



Footprints

Southern Colorado Runners

November 2012

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Editor: Laura Wehrwein

Rockin' It In Denver By: Matt Drake

My mother asked me to write an article about my first marathon, so here goes. After my senior season of cross-country at Regis University, I backed off running for about a year. I enrolled in the chemistry PhD program at CU, which gave me a pretty good excuse to run less. Taking classes, doing research and teaching undergrad organic chemistry labs just took a lot of time and energy. I still would run 5-7 times a week, but I stopped doing speed workouts and my weekly long run. Towards the beginning of my second semester of grad school, I started to miss racing, and I decided to begin training more seriously. I made qualifying for the Boston Marathon my goal because I had always been a bit better at longer distances,



Above: Matt Drake runs his first marathon at the Rock 'N' Roll Denver Marathon on September 22, 2012.

and I thought that having a big goal would help keep me motivated.

To some extent, I was right. I immediately increased my weekly long run from 10 miles to 20 (patience is not one of my virtues), and I got in 21 runs of 20 miles or more in during the 6 months prior to the Denver marathon. The

in 3:17 prior to the race really boosted my confidence. I concluded my training with a 2 week taper in which I included 3 runs with 2 miles at 6:30 pace (my only "speed work" prior to the race).

problem was that I was not too consistent with my weekly mileage. I would get in three 70 mile weeks and then I would get tired, bored, distracted or sick and drop to 35-45 miles for a week or two. One good thing I did was run the full marathon distance about 8 weeks before the race. I don't think going the full distance during a training run is something to make a habit of, but having covered the distance

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Southern Colorado Runners

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

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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: November 7, December 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.

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www.socorunners.org/triclub

A New Day by: Bob Gassen

The other day, I was thinking about Deriba Merga, one of my all time inspirational sports figures. At the 2008 Olympic Marathon in Beijing, China, Merga from Ethiopia became symbolic of the person who can taste victory and then watch it suddenly disappear. But this is only part of his symbolic value to me.

At the halfway point in the marathon, Merga was in second. In fact, he had a chance to win gold. With a few miles left, the stadium in sight, three runners were in contention: Sammy Wanjiru from Kenya, Jaouad Gharib from Morocco, and Merga. Then, just outside the stadium, Wanjiru opened a lead; Merga began to fade, and Gharib established himself in second. As I watched what I thought would be the top three finishers, something terrible happened to Merga.

As he entered the stadium, I knew he was in serious trouble. He struggled to stay on his feet. About 25 yards before the finish line, Merga became disoriented. His body began shutting down as he drifted to the outside lane. Now he was walking unsteadily toward the finish line. At this point, I became one of Merga's biggest fans. On the edge of my chair, I screamed, "For God's sake, go Merga!" Before this marathon, I was unaware of Merga's existence. Although I've been a runner for many years, I don't pay much attention to elite, world-class runners.

With a short distance to claim a bronze medal, another Ethiopian passed Merga, beating him by 21 seconds. Over four years have passed since that marathon, but I have thought about Merga often. Shortly after the Beijing Marathon, I wondered if his meltdown in front of millions of viewers caused serious physical and psychological damage.

Imagine what may have gone through Merga's mind. Did he second-guess himself? "If I hadn't missed that water stop..." "If I had backed off slightly at mile 21..." If, if, if.

At least Merga didn't leave anything on the road. He emptied his tank completely, stumbling to the finish line. He was going for gold; the heck with backing off.

In his Runner's World article "Duel in the Sun", John Brant notes that Alberto Salazar's effort in the 1982 Boston Marathon was so exhausting that he was never the same runner. In a sense, Boston was a career-ending race. Salazar later suffered from a compromised immune system, exercise-induced asthma, and depression. About two years after the Beijing debacle, I did a computer search on Merga and was quickly relieved of all apprehensions. Plainly, I was more concerned about Merga's physical and psychological well-being than he was about his own. Quickly putting the Beijing disaster behind him, Merga won the 2009 Boston Marathon.

Later that year, Merga rattled off victories at the World 10K in Bangalore, the Bogata Half Marathon, and the Delhi Half Marathon. Merga is clearly one tough guy, which leads me back to the beginning of my article. Merga watched his dreams fade at Beijing, but they didn't really fade away. He simply got some new dreams. When I experience a

setback, I think about my hero Merga. Tomorrow is a new day.



Deriba Merga winner of 2009 Boston Marathon near half way point in Wellesley Square

By George Roberts (Own work) [CC-BY-3.0 (<http://creativecommons.org/licenses/by/3.0/>)], via Wikimedia Commons

Matt's First Marathon — Mom's Perspective by: Martha Drake

My son Matt ran cross country for Pueblo West High School followed by four years of running on the cross country team at Regis University. It was no surprise when less than year out of undergraduate school he announced that he wanted to start running marathons. When I told Matt Sherman (Pueblo West High School track and cross country coach), he said it was "the natural progression." Matt does not do anything without preparation and planning whether it be a test, presentation, paper or marathon. He started training a good 6 months prior to the event and had at least a dozen 20 milers under his belt prior to race day. His first marathon was the Rock 'n Roll in Denver on September 22, 2012. My first marathon was this same race in 2010.

I was naturally very excited about Matt's first marathon. I thought about running the half but decided against it because I wanted to cheer him on and take pictures. When I asked him if he wanted me to make a shadow box to showcase his medal and bib, he said I should wait to buy it until after the race. He said he may "cramp up, fall, vomit" etc. before crossing the finish line. I bought the shadow box, push pins and double-sided tape and took it with me to Denver. I had no doubt he would cross the finish line!



Matt and Martha Drake at the Rock 'n' Roll Denver Marathon.

Matt said he was going to run his first marathon easy just to get a feel for it. Being his mother, I knew better. Although he did not say it, I knew that he secretly wanted to qualify for Boston. He needed a time of 3:05. I also knew that secretly he wanted to run under 3 hours and place in his age group. Well, two out of three's not bad! Matt ran his first marathon in 2:59:40. He qualified for Boston and ran under 3 hours placing 4th in his age group. His overall place was 26 out of 2,181 runners. Incredible but it wasn't pretty.

I managed to see Matt at 6 places during his race: at the start, at about 4 1/2 miles on 17th Avenue as I ran toward City Park, at the 7 mile in City Park, at the 8 and 9 mile on Colfax Avenue and at the finish. He was running easy at the 9 mile mark but significantly ahead of his desired pace. I told him to slow down but race excitement over-ruled common sense.

I joined my husband Bob, Aaron (son) and Morgan (Matt's girlfriend) at the finish line. We were all thrilled to be part of this great adventure. But as the clock got closer and closer to 2:59, I started to have doubts. I told my family, "He's not going to make it." But then around the corner came a runner in black with a shaved head. Could that be Matt? The runner was staggering, his eyes rolled back and he looked like he was going to pass out. It was Matt! We all started screaming. I truly did not know if he was going to make it but, being Matt, he willed himself across the finish line.

It was an awesome day for my daughter Michelle too. She participated in her first Taekwondo tournament at Tiger Kim's Academy just 2 blocks south of Colfax winning three medals. My sister Anita and Michelle cheered Matt on at the 8 and 9 mile marks then headed to Michelle's event. It was a great day for the Drake family!

Rockin' It In Denver *(continued)* by: Matt Drake

(Continued from page 1)

My plan going into the race was to try to break 3 hours.

The goal seemed reasonable because I had run a 1:20:55 half marathon May.

Race	Last Name, First Name (Sex/Age)	Time	OverAll Place	Sex Place	City, State, Country	Boston Qualifier
Rock N Roll Denver Marathon 9/22/12	<u>Drake, Matthew</u> (M)	2:59:40	26	23	Boulder, CO, USA	BQ

I accomplished my goal, but it was not easy. Marathons make you humble. I started off at a somewhat relaxed pace and I felt great. I averaged a 6:30 pace and hit the 20 mile mark in 2:10. At that point I was sure I would run a 2:50. Then, predictably, I hit the wall. My pace dropped off quickly after 20, and I finished with a 9:30 last mile. I even walked several strides up a steep hill during mile 26. Running 2 miles in 18 minutes and having to walk during a race was pretty humbling considering I had been team captain of a college cross country team a little over a year before (admittedly, I was not that good of a college runner). In the end, I was so happy to see 2 hours on the clock, that I could care less about my slow finish. I crossed the line in 2:59:40.

It was great being around at the finish of the race because everyone was so excited. My whole family was there, and it was great to share the moment with them and my wonderful girlfriend, with whom I have shared the past 2 years. Finishing a marathon is a huge accomplishment, and it was great to see so many people celebrate their achievement. The great thing about running is that it is about challenging yourself. Depending on where you are at as a runner, running a 4-6 hour marathon could be a bigger personal accomplishment than my sub 3 hour effort. There were certainly many people who ran an hour or more slower than me who were just as excited about their accomplishment (and rightfully so).

I have decided to focus on marathon running for the foreseeable future because I love that the race is so challenging and exciting. My next one will be the Colfax Marathon in May. This time around, I am taking my training much more seriously. I have more time now because I am done teaching and taking classes (I'm just doing research for my degree from here on out). I have incorporated biweekly speed workouts, drastically increased my mileage and I have started to increase the distance of my long runs. I hope that my training will pay off and that I will cut off a lot of time in the next several years. Even if I don't, it will be worth it. Getting out of the lab and running on the beautiful Boulder trails for a couple of hours a day is reward enough for me.



Matt's sister, Michelle Drake, had quite a day on September 22, also! She won three medals at her first Taekwondo tournament. Congratulations to the Drake family!

Heather's Story: Running My First Spartan Race by: Heather Rayburn

As I came out of the first mud pit obstacle I had no idea there was another. And another. Oh yeah, and another. It wasn't because of lack of preparation on my part – it was because I just couldn't see that far in front of me. I have been legally blind/visually impaired since age 12 with non-correctable, less-than 20-500 vision. So the 2012 Colorado Military Spartan Race was literally was one surprise after another.

Since vision impairment is a hidden disability, I wear a bib/tag for all events that says "Visually Impaired". This is so that people don't think I'm just slow for no reason. I also have a Guide who trains and competes alongside me.

There are some benefits that stem from the lack of vision. I can't tell how steep a hill is or how far there is left to the end of an obstacle – so I just keep going.

There was a moment on each of the wall obstacles when I asked myself what I had gotten into. Not being able to see the top of the wall is one thing. My Guide helps me here. The really interesting part is then being at the top of the wall and dropping what seems like forever to the ground; my feet would find terra firma before my eyes. Even with my trusted guide, dropping from many feet up was daunting.

Some obstacles affected everyone regardless of vision, like the downhill on the Rucksack and Sandbag carry – everyone was 'slip-sliding away.' I still have no idea where I was supposed to throw for the grenade toss but I did my burpees and went on with a smile.

My guide (by the way, he is also my husband) and I became separated in the mud crawl. Somehow people got between us; I could not stop for him and so I just kept crawling forward...and forward...and forward. Once in a while my Guide and I would yell back and forth some words of encouragement or direction. The directions he gave were simple "keep crawling forward a bit more." He could see the distance and kept telling me "just a little further"... or "just a bit more." Usually he gives a distance estimate and I wondered why he didn't. One quarter mile later I emerged from the pit muddy and bloody with my M16 and waited for him to find me. I guess I looked recognizable enough because the next thing I knew we were jogging into new territory.

The terrain was extremely challenging for me as it was very uneven in every direction with lots of sand, small rolling stones, and cactus. It was fantastic! Frequently we would move to the side so those coming from behind us could pass and I could maneuver safely. I am so impressed with the Spartan Spirit! Many of the folks coming by had encouraging words for me, asking if I was doing ok, or offering assistance.

In the end I attempted every obstacle – and did a lot of burpees – but was amazed at how many obstacles I conquered. The grenade toss and spear throw were "automatic bupees" since I didn't know where I was aiming. Obstacles like the uneven upright log steps and directions like "step forward, through space about 5 feet and about 2 feet up" made me laugh more than anything. The log-climb obstacle was interesting as I really couldn't see from one to the next but with good instructions my hands and feet found each like a ladder.

The fire obstacle had been causing anxiety since we observed the lighting of the flames. Brian kept saying it would be fine and reminding me that I jump creeks and other things occasionally and I reminded him that water and fire are very different to tumble into. We stood beside the fire and my Guide counted about how many steps the others were taking so we had a place to start from. We bolted forward, side by side, toward the flames. I heard him yell "JUMP!" and so I did, leaping the fire successfully. I was up and over the cargo net with relative ease as it is a repetitive task. I followed behind my husband through the Spartans – they took him out and I passed unscathed to receive my medal! I was told by the Spartan Staff that, as far as they know, I am the first VI/Legally Blind competitor to finish this race.

Thanks to my husband and Guide – I never would/could have done it without him and also to Spartan Race for yet another affirmation that you don't know what you can really do until you try.

I think the biggest thing I learned is that I am not bound by obstacles. My vision, or any disability really, is an obstacle, just like the obstacles in the Spartan Race. How you deal with it is up to you. Some obstacles, like some days or some tasks, take more concentration, more instruction from others, and more determination to conquer. Sometimes I wanted to give up but there was a bigger picture. As my Guide and I were negotiating steep, rocky inclines people were passing us and giving me encouragement. I saw people of all ages, shapes, sizes, races struggling, grunting, swearing, and dealing with whatever their issue or dis-ability was and I realized what makes a Spartan – determination to conquer any and all obstacles in my path be it a wall to climb, a mud pit to crawl through, or to navigate a world that ends a few feet in front of me. For this morning's workout, I wore the shirt I wore to Spartan; the small tears and remnant stains remind me to push a little harder, train a little more, because I will be back again next year for more!

Team SuperBlind is already registered for the 2013 Colorado Military Spartan Race and I am already looking forward to it. Let the training... continue. AROO!



Heather Rayburn, a legally blind competitor, meets the challenge at her first Spartan Race. Go Heather!

This Thanksgiving, Fill More Than Your Tummy by: Lindsay Newton

When most people think of Thanksgiving they think of the three F's – football, family and food. This year, add a fourth “F” to the equation – FITNESS with the Y! This Thanksgiving Day invite your friends and family to help those less fortunate and join us for the YMCA of Pueblo’s 2nd Annual Turkey Trot 5K Run/Walk and 1K Kids Fun Run.

This event is being held to promote families getting healthy together with all the proceeds benefiting the Y’s annual Strong Kids Campaign. The goal of the Trot is to get friends, families and co-workers moving on a day typically known for inactivity. The Y supports strong kids, strong families and strong communities and we want all to be represented at the Trot. The Turkey Trot also serves a much greater purpose in that it supports children and families in our community by allowing them the opportunity to participate in Y programs and services that they otherwise would not be able to afford.

On Thursday November, 22nd the Trot starts and ends at the Y, 3200 E. Spaulding Avenue. The 5K Run/Walk begins at 9 a.m. and is a timed event with awards given to the top 2 finishers in each age division. The 1K Kids Fun Run begins at 10 a.m. and is free and open to children 12 years old and younger. Register online at www.puebloymca.org, in-person at the Y by November 15th at 5 p.m. for the Early Bird discount, or on race day (race day registration begins at 7 a.m. and t-shirts are not guaranteed).

So before you sit down to fill your tummy on Thanksgiving Day join us to strengthen and fill your heart by doing something good for yourself and others, as we work together to build strong kids, strong families and a strong community!



Happy November Birthday!

- | | | | | | |
|----|-----------------|----|--------------------|----|-----------------|
| 1 | Ross Barnhart | 14 | Alice Fitzgerald | 24 | Kinzie McCall |
| 2 | Kindra Hardy | 15 | Ernie Aguilar | | Paulette Arns |
| | Aaron Romani | 16 | Robert O'Callaghan | | Eden Thompson |
| 3 | Barbara Hadley | 17 | Larry Volk | 26 | Mike Borton |
| 5 | Diana Maal | | Rocky Khosla | | Susan Steves |
| | Jessie Quintana | 18 | Luis Maal | 27 | Al Arline |
| 6 | Chester Mathews | | Steven Wall | | Tim Weckx |
| 7 | Taylor Gurule | 19 | Juanita Peters | | Malachi Ricks |
| | Hannah Campbell | 22 | Regan Foust | 28 | Nancie Biery |
| 12 | Jessie Jackson | 23 | Chris Dehn | 29 | Robert Quintana |
| 13 | Shianne Frieda | | | | Karen Clifton |

2012-13 Race Calendar By: Dave Diaz

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
Sun, Dec 30	10:00 AM Raptor Resolution Run & Walk	5M/2013 yd	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
Sun, Jan 20	9:00 AM Lone Tree Predict #1	5M	Pueblo West	socorunners.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	

FEBRUARY

Sat, Feb 2	TBA Run 4 Trails	5K/5M	Pueblo West High School	
Sun, Feb 3	10:00 AM Super Half Marathon	13.1M/5K	Dwntwn Colo Sprgs	pprrun.org
Sat, Feb 9	10:00 AM Winter Series III	5/10M	Baptist Rd, CS	pprrun.org
TBD	9:00 AM Valentines Twosome		TBD	
Sat, Feb 23	10:00 AM Winter Series IV	10/20K	Black Forest	pprrun.org
Sun, Feb 24	9:00 AM Spring Runoff Tuneup Pred #2	10K	Dutch Clark Prk Lot	socorunners.org

MARCH

Sun, Mar 3	9:00 AM Pueblo Chieftain Spring Runoff	10M/10K/5K	Dutch Clark Stadium	socorunners.org
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Run on in to the

GOLD DUST SALOON

In the HEART of the Union Avenue Historic District

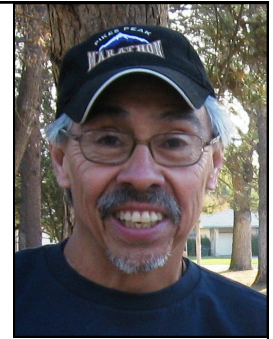
217 South Union Pueblo



Runners Roost
COLORADO

Calendar Notes By: Dave Diaz

Let me be the first to wish everyone a Happy Holiday Season. The SCR got a head start on the season with our traditional pre-Halloween Harvest Run as 54 runners participated this year. We had great weather, maybe even a little too hot, but we were still able to have a small campfire when it got dark. I'm already looking forward to next year. If you're interested, no club dues are used for this run; in fact, your club dues barely cover the cost of the newsletter and the Colorado Runner Magazine. Most of the money in our club treasury comes from entry fees from races such as the Spring Runoff and the Rock Canyon Half. The SCR organizes these races and uses the profits, if any, for various club activities such as the banquet and the Prediction Series as well as purchasing new equipment. We do, however, donate much of the money to various organizations throughout the year. When the club assists community groups with their races, such as the Boys and Girls Club, Child Advocacy Center or the Pueblo Hospice (and many others) we generally don't make any money and often times, not only do we not charge the group for our services but we end up making a donation to their organization. Personally, I prefer donating money to organizations which are trying to help themselves by organizing fitness events, such as the Child Advocacy Center and their annual 5K walk/run and bike ride. SCR donated \$500 to their organization. If you're interested in helping the club spend money, we are always looking for new volunteers, just attend one of the club meetings.



Dave Diaz

Speaking of Club dues, they are due again; remember your membership lasts from Jan to Dec. It's still a great deal, \$15 for individuals and \$25 for family, if you only want to join the running club. New this year, you may choose to join the running club and the triathlon club, \$25 single and \$45 for all family members still living at home. One of the SCR membership perks is that you receive a free subscription the Colorado Runner Magazine. Actually it's not free, the SCR pays your subscription fee but we get a discounted bulk rate. Next year we will be handling your subscription a little different. We used to send it only to members who checked the box on the membership form, this year we will to send it to all members, but if you don't want to receive it, just let us know and we'll remove your name from the mailing list. We weren't sure why anyone wouldn't want a free subscription and decided they just forgot to check the box.

According to Jacqueline Wall, there will be no Hustle for Russell this year. The 5K race had been held annually in November at Pleasant View Middle School since 2003 to honor the late Mr. Rusty Weiler who was a teacher at the school. I don't know why it's not being held.

I was riding my bike on the Beulah highway when a pickup truck pulled directly in front of me and stopped. I started to go around and he motioned for me to stop, said he wanted to talk to me. He was an old guy, older than me, I thought he needed directions but he began to tell me how I should be on the other side of the highway riding facing traffic. He explained how a bicyclist was killed on this highway when he was hit from behind. He was sincere, but when I explained the state law and how bikers must obey the same rules as cars, he told me I should break the law and ride on the other side for my own safety. I thanked him and went on my way but he made me think...the way some people drive, I think that will probably be the way I'll die; being hit from behind by some guy in a pickup trying to see how close he can come to me. Hank Hund says the last thing he remembers was riding his bike on Santa Fe Drive in Blende and waking up in the hospital. They never caught the hit and run driver.

Congratulations to IRONMAN triathlete Laurel Wright. She qualified for and then competed in The Ironman World Championships held on October 13, 2012 in Kona, Hawaii. Laurel is a 56 year old, Pueblo West physician. She finished in an outstanding time of 13 hours 52 minutes. She did the 2.4 mile ocean swim in 1hr 36min, then biked 112 miles in 6hr 49min followed by a 5hr 12min, 26.2 mile marathon.

Finally, a reminder to Race Directors to get me the date of your 2013 race. Send it to calendar@socorunners.org. Three of the first 4 races of the 2013 Prediction Series have been set. January 20, 2013 --The Lone Tree 5 miler returns with your hosts Darryl and Shari Clark--February 24, 2013 The Spring Runoff Tune up hosted by Larry Volk--March ???No Mad Max but working on a possible replacement....-April 6, 2013 The Ramsgate 8 is no more as Don & Lois have decided that 2012 was the last year for their annual run, thank you for the many, many years of memories running around the Belmont campus and welcome to the Ramsgate 6? as Dennis Wait (Don's neighbor) will take over in 2013. I'm looking forward to starting a new tradition. If you like the Harvest Run, I'm thinking of doing something similar in the spring time, only from the back patio of the Gold Dust and running on the Riverwalk... maybe around Runyon Lake and return. Just a thought for now...we'll see...until next month, keep moving forward.--Dave

The Raptor Resolution Run — December 30 by: Ron Dehn

The 2nd annual Raptor Resolution Run will take place at the Nature Center at 9am on December 30th. This is a 5 mile run or a 2013 yard walk in a beautiful setting on the trail next to the Arkansas River. It is likely to be cool (cold?) on December 30th, so warm refreshments will be served in the yurt after the race. A unique twist to this event is that participants are invited to write their New Year's resolutions on a post-card. The Nature Center will save the cards and send them out in July as a reminder of your intentions. This evoked some positive feedback from several participants in last year's event.



Perhaps the most unique aspect of the Raptor Resolution Run (R³ for short) are the awards that will be given. The top male and female finishers will win their choice of a raptor release or a raptor presentation to be given at the location of their choice within the Pueblo area. (Certain restrictions apply with respect to bird safety, etc). Age group winners will be awarded Nature Center memberships.

Take a walk or a run in a beautiful setting and make your 2013 resolutions while sipping on a warm drink. What a way to bring in the new year!

Left: Lurch, a beautiful Turkey Vulture.

2012 Predict Series By: Don Pfost

On the facing page are the cumulative standings for the Predict Series after 7 races for the top 35 places out of a total of 107 runners who've done at least one predict. As will be true for the final standings, these results include a total score for all predicts run and a score for the Best 5; the latter will be the basis for one's place in the final standings.

Keep in mind that to be eligible for an award, five predicts must be completed. With two predicts remaining, anyone who has run at least three predicts to date can qualify for an award by completing the final two.

Upcoming Predicts:

Sat, Nov 24	9:00 AM	Temple Canyon 4M-Predict #11	4M
Sat, Dec 15	9:00 AM	It's a Wonderful Run-Pred #12	4M

Predict Series Cumulative Standings, Top 35 Places After 7 Predicts

Place	Name	LoneTree	TuneUp	Ramsgate8	YappyDog	ArroyitoLV	UpDown	Harvest	Total	Best5
1	Marijane Martinez	97.78	72.55	0.00	93.10	50.00	0.00	37.04	350.47	350.47
2	Stacey Diaz	66.67	3.92	42.86	34.48	68.18	50.00	88.89	355.00	316.60
3	Debbie Gurule	80.00	43.14	0.00	51.72	95.45	40.00	0.00	310.32	310.32
4	Anthony Diaz	46.67	78.43	0.00	72.41	31.82	0.00	68.52	297.85	297.85
5	Becky Medina	33.33	94.12	0.00	24.14	90.91	0.00	48.15	290.65	290.65
6	Humberto Paredes	88.89	37.25	0.00	55.17	0.00	100.00	0.00	281.31	281.31
7	Troy Johnson	86.67	100.00	57.14	0.00	0.00	0.00	31.48	275.29	275.29
8	Kris Spinuzzi	77.78	92.16	0.00	27.59	77.27	0.00	0.00	274.80	274.80
9	Wendy Garrison	93.33	54.90	0.00	89.66	0.00	0.00	33.33	271.22	271.22
10	Paulette Arns	35.56	29.41	0.00	86.21	0.00	20.00	96.30	267.47	267.47
11	Paul DallaGuardia	60.00	90.20	0.00	96.55	0.00	0.00	12.96	259.71	259.71
12	Matt Diaz	48.89	84.31	0.00	48.28	72.73	0.00	0.00	254.20	254.20
13	Larry Volk	100.00	23.53	28.57	0.00	100.00	0.00	0.00	252.10	252.10
14	Bill Veges	40.00	41.18	0.00	13.79	54.55	0.00	94.44	243.96	243.96
15	Roger Giordano	71.11	60.78	0.00	0.00	22.73	0.00	87.04	241.65	241.65
16	Donald Moore	0.00	86.27	0.00	62.07	81.82	0.00	0.00	230.16	230.16
17	Aaron Levinson	95.56	27.45	100.00	0.00	0.00	0.00	0.00	223.01	223.01
18	Dave Diaz	31.11	0.00	0.00	68.97	36.36	0.00	85.19	221.62	221.62
19	Peggy Oreskovich	73.33	0.00	0.00	44.83	59.09	0.00	40.74	217.99	217.99
20	Diane Lopez	68.89	70.59	0.00	75.86	0.00	0.00	0.00	215.34	215.34
21	Darryl Clark	0.00	64.71	0.00	65.52	0.00	0.00	79.63	209.86	209.86
22	Jessie Quintana	26.67	35.29	85.71	0.00	18.18	0.00	42.59	208.45	208.45
23	Rick Acosta	6.67	47.06	0.00	3.45	45.45	70.00	38.89	211.52	208.07
24	Samantha Hernandez	17.78	13.73	0.00	100.00	63.64	0.00	0.00	195.15	195.15
25	Martha Drake	82.22	0.00	0.00	0.00	27.27	0.00	83.33	192.83	192.83
26	Gary Franchi	42.22	0.00	0.00	0.00	0.00	90.00	55.56	187.78	187.78
27	Emily Diaz	62.22	62.75	0.00	58.62	0.00	0.00	0.00	183.59	183.59
28	Rich Hadley	0.00	0.00	0.00	82.76	0.00	0.00	90.74	173.50	173.50
29	Charlie Gray	64.44	0.00	0.00	37.93	0.00	0.00	70.37	172.74	172.74
30	Shawn Loppnow	0.00	58.82	14.29	0.00	40.91	0.00	50.00	164.01	164.01
31	Michael Orendorff	91.11	0.00	0.00	0.00	0.00	0.00	72.22	163.33	163.33
32	Ron Dehn	0.00	80.39	0.00	0.00	0.00	0.00	81.48	161.87	161.87
33	Mark Gurule	0.00	56.86	0.00	41.38	0.00	60.00	0.00	158.24	158.24
34	Carrie Franchi	75.56	0.00	0.00	0.00	0.00	0.00	59.26	134.82	134.82
35	Alex Paredes	57.78	49.02	0.00	0.00	0.00	0.00	0.00	106.80	106.80

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My philosophy on running is, I don't dwell on it, I do it.

~Joan Benoit Samuelson



Grace Tafoya, age 9, and Brooklyn Michleli, age 12, take part in the Boys' and Girls' Club 5K on Saturday, October 13. Grace and Brooklyn were the #1 and #2 17-and-under finishers at the race. Congratulations, Girls! Keep on running!

Photo submitted
by Marijane Martinez.