



Footprints

Southern Colorado Runners

August 2012

Volume #341, Issue #7

Editor: Laura Wehrwein

State Meet Stories By: Jeff Arnold

The Colorado Track and Field Championships are a major drama that plays out each May. Thousands of high school kids have been competing in them for nearly a century. For many the goal for track season is simply to qualify. A smaller group is made up of athletes who prepare intensely. With good fortune and the right mindset, they will win medals. The best prepared and/or the most talented become champions.

As I started thinking about actually writing down some of the stories associated with the state meet, I realized two contradictory facts: In my 40 seasons as an assistant track coach at Pueblo County High, I really haven't been as intelligent and careful an observer as I would have liked. Still, things I've seen at state have become legends for me. My intention is

to select the stories that resonate with me emotionally, and give facts where I can find them.

Dyrk Dahl

Dyrk Dahl, who went to Fountain-Fort Carson High School, was approaching mythical status in my mind before the event occurred I'm going to recount. He was 4 times state champion in the 880 yard run, including his freshman year in Oklahoma when he ran a remarkable 1:53.0 in summer competition. His sophomore year at Fountain he also won the 440 in a rough double. The 880 was only 30 minutes after the shorter race and the 880 time was an unimpressive 1:59.4 compared to Manual's Farley Burl's 1:52.9, the winning time in 3A. Later that 1973 summer Dahl defeated Burl head-to-head to win the National Junior Olympics.

Earlier on that soggy Saturday, May 22, 1976, Dyrk placed fifth in the 100 yard dash, and by the time the mile relay was to be contested, had won the 880 as expected. His teammate Larry Goldston had won the 100, 220 and 440. Fountain was in a battle for the team championship in 3A, then the big schools classification, 2 points behind Denver South. The final event was going to decide the team race.

During the last half of the season

coaches Art Hassler and Ralph Crume had developed a plan to run their two slowest runners first and finish with Dahl and Goldston or vice versa. That day the leadoff was Freddy Goldston, Larry's light-hearted older brother. Lloyd Miles was second. Each ran his season best, according to Crume, but Fountain was last at the second exchange. It had been raining with puddles in the inside lane. Dahl took his team to the front well before he finished his leg of the relay. The Denver Post reports his lap as a "brilliant 48.3". Larry Goldston cruised a 48.8 to complete the triumph in 3:21.8. Fountain beat Denver South for the state team championship, 31-27.



Jeff Arnold

Larry Goldston transferred to Harrison for his senior year and repeated as state champ in the 100, 220, and 440, leading Harrison to a team win. He went to UCLA where his performances were overshadowed by a multitude of superb quarter milers. He did win the Junior National Championship in 46.03, however. Lloyd Miles, a 1980 graduate of West Point, is now a Major General in

(Continued on page 4)

Inside this issue:

State Meet Stories	1
Run 4 Trails 5K Run and Walk	3
Our Heroes	6
2012 Race Calendar	8
August Calendar Notes	9
Pueblo Downtown Social Shuffle	10
July SCR Meeting Minutes	11

Editor's Note by: Laura Wehrwein

Oh no! There were two mistakes in last month's newsletter! I'll blame it on 3-kids-under-six-mommy-brain syndrome. Here are the two corrections:

1. If you are interested in the awesome Garmin 110 for sale, please call Glen Wilkins at 647-1056 instead of the number listed in the July newsletter.
2. In Jeff Arnold's article, the Run for Rio was held on June 4, not July 4.

Gary Franchi and Kerry Roman, winners of free Classic 10K entries in our 2nd SCR Facebook Contest, both had a wonderful time at the Grand Prix of Running Classic 10K on July 21. And so did I! The Classic 10K was my first official 10K race, and I bet there will be many more fun 10Ks for me in the future.

Until next month, happy running to all of you.

~Laura

Happy August Birthday!

1	Zach Heesaker	18	Melanie Hughes
4	James Schwartzenberger	19	Emily Lucero
4	Aaron Lopez	20	Alita Giron-LaBar
5	Gayle Perez	21	Misti Frey
5	Jace Khosla	21	Ricky Perez
5	Jerica Khosla	21	Charlie Lucero
6	Kerry Meier	23	Brian Ropp
6	Jon Teisher	24	Danny Baracz
9	Dave Diaz	24	Paula McCabe
9	Emily Perez	24	Cheryl Cook-McCoy
11	Brian Rayburn	24	Cathleen Larson
11	Kristine Rivera	24	Lou Huie
11	Ron Dehn	25	Taylor Lopez-Ceparo
12	Ross Westley	27	Aaron Drake
12	Austin Hale	27	Richard Emond
12	Dante DeCesaro	28	Marjorie Gray
13	Kaifa Medina	29	Deanna Hardy
14	Gus Appenzeller	29	Adam Maal
14	Frank Lopez-Cepero	30	Matthew Drake
16	Jeff Arnold	31	Henry Hund
17	Jim Hadley		
17	Len Gregory		



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. 7

"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
Vice President	Dennis Wait	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	719-647-9174

Non-Elected Officers

Membership Chair	Maria Elena Weaver	
Newsletter Editor	Laura Wehrwein	719-237-9549
Stuffing Coordinator	Marilyn Vargas	
Editorial Consultants	Ron Dehn	
Web Master	Paul LaBar	719-201-5443
Calendar Keeper	Dave Diaz	

Contributing Writers / Photographers: Jeff Arnold, Maria Elena Weaver, Dave Diaz, Ron Dehn, Kim Arline, Ellen Cooney.

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.

Run 4 Trails 5K Skirt Chase Run/Walk — August 25 by: Kim Arline

4th annual Run 4 Trails takes place Saturday, August 25th at Pueblo West High School. To encourage more people to try running and discover the community trail system, the race this year will include a fun “Skirt Chase” with women getting a 3-minute head start on the guys for the 5 km run. Everyone will get an accurate time for their race. Anyone catching up to another participant and crossing the finish line hand in hand will get dark chocolate! The course this year will be a mixture of the original 2009 race and the 2011 race with over 2/3 of the course on soft surface and 1/3 on a paved trail alongside a soft surface trail. So this race is perfect for those needing a little kindness for their joints.



Kim Arline



The run will also include a 1-mile timed race for kids 12 & under. Kids 17 & under are only \$10 including a t-shirt. SCR members can get a \$2 discount on early registration by submitting a coupon code of “SCR” on the online registration system by 8/18. All proceeds from this race go toward improving our trail system.



Presenting Sponsor: Wags and Menace Foundation

Pawtoberfest



TIMED 5K RUN & 3K WALK - BEER - FOOD - CONTESTS - FAMILY FUN

JOIN US
Saturday,
October 6
Bear Creek Regional Park
Dogs Welcome!

a fundraiser to benefit homeless animals at



Humane Society
Pikes Peak Region

State Meet Stories By: Jeff Arnold

(Continued from page 1)

the US Army. Dahl had a disappointing college track career, but his state meet heroics will last forever.

Shannon Patterson

Shannon Patterson was a Longmont senior in 2001. She placed second in the 100 meter dash behind legend Alexis Joyce of George Washington. Joyce, a short, muscular girl sometimes nicknamed Red, at that point was one race, the 200 meters, away from completing a four year undefeated sweep of the short sprints.

Patterson was favored by some to win the 400, which was separated from the 200 by only the 300 hurdles and the 800. Apparently Patterson wanted to end Joyce's undefeated streak, or at least win the 200, more than she wanted the 400. She scratched the longer event.

For most of the 200, Joyce's victory seemed assured. Shannon was close however and passed in the last 10 meters. For a small fraction of a second Patterson seemed ecstatic, Joyce destroyed. If Patterson celebrated for a step or two it was premature. Seemingly out of nowhere, freshman Ty Livingston of Wasson passed everyone and beat Patterson by 0.08 seconds. Joyce finished sixth nearly half a second behind.

As long as she was on the field, Patterson was gracious, hiding a disappointment that anyone could understand. When she got in the stands however she found her mother and sobbed silently but inconsolably. I hardly watched the 300 hurdle races which followed, one of which was won by Gerren Crochet of Bear Creek in a time, 36.41, that is still the record. I had plenty of time to admire Patterson's careful halo braid simi-

lar to the one my grandmother wore when I was a boy, as her head was in her mother's lap. When the weeping girl was called to the awards stand, she pulled herself together, walked to the stand, and climbed to the second place perch just below a girl she'd probably never thought about until that last dramatic moment near the finish line.

Robert Trujillo

As a junior Robert Trujillo of Pueblo East won the 2 mile at the 1976 state meet in an impressive 9:34.3, 11 seconds faster than second place Jim Mikus of Cherry Creek. He was dominant his senior year until the regional meet, but a series of circumstances made his state meet a painful disappointment.

Rookie milers almost always run their first lap too fast, slow a little on the second, slow disastrously on the third, and with finish line in sight suddenly realize that they are going to live and find a way to sprint. In his senior year, under the direction of his coach, Joe Garcia, Robert learned to accelerate in the third lap. He was like a Ferrari leaving herd of VW Beetles. When Robert won the mile at the 1977 Tiger Relays in a record that still stands, 4:20.8, his third lap was remarkably fast. After that triumph, he was quoted as saying, "I'd like to go 4:18."

Joe recounted the workout that predicted the La Junta win. The bold plan required each East guy to run a 440 at his own goal pace and then recover until his pulse had slowed to 120 beats per minute. A teammate timed the run, took the pulse rate and timed the recovery. I should mention that Joe's boys had plenty of mileage behind them before they did this workout. Robert ran 16 quarters averaging 65 seconds and a 41 second recovery interval. Joe told

him he was ready to run a 4:20, a personal best. The state record then was Mike Peterson's 4:13.9.

Here's where facts I didn't remember enter the picture. Second place in that La Junta race in an unreported time was Manuel Miranda of Doherty, and though it has less relevance, Mark Koch of Pueblo County, whom I worked with under head coach Dennis Shefcyk, was 6th. Robert also won the 2 mile in 9:42.4.

The next meet was the South-Central regional meet at Cheyenne Mountain. 1977 was the first year when Colorado runners could be in two races over 440 yards — the 880 and the mile, for example, or Robert's choice, the mile and 2 mile. When approving this change, CHSAA officials retained prelims in the 880, and mile. Robert believed he could save his legs for the state meet and did not run to win in those races. Miranda did.

When he lined up for the finals at state, Robert led into the third lap where he accelerated. The gap he created was surely bigger in my mind than it was in fact. Miranda had seen it before and was ready. Coming off the final turn, just as Miranda started his move, Robert looked back. Miranda won. in 4:18.89. Robert faded badly to 4:23.66, nearly caught by Tom Flemmer of Pueblo Centennial, 4:24.42.

Miranda said in the Pueblo Chieftain, "He's trying to bomb everybody on the third lap. If nobody goes with him, it's his race so I had to stay close." The reporter goes on, "Miranda won in 4:18. with Trujillo second in 4:23.6. Centennial's Tom Flemmer was third in 4:24.4."

In what should have been his better race, the 2 mile, Robert was no factor. He finished eleventh. I thought at the

time his heart was broken. Miranda won in 9:48.85, about 15 seconds slower than Robert's winning time from the year before. Larry Martinez from Centennial was second in 9:52.41. Robert was unable, in the time between the two races, to take advantage of Coach Garcia's instructions to let go of disappointment and look to the task ahead.

Robert did go to Adams State in the fall, where he stayed through the cross country season and then came home, never to race again to my knowledge. Ironically, the 4th place finisher in the 2 mile I can't help feeling should have been Robert's was Pat Porter of Evergreen. Pat also went to Adams State where he became one of the greats of Colorado running, a two-time Olympian in the 10,000 meters and 8 times US Cross Country Champion. Another irony, for me, from the 1977 2 mile is that Mark Koch took 8th. Had the scoring system been in place that existed a few years later, he would have gotten a state medal.

Early in the season I told Joe Garcia that I thought Robert should make it his goal to be the first high school runner to break 9 minutes for the 2 mile. Robert wanted to make history another way by becoming the first to win two distance races. Any road not taken, may go anywhere, but even if Robert had not broken 9 minutes, he probably would have won the race by a huge margin. If he had, he would have won minor immortality.

J.J. Griffin

In 1973 J.J. Griffin of Pueblo Centennial ran 9:18.8 to win the 2 mile at state in Boulder, completing an undefeated senior year in both cross country and track. The 9:18 was about ten seconds faster than Ted Casteneda's record from 1969. At his regional meet in Pueblo, on an old, about to be abandoned cinder track, J.J. won in a dominant 9:11.1. The Chieftain reporter says he was, "220 yards ahead of his nearest competitor", about 37 seconds. Fans should still be talking about that outstanding run.

They would be except for the vagaries of Colorado High School Activities Association - CHSSA's, methods of keeping state records. In 1973, and some years afterwards, state records had to be set at the state meet. If the 1973 rules were the same as the current rules, J.J.'s 9:11.1 would have been the record until another ill considered rule change occurred. When CHSAA changed to metric track distances from yards, they scrapped all records set at yard distances.

J.J.'s 9:11.1 is equivalent to 9:07.9 for 3200 meters. I don't think anybody came close to that until Brett Vaughn ran 9:05.89 in 2003. That's an improvement of only two seconds in 30 years. Centennial's Coach Pickering took J.J. to the Golden West meet that year, after the Colorado Championship. He ran 8:57.6.

In his freshman year at CU, J.J. was injured and discouraged. He left the program. A year or so later, he was killed in a high-speed automobile accident, allegedly driving a stolen car. Casteneda, on the other hand, had great success at CU. He is probably best known for finishing second behind Steve Prefontaine in the NCAA Six Mile, but also ran 1:52 for the 880, broke 4 minutes for the mile, ran 28:30 for 10,000 in Germany when the world record for that distance was still in the 27's. He has a marathon best of 2:14. He is now the track and cross country coach at Colorado College. One can't help but wonder at what might have been for J.J.



**2012 Early Bird
5K Run &
Walk—
August 18,
2012, 7:30a.m.**



**Corporate
Cup—
Sept. 2012**



**THE COLOR RUN
August 11, 2012
COLORADO SPRINGS**

Our Heroes by: Ellen Cooney

At the Pueblo Child Advocacy Center, we have the honor of meeting heroes on an almost daily basis.

These are pint-sized heroes, more girls than boys and mostly under age 13. They come to our Center from Pueblo County and 13 other counties in southeastern Colorado, usually more than 200 heroes per year.

What are their heroic deeds? They talk to us.

What's so heroic is that they talk to us about the ways in which their bodies have been violated through either physical or (in most of the children we see) sexual abuse. They overcome their sense of shame and guilt, given that most kids blame themselves for abuse.

They wonder why someone picked them out to be a victim. They assume that their abuser – almost always someone they and their family know well – wouldn't hurt them if they hadn't been bad.

They talk to us, reluctantly disclosing tales of abuse even though in many cases they have been threatened if they tell anyone. They talk to us even though they recognize that by seeking help they may throw the family into chaos, especially (as in more than half of our cases) when the abuser is a family member, often in the same house and perhaps the family wage-earner.

We are grateful that it is our job to comfort these heroes as they tell their tales, and to support them and their non-offending caregivers as they heal from abuse. You may know our facility on the NW corner of 13th and Court – it looks like a house, and the inside is comforting, child-friendly and homelike.

We offer forensic interviewers, specially trained to be sensitive to the child's emotional state and developmental stage even while collecting evidence. Our medical providers work hard to examine children, document any injuries, and reassure the child that their body is okay. Our Family Advocate and Family Services Coordinator meet with families, figure out their needs, refer them to services and offer support through months and years of recovery.

We are only able to do this as long as we have the support of the community. It takes an annual budget of close to \$250,000 to keep our Center open and staffed so that we are always available – night and day – for any child in need.

Thanks to the support of the Southern Colorado Runners Club over the last several years, we have been able to build from a small bicycle ride to our annual Walk, Run, Ride for the kids. We hope you'll take a look at the enclosed flyer for this year's event on September 30th, and more importantly, join us for the event.

We look forward to seeing you there to support our heroes!



Advocacy Center living room where families visit together.





Events:

~ 5K Walk

~ 5K Timed Run with awards by age and gender group

~ **Bicycle Ride:** Ride as much as you want; turnaround points at 5K and 10K. Full course is 38 miles to the Transportation Technology Center and back.

Each participant will get a Dry Fit Shirt, and a travelling trophy will be awarded to the organization with the most participants registered. **(Let's earn the trophy for SCR!)**



***A homelike environment
for the prevention,
investigation, and
treatment of child abuse***

Corner of 13th and Court
Pueblo, Colorado



First wave of bike riders in last year's bicycle ride.

2012 Race Calendar By: Dave Diaz

AUGUST

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	7:30 AM	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

SEPTEMBER

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	Pred #9	10K	South Shore Trails	socorunners.org
		SCR Club Run @Lake Pueblo-South Shore Trails			
CANCELLED	9:00 AM	XTERRA Pueblo Tri YMCA Corporate Cup Run/	1K, 14.7M, 4M	CANCELLED	xterrapueblo.com
Sat, Sep 15	7:45 AM	Walk	5K	CSU-Pueblo	www.puebloymca.org
Sun, Sep 16	8:30 AM	YMCA Corporate Cup Bike	12.4 M	Test Track	www.puebloymca.org
Thu, Sep 20	5:45 PM	YMCA Corporate Cup Mile	1 M	YMCA	www.puebloymca.org runrockn-
Sat, Sep 22	7:00 AM	Denver Rock n Roll Marathon	Mar & half	Denver, CO	roll.competitor.com
Sun, Sep 23	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189
Sun, Sep 30	8:00 AM	Run/ Ride for Kids	5K/ 40M	Pueblo Memorial Airport	pueblocac.com
Sun, Sep 30	11:30 AM	Fall Series I	3.5M	N Monument Valley Park, CS	pprrun.org

OCTOBER

Sat, Oct 6	9:00 AM	Lion's Roar	5K	City Park	
Sat, Oct 6	7:00 AM	Rim to Rim, Royal Gorge Run	5K, 10K	Canon City, CO	rimtorim.net
Sat, Oct 6	10:00 AM	Humane Society of the Pikes Peak Region Pawtoberfest	Timed 5K, 3K Fun Run/Walk	Bear Creek Park, CS	hsppr.org
Sun, Oct 7	8:30 AM	Pikes Peak Road Ascent	10K	Pikes Peak Hgwy	trailrunner.com
Sat, Oct 13	9:00 AM	Boys & Girls Club	5K	Lake Minnequa	positiveplaceforpueblokids.org
Sun, Oct 14	11:30 AM	Fall Series II	4.5M	Bear Creek Park, CS	pprrun.org
Sat, Oct 20	4:30 PM	#10	5K	Lake Minnequa	socorunners.org
Sun, Oct 21	8:00 AM	Run 4 Kicks	5K	Langoni Soccer Fields	
Sat, Oct 27	8:00 AM	Hoof it for Hospice Run/ walk	5K	State Fairgrounds	

NOVEMBER

Sun, Oct 11	11:30 AM	Fall Series IV	7M	Palmer Park, CS	pprrun.org
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		City	socorunners.org

DECEMBER

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

CALENDAR NOTES

A few notes about the prediction series. I began scheduling these club runs back in Nov/Dec of 2011, that's about a year in advance for some of the runs. There were supposed to be 12 runs for 2012, about 1 per month, however, we've already canceled 2 of the runs for various reasons and Larry's trail run (aka South Shore Adventure in Sept/Oct) is in jeopardy because we can't find an open date. If we lose another, I'll lower the number of races to earn a shirt to 4, I'll probably do that anyway. So don't give up, we still have 4 or 5 races left, time to earn a shirt. Remember, if you volunteer at a prediction series run, we'll count that towards your shirt.

Speaking of Prediction Races, the next one is in Pueblo West, **The Up,Down and all Around**, a 5 miler at the PW home of Nina Gonzales, 353 Acansa Dr., Pueblo West, scheduled for Sat, Aug 11, 2012 at 8 AM. According to Nina, "This 5 mile run takes you up and down and all the way back around to the house, thus the title of the run. The course has some mild to challenging hills and takes you along the flats of Swallows Road. All the while you have the beautiful view of the Greenhorn Mountain Range. The terrain is mostly paved with a few dirt roads. There will be one water stop." After the run Nina will host a pot luck so bring your favorite dish to share. For directions visit socorunners.org.

Once again, the **Pueblo Child Advocacy Center**, will be hosting their annual bike ride and run, but with some added features. At 8 AM on Sunday, Sep 30, 2012, you may choose from, a 5K Walk, a 5K Timed Run with awards by age and gender group, a Bicycle Ride: Ride as far as you want; turnaround points at 5K and 10K or you may ride the full course of 38 miles to the Transportation Technology Center and back. In addition each participant will get a Dry Fit Shirt, and a traveling trophy will be awarded to the organization with the most participants registered. Why can't the SCR win that trophy? Plus there is a Free lunch provided by Spitfire Grill. All this for only \$20 (if you are an SCR member, \$25 if you're not)---plus your money goes for a great cause, "to provide a coordinated, multidisciplinary and humane approach to the problem of child abuse." I'll be there. More info: pueblcac.com

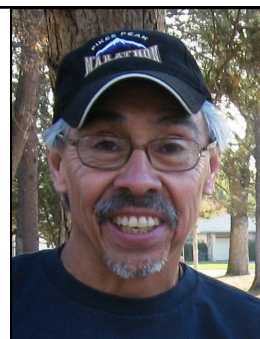
One of my favorite runs has been canceled for 2012. The **Pony Express**, a 15+ mile run around Rampart Reservoir, Sun, Sep 16, 2012, was canceled due to the Waldo Canyon fire. The **XTERRA Pueblo Tri** in September has also been cancelled.

A couple of local walks you may be interested in, on Sat, Sep 8, 2012 the **Walk to End Alzheimer's** will take place at Pueblo Community College and on Sat, Oct 13, 2012, and **Pueblo Diversified Industries** will host the **Harvest Walk** (or run if you like) at CSU-Pueblo.

The distance for the 2012, Pikes Peak Road Ascent has been changed from 11.6 miles to a 10K and the date was moved to later in the year, to Oct 7 (last year it was only 1 week after the PP Marathon). Less elevation and shorter distance, they are trying to attract more runners but running up the Pikes Peak Highway just doesn't excite me.

Finally, on behalf of the SCR I'd like to thank Jay Zarr and the Pueblo Nature Center for allowing the SCR to use their facilities for the 2012 Women's Distance Festival. Indoor bathrooms, electricity and great scenery combined to make this year's race a great event. Great job to race director Peggy Oreskovich and the 50+ finishers. I love it when races make the club look good. Hopefully, they'll allow us back next year. In case you didn't know, the SCR is a corporate member of the Pueblo Nature Center. Don't forget, the Nature Center will host a run in December and the club is happy to support it. Details soon.

Until next month, keep moving forward, Dave



Pueblo Downtown Social Shuffle By: Kim Arline

Pueblo has a new group in town getting together Wednesday nights at 6:30 pm for a casual social run or walk similar to the infamous 6-year old Jack Quinn's runs in Colorado Springs. The group is brand new, only 5 weeks of runs have been held so far so they are still discussing an official name and logo for the group. But they are pleased to already have 30 or more people showing up each Wednesday evening. Like Jack Quinn's runs, this is a family friendly event with all ability walkers or runners, kids and dogs welcome. Also like Jack Quinn's they hope to keep the runs going year round and offer incentives for participating like a free t-shirt after 10 runs. But the focus so far has been on just getting together to run or walk and setting up a tracking system and sponsorship is still to come.

This group was started by a couple of local veterinarians who often attend the Jack Quinn's runs. Dr. Tiffany Barr and Dr. Briana Harris thought a weekly walk or run downtown would be a great way for Pueblo dogs, their owners and families to have some fun, socialize and get more exercise. I recently was able to attend a run and noticed more than half the group walked, many with baby strollers and one large dog. It was great to see a group fostering walking as Southern Colorado Runners has done so much to promote running and others are promoting biking but Pueblo just has not had much in terms of walking.

I ran the 5 km course and was surprised to see how lively the Riverwalk was with families walking, musicians playing, bellydancers dancing and even Mr. E was out doing a magic show on the course. As I crossed the bridges on Union and Main Street I slowed to watch the train traffic a bit and some cyclists on the river trail along the kayak course. After the run a bunch of us went into Shamrock Brewing to visit, get a bite to eat, have a beer or a really refreshing root beer in my case. I talked to a guy who has attended all five events so far but that night was his first to do the full run course. He has lost 53 pounds this year and is looking forward to doing more of these! Several people asked me questions about Southern Colorado Running club and upcoming races because they have now been bitten by the running bug!

Jack Quinn's runs routinely attract 300 runners and walkers every Tuesday night in Colorado Springs. On May 15th this year a record 1,638 runners attended, 170 were first timers, 29 people earned their 10 run t-shirt and one woman logged her 100th run to join 143 others in the Century Club. Recently an online story reported on a couple that met at a Jack Quinn's run, got married and came back to Colorado Springs on their Honeymoon to earn their 10 run t-shirt prior to moving to Florida. Jack Quinn's sponsors food and drink specials for the participants as well as volunteer rewards such as beer cards. Additional sponsors help with the t-shirts, discounts and promoting the club. Wouldn't it be cool if Pueblo could get just a small fraction of these results?

So drop by Wednesday at 6:30 pm on 3rd Street between Santa Fe and Main (between Shamrock and Solar Roast) and join the fun! Contact the Mesa Veterinary Clinic if your business would like to get involved sponsoring this. The organizers will be creating a Facebook organization page that can provide more updates, photos and news as time goes on.

Find this group on Facebook at www.facebook.com/PuebloDowntownSocialShuffle



July 2012 Meeting Minutes By: Dennis Wait and Ron Dehn

DATE: July 11, 2012 at 6:00 p.m.

ATTENDANCE: Paulette Arns, Dennis Wait, Darryl Clark, Ron Dehn, Gwen Steves, Laura Wehrwein, Marilyn Vargas, Dave Rael, Paul LaBar.

CLUB BUSINESS

Race Assistance Contracts: There were no contracts to review.

Spring Runoff: Darryl suggested that the club consider a "Purpose" for the Spring Runoff. This would provide a focal point for the event in addition to running and walking. The idea is to provide an addition link to the Pueblo community. His initial thought was to include the Wounded Warrior Project as a beneficiary of the SRO. There are considerable military ties to our community and Pueblo is the "Home of Heroes".

Paul saw value to the idea but indicated a concern that the SRO is one of the races that SCR generates funds from, and wants to be careful that we do not diminish our resources. Perhaps a percentage of the profits should be considered. Perhaps we could rotate the beneficiary from year to year. Marilyn suggested that we try to stay within the Pueblo community. Darryl was open to helping some organization in need and mentioned that there is a strong contingent of military in Pueblo. Paulette noted that the beneficiary should be a 501 (c)(3) organization. Darryl had not yet run the idea past the Chieftain and the group felt that this would be appropriate.

Ordinary Mortals Triathlon: Gwen indicated that her group needs a 501 (c)(3) to be an umbrella organization and asked if SCR would do so. She said that her and the other volunteers would continue to do all the work to put on the OMT, but wants to have SCR be the overall sponsor. The suggestion was made that there be a Triathlon corner on the SCR website. Marilyn motioned and Dennis seconded that SCR act as a sponsor. The motion carried. Paul suggested that perhaps Gary Franchi could write something about this in his Chieftain column. Gwen suggested that perhaps interested athletes could join both SCR and the Triathlete organization for \$30 annually. Paul encouraged Gwen to have a representative attend SCR meetings.

Possible New Race: Marilyn suggested the idea of a Mini-Me 5k which would be a family

oriented event with minimal fees to encourage active family activity.

Nature & Raptor Center: SCR membership was renewed at the benefactor level.

OFFICER REPORTS

Minutes: Mike Archuleta

The club approved the minutes with no changes.

Treasurer Report: Paulette Arns

The Treasurer's report was approved.

Newsletter: Laura Wehrwein

No issues to discuss.

Membership Chair: Maria Elena Weaver

Total memberships: 189

Individual: 93

Family members: 200

Colorado Runner Subscriptions: 158

Webmaster: Paul LaBar

A security patch was applied, and registration worked well for the Women's Distance Festival.

Race Calendar: Dave Diaz

Report is pending.

REPORTS / LESSONS LEARNED

Arroyito Lake View Predict Run: Course was well marked and beautiful, excellent time. The start time may be moved 1/2 hr earlier next year.

Run/Walk For The Animals: New location off Pueblo Blvd. Course was nice but a bit confusing at the finish. This was solved on the spot by moving a course marshal. Next year, it should be advertised that there is a competitive (timed) component to the race.

Women's Distance Festival: The race went well, however there was some confusion as to location. The race was held at the Nature Center and there may have been some info on the website left over from last year and it is being looked into.

Liberty Point: Well organized. Registration & finish was outsourced with minimal SCR involvement.

NEW RACES / REQUESTS FOR ASSISTANCE

YWCA 5K, Aug 8: No representative from

the YWCA.

Harvest Run / Walk for PDI, Oct 13:

The club previously suggested this event be a fun run. No PDI representative.

Child Advocacy Run & Bike, Sept

30th: Ellen Cooney indicated that this is a casual event. Cyclists ride whatever distance they want, but there will be signs to designate 5 & 10 K turn-arounds. The 5 & 10K fun runs were added last year and they want to build on previous success. The committee is considering timing the run and Paul asked Ellen to let the club know their preference.

Tunnel to Towers: Laurel Williams explained the history of this event in other cities to commemorate the 911 Firefighters and is exploring the possibility of holding a 5k run this fall in Pueblo with proceeds going to the Wounded Warrior Project & Tunnel to Towers Foundation. Club members gave Laurel many suggestions.

UPCOMING RACES / EVENTS

Mosaic run, July 14, Marilyn Vargas

The club will help with the finish.

Adjourned 8:20 PM.



Ron Dehn

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆
 ☆ Run on in to the ☆
 ☆ Gold Dust ☆
 ☆ Saloon ☆
 ☆
 ☆ In the HEART of the ☆
 ☆ Union Avenue Historic District ☆
 ☆ 217 South Union ☆
 ☆ Pueblo ☆
 ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

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

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

Address Service Requested



If you move, let us know!

Issues of "Footprints" are not forwarded.
Please e-mail or send your new address
to the SCR Membership Chair.

'Like' Our Facebook Page:

www.facebook.com/SoCoRunners

Visit our Web Site:

www.socorunners.org

"Everyone is an athlete. The only difference is that some
of us are in training, and some are not."

~Dr. George Sheehan

Contact Information

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

Join us at a monthly meeting!

Date: September 5

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.



The start of the Women's Distance Festival on June 30 at Nature and Raptor Center of Pueblo.