



Footprints

Southern Colorado Runners

June 2012

Volume #341, Issue #5

Editor: Laura Wehrwein

Miracle Marathon By: Roger Giordano

In early December of last year, my wife, Sheri, and I were watching the Biggest Loser. The contestants were running a marathon. I said to her, "If they can do it, surely we can do it". After a brief discussion in which I suggested we think about it for a while, Sheri went to the computer and signed us up for the Colorado Marathon in Ft. Collins. "It fills up fast," was all she said as she logged in.

Next thing I know, it's January and our training is starting. Having just completed the Rock Canyon Half (the first half marathon for both Sheri and me) we had a good foundation on which to build. The first few weeks weren't too terrible as we had gone these distances before. When we started getting into the 16, 17, and 18 mile runs, the reality of running 26.2 set in!

Being the typical guy that I am, I had chosen a more advanced training plan. Some-

how I had come up with the idea that I might qualify for Boston in my first try. This idea was bolstered by Mark Gurule who had not only qualified in his first attempt, but is actually going to Boston next year and invited me to join him. The pressure was on! Now, being primarily a 5K guy, I like to run everything fast. I soon found out that running 18 and 20 miles too fast will get you into trouble quickly, or fast, so to speak. I ended up walking parts of the last two miles on both of these long runs. Thankfully I received a ton of good advice from veterans like Michael Orendorff, Dave Diaz, Marijane Martinez, Peggy Oreskovich and Darryl Clark, to name a few. My next long run was more evenly paced and properly fueled and hydrated. In the end, though, their advice may have come too late, as I developed IT Band Syndrome four weeks before the big day, possibly the result of overtraining.

Sheri, on the other hand, was chugging along superbly. Unlike me, she had not set any lofty, unattainable goals. Her only mission was to finish (actually, finishing a marathon is quite a lofty goal). That's not to say training didn't leave a mark or two on her as well. As any serious distance runner knows, the occasional queasy



Sheri and Roger Giordano at their first marathon.

tummy, small blister or black toenail is all part of the experience. Also, if your shirt has a seam in the wrong place or your water belt isn't positioned just so, you may end up with a nasty little chafe burn to remind you of how long you were out there moving. This was the case on Sheri's first 17 miler. Her shirt collar rubbing for three hours created a raw area on her neck. Upon further examination, she no-

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Editor's Note by: Laura Wehrwein

Happy June to all of you! Please accept my apology for botching up the 2012 Member List in last month's newsletter. I failed to include Marvin Jones and Todd Kelly. I just wanted to mention their names to let everyone know they are full-fledged group members.

In addition, we have 2 new members to report this month:

Bryce Hiigel Individual 2012
Michael Furl Individual 2012

Happy trails to all of you!

Laura

Happy June Birthday!

- 3 Jacqueline Wall
- 4 Michael Furl
Michelle Highfill
Molly Hadley
- 5 Lew Fox
- 6 Maria Appenzeller
- 7 Kerri Harbison
- 8 Robert Lucero
Shawn Borton
- 9 Samantha Davenport
Travis Garcia
- 10 Jaylen Vargas
- 11 Sean McGivney
- 13 Roberto Torres
Lucas Flory
- 14 Janice Huie
Denise Ricks
- 16 Joseph Bentz
- 18 Joe Arrazola
- 19 Paul DallaGuardia
Mike Archuleta
- 20 Donna Nicholas-Griesel
Dave Banko
Kira Hughes
- 21 Carol Brimmeier
Retzio Gredig
Cindy Nicolay
- 22 Danny Hardy
- 23 Ron LaFreniere
- 24 Laurice Lopez-Cepero
- 26 Tina Corpuz
- 27 Rachel Highfill
Robert Hamilton





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



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

SCR Mailing Address:

P.O. Box 8026

Pueblo, CO 81008

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

"Footprints" Volume No. 341, Issue No. 5

"Footprints" is the newsletter produced monthly by, about, and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

Postmaster: Please send address changes to "Footprints" c/o Southern Colorado Runners at P.O. Box 8026, Pueblo, CO 81008.

Current SCR Officers

President	Paul LaBar	719-201-5443
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Secretary	Mike Archuleta	
Treasurer	Paulette Arns	719-647-9174

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Stuffing Coordinator	Marilyn Vargas	
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Web Master	Paul LaBar	719-201-5443
Calendar Keeper	Dave Diaz	

Contributing Writers / Photographers: Dave Diaz, Allyson Neal, Jeff Arnold, Shelley Riddock, Gary Franchi, Donald Moore, Roger Giordano, Maria Elena Weaver, Don Pfost, Bianca Hicks, Dave Diaz, Ross Barnhart, Mike Archuleta.

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.

Mile Monday by: Allyson Neal (Article and photos submitted by Jeff Arnold)

My name is Allyson Neal. I am in 1st grade at North Mesa Elementary School. My teacher is Mrs. Drury. Mrs. Menegatti teaches P.E. and Mr. Howes is the principal. I participate in Mile Monday at school. I like to get in shape with running. It is fun to run with my friends during Mile Mondays. It makes me feel better. It makes me healthier. I like to see how much better I do each Monday.

We are allowed 30 minutes a week to see how many laps we can make. We are awarded for how many laps we can get. I ran 40 miles for the school year. I am proud of myself.

Editor's Note:

Ally recently ran the Fun-ner To Be a Runner Race, as well as the Angels Among Us 5K. Awesome job, Allyson! We are proud of you!



Above Photo: Allyson Neal

Right Photo (Front row, L to R): Hayley Bond—1st grade, Ally Neal (black shirt)—1st grade, and Delaney Bond—1st grade.

(Back row, L to R): Anthony Pisciotta—5th grade, Melina Faris—4th grade, and Sidney Purkey—5th grade.

Melina Faris was the 7th female overall in the Spring Runoff and completed the Angels Among Us 5K in 23:02.



Newsletter Quiz!

On whose happy feet can these shoes be found?

Answer on page 10.

Photo submitted by Gary Franchi.

Fowler Sprint Triathlon — August 11

Enjoy a remarkable course that begins with a 500yd (down & back nine times) in Fowler pool followed by an 8.1-mile bike ride (bike helmet mandatory) through the scenic Eastern Plains countryside. A 4-mile run ending at Fowler Park will conclude the race at which point we ask you to join us for breakfast and fun.

Date: Saturday, August 11, 7:00 am

Cost: Individual Entry Fee: \$45 person (shirt + goodie bag)
(Registration closes July 20th)

Team Entry Fee (teams of 3): \$25 per person (shirt only) Race limited to 100 individuals and 40 teams.

General Information: Make Checks Payable to: Fowler Baseball. Turn in forms to Town Hall or mail to: Scott Epperly, 1015 S. Main Street, Fowler, CO 81039. Call Scott Epperly at 224-221-9183 with any questions. Entry fees are non-refundable and non-transferrable. The race committee reserves the right to cancel the race in the event of extreme weather conditions. Entry fees will be refunded only if the race is canceled due to weather.

Miracle Marathon By: Roger Giordano

(Continued from page 1)

ticed that the right side of her collarbone protruded more than the other. That led to a doctor visit and a life changing discovery.

“Unfortunately the biopsy shows that you do have thyroid cancer.” Dr. Hickson delivered the news as gently as anyone could, but those words grab the soul with an icy hand. “Cancer. But I am healthy. I’m a runner. Am I going to die? I’m too young for this. Will I lose my hair? I have a marathon to run next week!” A thousand thoughts went through our minds all at once. Initially this was devastating news. We learned that thyroid cancer treatment is highly successful and doesn’t involve chemotherapy. Surgery, however, would be required and was scheduled for the Tuesday following the big run.



Sheri and Roger Giordano at their first marathon, along with their friends. Left to right: Mark Gurule, Roger Giordano, Sheri Giordano, Marijane Martinez, Gloria Montoya, Diane Lopez and Debbie Gurule.

The weekend of the marathon was unforgettable. We arrived in Fort Collins on Saturday and met with some of our fellow Pueblo contingency for packet pickup and pasta dinner. Sleep that night was not easy, partly because my alarm went off every hour starting at 12:15. The lesson here is always use an alarm you are familiar with for important events. The 4:00 a.m. bus ride up Poudre Canyon (similar to the hourly alarm) was eye opening. It was difficult to believe we were about to re-trace this route on foot. Nevertheless, an hour later we were at the start line, our spirits high, ready to embark on the 26.2 mile journey of a lifetime. I don’t say that lightly, either, because you only do your first marathon once in your life. It turned out to be an incredibly emotional experience for Sheri and me. Not much can equal the fulfillment of running down the finish chute, having gone the distance, with hundreds of people, including some good friends, clapping and cheering you home.

People run races for a variety of reasons. For some it’s the competition. Others have a cause or are inspired by some individual or a story

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(Continued from page 4)

they may have read. You name it and somebody will run because of it. Sheri and I simply wanted to scratch this one from the bucket list. Little did we know when we signed up that this would be a “miracle marathon” for us. Had we not done it, Sheri never would have run 17 miles and her cancer may not have been discovered before it spread further (it had spread to the lymph system already and required the removal of a portion of her jugular vein). So, going forward, I will add cancer awareness to the reasons I run. We lost a good friend to lung cancer the day before Colorado so he and my wife were on my mind and in my heart for those three hours and thirty seven minutes that Sunday. I’ll admit Boston snuck in there too, although I missed qualifying by more than seven minutes.

For Sheri, the finisher’s medal around her neck wasn’t as rewarding as the post race hugs from all of her good friends. Some unbreakable bonds were formed by the genuine encouragement and support exhibited by all of our fellow runners throughout the training and running of our first marathon. The thing that stood out most for me was waiting at the finish for Sheri to come in. The level of emotion was overwhelming. I saw old timers, first timers, moms running with sons, and daughters running with dads. I saw proud parents gather up their small children and teary-eyed spouses accompany them across the finish. Some had messages written on their bodies, one ran with a prosthetic leg and, of course, one that would have cancer surgery two days later. I will forever remember the camaraderie, sportsmanship, joy and love of life on display that day. My guess is every *marathon* has its share of miracles.

Special thanks to Mark Gurule for his 10K age group win in Sheri’s honor (as promised), Debbie Gurule for running the last mile of the marathon with Sheri, Peggy Oreskovich, Stacey Diaz and Carrie Franchi for training run support. Thanks also to Kris Spinuzzi and Carmen Perez (they drove to Fort Collins from Pueblo on race morning), Marijane Martinez, Gloria Montoya, Diane Lopez, Mark and Deb Gurule for “being there”!



Sheri and Roger Giordano at their first marathon.

Liberty Point 5K Run/Walk — July 4, 2012 by: Bianca Hicks



United Way of Pueblo County, Snap Fitness 24/7, the Pueblo West Metropolitan District and Pueblo West Chamber of Commerce will host the **5th Annual Liberty Point 5K Run/Walk** in coordination with the Pueblo West 4th of July festivities on **Wednesday, July 4, 2012**. This year's race is sponsored by Health Access Pueblo and Parkview- Pueblo West Emergency Services. The whole commu-

nity is invited to come out and enjoy a brisk walk or run with family and friends, while also supporting United Way of Pueblo County- helping many people in need right here in Pueblo County!

Participants will run/walk south to Liberty Point and then circle back to the start location (intersection of Joe Martinez and Purcell Blvds). A special plaque will be presented to the overall male and female winners and placement medals will be given for the first and second place males and females in each age division (walkers and runners). Walkers and runners of all ages are welcome and encouraged to attend. Last year, more than 520 people participated in the race. This year's event will feature new improvements, including an easy, online registration process at no additional cost to participants and state-of-the-art chip timing provided by RaceRite in an effort to streamline registration and results.

Participants are very strongly encouraged to preregister ahead of the race to simplify the process the morning of and to save money. Preregistered participants will also receive a custom giveaway item (2 item maximum per family registration) and a 30-day Snap Fitness 24/7 membership! A **pre-race preregistered packet pickup** has been added for the 2012 event and will be held **Tuesday, July 3, 2012 from 10am to 6pm at 2631 E. 4th Street, Pueblo, CO 81001** (City and County Housing and Human Services building).



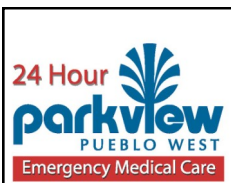
Interested participants can preregister through 12pm, noon on July 2nd online or by filling out and submitting a paper registration. Online registration is available at www.prrace.com/races/event/39261 or www.pueblounitedway.org. Paper forms may be picked up or dropped off at Snap Fitness 24/7 (198 S. Purcell Blvd, M-F 10am – 5pm), the Pueblo West Metro District (109 E. Industrial, M-F 8am – 5pm), the Pueblo West Chamber (7 E Spaulding, M-F 10am – 3pm), Pueblo West Parks and Recreation (340 E Hahns Peak, M-F 7am – 4:30pm) or United Way. A preregistration form is also included in this newsletter edition. Preregistration cost: \$15 per person or \$35 for a family registration. Credit card payments will be accepted at no extra cost through online registration. **All preregistrations (paper and online) must be received no later than 12pm, noon on July 2.**

Participants may also register the morning of the race from 6:15 – 7:00am. Race day registration will close promptly at 7am. However, preregistration is strongly encouraged. Race day registration cost is \$25 per person or \$50 maximum for a family registration. Credit card payments will not be accepted at race day registration.

After the race, be sure to stick around and enjoy the other fun Pueblo West 4th of July festivities. For more information on the Pueblo West 4th of July activities, contact the Pueblo West Chamber of Commerce at 719-647-9086.

All proceeds benefit United Way funded programs. Last year, programs funded by United Way of Pueblo County provided more than 110,000 units of service to those in need in Pueblo County. This is made possible through generous contributions to United Way, along with proceeds from events like the Liberty Point 5K Run/Walk. Visit UWPC's website for a complete listing of the many organizations who receive funding and to find out how you can make a difference through giving or volunteering.

United Way of Pueblo County would like to thank the many partners of this event and the Southern Colorado Runners Club for their continued support and outstanding collaboration! For more information, please contact United Way at 719-583-4455 or visit www.pueblounitedway.org.



Yappy Dog — Prediction Run #4 Results by: Don Pfost

5/13/2012 - 8.6 Miles

Place	Name	Predict	Actual	Difference	Points	Pace
1	Samantha Hernandez	1:30:00	1:29:08.17	00:51.83	100.00	0:10:22
2	Paul DallaGuardia	1:11:44	1:10:40.69	01:03.31	96.55	0:08:13
3	Marijane Martinez	1:30:00	1:31:08.04	01:08.04	93.10	0:10:36
4	Wendy Garrison	1:30:00	1:31:08.41	01:08.41	89.66	0:10:36
5	Paulette Arns	1:27:00	1:28:08.44	01:08.44	86.21	0:10:15
6	Rich Hadley	1:05:00	1:03:34.83	01:25.17	82.76	0:07:24
7	Annie Tiffany	1:36:00	1:34:18.10	01:41.90	79.31	0:10:58
8	Diane Lopez	1:36:00	1:34:16.07	01:43.93	75.86	0:10:58
9	Anthony Diaz	1:18:00	1:16:03.00	01:57.00	72.41	0:08:51
10	Dave Diaz	1:08:00	1:05:57.03	02:02.97	68.97	0:07:40
11	Darryl Clark	1:11:00	1:08:51.63	02:08.37	65.52	0:08:00
12	Donald Moore	1:11:00	1:13:12.12	02:12.12	62.07	0:08:31
13	Emily Diaz	1:20:00	1:17:36.96	02:23.04	58.62	0:09:02
14	Humberto Paredes	1:06:00	1:03:27.49	02:32.51	55.17	0:07:23
15	Debbie Gurule	1:21:00	1:15:45.59	05:14.41	51.72	0:08:49
16	Matt Diaz	1:10:00	1:04:37.09	05:22.91	48.28	0:07:31
17	Peggy Oreskovich	1:15:00	1:09:08.86	05:51.14	44.83	0:08:02
18	Mark Gurule	1:09:00	1:03:05.01	05:54.99	41.38	0:07:20
19	Charlie Gray	1:05:00	0:58:06.46	06:53.54	37.93	0:06:45
20	Stacey Diaz	1:25:00	1:17:37.43	07:22.57	34.48	0:09:02
21	Rick Hardy	1:42:00	1:34:18.36	07:41.64	31.03	0:10:58
22	Kris Spinuzzi	1:19:00	1:11:02.63	07:57.37	27.59	0:08:16
23	Becky Medina	1:19:31	1:11:02.19	08:28.81	24.14	0:08:16
24	Marge Gray	1:20:00	1:11:24.83	08:35.17	20.69	0:08:18
25	Roberta Reyes	1:47:00	1:37:45.41	09:14.59	17.24	0:11:22
26	Bill Veges	1:22:00	1:11:02.63	10:57.37	13.79	0:08:16
27	Frank Garcia	1:20:00	1:07:49.16	12:10.84	10.34	0:07:53
28	Bob Veges	1:22:00	1:04:40.92	17:19.08	6.90	0:07:31
29	Rick Acosta	1:40:00	1:15:16.21	24:43.79	3.45	0:08:45

Volunteers: Race Director: Ross Barnhart
 Water Stops, Course Marshals, etc.: Ross' Extended Family
 Finish Line: Don Pfost, Lois Pfost, Mary Jones
 Results: Don Pfost



Left and Above: Runners at the Yappy Dog Predict Run on May 13.
Right: Yappy dog?

2012 Race Calendar

By: Dave Diaz

JUNE

Sat, Jun 02	8:00 AM	Run for Rio	5K	Rye High School, Rye CO	Jeff Arnold 719-947-3682
Sun, Jun 03	8:00 AM	Diabetes Prevent-a-Thon	5K	CSU-Pueblo Campus	pueblodiabetes.org
Sun, Jun 10	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	gardenentmile.com
Sat, Jun 16	7:00 AM	Sailin' Shoes	5K, 10K	Colorado Springs	
Sat, Jun 16	8:00 AM	FIBArk Road Race	5K, 10K	Salida, CO	fibark.net
Sun, Jun 17	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
Sun, Jun 17	8:00 AM	Arroyito Lake View #6	5M	Pueblo West	socorunners.org
		SCR Club Run @ 1253 Calle Arroyito, Pueblo West, CO			
Sat, Jun 23	8:00 AM	Run/Walk for the Animals	5K	PAWS for Life Offices	Ruth 719-251-3189
Sat, Jun 23	10:00 AM	Older Than Dirt 5K	5K	City Park, La Veta, CO	Jennifer Nackerud 719-742-5496
Sat, Jun 23	Noon	Whitewater Adv Race	5K	Canon City, CO	Canon City Rec
Sat, Jun 30	7:30 AM	Women's Distance Fest	5K	Nature Ctr of Pueblo	socorunners.org

JULY

Wed, Jul 04	8:00 AM	Liberty Point	5K	Pueblo West, CO	Bianca Hicks 719-583-4455
Sun, Jul 8	7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
Sat, Jul 14	8:00 AM	Mosaic Run	5K	Pueblo West	mosiacyouth.com
Sun, Jul 15	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	runpikespeak.com
Sat, Jul 21	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
Sat, Jul 21	6:00 PM	Shawn's Shuffle #7	4M	Regency Park Area, Pueblo	socorunners.org
		SCR Club Run @ 1 Glenroyal Ct, Pueblo, CO			
Sat, Jul 21	7:00 AM	State Games Tri	750M,20K,5K	Prospect Lake, CS	coloradospringssports.org
Sun, Jul 29	7:30AM	State Games 5K	5K	Colorado Springs	coloradospringssports.org

AUG

Sat, Aug 4	8:00 AM	Beulah Challenge	5K, 10K	Beulah, CO	beulahchallenge.blogspot.com/
Sat, Aug 4	8:00 AM	Danapalooza	5K	Canon City, CO	danapalooza.com
Sat, Aug 11	8:00 AM	Up Down, All Around#8	5M	Pueblo West	socorunners.org
		SCR Club Run @ 353 Acansa Drive, Pueblo West, CO			
Sat, Aug 11	8:00 AM	Fowler Sprint Triathlon	525 yd/8M/4M	Fowler, CO	719-263-4053
Sat, Aug 18	7:30AM	Early Bird 5K	5K	Minnequa Lake	719-542-9299
Sat, Aug 18	8:00 AM	Tinman Tri	500yd/14M/5K	Lamar, CO	719-336-2774 Lamar Prks & Rec
Sat, Aug 18	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	pikespeakmarathon.org
Sun, Aug 19	7:00 AM	Pikes Peak Marathon	26.2M	Manitou Springs, CO	pikespeakmarathon.org
Sat, Aug 25	8:00 AM	Run-4-Trails	5K, 5M	Sierra Vista Elem Sch, PW	719-647-1230

SEPT

Sat, Sep 1	7:00 AM	Tenderfoot Mtn Triathlon	1K/40K/10K	Salida, CO	www.salidarec.com
Mon, Sep 3	6:30 AM	American Discovery Trail Mar	Mar & half	Colorado Springs, CO	PPRR
Sat, Sep 8	8:30 AM	OJC Rattler Run	5K	La Junta, CO	almabeth.kaess@ojc.edu
Sat, Sep 8	7:30 AM	Skyline Drive	10K	Canon City, CO	Canon City rec
Sat, Sep 16	7:30 AM	South Shore Adventure #9	10K	South Shore Trails	socorunners.org
		SCR Club Run @Lake Pueblo-South Shore Trails			
Sat, Sep 22	7:00 AM	Denver Rock n Roll Marathon	Mar & half	Denver, CO	runrocknroll.competitor.com
Sun, Sep 23	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189

OCT

Sat, Oct 6	9:00 AM	Lion's Roar	5K	City Park	
Sat, Oct 6	8:30 AM	Royal Gorge Run	5K, 10K	Canon City, CO	rimtorim.net
Sat, Oct 13	9:00 AM	Boys & Girls Club	5K	Lake Minnequa	positiveplaceforpueblkids.org
Sat, Oct 20	4:30 PM	Harvest Run 5K-Predict #10	5K	Lake Minnequa	sacorunners.org
Sun, Oct 21	?	Run 4 Kicks	5K	Langoni Soccer Fields	

NOV

Thu, Nov 22	9:00 AM	YMCA Turkey Trot	5K	Pueblo YMCA	puebloymca.org
Sat, Nov 24	9:00 AM	Temple Canyon 4M-Predict #11		Temple Canyon-Canon City	sacorunners.org

DEC

Sat, Dec 1	9:00 AM	Rock Canyon Half Marathon	13.1M	Pueblo City Park	sacorunners.org
Sat, Dec ?	9:00 AM	It's a Wonderful Run-Pred #12	4M	Sunset Park	sacorunners.org

CALENDAR NOTES

Prediction run #7, the "Arroyito Lake View" will take place at 8 AM on Sunday, June 17, 2012 at the Pueblo West home of Humberto and Zarela Paredes, 1253 Calle Arroyito. If you missed the inaugural run last year you missed a beautiful run. The run begins at Humberto's home but his home is close to the trails on the North side of the reservoir and you very quickly find yourself running on single track trails on the north side of the reservoir. Last year was the first time I had ever run on these trails and I loved it. Humberto promised some slight changes in the course for 2012. Carry your own water and visit socorunners.org for a map to Humberto's home. Remember run 5 predict races and earn a technical shirt at the awards banquet next January. The race, as always, is free..one of the many perks of being an SCR member.

Last month, I had the wrong date listed for the State Games Triathlon in Colorado Springs. The correct date is Sat, July 21, 2012. It will be held at Prospect Lake in Memorial Park but the transition area will be on the NORTH side of Prospect Lake. Should be interesting. This year the kids go first.

Thank you to Ross Barnhart and family for putting on an excellent "Yappy Dog". The course was well marked, the weather was perfect for running and the food was delicious. We had 29 finishers. Congratulations to winner Samantha Hernandez who missed her predict by only 51 seconds. Thank you to volunteers to Don & Lois Pfost and Marv Jones for helping at the finish and to Michael Orendorff for being lead bike.

Speaking of volunteers, we can use help at the finish line for the next predict run, which is June 17th at Humberto's home. Darryl Clark has offered to help but we could use a couple more. If you volunteer we'll even count it as one of your 5 races towards earning a shirt. Think about it, it's not hard and it gives others a chance to run. I think we enough have help for Shawn's Shuffle #7 on July 21, but we need volunteers for the "Up, Down & All Around" #8 on Aug 11. Let me know if you can help... calendar@sacorunners.org

The Beulah Challenge is returning this summer on Aug 4th in Beulah, CO. It's going to be a 5K/10K run plus a walk, it's the same weekend as the annual Beulah Arts and Crafts Festival and the SCR is thinking about reviving the summertime picnic on that day in Beulah. We'll let you know when/if the picnic is confirmed so save the date. If you are interested in helping, especially, in planning activities for the picnic let us know. Thanks.

Finally, here's a late addition to our calendar. The little town of La Veta, CO, is having a 5K! The Older Than Dirt 5K takes place on Saturday, June 23 at 10 AM in La Veta's City Park. The cost is \$25 per person, which includes a t-shirt and lunch, plus live entertainment. The race benefits La Veta Rotary and Francisco Fort Museum. Call 719-742-5496 for registration.



Invisible by: Maria Elena Weaver

Many of us have read the book, “Born to Run” and Ron Dehn's review in our newsletter, so you may be familiar with the “barefoot” running movement. I've always been a minimalist, so the idea of less anything is usually very attractive. Minimalist may be a euphemism for cheapskate, which in my case rings true. In the book, the author reports that the priciest and most padded shoes were the ones causing runner's injuries. I figured that my lack of running injuries may be due to the cheap shoes I tend to buy which have little padding and don't restrict foot movement. So the thought of less shoe has been tempting.

Since I don't like to shell out the big bucks for running shoes, the Vibram frog looking shoes didn't appeal to me. They just seemed like a money making gimmick which would eventually be copied by other manufacturers and come down to my shoe budget limits. I haven't checked lately but I imagine they are still over \$100 a pair.

Imagine my surprise when my son Jesse, showed me his new “Invisible” shoes during a Skype call. Heck, for \$30 plus shipping and handling, I was ready to give them a try. About four days later, in the mail came two foot shaped soles with holes on the sides for the cord provided and a hole punching tool to make the third hole as in a flip-flop sandal. They are called “huaraches” and if you go to www.invisibleshoe.com you'll get all the information you'd want, including multiple ways of lacing and tying the sandals. They are attractive in their minimalistic way too. I got the brown cords but there are lots of color choices for the wilder runners.

They are great on packed dirt, such as we have at lake Minnequa, in Denver at a park near my daughter's place and on paved roads. The river trail in Trinidad is all cement and that hasn't worked so well for me. I've tried them a few times and found that they make it easier to run uphill but are tricky on downhills, especially if it is warm out. My calves get a great work out since I have to change my running form to land on bent knees. There's information on the website about that too.

I will keep trying them whenever we travel and find good trails to run. It would be good to hear from other SCR members who've tried them.



Maria Elena Weaver models her “Invisible” Shoes.

Quiz Answer

And, speaking of shoes, whose fashion-forward shoes were pictured on page 3?

Drum roll please...

The shoes can be found on the feet of Shelley Riddock. Great shoes, Shelley!

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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.



SCR runners enjoy the Yappy Dog Prediction Run on May 13, 2012.

Photo submitted by Ross Barnhart.