012	Fmly
Jandalyn Reddick	2012	Indv
Roberta Reyes	2012	Indv
Mark Rickman	2012	Indv
Justin Ricks	2012	Fmly
Michelle Riddock	2012	Indv
Carlos Rivera	2013	Fmly
John Roman	2012	Indv
Kerry Roman	2012	Fmly
Ashlee Romani	2012	Fmly
Brian Ropp	2012	Fmly
Reginal Rudolph	2012	Fmly
Robert Santoyo	2012	Indv
Meg Scarlett	2013	Fmly
James Schwartzberger	2012	Indv
Beverly Skroch	2012	Indv
Terra Spinuzzi	2012	Indv
Joe Stommel	2012	Fmly
Tammy Stone	2012	Indv
Bob Stuemky	2012	Indv
Jon Teisher	2012	Indv
Michael R. Theis	2014	Indv
Jerry Tiller	2012	Fmly
Roberto Torres	2012	Fmly
Ben Valdez	2012	Fmly
Bobby Valentine	2012	Indv
M. Edmund Vallejo	2012	Indv
Marilyn Vargas	2014	Fmly
Bill Veges Jr	2012	Indv
Lallo Vigil	2012	Fmly
Robert Vigil	2012	Fmly
Lawrence Volk	2012	Indv
Dennis Wait	2012	Fmly
Steven Wall	2014	Fmly
Carrie Watson	2014	Indv
Allen Weaver	2012	Fmly
Laura Wehrwein	2012	Fmly
Kallene West	2012	Fmly
Ross Westley	2015	Indv
Helen Whitener	2013	Indv

Thank you to all of our new and renewing members! This list shows the current database of member names, year the membership will expire, and type of membership (Individual or Family). Please contact our membership chair, Maria Elena Weaver, with any questions or concerns. She can be reached via email at membership@socorunners.org

April 2012 Meeting Minutes

By: Mike Archuleta

DATE: April 4, 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

Predict Series: Dave Diaz and Don Pfof will take over the Predict Series.

P.O. Box Purchase: Recommendation to have P.O. box for the club.

Chip Timing System Purchase: Paul talked about the club purchasing chip timing for the club. Look at the system that interfaces with the race director system.

No new race contracts for the meeting.

Look for battery for the old clock.

Volunteers: Add the young runners who assist with races to the volunteer point system.

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 and Spring Runoff.

Newsletter: Laura Wehrwein

Membership Chair: Maria Elena Weaver

Total = 177

Individual memberships = 87

Family =

148 Colorado runners subscribers

Webmaster: Paul LaBar

Paul report update on placing Google calendar on the website. The new web-

site is up and working.

Race Calendar: Dave Diaz

Dave reported update on the races for the year.

Predict Series: Don Pfof

Don talked about the Ramsgate Predict.

UPCOMING RACES / EVENTS

Diabetes Prevent-A-Thon, June 3, Sayra Bassett:

Sayra talked about the race logistics for the race. Mike Archuleta will be the race liaison.

Hospice House Run, TBD, Leslie Nazario:

Leslie talked about hospice house race . The race will be outside and walk inside in the state fair event center building. Still looking for date for the event.

Ramsgate 8, April 14, Don Pfof:

Don Pfof will host the predict event . Everything is set for the 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:

Todd reported on the run. The course will be the same as previous years. The will be post race celebration after the race. There are 300 plus runners signed up for the course. Packet pick up the day before the race.

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. The race is setup with volunteers.

All Fun Run, April 28, Shannon:

The race is scheduled for April 29th for city employees. The logistics for the race were discussed. The race will at Lake Minnequa .

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

Liz reported everything is for the race. SCR member Marilyn will help with the finish line and results. Last year's race had over 300 participants.

Cinco de Mayo Run, May 5, Hilbert Navarro:

Link to sign up on the SCR website.

Boys and Girls Club Run, October 13, Becky Medina:

Becky requested race assistance for the Boys and girls club race. The race is on the calendar .Becky will send in the race request.

Adjourn @ 820 pm.



Mike Archuleta

Gold Dust Saloon

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AVENUE HISTORIC DISTRICT

217 SOUTH UNION
PUEBLO

SOUTHERN COLORADO RUNNERS
P.O. Box 8026
Pueblo, CO 81008

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If you move, let us know!

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

'Like' Our Facebook Page:

www.facebook.com/SoCoRunners

Visit our Web Site:

www.socorunners.org

Join us at a monthly meeting!

Date: June 6 (First Wednesday of each month)

Time: 6 pm (SCR Club business),
7 pm (General business)

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

Contact Information

president@socorunners.org
secretary@socorunners.org
treasurer@socorunners.org
membership@socorunners.org
newsletter@socorunners.org
calendar@socorunners.org
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webmaster@socorunners.org



Runners line up for the Ramsgate 8 Predict Run on April 14, 2012. Photo submitted by Don Pfof.