



Footprints

Southern Colorado Runners

July 2012

Volume #341, Issue #6

Editor: Laura Wehrwein

Tough Mudder By: Matt Diaz

For the past year, I and 13,000 other lunatics have been looking forward to an event known as the Tough Mudder. As a personal trainer, six months ago, I was asked by one of my clients, "If I qualify for the World's Toughest Mudder, will you do it with me?" So immediately, my response was not only "how" does one qualify, but probably more importantly, "I thought it was the Tough Mudder, what is the World's Toughest Mudder?" Two questions any reasonable man would ask, unfortunately, the reason stopped there.

So the first answer seemed straight forward enough, at least in theory. Finish in the top 5% of your Tough Mudder event on your specific day and you will be invited to the World's Toughest Mudder, an eight mile loop



Matt emerging from the "Arctic Enema".

with 40 obstacles and 24 hours to complete as many loops as possible at the end of the year.

So before I could even fathom the WTM, I had to annihilate the Tough Mudder which was scheduled in Colorado on June 9th & 10th, 2012 in Beaver Creek.

So my research began. When you find yourself on the TM website you find the following:

"Tough Mudder - PROBABLY THE TOUGHEST EVENT ON THE PLANET. Tough Mudder events are hardcore 10-12 mile obstacle courses designed by British Special Forces to test your all around strength, stamina, mental grit, and camaraderie. With the most innovative courses, half a million inspiring participants, and more than \$3 million raised for the Wounded Warrior Project, Tough Mudder is the premier adventure challenge series in the world."

Again, sounds easy enough...until you watch the accompanying video that shows you exactly what the Tough Mudder is all about. The video starts with the opening narration, "We came from all over the country, for one reason, and one reason only! To prove that if you can do this, you can do anything you set your heart and your mind to, WE ARE TOUGH MUDDERS!" Following the narration are music and clips of TM events from all over

the world. You see Mudders

of all shapes and sizes, age groups and even those on crutches or with prosthetic appendages, those Wounded Warriors. You get a glimpse of the various obstacles and the faces of those enduring. To this day, the video leaves me inspired, motivated, and ready to put my head through a brick wall (of which, I am not sure if I should be concerned or not).

I was in! So I decided to save a brick wall and transfer my energy into my training. It started on January 1st, along with all of our resolutions for the new year. My father taught me that the will to win is nothing without the will to prepare. So I went to my workout video collection and blew the dust off the cover of the only video that was suitable for the task: "Insanity". Now more than ever the name was appropriate. I decided that this time, I was going to make it through

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Editor's Note by: Laura Wehrwein

Happy July, runner friends! If you haven't already done so, be sure to read Matt Diaz' cover story. What a story! I'm not sure if I'm up to that sort of challenge just yet.

We have one new and one renewing member to report this month:

Cheryl Cook-McCoy, individual membership

Diana Maal, family membership

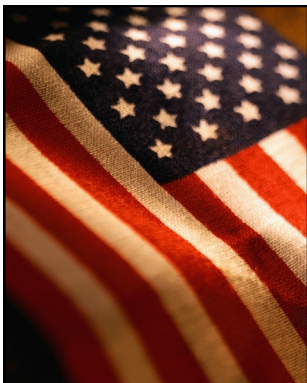
Finally, may all of the folks who have been affected by the Waldo Canyon Fire be granted hope, relief and peace.

Keep on running, my friends.

Until next month, Laura

Happy July Birthday!

1	Philip Quattlebaum	15	Chris Holley
	Marijane Martinez		Riki Lea Acosta
	Marty Garcia		Kevin Hughes
2	Don Pfost	17	Dave Dietz
3	Sandy Reinsch		Regie Marquez
	Megan Crepeau	18	Dennis Wait
	Ralph Corpuz Jr.	19	Todd Kelly
4	Emily Diaz	20	Mira Roman
	Zarela Vidal-Paredes		Bill Veges Jr.
	Donald Moore	22	Marian Heesaker
7	Linda Garcia		Lindsey Herrera
	Rachel Appenzeller		Carrie Watson
9	Tyler Kovacich		Zane Khosla
12	Joan Banko	27	Mary Porter
13	Dalton Rudolph	29	Diana Tiffany
	Jack Janney		Karl Gurule
14	Brenda Koch		Darryl Clark
			Connor Hale
		31	David Clapp





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.

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Current SCR Officers

President	Paul LaBar	719-201-5443
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Calendar Keeper	Dave Diaz	

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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.

2012 Prediction Series — Cumulative Points As of Predict #5 by: Don Pfost

Place	Name	LoneTree	TuneUp	Ramsgate8	YappyDog	ArroyitoLV	Total
1	Marijane Martinez	97.78	72.55	0.00	93.10	50.00	313.43
2	Kris Spinuzzi	77.78	92.16	0.00	27.59	77.27	274.80
3	Debbie Gurule	80.00	43.14	0.00	51.72	95.45	270.32
4	Matt Diaz	48.89	84.31	0.00	48.28	72.73	254.20
5	Larry Volk	100.00	23.53	28.57	0.00	100.00	252.10
6	Paul DallaGuardia	60.00	90.20	0.00	96.55	0.00	246.75
7	Troy Johnson	86.67	100.00	57.14	0.00	0.00	243.81
8	Becky Medina	33.33	94.12	0.00	24.14	90.91	242.50
9	Wendy Garrison	93.33	54.90	0.00	89.66	0.00	237.89
10	Donald Moore	0.00	86.27	0.00	62.07	81.82	230.16
11	Anthony Diaz	46.67	78.43	0.00	72.41	31.82	229.33
12	Aaron Levinson	95.56	27.45	100.00	0.00	0.00	223.01
13	Stacey Diaz	66.67	3.92	42.86	34.48	68.18	216.11
14	Diane Lopez	68.89	70.59	0.00	75.86	0.00	215.34
15	Samantha Hernandez	17.78	13.73	0.00	100.00	63.64	195.15
16	Emily Diaz	62.22	62.75	0.00	58.62	0.00	183.59
17	Humberto Paredes	88.89	37.25	0.00	55.17	0.00	181.31
18	Peggy Oreskovich	73.33	0.00	0.00	44.83	59.09	177.25
19	Jessie Quintana	26.67	35.29	85.71	0.00	18.18	165.86
20	Roger Giordano	71.11	60.78	0.00	0.00	22.73	154.62
21	Paulette Arns	35.56	29.41	0.00	86.21	0.00	151.18
22	Bill Veges	40.00	41.18	0.00	13.79	54.55	149.52
23	Dave Diaz	31.11	0.00	0.00	68.97	36.36	136.44
24	Darryl Clark	0.00	64.71	0.00	65.52	0.00	130.23
25	Shawn Loppnow	0.00	58.82	14.29	0.00	40.91	114.01
26	Martha Drake	82.22	0.00	0.00	0.00	27.27	109.49
27	Alex Paredes	57.78	49.02	0.00	0.00	0.00	106.80
28	Rick Acosta	6.67	47.06	0.00	3.45	45.45	102.63
29	Charlie Gray	64.44	0.00	0.00	37.93	0.00	102.37
30	Reyna Ehrman	24.44	74.51	0.00	0.00	0.00	98.95



Arroyito Lake View Run. Above Left: Laura Wehrwein, Stacey Diaz, Peggy Oreskovich. Above right: Roger Giordano.

Tough Mudder

By: Matt Diaz

the entire 63 consecutive days of high intensity, plyometric workouts. Which I did! As if that wasn't enough, somewhere in there I came up with the bright idea that I should be doing more plyometric workouts at the beautiful Red Rocks amphitheater once a week. I also wanted to train for this event as if it were a "real" half marathon and get up to 13-15 mile runs in before the event. I only got to 10.5, but I was ready. This type of training will whip anybody into shape, but the true reward is following through with the commitment you set for yourself no matter what.

The time had come. Initially I had signed up as an individual, but during this process I got two more personal trainers to join me, one of which was my brother, David.

So here we are, standing half way up a ski slope at beautiful Beaver Creek Resort, waiting for the downward stampede of 600 drooling fanatics to be released in our wave. The Braveheart Charge is the name of obstacle number one where they release us into the wild with the sound of the horn and the drop of a smoke bomb.

Don't fall for it, don't start too fast I reminded myself, but at this point, nothing could stop me, I was on my way to becoming a Tough Mudder! The downward sprint lasted for the first 100 yards. Then we were making our vertical transition up ski slope number two, but now, this beautiful ski slope had been transformed into a swampy wasteland.

Our ascent continued from the 8,000 ft base where we started towards the ultimate peak of 12,000 ft. As we switched back and forth, we had your typical grade school obstacles ranging from making our way over, under, and balancing over fallen logs, to army crawling in an underground shoot. "Cake walk," I thought. "Cake walk."

Then we arrive to the Arctic Enema! It didn't seem like it at first, but this was to be the first blow to the ego. As we climbed the ladder and overlooked the 10 foot long pool of glowing green ice water, we noticed a wall in the middle with barbed wire on top. The only way to cross was to go under the wall,

which we were told only left us a couple foot clearing at the bottom. I must say, the jump was much easier than I expected. It was the fight for oxygen and the need to escape this frozen fortress that was the challenge. As I emerged, all I could hear was the sound of my own involuntary moaning that this Arctic Enema was so persuasive at creating. As my mind raced GET THE #@%\$ OUT, I could barely move. As life guards and medical personnel over watched, it was the need to protect the dream of having children one day that motivated me to get out. For the next mile, that dream was still uncertain.

As more obstacles blurred by, the next attention grabber occurred at a pile of logs. I chose one and carried it for a quarter mile loop uphill. Of course, I chose to run past everyone else who was walking as this was an opportunity to get in that top 5%.

Next!

As we approach the next obstacle, a nervous relief came over me. This right here was the number one reason why people will not do the TM, the reason for my nervousness. Electroshock Therapy. The reason for my relief was that I thought they were going to save it for the end of the race, guess not. But this wasn't quite like I remembered from the video. I thought we ran through it, I don't remember having to ARMY CRAWL THROUGH THREE INCHES OF ICE WATER WHILE LIVE WIRES DANCE OVER YOUR BODY. Every two seconds it sends out a zap, a zap you can hear from a safe, comfortable distance. As I stood there "strategizing," or what some people call stalling, I remember thinking back on whether or not I got my will notarized...??? Who was my beneficiary? Does my wife know I love her? I can always go around this obstacle...Times up! It's time to move. As I dove head first into that full belly ice bath, all I could tell myself was, "every two seconds, every two AGHH!" Ten psychological seconds later, its over. I only got bit a couple times. As I stood back up into my comfort zone, the greatest feeling was looking back at my accomplishment and knowing that it was nothing compared to what I allowed it to grow to be in my head.

On to the next one!

As more mud crawls, balance beams, and eight foot walls breezed by, it was the never ending beauty that this state has to offer that allowed me to appreciate this experience. My gratitude for this beauty is what kept me going.

Then back to reality. What awaited us next was a chain of glaciers that needed to be scaled with our bare hands (good thing I wore gloves). Also, to add insult to pneumonia, there was a fire hose spewing out man made snow with my name on it. Here, one must earn the right of passage.

Gimme some more!

Another memorable hurdle was the Death March. This was a 200 yard near vertical climb up a Black Diamond run. Normally, this is where if you lost a ski or a pole half way up, it was going to stay there. Hands and feet in the mud is what was necessary to blow past more innocent bystanders.

Still ascending...

After many more switch backs and up hill hikes, we finally reached the summit where an army of spectators cheered us on, giving us the energy to suck it up knowing gravity was soon to be on our side. All down hill from here!

This down hill sprint left more obstacles, more glaciers, another shock therapy (number two mind you), monkey bars, all in our wake, leaving the best for last.

As we approached the last two events, the bottoms of my feet were now on fire as the past hour and a half I had had no time to empty my shoes of the many rocks in there. No time because we were racing the clock, and no time to get through the layers of duck tape that kept my shoes on my feet and out of the unforgiving mud.

We could finally hear the music of the finish line beneath us as it bellowed through the valley floor. Now we stood in front of a greased up half pipe. Coming into the day's event, it was this particular hindrance that I had worried about the most. To conquer this slippery slope I had to get a running start and sprint up the curved floor hoping that

the traction underneath the duct tape on the bottom of my shoes would be enough to get to a point high enough to jump and reach for the top. David went first and was successful with ease. However, immediately after reaching the top, we saw him roll straight to his back holding his leg to the heavens as a sacrificial limb to end his misery due to his calf muscle locking up. This was the first and only cramp of the day. Moments later he was fine — I am still convinced it was all an act. With a big swallow, Anthony, the other trainer, was next. He ran, he jumped, and he came crashing back down. Now the one obstacle that had preoccupied my mind had made its presence known. Anthony took a deep breath and went again. And again, came rolling back down to the starting line. As he returned, I heard him murmur and wishing that he was just four inches taller. As he said this I heard a mentor of mine in my head say, "Don't wish it were easier, wish you were better." As I relayed this message to him, I realized I needed to be up there to provide my support to him. With a deep breath in, I took off full throttle, depleting all remaining fuel supply in my legs. To my surprise, with the grace of a gazelle I made it up with relative ease. As for Anthony, two more attempts was needed to lock hands and pull him to the top. Teamwork makes the dream work.

Finish line...

Next we found ourselves standing only 100 yards from the finish line with our jaws on the ground. The only thing stopping us from our orange TM head band was a fifty foot dash through a gauntlet of 1,000 live wires pumping out 10,000 volts of Electro-Shock Therapy. Now *this* is what I remembered

from the video. After the first two previous shock therapies, this is now what I feared.

Allowing no time to think, David took off in a full sprint, and after hearing several snaps of the flowing current, just like that, he was on the other side. Following suit, I took off full sprint. But as a cruel joke, someone in the control tower operating the mountain side music must have replaced the AC/DC with the theme music from Chariots of Fire. My

Now the drums of my theme music are in full force. Just as I begin to taste victory, I realize those were no drums. That was the sound of the third and final blow. 10,000 volts go flying into me as if I were blind sided by an NFL line backer knocking me completely off of my feet. Ironically, the thing that put a smile on my face as I lifted it out of the mud, was hearing the hundreds of finish line fans yelling, "OOOOOOHHHHHH!!!"



Matt, back on his feet after being knocked down in "Electroshock Therapy".

full on sprint now turned into a poetic slow motion dance. Time stood still. Within moments of entering the shoot, I got bit with all 10,000 volts. "WHOA!" I thought to myself, "That was nothing like the previous two booby traps." Nevertheless, I must keep moving! As I hurdled an entire row of hay stacks laying in the middle of my beach, I got stung again and just as powerful. This time, no thoughts other than "GET OUT OF HERE!" Finally I was within feet of exiting.

Needless to say, I crawled out and got back up to my feet with the help of my trailing partner. The three of us crossed the finish line together after two hours and fifty minutes. After being crowned with the coveted orange Tough Mudder head band, the unlimited supply of protein drinks and what felt like a never ending full body muscle twitch, the three of us held our head high, and to this day we can proudly say:

WE ARE TOUGH MUDDERS!

In closing, this has been the most fun that I've had in any workout or race. How its toughness relates to that of an Ironman, at this time I cannot compare. Regardless, the personal growth that has come along with the completion is unparalleled. With as much fun as I have had writing this article, I went into the race with a high level of fear, anxiety and of course excitement. Upon completion, I've come to realize that attitude is everything, and with the right attitude

we can overcome any fear or doubt when it arises, especially those that may normally lie dormant in our minds. The will to win is nothing without the will to prepare. So if we want something bad enough, we must do what is necessary to obtain it. Ultimately, I've discovered that one of the greatest rewards in life is living up to the expectation that we have for ourselves. Being able to say, "I knew I could do it!"

Run 4 Rio Recap — July 4, 2012 by: Jeff Arnold

The winning time in the Rio 5k was not especially fast, but the field was much larger, 105 official runners and walkers compared to the previous high of 65 in 2002. A significant number of walkers chose not to go through the finish line so the 105 is a minimum.

Conner Pigg, this year's recipient of the Rio Scholarship, was seventh while his sister Sarah, the 2011 scholarship winner, was about half a minute behind him and first woman finisher. Levi Heidrich, the first scholarship winner walked with Aaron Franchi, the second. Jessica Gogarty Chariton was also a winner.

There was a light-hearted attitude before, during, and after that race, and more cute little kids, and some indication that more are on the way.

Aaron Franchi set up a Facebook page just for the race. Aaron's wife Jenny designed a wonderful t-shirt, and got them at a bargain price. There were articles in the Greenhorn Valley View, the Chieftain, and a Trinidad newspaper. Aaron vows to make the race bigger and better next year.

Thanks to Paul Stringer who helped me with results. Paulette Arns took the club stuff to another race. Mary Porter operated the printing timer under hectic conditions. Rio's extended family pulled tags.

Several walkers didn't go through the chute so the 105 named finishers, a record, is an undercount.

Run

1 Logan Gogarty	23	21:16	1 OA male
2 Rich Hadley	56	21:27	1 50-59
3 Chester Haddon	45	22:03	1 40-49
4 Faris Blackhurst	14	22:44	1 13-19
5 Jared Graber	30	22:48	1 30-39
6 Nick Chariton	30	24:33	2 30-39
7 Conner Pigg	18	24:43	2 13-19
8 Ty Van Oort	18	24:58	3 13-19
9 John Castanha	52	25:12	2 50-59
10 Sarah Pigg	19	25:17	1 OA Female
11 Jessica Chariton	30	25:42	1 30-39 F
12 Paul Slade	15	26:01	4 13-19
13 Erin Hergert	40	26:10	1 40-49 F
14 Loren Neumeister	18	26:18	5 13-19
15 Britney Slade	18	26:20	1 13-19 F
16 Carrie Franchi	59	26:59	1 50-59 F
17 Maggie Di Matteo	34	27:01	2 30-39 F
18 Jason Golly	32	27:11	3 30-39
19 Chris McKinley	31	27:23	4 30-39
20 Kevin Hughes	12	27:51	1 Youth Male
21 Kaven Rhule	28	28:02	1 20-29
22 Heidi Garner	34	28:05	3 30-39 F
23 Jeanne Graber	50	28:07	2 50-59 F
24 Gary Franchi	63	28:49	1 60& over
25 Brandon Peterson	24	28:56	2 20-29

Walk

1 Paulette Arns	59	38:30	1 OA Female
2 Ruff Gallegos	64	42:43	1 OA Male



Mary Porter & Jeff Arnold work the finish and results.

Run 4 Rio Photos by: Ron Dehn



Above: Sarah and Conner Pigg were 2 of the previous scholarship recipients who took part in this year's race.



Left: Nancy Martinez (Rio's Mother) presents a first place medal to Erin Hergert, the winner of the 40-49 division.



Right: Gary Franchi and Ron Dehn were 1st and 2nd in one of the more "senior" divisions.



Above: Carrie Franchi proved that you can take 1st place in your division AND eat pancakes.



Left: Happy faces at the finish.

2012 Race Calendar By: Dave Diaz

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	mosaic youth.com
Sun, Jul 15	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	CANCELLED — WALDO CANYON FIRE — 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 @ I Glenroyal Ct, Pueblo, CO					
Sat, Jul 21	7:00 AM	State Games Tri	750M, 20K, 5K	Prospect Lake, CS	coloradospringssports.org
Sat, Jul 28	6:00 AM	Crowley County Bike Century	100, 40, 10M	Ordway, CO	cococentury.com
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 4	8:00 AM	Florence Fit n Fun	5K, 10K	Pioneer Park, Florence, CO	719-784-3544
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, 1M Kids Run	Pueblo West High School	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
Sep or Oct	7:30 AM	South Shore Adventure Pred #9	10K	South Shore Trails	socorunners.org
Sun, Sep 9	9:00 AM	XTERRA Pueblo Tri	1K, 14.7M, 4M	Lake Pueblo	Xterrapueblo.com
Sat, Sep 15	7:45 AM	YMCA Corporate Cup Run/Walk	5K	CSU-Pueblo	www.puebloymca.org
Sun, Sep 16	8:30 AM	YMCA Corporate Cup Bike	12.4M	Test Track	www.puebloymca.org
Thu, Sep 20	5:45 PM	YMCA Corporate Cup Mile	1M	YMCA	www.puebloymca.org
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	rimportim.net
Sat, Oct 13	9:00 AM	Boys & Girls Club	5K	Lake Minnequa	positiveplaceforpueblokids.org
Sat, Oct 20	4:30 PM	Harvest Run 5K-Predict #10	5K	Lake Minnequa	socorunners.org
Sun, Oct 21	9:00 AM	Run 4 Kicks	5K	Langoni Soccer Fields	
Sun, Oct 27		Hospice Run	5K	State Fairgrounds	

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 socorunners.org

DEC

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

CALENDAR NOTES

The 7th run of our 2012 Predict Series will be Shawn's Shuffle, to be held Saturday evening, July 21, 2012, 6 PM. Enjoy a 4 mile evening prediction run on a mix of trails and streets throughout the Regency Park neighborhood on the southside of Pueblo. The terrain is mostly flat with a few hills on the trail section of the course. Hosted by Shawn and Jennifer Loppnow, the run begins and ends at their southside home, 1 Glenroyal Court. Come for the run, stay for the best part--a backyard barbeque! Bring your favorite salad, dessert or beverage to share and Shawn and Jennifer will provide the rest! If you have a lawn chair, please bring that too! Hosts: Shawn and Jennifer Loppnow (shawn.kayaker@yahoo.com)

Counting Shawn's Shuffle, there are still 6 Predict Runs left in 2012. Plenty of time to earn your shirt. Remember run or volunteer at 5 Predicts and SCR members earn a tech shirt at the awards banquet. The next three Predicts are:

- #7 Sat, July 21, 6 PM Shawn's Shuffle, 4M, 1 Glenroyal Ct
- #8 Sat, Aug 11, 8 AM, Up Down & All Around, 5M, 353 Acansa Drive, Pueblo West
- #9 Sep or Oct, 7:30 AM, South Shore Adventure, 6M, Southside Trails-Lake Pueblo (We had planned to have this run on Sept 9th but the Xterra Tri reserved that date--stay tuned for the new date)

The SCR would like to thank Humberto and Zarela Paredes for inviting us into their beautiful Pueblo West home on Fathers Day, as they hosted the Arroyito Lake View Predict Run. We had 22 finishers with Larry Volk being the overall winner, missing his predict by only 2 seconds. The 5.45 mile trail run was both scenic and challenging. Thank you, to the finish line volunteers, Don & Lois Pfost, Darryl Clark and Sheri Giordano and a great big thank you to Don Pfost who handles the results for the 2012 Prediction Series.

If you've ever wanted to do a Century 100M bike ride but didn't want to climb mountains, you might be interested in the COCO-Century, Sat, July 28. It's put on by a bunch of road bikers from SE Colorado, the ride will start and end in Ordway, CO and travel through La Junta and Rocky Ford. All proceeds to benefit the Arkansas Valley Hospice. The route is over rural paved roads and "the entire course is remarkably free from steep grades. We will be riding past produce fields, ranch land, and through 9 small towns." Then stick around for Crowley County Days. Sounds like fun. Also rides of 40M and 10M. More info www.cococentury.com

Ruth from the Gold Dust announced that The Hot to Trot Race will be held on Sunday, Sept. 23, 8 AM, as part of the Chile and Frijole Festival. The entry form will be on the SoCo Runners website by August 1. Call her you have questions. Ruth 719-251-3189

Finally, the dates for the YMCA Corporate Cup have been set. The 5k is, Sat, Sept 15 at CSU-P. The bike ride is Sun, Sept 16, Airport Industrial Park and the 1 mile run will be Thursday, Sept 20 at the YMCA Campus.

You can find more information on these and most other races in Southern Colorado on our web page socorunners.org and don't forget to visit the socorunners Facebook page for any last minute updates on races.

Until next month, keep moving forward. Dave, Keeper of the Calendar



Grand Prix of Running Classic 10K — July 21 By: Beau Kelly

The Grand Prix of Running Classic 10K race (www.csgrandprix.com) is July 21 in Colorado Springs. The downhill 10K course through historic Monument Valley Park will bring 800+ runners competing for \$1,400 in prize money. The Classic 10K is the 4th leg of the Grand Prix of Running Series.

Busses will be provided to return participants to the start of this "point to point" event. Following the race, runners will be treated to bagels, fruit, and massages....first come, first served.

Out of town runners can stay at the Clarion Hotel with a \$79.00 per night special rate. The Clarion Hotel is located in Downtown Colorado Springs and is several blocks west of Downtown's great restaurants, brew pubs, and late night hotspots.

The Classic is joining forces this year with Memorial Hospital's annual "Run for Hope." Dollars from the race support cancer patients' personal needs during treatment. We expect to raise over \$15,000 this year.

The Classic 10K is one in a sequence of races in the TrailRunner Trophy Series sponsored by Trail Runner Magazine.

Runners Roost
COLORADO

Proudly presents the
Classic 10K Race
and
Circle of Hope Run

Saturday,
July 21st, 2012
7a.m. Start

TrailRunner
2012
TROPHY SERIES
TenK

Followed by The
Classic Kokopelli
Kids Run
at 8:20,
in Monument Valley Park

COLORADO SPRINGS
GRAND PRIX
OF RUNNING

The Ultimate NPR Workout Mix by: Martha Drake

Are you tired of the same old songs on your iPod? Do you need something to help you pick up your legs at the end of a long run? NPR has the solution. They asked their listeners to submit favorite workout tunes, then compiled a mega mix of 287 invigorating songs. Artists include Bruce Springsteen, Lady Gaga, Michael Jackson, Guns 'N Roses, The Beatles, U2 and Madonna to name a few. It also has theme songs from various movies (Slumdog Millionaire, Madagascar, The Green Hornet). You can stream the mix to your iPhone using the NPR music app.

Go to <http://www.npr.org/2012/01/13/145185920/the-ultimate-npr-workout-mix> for more information and the list of songs. Also search *Sweatin' To NPR* to find more than a dozen workout mixes tailored to specific tastes. Examples: Annihilating the Ivories: A Solo Piano Workout Mix, The Rocky Balboa Metal Montage Workout, The Guitar Hero's Workout: Shed the Pounds Away and Your Body is a Temple: A Gospel Workout Mix.

For Sale — Women's Garmin Forerunner 110

Women's Garmin Forerunner 110 w/heart rate monitor.

New never used, still in box. Will track your route, distance, heart rate and calories burned. Can be downloaded to your computer via Garmin connect.

Paid \$200, will accept \$150.

Please call Glen Wilkins at 719-547-1056.



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Join us at a monthly meeting!

Date: July 11 (Second Wednesday
this month due to holiday)
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.



Stacey Diaz and her sister-in-law, Vicky Sipple, on June 2 after the finish of the Green and Lean 5K in Charleston, SC. The Ashley river is shown behind them.

Photo submitted by Stacey Diaz.