



Footprints

Southern Colorado Runners

October 2012

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Editor: Laura Wehrwein

Tri for the Cure By: Loraine Torres

In February 2012, I registered for the Race for the Cure in Denver. It's a Women's Sprint Triathlon: 1/2 mile lake swim, 11.4 mile bike ride, and 3.1 mile run.

Running, no problem. Been there, done that.

I started learning to speed bike last year. I must have fallen off my bike two or three times, mostly due to forgetting to unlock my feet when I slowed down. Once was in the garage! Last year's 33-mile Elephant Rock bike ride was a killer because I didn't know how to use all my gears. This year, I fell only once, and with the help of my husband, Bob, I conquered the gears. Finally. I have enough scars.

In order to be accepted in the triathlon swim training group, I had to first swim at least 500 yards non-stop in a swimming pool. I started seriously practicing about three months early. How hard can it be? After all, I was a swimmer in high school, I had my waterproof MP3 player, and my 11-year old daughter

swims 1,000 to 1,500 yards a day; my 8 year old and 6 year old, 800 yards a day. Well, after many grueling swims, I finally did 800 yards, and a month before the Tri, I joined the Tri Group at Prospect Lake.

When I first trained at the lake, I couldn't help but think what the heck I got myself into. It was hard and the athletes were serious swimmers. The first time, it felt like fighting for your life. All the stuff in the lake demanded a hard pull, there's no bottom or side to hold on to or kick off of, and you cannot see anything. Constantly looking up (to see where you're going) and using your arms more than

your legs is a new skill, as well as trying not to think about what touches you or what you've swallowed. And, if you don't have your goggles fixed at the beginning of the swim, you're hosed.

My last swim practice before the race entailed wind and waves, and a mother goose and her baby swimming in front of me. Between catching my breath, avoiding a collision with a buoy, fighting the waves and trying to see, I couldn't figure out what the geese were until I was on them, they looked like black logs. Then it rained, and thank goodness, the coach and lifeguard called me out of the lake. I swam 1-mile, though the coach wanted 1.5



Above: Loraine Torres at Tri for the Cure.

miles, I never thought I'd do 1-mile in a lake. At the beginning, I feared the lake portion of the Tri, but now I knew I could do it.

August 4, 2012 was the Pre-Race Expo. It was great to see so many women excited about the race. It was awe-inspiring to see the survivors. Writing on yourself with a permanent marker and picking up your tri shirt—awesome.

August 5, 2012, Race for the Cure. On this day, my three girls, Eva, Olivia, and Elena, saw their mother believe in herself.

The morning started with a 4:00 a.m. wake-

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Southern Colorado Triathlon Team Club



Southern Colorado Triathlon Team (SoCo-T2) is a U.S.A. Triathlon member and insured triathlon training club. Southern Colorado Runners (SCR) is a member and insured by the Road Runners of America Club.

SoCo-T2 membership includes membership in both clubs:

- **SCR running club** enjoying all the benefits of the running club such as newsletter, website, discounts, club prediction series and volunteer recognition at annual banquet.
- **SoCo-T2 Tri Club** allowing members to participate in all triathlon training events covered by the USAT insurance (open water swims may require additional insurance or day license). Non-SoCo-T2 members may attend only one practice session as dictated by USAT insurance.

SoCo-T2 plus SCR annual membership:

- Family: \$45 (all residing at same address)
- Individual: \$25

Join now & your membership is good until 12/31/13!

Form available at: www.socorunners.org **JOIN** tab

Host the Ordinary Mortals Triathlon and Mini Mortals (Youth) Triathlon in Pueblo County each spring to:

- Provide a high quality local triathlon for our community members to enjoy as well as showcase Pueblo to triathletes outside our area.
- Provide a fundraiser to support local efforts to promote cycling, swimming and running for a healthier and more active Pueblo community.
- SoCo-T2 club members are asked to either race in this local triathlon or volunteer, and recruit volunteers as it takes a village to host a safe, quality event.
- Adult club members are encouraged to help with the youth race to keep all the younger athletes safe.

Purpose of the club: to foster the sport of triathlon in Southern Colorado mainly through training opportunities and social connections to support all ages and abilities and those new to the sport.

Check out the Tri Club training calendar under the “Tri Club” tab on socorunners.org website or Facebook page:

- Youth training events are generally planned for every other Friday from 6-7 pm. Parent club members are encouraged to participate with their kids.
- Adult training events will be scheduled when pool time, daylight and members are available to host a training event.
- Members may schedule and post a training event on the website and Facebook page. Please introduce yourself and welcome newcomers to the training event and ensure all participants are current club members.
- Non-club members may sign a liability waiver and participate in one event free of charge without joining (the rules of the liability insurance).

Racing: SoCo-T2 members are encouraged to race in any triathlon of their choosing. Many members will elect to race together at a certain event and encouraged to invite others and support them in their efforts.

Annual USAT members can state your affiliation with this club and earn USAT points for SoCo-T2.

www.socorunners.org/triclub

Ron's Ramblin — The Road to the Ascent went through Tempe by: Ron Dehn

Waaayyy back in January, my sister-in-law Cathy mentioned that she and my brother Dave were thinking of going to Rockies Spring Training in Scottsdale, Arizona. One thing led to another and Chris and I were on board. I had always wanted to go to spring baseball, and since the four of us are retired, we have now have the opportunity. We started researching tickets, places to stay, and activities along the way. We purchased baseball tickets a few days after they went on sale, which I discovered was a good idea. Spring ball is fairly popular, so if you want to get seats behind home plate, get your tickets early.

We have made a transition in our mode of travel the last couple years. During most of my life, camping meant traveling to the mountains with a tent, sleeping bag, food, water, and minimum supplies. Sometimes camping meant carrying all of the above in a backpack and trekking through the woods. It meant setting up a tarp to keep “dry”; trying to find the “soft” spot on the ground to minimize the backache; starting the Coleman stove first thing in the morning to boil some water; and keeping the site aroma-free to avoid visits by the bears. It wasn't too many years ago that we set up our tent on a beach in Mexico and a couple years ago we wanted our grandson to experience nature so we took our tent to the Sangres.

Well, things have changed. Yes, I used to make fun of people who say they are going “camping” in a trailer or RV complete with heater, air conditioner, hot and cold running water, electricity, comfortable bed, a refrigerator, and other amenities. And even today, my tongue gets twisted when I start to say the words “camping” and “travel trailer” in the same sentence. But... I like it. Dry is nice and so is warm not to mention hot & cold running water.

So, on February 29th Dave, Cathy, Chris, and I headed south on I-25 with two trucks and two trailers. We allocated about 3 weeks for our adventure. We like to do a certain amount of meandering while we travel, so we built in some flexibility in our agenda. Since our tickets were for specific ball games, I knew we would be in the greater Phoenix area on definite dates, so I went on-line to look for an organized run and something called the “Nun Run” popped up in a Google search.



Ron Dehn



Chris and Cathy and a nun at the Nun Run in Tempe.

our first training run.

The “Nun Run” is indeed organized by a group of nuns along with some help from the local monastery. The t-shirts and signs had various fun quotes. “Not all habits are bad”, “Run like a Nun” And “They shall run and not grow weary” are a few examples. One nun actually ran the 5k in her full habit plus running shoes.

From the website, we knew there would be a good crowd and on race day over 1100 participants took part in the 5K, 10K, and 1M walk. The 10K started first, and at the start line I looked around and didn't see too much in the way of gray. At that point, I got a little cocky and figured that Dave & I came from 5,000 feet and could outrun most of the senior citizens in this race. I told Dave that we were going to place and made up my mind we would do so.

The course was very nice, mostly in and around a park – some grass, some pavement, some dirt. I am usually not too competitive but because of my earlier observation, we pushed a bit. There was one person that we changed positions with several times in the first 5 miles or so. I told Dave that this guy had to be in one of our age groups, so Dave blew by him on a hill and I followed, feeling secure that we had eliminated at least one competitor. We finished in a respectable time (for us) and met up with Chris and Cathy. In a bit, the preliminary results were printed. Sure

We trekked and explored through New Mexico and Arizona. We met up with our sister and family, cousins, aunts, uncles, and friends along the way. We had reservations at a Mega RV park in Mesa, Arizona and we eventually ended up there. This put us a reasonable drive away from our Rockies games. Wow! The park was a city within a city with all kinds of additional amenities and scheduled activities. If we were to do a statistical analysis of the age of our fellow “campers”, we were clearly outliers. Many many shades of gray. But those “Grays” were sure active.

By this time, we figured out that the “Nun Run” in Tempe would work for us, so we went to the “Computer Resource Center” and the four of us registered online – Chris & Cathy for the 5K and Dave & I for the 10K. Before we left on this trip, I talked Dave into committing to do the Ascent in August. We decided the “Nun Run” would be

enough, Dave and I each garnered 3rd place in our respective divisions.

We were going to meet a friend for breakfast, but decided that we now had to wait for the award ceremony to get our medals. We waited... There were umpteen divisions for the youth, and every person that placed collected his or her medal, then posed with one of the nuns for a photo. They finally got to the more "senior" men's divisions. They announced first then second in Dave's division. He got ready to walk up to get his medal and they announced another name. We were stunned. We had seen the printout. Then came my turn. When they said "The third place finisher is...", I actually took a step forward, then sheepishly took a quick one back. Again – another name. The four of us looked at each other then started laughing. We then went over to the view the "final results" printouts. Sure enough, we were close but not close enough to get a medal.



Dave, Ron, and a nun at the Nun Run in Tempe.

The race was chip timed, and our times matched our watches, but somehow we were out of the money. We laughed some more and decided that somebody else had obviously prayed harder than we did. We also decided that expecting 3rd place and getting 4th was way more fun and made for a better story. (This was not the Olympics.) Thus went the first training run for the 2012 Ascent. Next month – Part II.

Tri for the Cure *(continued)* By: Loraine Torres

(Continued from page 1)

up call and off my family and I went to Cherry Creek Reservoir. I had to set-up my gear in the transition area at 5 a.m.

The lake swim was the hardest; all I could say is OMG-- someone was watching over me. Yes, I forgot something--my goggles! Luckily, I had my daughter's goggles in the car and used those. I jumped in the water to warm-up for a quick 5 minutes and made sure the goggles would work.

While I was waiting in my waive, the anticipation *and* adrenaline kicked in. That brought my heart rate up. I now know why they call this the "death leg" of the race. If your heart rate is too fast, you're too tired to do anything and you cannot rest because there's no bottom and nothing to hold on to. It felt like my heart was going to burst out of my chest. I couldn't figure out what was going on, I knew I had trained for this and it didn't make sense. A lifeguard came to me and told me to get on my back until my heart rate came down. It seemed like I was on my back for 5 or 10 minutes before I could even do the backstroke. I got off course a little bit and accidentally kicked by other swimmers (imagine hundreds of women swimming at the same time, in the same direction). One swimmer swam over me. When I reached the half-way mark, I felt rested, and I turned on my stomach and did freestyle all the way back to shore. Finally, the end of the swim.

Next was the bike ride. The scenery was breathtaking. We rode around the reservoir and into nature preserved areas. I was able to pass up at least 10 women, it was fun. There were only three big hills, and one killer hill, but I made it up, using my gears at about whopping 5 MPH. Coming down the hills at 20+ MPH was a blast.

Then came the run. It started with two long hills that I thought would never end, but once the road evened out and I ended up on top of Cherry Creek Dam, it was fun. I mean how many times do folks shut down the road for you to run across it? Not many. The view of the lake from the top of the Dam was great. I could hear my family screaming from the bottom of the Dam; and I was shocked when I saw Bob, who had climbed up many large rocks at the top of the Dam, cheering too.

It was amazing crossing the finish line; I'm glad I didn't fall down. I had it in my mind that I would throw my arms up and jump when I crossed the finish line, you know, like all those women in the photos, but I didn't do that. Instead, I moseyed along, taking in the last few moments, looking at the crowd along the fences, and tapping my family's and friend's hands, including my three girls hands, along the way. My time was 2 hours, 20 minutes. Not the best, for a 43-year old, but I finished. I don't know if I'll ever do this again, but it was truly an remarkable experience.

Thanks to Bob, Eva, Olivia and Elena, and my sister, Linda, for getting up at 4:00 a.m., supporting me, and hanging out at the park for hours just to cheer me on. They all got a work out running back and forth to each finish line (swim, bike, and run). I could see the sweat on their faces.

Now, I am a Tri Girl. I enjoy the bugs in cold water, the wind in my hair, and the sweat on my legs. I am living. Earlier this year, I was diagnosed with a brain tumor. Thank goodness it wasn't cancerous. Cancer stinks, and on August 5th, my daughters saw their mother believe in herself and the fight against cancer. That's why I did the Tri for the Cure.

Great Stuff — Here's The Shirt Off My Back by: Gary Franchi

Thought for today's lunch, compliments of P.Z. Pearce, M.D.: *"If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise."*



Gary Franchi

Fresh musings from the heaping and steaming nugget pile:

I was rummaging through the maze in my closet over the weekend, trying to pick out what short-sleeved tech shirt to wear as I got ready to dive into the day's errands. Ah, so many cool choices, so little time. The cliché thinking from generations past was that a woman needed an extra closet for her shoes. Well, a runner/endurance athlete who races needs an extra closet just for race shirts.

Because if you race regularly or even just once in a while like some of us pretenders, you tend to accumulate race shirts in a myriad of colors and designs quite quickly. Let's see, there's a nice navy blue tech shirt from the Spring Runoff in March. And here's a cool black one from this year's Spank Blasing race. Over here is that gorgeous burnt orange shirt from the Garden of the Gods in June. And there's the green one from the St. Patty's 5K in the Springs. Let's not forget the tuxedo hockey jersey either. Oh, sorry, I just slipped that in there to give you folks a little hoot.

Race shirts are usually pretty special, serving as a souvenir of a racing experience. The nice thing is that they usually bring back the good memories – like the finish and the post-race socializing – rather than the pain and discomfort that you feel while doing the race itself. That's because runners have an uncanny ability to block out all semblance of pain afterward, which is why people aren't content with running just one marathon.

Whatever, occasionally shirts can carry special significance and meaning, like that Garden of the Gods one does for me since I finally was healthy enough to run it this year. I also love the nice purple techie that came with the Run for Rio this year and it was designed by daughter-in-law Jenny. When I wear the Buena Vista royal blue shirt, it reminds me of a nice weekend getaway in Salida and the good time at the Boathouse restaurant there on the river.



Carrie displays the royal blue Buena Vista shirt (from the BV Bike Fest).

The problem is that some shirts have, uh, a few shortcomings.

I'm looking at the purple shirts that were given to participants in this year's Cinco de Mayo race and nowhere on the shirt do I read "Cinco de Mayo." It says "Youth & Family Academy" instead, and the logo is of a dragon. Huh? I assume the design was extracted from the shirts worn by the kids who attend the Y&FA charter school, which was the benefactor of this year's race proceeds. And, yes, the Y&FA's nickname is the Dragons. So that's the "souvenir" that runners took away from that experience. Oh, and have a nice day.

The Classic 10K in the Springs was a special race for me this year since its easy course led to a relatively faster per-mile pace than my usual snail-like speed. Trust me, if you want to set a 10K PR, run the Classic. Anyway, the navy blue tech shirts that were given to participants have a nice Classic 10K logo on the left front. But underneath the logo is a list of all of the race sponsors and it descends almost to the bottom of the shirt. This is the front of the shirt, not the back. So, in essence, if you wear this shirt, you actually are a walking billboard for advertisers. I haven't worn that "souvenir" out of the house yet. Since then, I also have given a silent thanks many times to those who either leave the sponsors' names off their shirts

or put them on the back.

A few rules of thumb about race shirts: They should have the name of the race, the date of the race, and a creative design. They should be designed so that race participants want to wear them. Plain, unimaginative designs, while occasionally acceptable, usually aren't attractive and don't cause that "want to wear" factor. One more thing: all races should offer men's or women's cut sizes for those who sign up by the pre-registration deadline. After that date, you should have to settle for what you get.

Just one man's opinion.

By the way, whatever happened to Cool Max shirts?

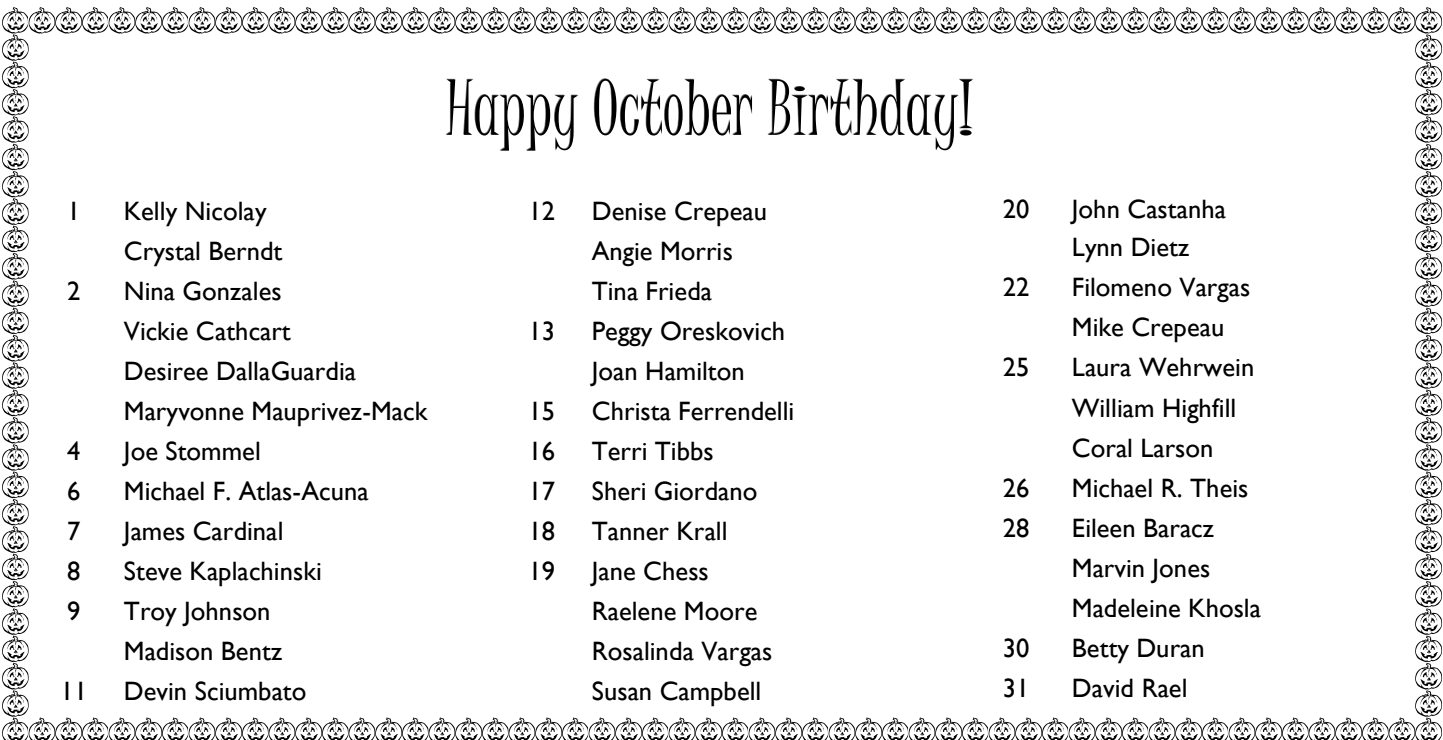
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Ten things I was just wondering:

1. When you really think about it, is any pro athlete ever "worth every penny" they're paid as is often stated?
2. When you insert your credit card into the pay slot when buying gasoline, why should you have to remove it quickly?
3. Instead of just giving speeding tickets, don't you wish they had a law that would restrict the decibel (noise) level restriction for vehicles (cars, motorcycles, trucks)?
4. If they're going to have an Oktoberfest in September, why don't they call it a Septemberfest?
5. If cats develop cataracts, do dogs get dogaracts?
6. Do eyeglass clip-ons become clip-offs when you take them off?
7. Is robotic surgery when surgery is performed on a robot?
8. When an athlete give a teammate a congratulatory slap on the rear end, would you call it a bum rap?
9. If a quantity can be termed "substantial," does that infer there are "stantial" amounts?
10. Why can't one of the cell phone ring options be "silent?"

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Until next month, may your next race shirt be a true gem.



Happy October Birthday!

- | | | | | | |
|----|--------------------------|----|---------------------|----|------------------|
| 1 | Kelly Nicolay | 12 | Denise Crepeau | 20 | John Castanha |
| | Crystal Berndt | | Angie Morris | | Lynn Dietz |
| 2 | Nina Gonzales | | Tina Frieda | 22 | Filomeno Vargas |
| | Vickie Cathcart | 13 | Peggy Oreskovich | | Mike Crepeau |
| | Desiree DallaGuardia | | Joan Hamilton | 25 | Laura Wehrwein |
| | Maryvonne Mauprivez-Mack | 15 | Christa Ferrendelli | | William Highfill |
| 4 | Joe Stommel | 16 | Terri Tibbs | | Coral Larson |
| 6 | Michael F. Atlas-Acuna | 17 | Sheri Giordano | 26 | Michael R. Theis |
| 7 | James Cardinal | 18 | Tanner Krall | 28 | Eileen Baracz |
| 8 | Steve Kaplachinski | 19 | Jane Chess | | Marvin Jones |
| 9 | Troy Johnson | | Raelene Moore | | Madeleine Khosla |
| | Madison Bentz | | Rosalinda Vargas | 30 | Betty Duran |
| 11 | Devin Sciumbato | | Susan Campbell | 31 | David Rael |

2012 Race Calendar By: Dave Diaz

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
Sat, Oct 6	10:00 AM	Pawtoberfest	5K, 3K 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	11:00 AM	OktoberFest Fun Run	5K	Coleman Park, CS	gproktoberfest5k.eventbrite.com/
Sat, Oct 20	4:30 PM	Harvest Run 5K-Predict #10	5K	Lake Minnequa	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	pprrun.org

NOVEMBER

Sun, Nov 11	11:30 AM	Fall Series IV	7M	Palmer Park, CS	pprrun.org
Sat, Nov 17	9:00 AM	Canon City Turkey Trot	5K	Pathfinder Park	ccrec.tripod.com
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	4M	Temple Canyon-Canon City	socorunners.org

DECEMBER

Sat, Dec 1	9:00 AM	Rock Canyon Half Marathon	13.1M	Pueblo City Park	socorunners.org
Sat, Dec 15	9:00 AM	It's a Wonderful Run-Pred #12	4M	Sunset Park	socorunners.org
Dec 29 or 30	9:00 AM	Raptor Resolution Run	5M	Pueblo Nature Center	natureandraptor.org

JANUARY

Tue, Jan 1	10:00 AM	Rescue Run	5K/10K	Palmer Park, CS	pprrun.org
Sat, Jan 12	10:00 AM	Winter Series I	3.3M/7M	Cheyenne Mtn State Park, CS	pprrun.org
Sat, Jan 26	10:00 AM	Winter Series II	4M/8M	El Pomar Sports Park, CS	pprrun.org
Sat, Jan 26	6:00 PM	SCR Awards Banquet	Save the Date!!	Site TBD	



Calendar Notes By: Dave Diaz

Well here it is October and time to start planning the 2013 SCR race calendar. I'll go first, the 2013 Rock Canyon Half Marathon will be held Sat, Dec 7, 2013 and the Harvest Run will be Oct 19, 2013... Kim Arline is moving the Run for Trails from the fall to Feb 2, 2013. She'd like to get more student runners involved without competing with the HS track or Cross Country schedules. Darryl Clark says the 2013 edition of the Chieftain Spring Runoff will be held on Sunday, March 3rd....If you hosted a Predict Race this year and would like to do it again next year, please let me know, as I'd like to get a complete 2013 Prediction Calendar together soon. Email me at calendar@socorunners.org



Dave Diaz

Jay Zarr and the Pueblo Nature Center will once again host the Raptor Resolution Run, this year in late December. However, since New Year's Eve falls on a Monday this year, he will have his race on the weekend before, either Sat, Dec 29, 2012 or Sun, Dec 30, 2012. It will be a 5K run and a 2013 yard walk (about 1.2 miles).

The Pueblo YMCA is once again planning to have their very successful Turkey Trot 5K; it will be held Thanksgiving morning, Nov 22, 2012 at the YMCA campus. Last year they had 406 finishers. New race director is Lindsay Newton, Director of Annual Giving at the YMCA.

Over 50 runners from Pueblo and Pueblo West competed in the Denver Rock n Roll Marathon and Half Marathon, held on Sat, Sept 22, 2012. There were 8163 finishers in the half and 2173 in the marathon. Interestingly, of the 43 finishers in the half marathon from Pueblo, 33 were women and of the 13 finishers in the marathon, 9 were male. Congratulations to all.

This club is fueled by volunteers and on behalf of the SCR I'd like to thank David Rael who replaced the battery in our old finish line clock. The clock had not been working properly and is probably 10 years old, so we bought a new one, but thanks to Dave, we now have 2 working finish line clocks.

Speaking of volunteers, thanks to everyone who stepped up to help at the YMCA Corporate Cup and the Hot to Trot 5K, especially Ruth McDonald and the crew at the Gold Dust for an outstanding job with the H2T.

Hoping to see everyone at the Harvest Run, Sat evening, Oct 20, 2012. The 5K run begins at 4:30PM at Felice's Pizzeria. Hopefully, I finished the flyer with details, and it's included in this newsletter, if not, sorry and visit socorunners.org for more info.

Finally, I was contacted by Runner's World Magazine and they plan to have a small blurb about the Rock Canyon Half Marathon in their December issue. Right, I'll believe it when I see it....



BOYS & GIRLS CLUBS
OF PUEBLO COUNTY

Presenting Sponsor: Wags and Menace Foundation

Pawtoberfest

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



Hot To Trot Kiddie Style By: Jeff Arnold

The 2012 version of the Hot to Trot wasn't the biggest or fastest, but for females at least, it was the youngest. The Overall Female winner was 12 year-old Emily Lucero, whose 21:13.5 is the third fastest time in the eleven year history of the race. Eight seconds behind Emily was 10 year-old Melina Faris. Of the 67 female finishers in the 5K, seven were 12 or under. Three boys were 12 or under, including 6 year-old Wyatt Faris, who ran 28:11.

Puebloan Aaron Gonzales, 26, whose name I haven't seen in other results, won his first Hot to Trot in 17:42.8. He might have been a bit faster if the lead bike, me, hadn't been slowed near the finish. Charlie Gray, 58, was second. Speaking of fast for age, 64 year old Carol Kinzy ran 24:04, a time that would put her on most, maybe all, Pueblo area high school cross country teams.

Jim Gonzales, 72, Pueblo, and Nancy Mitrick, 69, from Fremont CA were the oldest runners in their respective divisions. Nancy first ran this race in 2003.

Since Ruth McDonald revived the race in 2006, it has blossomed. The 2009 total of runners, 190, and walkers, 22, compares to 31 runners in the first race in 2000 and 51 in 2003, the last pre-Ruth year. Now runners and walkers get the best breakfast in town included in their entry fee, with a chance to win cash by drawing. Age group and overall winners get Pueblo salsa, beans, and a variety of home grown vegetables in addition to a medal. Can't beat it. See you next year.



Blasts From The Past... By: Marijane Martinez

Left to right, Gloria Montoya, Debbie Gurule, Rita & Tim Vigil, Diane Lopez and Marijane Martinez. Tim and Rita lived and ran in Pueblo and are now living and running in Santa Fe, New Mexico. The photo was taken at the Buffalo Thunder Half Marathon.



September 2012 Meeting Minutes

By: Mike Archuleta

DATE: September 5 at 6:00 p.m.

ATTENDANCE: Dennis Wait, Ron Dehn, Paulette Arns, Dave Diaz, Terry Cathcart, Gary Franchi, Gwen Steves, Maria Elena Weaver, Rob Archuleta, Paul LaBar, Mike Archuleta.

CLUB BUSINESS

Tunnels to Towers 5K Race, Oct. 14:

The race is across the country for 9/11 event. Laura Williams is the race director and wants to have the race on Oct 14, 2012. Gwen Steves, Rob Archuleta volunteered to assist with the event.

Rock Canyon, Dec. 1: Dave talked about the charges for the Rock Canyon half Marathon. The use of the Pavilion will cost \$230. The entry fee will be same as last year. The tech shirts will be long sleeve for the race participants. No sweat shirts this year. Registration will end 2 weeks before the race. Finisher medals for all of the participants.

Triathlon Club: Gwen talked about the Triathlon club. Gwen & Rob presented Poster on the new Soco 2 Triathlon club. To recruit new Triathlon members to join the new SCR triathlon club. Presented new information and paperwork for the triathlon club. Gary Franchi Southern Colorado Runners membership form with new triathlon information. September 14th meet and greet for the triathlon club.

OFFICER REPORTS

Minutes: Mike Archuleta

The club approved the minutes with no changes.

Treasurer Report: Paulette Arns

The treasure report was present by Paulette. The majority of costs covered the newsletter and fees.

Membership Chair: Maria Elena Weaver

Total memberships: 189

Individual memberships: 94

Family members (not main member): 199

Colorado Runner Subscriptions: 158

Webmaster: Paul LaBar

Paul reported on the web site. Dave stated there are no predict results on the website.

Race Calendar: Dave Diaz

Harvest Run is scheduled Oct 20TH. There will be refreshments and pizza after the event.

REPORTS / LESSONS LEARNED

Beulah Challenge, Aug. 4: The event was scheduled August 4. No problems with the race. There were less than 100 runners. Talk about adding half marathon to the event for next year.

Up and Down & All Around Predict, Aug. 11: There were about 10 runners for the event. Gary stated it was great event.

Early Bird / Lazy Bird: Dennis reported 24 runners for the event. The course was at Lake Minnequa. The race benefitted the South high school band. The weather was excellent for the event.

UPCOMING RACES / EVENTS

Hot to Trot, Sept. 23: Paul talked about the race preparation for the event. The online registration is setup on the website. Dave Diaz volunteered to setup for the finish line. The event is schedule for September 23rd 2012. Rob Archuleta talked about volunteers needing community service. Let Rob know if anyone needs volunteers for racing events.

Child Advocacy: Ellen Cooney report on the logistics for the event. Review sponsorships for the event. The event will consist of bike ride and running race. There are only about 15 participants for the event. There will be traveling trophy for the company with the most participants. The club will donate \$500.00 to the Child Advocacy center.

Lions Roar 5K, Oct. 6: Cheryl Farrer reported on the Loins Roar. Cheryl reported on the logistics for the event. She talked about the run and walk for the participants. There will no online registration for the event. The registration will be done by Sept 28th. Requesting finish line support for the event.

Boys & Girls Club, Oct 13: Paulette re-

port that Becky will be at the next meeting.

Harvest Run: The Harvest predict will have food and beer for club members, there might be Bon fire for the event.

Hoof it for Hospice, Oct. 27: The entry forms have been loaded for online for race registration. The course will be mapped in the next week. Event will be at the Colorado state fairgrounds. The race will be held on Oct 27. Requesting finish line support from the SCR.

YMCA Corporate Cup:

5k Run Predict: The same course as the Spank Blazing Run.

September 15 — Bike Ride Predict

September 16 — 1 mile Run

Adjourned 8:30 PM.



Mike Archuleta

Run on in to the
Gold Dust
Saloon

In the HEART of the
Union Avenue Historic District
217 South Union
Pueblo

SOUTHERN COLORADO RUNNERS
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Running well is a matter of having the patience to persevere when we are tired and not expecting instant results.
~Robert de Castella, Australian marathon runner



Kim Arline and Gwen Steves at the YMCA Corporate Cup 12.4 Mile Bike Ride on September 16.