



# Footprints

Southern Colorado Runners

September 2012

Volume #341, Issue #8

Editor: Laura Wehrwein

## Return of the Beulah Challenge By: Marijane Martinez

On Saturday, August 4, 2012, Michelle Highfill revived the Beulah Challenge. The last results I found were dated 2001. Michelle changed the 10K course and added a 5K run as well as a 5K walk. There were a total of approximately 100 participants in all three events. Michelle did an excellent job in all areas of the event and she managed to have excellent running weather that morning as well. The sky was overcast and it was cooler than it had been in several weeks.

Friends of mine from Las Vegas, Nevada were here to participate which made the event even more special to me. Katherine and Mac Singer live in Beulah during the summer and in Las Vegas during the winter. Donna and Ron Pfeffer came here for the weekend to visit and participate in the 5K run. Ironically it took me moving to Las Vegas to meet Kathe-



**Above: Some of the Pueblo / Las Vegas contingent.**

rine and Mac although we had all run several of the previous Beulah Challenges. The night before the race we all met with Michelle at the Community Center to get the supplies to mark the 5K course. Mac did the majority of the marking since his arrows were far superior to ours. We spent the night at Katherine and Mac's where I slept in the loft and woke up to the beauty of Beulah in the morning. While there we saw more deer and hummingbirds than we could count in addition to two skunks

and a fox. I debate every time I go to Beulah whether or not I really want to see a bear. There were no bear sightings this trip.

The morning of the race Michelle had enough volunteers to ensure no one would go off course. All the volunteers were friendly and offered words of encouragement. I ran the 10K which was a very challenging but beautiful run. The course begins with a slight downhill and then goes onto Pine Drive and continues

*(Continued on page 6)*

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# SCR Information

## Current SCR Officers

### President

Paul LaBar            president@socorunners.org    719-201-5443

### Vice President

Dennis Wait

### Secretary

Mike Archuleta       secretary@socorunners.org

### Treasurer

Paulette Arns        treasurer@socorunners.org    719-647-9174

## Non-Elected Officers

### Membership Chair

Maria Elena Weaver   membership@socorunners.org

### Newsletter Editor

Laura Wehrwein       newsletter@socorunners.org    719-237-9549

### Web Master

Paul LaBar            webmaster@socorunners.org    719-201-5443

### Calendar Keeper

Dave Diaz            calendar@socorunners.org

### Prediction Run Coordinator

Don Pfof              predict@socorunners.org



## Southern Colorado Runners

### 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. 8

“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.

**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.

## Join us at our next 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.

### 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.

### Visit our Web Site:

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

### ‘Like’ Our Facebook Page:

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



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



*Happy*

*September*

*Birthday!*

2	Maria Elena Weaver	12	Colton McCabe	21	Tomas Duran
4	Kaeloni Meier	13	Gary Horton	22	Michael Orendorff
	Brayden Medina	14	Tiffany Reno	23	Gary Franchi
5	Cassy Berndt	15	Matt Diaz	24	Kallene West
8	Bobby Valentine		Amber Arline	25	Greg Arline
	Sheridan Reed	16	Siria Aguilar		Kerry Roman
9	Chris Gredig		John Roman	26	Kelly Hale
	Jim Martinez		Sarah Johnson	27	Deb Hadley
10	Maddie Nicolay		Abbey Valdez	28	Modesto Atilano
	M. Edmund Vallego	18	Brian Cathcart		Gaylene Vigil
11	Aaron Berndt	21	Stacey Diaz	30	Helen Whitener, Stanley Hren

# RMAC Hall of Fame by: Jeff Arnold

Steve Cathcart was a key member of the 1986 Western State team that tied Adams State for the NAIA national cross country championship. For that, the team was inducted into the Rocky Mountain Athletic Conference Hall of Fame. The obvious question is why the other co-champions weren't inducted as well. One answer is that twelve Adams State men's teams, including the 1986 team, had already been inducted, as well as the 1981 women's XC team. Besides that Western was clearly the underdog in 1986.

Steve, a long time SCR member, invited me along with his father Terry to the July 20 ceremony. I'd coached Steve since his freshman year at Pueblo County High School and I was happy to go, but I had no idea what a wonderful event it was going to be.

Imagine dozens of people about to be honored getting together with others who shared the most intense experiences of their lives. Nearly all of these men and women have found success outside of athletics, in part because of what they have learned while striving for excellence.

When we arrived, I got to visit briefly with my first college wrestling coach from nearly 53 years ago. I rode up with Terry whom I've known for the more than 40 years since I first coached Steve. Terry was instrumental in getting kids to Junior Olympic meets and was for years the race director of the Spring Runoff. I sat next to Lori Moreno Roch, originally from La Junta. Lori was herself an All American runner and her husband Steve was part of the Western team being honored.

The awards ceremony was organized to move quickly yet not rush in honoring the award winners. The best male and female scholar/athletes from each of the 14 colleges in the conferences were named as were Coaches of the Year in each of the 21 sports. Anthony Sandstrom was named the Sports Information Director of the Year and John Wristen Football Coach of the Year. Both are from CSU Pueblo. Dan DeRose was the first individual honored. Without Dan's efforts, football, wrestling and women's cross country and track would not have been brought back to "our" university.

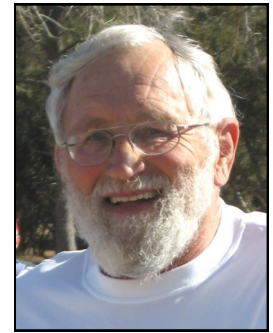
There were five other individuals honored, two of whom were runners. The first was Julie Jenkins, one of a class of 13 from Moffat High School. She was a superb runner at Adams State and a 1992 Olympian, in spite of being hit by a car while running and requiring delicate back surgery to make it possible to resume training. Pat Porter was the best male cross country runner – eight time national champion - the US has yet produced. A native of Evergreen associated with Adams and Alamosa for most of his top level running, Pat was tragically killed recently, along with his son and his son's friend, in a plane crash in Sedona, Arizona.



*Photo submitted by Terry Cathcart.*

**Terry's Notes:** Jeff (Arnold) and I were talking to Pat Porter and Julie Jenkins as we were leaving. I asked Pat and Julie if I could take their picture with Jeff. They agreed and I took the picture.

**Pat Porter ran and won 2 Spring Run Offs in the early years. He died the following Tuesday after the RMAC Induction.**



**Jeff Arnold**

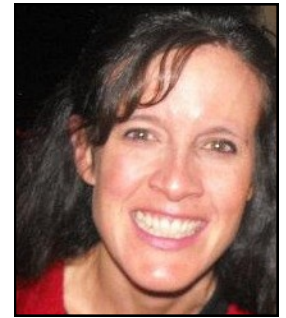
The induction of each individual and team into the RMAC Hall of Fame was preceded by a two or three minute video. Steve Cathcart was featured in the video about the 1986 Western cross country team. They had to place second or better in the regional meet held in a snowstorm at the School of Mines campus, and they did. They could qualify for the national meet with a lower place, but the administration at Western wasn't going to pay for the team to go to Kenosha, Wisconsin for nationals if they weren't second. At Kenosha the team wasn't exactly confident, but they were open for success. They ran the race of their lives, giving Coach Duane Vandenbusche his first national championship.

After the ceremonies were completed, I talked to Julie Jenkins and Pat Porter, as well as two of four of the Western State runners from Venezuela. It got late but I didn't want to go. Thanks, Steve. It was a great evening. Congratulations.

# The Color Run Recap — August 11 by: Laura Wehrwein

When Steven, my 4 1/2 year-old little guy, mentioned that he wanted to do a race, I immediately began searching for one that would offer him a great first experience. A 5K is definitely a little long for a small child, but, knowing I'd have a little help from our jogging stroller, I couldn't resist signing all of us up for The Color Run in Fountain on August 11. I'm elated that we all completed the race, despite the inherent difficulties of trying to finish a 5K with 3 children under 6 years of age.

The Color Run is a 5K race with events throughout the country, and this is the first year it has made its appearance near Colorado Springs. The thing that makes this untimed fun run different than the others is a “bombing” of cornstarch-based color powder that occurs every km or so during the race. Participants are encouraged to dress in white, but many runners also choose to adorn themselves with tutus, fluorescent wigs, and funky knee-high colored socks. There were 4,600 people who showed up to the race, which was held at the Pikes Peak International Raceway in south Fountain, CO.



Laura Wehrwein



Laura and her children at The Color Run – Arianna (age 2), David (age 5) and Steven (age 4). In the lower left corner, you can spot a volunteer’s hand holding a squirt bottle and squirting Ari with a cloud of orange powder.

We arrived at the race a little later than I was hoping, but I didn't fret too much since I knew there were several waves of start times for the race. We got in on the second to the last starting wave. As expected, there were a bunch of college kids out to have a good time at the race, but I was surprised at the number of mommy types like me with young kids in tow. In fact, there were people of all ages who came to enjoy the race, as well as people of varying levels of fitness. This run was much less of a competition and more of a celebration, and everyone was invited to join in the fun.

David, my 5 1/2 year old boy, rocked the race. I was pretty impressed with the lack of complaints I heard from him, although I'm sure the promise of a flavored-ice vendor treat

at the end of the race did much to help him along. Arianna, my 2 1/2 year old, mostly rode in the jogging stroller. Steven, the reason that we joined this race to begin with, started complaining during the first kilometer, and then every kilometer thereafter. Thankfully, the stretches of color bombing seemed to appear just as it looked like we might not be able to finish and would have to ride back on the truck with one of the crew members.

# THE COLOR RUN



The stretches of color bombing were, of course, the highlights of the race. During the first kilometer, we were doused with yellow, and then orange, pink and blue on the subsequent kilometers. You chose to either stay in the middle lane (for just a little bit of color) or on the edges (for a bombardment of color squeezed out of plastic bottles by the many volunteers). At the finish, there was a big dance party during which everyone tore open their color pouches (included in their race packets) and threw color in the air for a rainbow of colored smoky fun. We were a little late for the dance party, but we all chose to be doused with as much color as possible during the color stretches. Yep, to the delight of my kids, we ended up very brightly colored by the end of the race. And, thanks to her older brother David, little Arianna was saturated with even more color — a nearly entire packet of blue powder on her hair and face. What fun!

All funds raised through the race went directly to the Waldo Canyon Fire Victim Assistance Fund administered by Pikes Peak United Way. The Color Run was a wonderful way for the community to come together and help out those affected by the horrific June fire, while simultaneously promoting a healthy and fun fitness event for everyone to enjoy.

I'm sure I'll be participating in this race again next year, as long as The Color Run comes back to Colorado Springs. Maybe some of you will choose to attend this one-of-a-kind event next year, also. It truly is a wonderful experience for people of all ages and fitness levels. Just one reminder: make sure to wash all of your race clothes in a separate load of laundry.



Arianna, David and Steven at the end of their first 5K race.



# Return of the Beulah Challenge By: Marijane Martinez

(Continued from page 1)

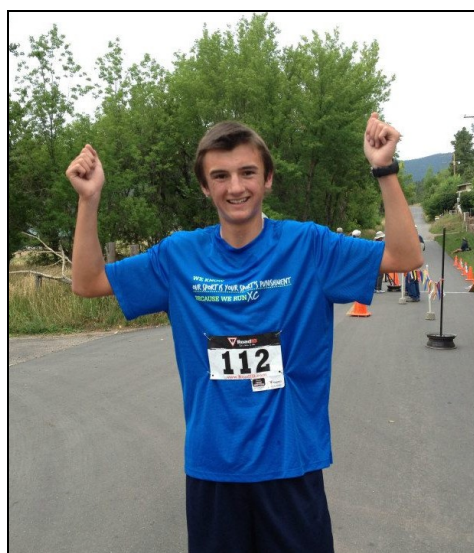
uphill until you are leaving Beulah Mountain Park. It then has a nice amount of downhill which not only gives you time to recover but gives you the feeling that you are “flying” in comparison to the uphill you just finished. It finishes up rolling hills at the Community Center.

On the course to offer support was former race director, Karin Romero. She had planned on running but had just arrived back into town from a trip a couple hours previous to the race so decided to cheer on the participants instead. It’s always nice to see a friendly familiar face when you are wondering if you will ever see the finish line! The awards for 1<sup>st</sup> place in age division were coffee mugs with the theme for the race, “It’s just a hill get over it”, written on them. Unless of course you received Kris’s mug which read “It’s just a hill gel over it”! The “t” did not get crossed so needless to say we have had hours of endless laughs over that. It doesn’t take much to make you laugh when you suffer from oxygen debt!

Congratulations and thank you to all who are responsible for bringing back this wonderful event. For those of you who didn’t have the pleasure of participating I highly recommend it for next year. It is a challenging course, hence the word *challenge* in the name of the race. However, the beauty of the Beulah area makes the challenge worthwhile.



**Next year’s Beulah Challenge will be held on August 3, and there will be a Half Marathon added to the race. Mark your calendar!**



Photos from The Beulah Challenge.  
First Row (L to R): 10K Female Overall Winner Sarah Blackwell, 10K Male Overall Winner Paul Koch.  
Second Row (L to R): 5K Female Overall Winner Jessica Kleven, 5K Male Overall Winner Carey Lowenkamp.  
*Photos submitted by Dave Diaz and Michelle Highfill.*

## Pikes Peak Ascent and Marathon —

### Never Quit on the Uphill

by: Carl Touchstone

When things are hard and the going gets tough  
When the trail is steep and the footing is rough  
We can't go on and we just want to quit  
The struggle's not worth the pain, not one bit!

Like the mouse in the trap, who's had enough cheese  
"No more, no more, let me out of here please!"  
And a voice says, "Stop now and rest a while  
For this steep incline goes at least one more mile."

But if we push on and ignore the displeasure  
The pain of the climb plays out its full measure.  
Then the crest of the hill comes into full view  
And we reach the top of this problem so new.

Cruising downhill now with strength in our stride  
The wind in our face, with joy and pride  
"Thank you God for your grace and good will  
To see that we didn't quit on the uphill."

*Poem submitted by Paulette Arns*



Above Right: Dave Diaz, Stacey Diaz, Peggy Oreskovich, Sheri and Roger Giordano at the Pikes Peak Ascent and Marathon.

***Congratulations to all of the SCR members and Pueblo Residents who completed the Pikes Peak Ascent/Marathon! What an amazing feat!***

Jessie Quintana	Marilyn Vargas	David Rael	Mark Koch	Modesto Atilano	Marge Gray
Deb Gurule	Peggy Oreskovich	Dave Diaz	Stacey Diaz	Sheri Giordano	Roger Giordano
Becky Medina	Paul LaBar	Paulette Arns	Ron Dehn	Charlie Gray	Dave Dehn
Sue Bertoldo	Zach Heaston	John Highfill	Chester Hadden	Ken Sharp	Taryn Haas
Laurice Lopez-Cepero	Paula McCabe	Andrew Hackler II			

*Please contact the editor if your name was missed. We'll be sure to mention you in next month's newsletter!*

# 2012 Race Calendar By: Dave Diaz

## 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 15	7:30 AM	Skyline Drive	10K	Canon City, CO	Canon City rec
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	12.4 M	Test Track	www.puebloymca.org
Thu, Sep 20	5:45 PM	YMCA Corporate Cup Mile	1 M	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
Sun, Sep 30	8:00 AM	Run/ Ride for Kids	5K/ 40M	Pueblo Memorial Airport N Monument Valley Park,	pueblocac.com
Sun, Sep 30	11:30 AM	Fall Series I	3.5M	CS	prrrun.org
????	7:30 AM	<b>South Shore Adventure-Pred #9 SCR Club Run @Lake Pueblo-South Shore Trails</b>	10K	<b>South Shore Trails</b>	socorunners.org

## OCTOBER

Sat, Oct 6	8:00 AM	X-terra Marathon and half	26.2/13.1M	Cheyenne Mtn State Park, CS	
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
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	prrrun.org
<b>Sat, Oct 20</b>	<b>4:30 PM</b>	<b>Harvest Run 5K-Predict #10</b>	5K	<b>Lake Minnequa</b>	socorunners.org
Sat, Oct 27	9:00 AM	Hoof it for Hospice Run/Walk	5K/10K	State Fairgrounds	socohospice.org
Sun, Oct 28	11:30 AM	Fall Series III	5.5M	Ute Valley Park, CS	prrrun.org

## NOVEMBER

Sun, Nov 11	11:30 AM	Fall Series IV	7M	Palmer Park, CS	prrrun.org
Thu, Nov 22	9:00 AM	YMCA Turkey Trot <b>Temple Canyon 4M-Predict</b>	5K	Pueblo YMCA <b>Temple Canyon-Canon City</b>	puebloymca.org socorunners.org
<b>Sat, Nov 24</b>	<b>9:00 AM</b>	<b>#11</b>			socorunners.org

## DECEMBER

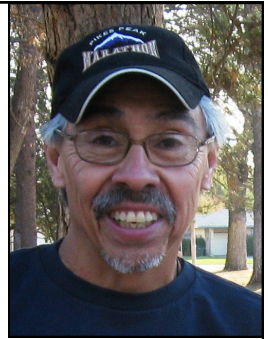
<b>Sat, Dec 1</b>	<b>9:00 AM</b>	<b>Rock Canyon Half Marathon</b>	<b>13.1M</b>	<b>Pueblo City Park</b>	socorunners.org
<b>Sat, Dec 15</b>	<b>9:00 AM</b>	<b>It's a Wonderful Run-Pred #12</b>	<b>4M</b>	<b>Sunset Park</b>	socorunners.org





## Calendar Notes By: Dave Diaz

**Calendar Notes:** The days are getting shorter and it's a little bit cooler which means it's just about time for SCR's annual **5K Harvest Run**. This annual fall classic will be held on Saturday, Oct 20, 2012 at 4:30PM and once again it will begin and end on the back patio of Felice's Pizzeria. Mark your calendar now, because you don't want to miss this one. The 5K run makes one loop around Minnequa Lake then returns to Felice's where the fun begins. All the pizza you can eat plus beer and soft drinks courtesy of your Southern Colorado Runner's Club. It's for SCR members only and their families; however, nonmembers may join that night and be members until Dec 2013. Last year we had one of our best turnouts ever, so plan to celebrate Halloween a week early at SCR's annual Harvest Run. (It's the 26<sup>th</sup> annual, I think...I've lost track). Last year, after the sun went down, we even had a small campfire; hopefully we can do the same this year. Be there!



Dave Diaz

You probably know by now that the XTERRA Pueblo Triathlon (Sept 9, 2012 at Lake Pueblo) has been cancelled for various reasons but mostly because of low registration. Too bad they had to cancel but what bothers me is that they reserved the State Park a year in advance and the Reservoir people wouldn't let Larry Volk have his South Shore Adventure Run on Sept 9, a date he has had for the last several years. Also, the people who put on the Ordinary Mortals Triathlon at CSU-P in April also inquired about having their tri at the Res but were told by the Park, that the Park would only host one triathlon a year so they OMT people were out of luck. Now we have nothing...the OMT people said they will try again for next year.

Speaking of triathlon people, the Runner's Club has agreed to take the Southern Colorado Triathlon Team (Club) under its wing. It's going to be a separate club but at the same time it will be a subset of the Southern Colorado Runners Club. So in order to join the tri club you will also have to join the runners club but if you join the runners club you do not have to join the Tri Club...confused? Our insurance does not cover multi sport events but they needed help with the Nonprofit, 501(c) status and the Runner's Club was happy to help. You may visit their Facebook page under Southern Colorado Triathlon Club. They are planning to have group work outs and are even trying to organize some open water swims in Lake Pueblo. The Tri club is being organized by Gwen Steves and the Runner's Club and I wish them the best. When I find out how to join, I'll let you know.

The XTERA Pueblo is not the only cancelation; Pueblo Rangers Soccer club has decided not to continue the Lucas Johnston Memorial Run for now. It is not clear whether the club may want to do it again in a future year. **The Run for Kicks** had been held in October.

A new race for this fall will be the **Hoof it for Hospice 5K/10K**, a fundraiser for the Sangre de Cristo Hospice of Pueblo. It will be held Sat, Oct 27, 2012 at the State Fair Grounds. For more information visit [soco Hospice.org](http://soco Hospice.org)

I'd like to thank Nina Gonzales and her family (especially her mom) for hosting the Up, Down & All Around Predict Race in August. I couldn't make it, but Stacey said the course was a challenging course with great views and the brunch afterwards, was wonderful. Once again, thank you to Don & Lois Pfost who worked the finish and also compiled the results. All hosts of the Predict Series will receive one of the all NEW for 2012 long sleeve tech shirts, the same shirt that SCR members who run 5 predicts will receive.

Finally, I was able to compete in two events in Eastern Colorado last month and was surprised by the quality and community support for both events. The first was the CoCo Century bike ride, which began in Ordway and went thru Manzanola, Fowler, Sugar City, La Junta and Rocky Ford. It was hot and breezy but flat...I loved it. And if you're looking for a first time tri or if you done many, you should check out the Fowler Triathlon. The course was flat but also SAFE with very little traffic on the bike course. I think there may have had more kids entered than adults and more volunteers than entrants. Both had fantastic food at the end, the bike ride had a plate of pulled pork with lots of fruit and the tri had huge breakfast burritos, I had two. Both were reasonably priced, the Century was \$65 and the tri only \$45 and both gave tech shirts with logos that showed they cared what the shirt looked like and designed a shirt that people will actually wear. I was impressed with both events and plan to return next year, God willing.

# Fowler Youth Sprint Triathlon — August 11

By: Roberto Torres

On Saturday, August 11, 2012, 11-year old, Eva Torres of Pueblo, won first place in the first Fowler Youth Sprint Triathlon (138 yd. swim, 4.1 mile bike ride, and 1 mile run). This was a fundraiser for the Fowler Baseball team.

***Congratulations, Eva!***

***Keep on running (and biking and swimming)!***



# Up, Down, All Around Prediction Run — August 11

By: Don Pfof

Place	Name	Predict	Actual	Difference	Points	Pace
1	Humberto Paredes	0:37:20	37:29.89	00:09.89	100.00	0:07:30
2	Gary Franchi	0:50:00	49:41.41	00:18.59	90.00	0:09:56
3	Shawn Loppnow	0:38:38	38:59.33	00:21.33	80.00	0:07:48
4	Rick Acosta	0:49:00	49:25.11	00:25.11	70.00	0:09:53
5	Mark Gurule	0:40:00	39:22.00	00:38.00	60.00	0:07:52
6	Stacey Diaz	0:46:00	44:56.04	01:03.96	50.00	0:08:59
7	Debbie Gurule	0:47:38	45:14.09	02:23.91	40.00	0:09:03
8	Helen Whitener	0:54:15	57:01.74	02:46.74	30.00	0:11:24
9	Paulette Arns	0:54:00	58:47.79	04:47.79	20.00	0:11:46
10	Jeff Arnold	1:19:00	24:31.39	05:31.39	10.00	0:16:54

Volunteers: Race Director: Nina Gonzales Water Stop: Nina and her Mother  
 Finish Line: Lois & Don Pfof Results: Don Pfof

# CHILE & FRIJOLE FESTIVAL

## HOT TO TROT 5K RUN

2 MILE WALK AND KIDDIE K



This 3-day food festival (ranked nationally as the 2nd best food festival in the USA) will be held on the Riverwalk and the Union Avenue Historic District. Don't miss the Fan Zone, live entertainment, carnival rides, street vendors, chile contests—and much more, including the **HOT TO TROT RACE!**

### SUNDAY, SEPT. 23, 2012

#### Where

**Gold Dust Saloon, 217 S. Union Ave**  
in Pueblo's Historic District

I-25, Exit 98 B, West on 1st Street, Left on Greenwood, Right on Victoria. (Several parking lots here)

#### When: Sunday, Sept 23

<b>5K Run</b>	<b>8:00 AM</b>
<b>2 Mile Walk</b>	<b>7:45 AM</b>
<b>Kiddie K</b>	<b>7:30 AM</b>

#### Awards

<b>Kiddie K</b>	Ribbon for all entrants
<b>Walkers &amp; Fun Walkers</b>	Finishers Medal
<b>Runners</b>	Awards to the top 3 Females/Males in each age group

#### Perks

All entrants of 5K Run and 2 Mile Walk will receive a 2011 "Hot To Trot" T-shirt. Following the awards ceremony (at approx. 10 AM), entrants will be treated to a FREE breakfast at the Gold Dust that will feature a drawing where **run & walk finishers present** can win one of ten \$20 bills that will be given away!

#### Course

Historic District →  
River trail ⇐  
Riverwalk ⇐  
Historic District

#### Registration

**Mail or Walk-in** Gold Dust Saloon  
217 S. Union Ave.  
Pueblo, CO 81003

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

**Checks payable to Gold Dust**

#### Entry Fees

<b>Till Sept 14</b>	<b>\$22</b>
<b>(SCR</b>	<b>\$20)</b>
<b>Sept 15-22</b>	<b>\$25</b>
<b>Race Day</b>	<b>\$30</b>
<b>(Youth &lt;20</b>	<b>\$20)</b>
<b>Kiddie K</b>	<b>Free</b>

#### More Information

Ruth McDonald, 719-251-3189,  
[www.pueblochamber.org](http://www.pueblochamber.org),  
or 800-233-3446

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★ Union Avenue Historic District ★  
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"Even when you have gone as far as you can, and everything hurts, and you are staring at the specter of self-doubt, you can find a bit more strength deep inside of you, if you look closely enough.

~Hal Higdon, runner and author



The Pueblo ladies who completed the Georgetown to Idaho Springs half marathon on Saturday, August 11. Left to right front row: Carol Kinzy, Marijane Martinez, Carmen Perez. Left to right back row: Jessie Quintana, Kris Spinuzzi, Gloria Montoya, Diane Lopez.