



# Footprints

Southern Colorado Runners

December 2012

Volume #341, Issue #11

Editor: Laura Wehrwein

## Capulin Volcano Run By: Michael Furl

In August 2011, my wife, Sharon, and I shopped all over Colorado for a new horizon and start. The last place we stopped was Trinidad where we found great views of mountains and high prairie, clean air, and the house we had been looking for. While talking with our real estate broker Carol Brimmeier, we discovered we were both runners, and Carol told me about the Capulin Volcano Half-Marathon. Carol had run this race in 2009 and 2010 and had placed third in the women's division in '09. I determined that, if at all possible, I would take on this challenge myself in the near future. We moved to Trinidad in November 2011 so I set my sights on the September 30, 2012 race.

My main training goal would be to



The Capulin Volcano sign welcomes visitors to the monument.

transition from 12 years of running in flat, 400-ft-above-sea-level Dallas to completing a race that climbed a mountain to 8,182 feet. Trinidad was a good start with my house at 6,100 feet and plenty of long, steep, endless, leg-aching, and lung-burning hills. What's not to like? In addition, there is a very pleasant 4-mile River Trail for those long, slow endurance runs.

In June, Sharon and I took a drive to see the race site at the Capulin National Monument. We took the Interstate south from Trinidad over the Raton Pass to the New Mexico town of that name, west from I-25 for about 30

miles, then north about 5 miles to arrive at the Capulin Volcano National Monument. Just inside the entrance is a Visitor's Center. Following a stop to pay a small fee and see the exhibits, we took the paved road two miles and change to the parking lot. That was when I got my first real idea of what running this Half was going to mean. But it was too late! I had already sent in my entry fee so had to run or lose the money. Motivation is wherever you can find it.

After arriving at the gathering place in the small town of Folsom, New Mexico, runners are bussed to the Start about a mile

*(Continued on page 5)*

### Inside this issue:

2012 Predict Series Standings	3
The Newspaper Rock 10K	4
Runner of the Year Nominees	6
2012 Race Calendar / Notes	8
Running Clinic	9
Runner's Roost	10
Membership Chair News	10
December 2012 Meeting Min.	11

# SCR Information

## Current SCR Officers

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## 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. 11

“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: January 2 (first Wednesday of the month)

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)

# Southern Colorado Triathlon Team Club

## SoCo-T2



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

## 2012 Predict Series Cumulative Standings by: Don Pfof

Here are the cumulative standings for the Predict Series after 8 races for the top 35 places out of 140 who've done at least one predict. The results are based on the 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 one predict remaining, anyone who has run at least four predicts to date can qualify for an award by completing "It's a Wonderful Run", Saturday, December 15.

Place	Name	Lone- Tree	TuneUp	Rams- gate8	Yappy- Dog	Arroyo- toLV	UpDown	Harvest	Temple	Total	Best5
1	Marijane Martinez	97.78	72.55	0.00	93.10	50.00	0.00	37.04	83.93	434.40	397.36
2	Becky Medina	33.33	94.12	0.00	24.14	90.91	0.00	48.15	98.21	388.86	364.72
3	Humberto Paredes	88.89	37.25	0.00	55.17	0.00	100.00	74.07	0.00	355.38	355.38
4	Wendy Garrison	93.33	54.90	0.00	89.66	0.00	0.00	33.33	78.57	349.79	349.79
5	Anthony Diaz	46.67	78.43	0.00	72.41	31.82	0.00	68.52	66.07	363.92	332.10
6	Stacey Diaz	66.67	3.92	42.86	34.48	68.18	50.00	88.89	53.57	408.57	327.31
7	Paulette Arns	35.56	29.41	0.00	86.21	0.00	20.00	96.30	75.00	342.47	322.47
8	Dave Diaz	31.11	0.00	0.00	68.97	36.36	0.00	85.19	94.64	316.27	316.27
9	Debbie Gurule	80.00	43.14	0.00	51.72	95.45	40.00	0.00	0.00	310.32	310.32
10	Darryl Clark	0.00	64.71	0.00	65.52	0.00	0.00	79.63	91.07	300.93	300.93
11	Aaron Levinson	95.56	27.45	100.00	0.00	0.00	0.00	0.00	71.43	294.44	294.44
12	Martha Drake	82.22	0.00	0.00	0.00	27.27	0.00	83.33	87.50	280.33	280.33
13	Roger Giordano	71.11	60.78	0.00	0.00	22.73	0.00	87.04	35.71	277.37	277.37
14	Troy Johnson	86.67	100.00	57.14	0.00	0.00	0.00	31.48	0.00	275.29	275.29
15	Kris Spinuzzi	77.78	92.16	0.00	27.59	77.27	0.00	0.00	0.00	274.80	274.80
16	Peggy Oreskovich	73.33	0.00	0.00	44.83	59.09	0.00	40.74	44.64	262.63	262.63
17	Donald Moore	0.00	86.27	0.00	62.07	81.82	0.00	0.00	32.14	262.30	262.30
18	Paul DallaGuardia	60.00	90.20	0.00	96.55	0.00	0.00	12.96	0.00	259.71	259.71
19	Matt Diaz	48.89	84.31	0.00	48.28	72.73	0.00	0.00	0.00	254.20	254.20
20	Larry Volk	100.00	23.53	28.57	0.00	100.00	0.00	0.00	0.00	252.10	252.10
21	Bill Veges	40.00	41.18	0.00	13.79	54.55	0.00	94.44	0.00	243.96	243.96
22	Gary Franchi	42.22	0.00	0.00	0.00	0.00	90.00	55.56	51.79	239.56	239.56
23	Jessie Quintana	26.67	35.29	85.71	0.00	18.18	0.00	42.59	48.21	256.66	238.48
24	Rich Hadley	0.00	0.00	0.00	82.76	0.00	0.00	90.74	55.36	228.86	228.86
25	Diane Lopez	68.89	70.59	0.00	75.86	0.00	0.00	0.00	0.00	215.34	215.34
26	Samantha Hernandez	17.78	13.73	0.00	100.00	63.64	0.00	0.00	0.00	195.15	195.15
27	Carrie Franchi	75.56	0.00	0.00	0.00	0.00	0.00	59.26	50.00	184.82	184.82
28	Emily Diaz	62.22	62.75	0.00	58.62	0.00	0.00	0.00	0.00	183.59	183.59
29	Charlie Gray	64.44	0.00	0.00	37.93	0.00	0.00	70.37	0.00	172.74	172.74
30	Shawn Loppnow	0.00	58.82	14.29	0.00	40.91	0.00	50.00	0.00	164.01	164.01
31	Shad Pate	0.00	0.00	0.00	0.00	0.00	0.00	77.78	85.71	163.49	163.49
32	Michael Orendorff	91.11	0.00	0.00	0.00	0.00	0.00	72.22	0.00	163.33	163.33
33	Ron Dehn	0.00	80.39	0.00	0.00	0.00	0.00	81.48	0.00	161.87	161.87
34	Mark Gurule	0.00	56.86	0.00	41.38	0.00	60.00	0.00	0.00	158.24	158.24
35	Rick Acosta	6.67	47.06	0.00	3.45	45.45	70.00	38.89	0.00	211.52	138.07

# The Newspaper Rock 10K by: Ron Dehn

Yes, we will get to the Newspaper Rock 10K, but first a little background.

You may remember that Chris and I have been doing trailer vacations whenever we get a chance. About 3 months ago I was trying to figure out where we could go to extend the season and came upon some information about National Parks in Utah. What caught my eye is that the temperatures stay relatively warm well into October. So we decided to explore Arches and Canyonlands National parks in mid October and base out of Moab.

We “camped” (I still have trouble using the words camping and travel trailer in the same sentence) a few miles north of Moab and I discovered a running/biking trail that ran several miles from north to south a quarter mile from our campsite.

One evening I was running the trail near Arches National Park and chatted with one of the locals about organized races in the area. He told me about the Newspaper Rock 10K near Monticello taking place on the following Saturday. I had no idea where that was but we had maps and a GPS.

The next day we went into Arches National Park and it is definitely a beautiful place to visit. Many of the sights can be seen from your car or are a short hike away. If you are into longer hikes, some of those are available also, and are well worth the effort.

While we are at it, a few more comments about the area. Canyonlands National Park began its formation millions of years ago, when pressures within the earth pushed up a huge plateau. Over the next few million years the Colorado and Green Rivers carved the plateau into canyons, mesas, spires, arches, and buttes. The rivers divide the park into three districts: Island in the Sky, the Needles, and the Maze. Hiking trails abound and vary in length and difficulty. Chris and I took an 8 mile hike in beautiful Squaw Canyon in the Needles District and want to go back for more.

Now that we've had our geology lesson and message from the Moab chamber of commerce, we can get back to the 10K portion of the story. I looked on the web and made a phone call to get more information about the run and headed out at 8am Saturday morning for the 10am start.

The race began at Newspaper Rock which is located in Indian Creek

Canyon. It was about 50 miles southwest of Moab and 20 some miles from the entrance to the Needles District of Canyonlands NP. Newspaper Rock is a large rock face which is covered with dozens of petroglyphs. It is beautiful. And, just so you know: a petroglyph is etched or carved into stone. A pictograph is drawn or painted. I wanted to know the difference and naturally figured you would too.

The lady on the phone told me to drive 6 miles past Newspaper Rock to the finish line to register and runners would be shuttled to the start. Sure enough I registered and hitched a ride with some local runners back to Newspaper Rock.

The course was absolutely beautiful. The red and white rock faces jutted 200 to 300 feet into the crisp blue sky. It was like the Garden of the Gods on steroids. The canyon trees were turning gold with hints of red and still some green and the road curved in and out of the sunlight. Spectacular! It was around 45 degrees at race start with only the gentlest of breezes. The course was very runner friendly. Ninety-eight percent of the course was a gentle downhill. I don't keep track of PR's but I do know that my time for the 10K was over 4 minutes faster than a 10K that I did in spring, and I wasn't pushing hard. Between the gentle downhill and my scenery induced adrenalin rush, I was being carried down the course. All I had to do was move my legs.

Nearly 70 runners took part in the event and organizers said they are considering adding a half marathon component next year. The race was sponsored by the *San Juan Record*, the newspaper for San Juan County, Utah. They even sent me a copy of the next edition of the newspaper, where the race was featured as front page news.

If you get a chance to visit Arches or Canyonlands, do it. The scenery is beyond stunning. You can hike, run, bike, or simply sit and appreciate the 360 degrees of beauty. But if you get a chance to visit in October, check out the Newspaper Rock race near Monticello. You will not regret it.



Chris Dehn hiking in the Needles District.

# Capulin Volcano Run *(continued)* by: Michael Furl

*(Continued from page 1)*

south of the Monument entrance.

I had done everything according to the book (and my experience) leading up to race day: carbo-load, rest, taper. But, you know how some days, unaccountably, you just feel, well, off. That's how I felt waiting for the start on State Hwy 68, about a mile south of the Monument entrance and Visitors' Center. Often, with a nice slow start, giving myself time to warm up and ease into the



**Our author, Michael Furl, approaches the finish line during the Capulin Volcano Run. Great job, Mike!**

run, I can get past it. However, right from “Go” the climb begins. After runners reach the Visitors' Center, they take that 2.15 mile long winding paved road up, up to the parking lot.

A volcano consists, basically, of a cone with its surrounding rim. The western side of the Capulin rim has been mostly weathered away, providing a space for auto parking and a path to the bottom of the cone. Directly across the cone from the parking lot, the eastern rim towers another 300 feet higher. Reaching the end of the paved highway, and crossing the lot, runners take a short flight of steps to a hiking trail going counter-clockwise around the cone and up to the summit. As the race website describes it: “This is tail draggin' time.” Luckily for me, I had just about run through my doldrums and had a surge of energy as I crossed the lot, grabbed a cup of fluid and headed up the stairs. The view from the top is spectacular enough to make you forget what you just went through to get there. The trail continues back down and around to the lot and the paved road back to the Visitors' Center, state highway, and half-way point.

The second half of the race, I have to admit, is more than a bit anti-climactic. 6.55 miles along a mostly level or downhill slopping road with not much scenery or shade. The only thing that breaks up the monotony of this segment were the incredibly friendly race volunteers. There was also a 10K race which consisted of that final leg of the half-marathon along the state highway. 54 runners finished the Half, 36 the 10K. I was my usual slow and steady self coming in 38<sup>th</sup> overall in the Half with a time of 2:40:03.

Other Trinidad runners participated and were featured in a front page story in the Trinidad Chronicle-News three days later. My own Sharon is a freelance reporter for the paper and just happened to be on site for the race. Carol Brimmeier, my real estate agent, ran the Half again so got her picture in color on page one. Also featured were two running couples from Trinidad who finished the 10K: Maria Elena and Al Weaver and Tamera and Justin Beard.

The Capulin Volcano Half-Marathon is an exhilarating but daunting challenge.

# SCR Awards Banquet and Runner of the Year Nominees

The Southern Colorado Runners annual awards banquet will be Saturday, January 26 at 6 PM. Cash bar will be at 6 PM and the buffet will begin at 6:30. From 7 to 9PM will be the speaker, raffles, games, award presentations: volunteer, predict, runner of the year and various other awards.

The menu will be roast pork loin in an apple glaze and artichoke Bernadine. The buffet will also include vegetable, potato, salad, bread, desserts and a cash bar. A vegetarian meal will be available. Cost is \$13 per person for SCR members and their guests. Reservations and payment will be taken online at SCR's website ([socorunner.org](http://socorunner.org)) beginning December 10. Reservations and payment must be done in advance as no reservations or payment will be taken at the door.

Runner of the Year voting will be available online Monday December 3. The winners will be announced at the SCR banquet.

## Darryl Clark

Darryl came out of the chute in 2012 with a full plate. Taking on the job of race director for the Spring Runoff would be enough to keep any normal human busy. Not Darryl! In January he put together a team of Pueblo runners, of which he was a member, for the Winter Series in Colorado Springs ("The Pueblo Gents"). They finished second overall in their division. Next, he and his wife, Shari, played host to 45 runners for the Lone Tree Predict. Then the biggie, the Spring Runoff! As the new race director Darryl brought chip timing and the USATF 10 mile state championship to the SRO as well as the introduction of short sleeve tech shirts. He finished the spring season by running the St. Patrick 5k and Spank Blasing 10k.

Darryl continued the year by writing articles for Footprints and volunteering his time for other events, including The Women's Distance Festival and Rock Canyon Half Marathon. He has participated in several predict runs and competed in other races such as Garden of the Gods 10m, Summer Roundup Trail 12k, Mt. Sneffels Half Marathon, followed a week later by the Pikes Peak Marathon and, as of press time, the Fall Series 1 6k. Whew!

Darryl is a dynamic, inspiring, thoughtful, yet humble individual who always tries to be inclusive and often puts others ahead of himself. To quote him from the April 2012 newsletter while summarizing the SRO: "I told Shari that in order for me to feel as if I have given to our community, I must feel as if I've given of myself." That's Darryl!

## Peggy Oreskovich

Peggy is one of the most accomplished female athletes in the SCR club. Her transition from bodybuilder and aerobics instructor, to triathlon and distance running, has produced an impressive resume which includes Boston and the Chicago Marathon, as well as two Pikes Peak Ascents. Despite her unassuming and humble demeanor, she is extremely competitive and highly disciplined in her training. Even with a demanding new job and the current pursuit of a master's degree, she finds time to train and compete. She ran 2<sup>nd</sup> in her age group in the 10 mile SRO with an impressive time of 1:19:17. She won her age group and was 4<sup>th</sup> overall in the Women's Distance Festival and at the Pikes Peak Ascent her time was 4:15:54.

Peggy's behind the scenes volunteer club activities include banquet committee, selecting "runners of the year" awards (not this year, though), and assembling medals (yes, sometimes assembly is required). Out front she is race director of the Women's Distance Festival and host of It's a Wonderful Run Predict as well as MC of the "marriage game" at the annual club banquet.

## Roger Giordano

When Roger got wind of his nomination for runner of the year his first words expressed uneasiness in light of the many talented runners in the club who would surely be more deserving than he. That personifies what you see in him as a training partner, a fellow team member, a friend or casual acquaintance. He is kind, encouraging and wants you to be your best, but don't be fooled, he is also a determined competitor who wants to win. This year his age group silver medal in the four cumulative Winter Series races helped the "Pueblo Gents" take second as a team. He won his age group in the Spring Runoff 5k and finished 8<sup>th</sup> overall. In May he ran his first marathon in 3:32:09 then in August it was his first Pikes Peak Ascent where he was the second fastest Pueblo finisher in 3:29:22. This years Rock Canyon Half Marathon will cap the major events of the racing season.

Outside his tight circle of friends (and Facebook postings) Roger is fairly reserved. New friendships made through SCR have put a serious crack in his tough shield and helped to make this a remarkable year, in terms of running. In addition to getting him to experience distances beyond 5k, they have lured him into volunteering for club activities, participating in group runs and he was even persuaded to write an article for Footprints about his and his wife's first marathon!

## Paulette Arns

Paulette is the SCR Treasurer, performing computerized timing and results for the majority of SCR assisted races including the YMCA Corporate Cup 5K, bike and 1 Mile events. She is a dedicated SCR volunteer supporting numerous race organizers and directors during the year. Her running has not suffered because of this. She completed the American Discovery Trail Marathon in 2011 and Pikes Peak Ascent in 2012 as well as several local races including the Spank Blasing and Cinco de Mayo 10Ks. She is also a regular participant in the SCR predict events. She has participated in 33 marathons, 25 ultra-marathons - 12 50 Milers and 13 50K's; several European style cross country events (these involve fording streams, climbing up muddy river banks with ropes and jumping over straw bales). She also is an active member of the El Pueblo Chapter of the Colorado Mountain Club and serves as its treasurer. She always tries to encourage others to achieve their goals, both as runners and as race organizers.

## Paul DallaGuardia

Paul has undergone a total lifestyle transformation since taking up running in the mid-'90s and multi-sport training and competition in 2001. He has learned quickly about the ins and outs of such things as cadence, heart rate monitoring, proper fueling and mental discipline, and his advancement and accomplishments in both running and triathlon have been astounding.

For instance, a 2:19 Rock Canyon Half-Marathon time became 2 hours flat last year. A 65-minute Spring Runoff 10K one year was 10 minutes faster the next. He now has completed more than three dozen triathlons of varying distances.

In the past year or so, Paul has changed his eating and living habits, dropped more than 20 pounds and has become downright fast in every event he enters. He did the tough Garden of the Gods 10-Mile Run in June in a time of 1:25. A 7

-hour Harvest Moon Half-Ironman a few years ago was reduced to a Boulder Half-Ironman time of 6 hours and change in September. Last January, he completed his first marathon in Phoenix, then returned to Arizona this past November to complete his first Ironman in 14 hours and 34 minutes.

In addition to his athletic accomplishments he volunteers as a coach for the youth triathletes as well as numerous SCR activities and races.



## Becky Medina

Becky started running in 1989 just for fun when she was a Freshman at CU Boulder. In 2007, she broke her ankle in the Fall Series IV run in Palmer Park. In 2009, she ran the first of 6 marathons she thus far has completed.

Becky's 2012 races include:

- Jan, Feb - Winter Series Long 1, 2 & 3
- March - Spring Runoff 10 miler
- April - Platte Half Marathon (PR)
- June - Steamboat Springs Marathon (her 6th)
- August - Pikes Peak Ascent (her 6th)
- September - Buena Vista Fall Color Run Half Marathon (PR)
- September - Hot to Trot 5K (PR)
- 5 SCR 2012 predicts so far
- December – Scottsdale Half Marathon.

Becky finds time to volunteer as well. In 2012, she helped coordinate BGC members for water stop for the Walk for the Spring Runoff. She served as Race Director for the Boys & Girls Clubs Day of Play 5k Run & Walk (October 13). Becky also volunteered for the Hospice Run on October 28 and for the upcoming Rescue Run on December 30.

# 2012-13 Race Calendar By: Dave Diaz

## 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 Cheyenne Mtn State Park,	prrun.org
Sat, Jan 12	10:00 AM	Winter Series I	3.3M/7M	CS	prrun.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	prrun.org
Sat, Jan 26	6:00 PM	SCR Awards Banquet	Date!!	La Renaissance Restaurant	

## 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	prrun.org
Sat, Feb 9	10:00 AM	Winter Series III	5/10M	Baptist Rd, CS	prrun.org
<b>TBD</b>	<b>9:00 AM</b>	<b>Valentines Twosome</b>		<b>TBD</b>	
Sat, Feb 23	10:00 AM	Winter Series IV	10/20K	Black Forest	prrun.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
Sat, Mar 16	10:00 AM	St Pat's	5K	Dwntwn Colo Sprgs	prrun.org
Sun, Mar 17		The Fair Four-Pred #3	4M	CO State Fairgrounds	socorunners.org

## APRIL

Sat, Apr 6	8:00 AM	Baylon Michael Meyer	5k	Lovell Park, PW	
Sat, Apr 13	8:00 AM	Ramsgate 6-Pred #4		6 Ramsgate Place	
Sun, Apr 14	9:00 AM	Run With the Saints	5K/10K	Lake Pueblo	
Mon, Apr 15	10:00 AM	Boston Marathon	26.2	Boston, MA	
Sat, Apr 20	10:00 AM	Spank Blasing	10K/5K	CSU-Pueblo Campus	

## MAY

Sun, May 1	9:00 AM	Ordinary Mortals Sprint Tri		CSU-Pueblo	
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*Run on in to the*

## GOLD DUST SALOON

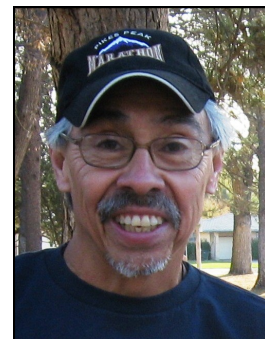
In the HEART of the Union Avenue Historic District

217 South Union in Pueblo



## Calendar Notes By: Dave Diaz

The last Predict of 2012, It's a Wonderful Run will be held Sat, December 15, 9:00 AM at the Southside home of Peggy Oreskovich. Set your Christmas shopping aside for one morning and join us for the 4 mile run through the neighborhoods of Sunset Park. Then plan to stay for a Holiday potluck breakfast brunch with runners bringing their favorite Christmas goodies. There are several club members who have run 4 predict races and need this race to earn a shirt. Hope to see you there. It's easy to look at the results to see who has run 5 races but if you ran 4 and volunteered at one of the predict races that also counts. I think I have all the volunteers but just in case, email me at [diazsd@aol.com](mailto:diazsd@aol.com) if you volunteered at a predict race. Remember, all predict hosts also earn a shirt, so we will be contacting hosts and runners soon for sizes.



Dave Diaz

Speaking of Predict Races, thank you to Rich and Deb Hadley for an outstanding 4 mile run through Temple Canyon in Canon City last month. The scenery was great, the weather perfect, the run was well marked and I managed to stay out of the stream this year.

Time to start training for the 2013 Pueblo Chieftain Spring Runoff. The race is scheduled for Sunday, March 3, 2013 at Dutch Clark Stadium in Pueblo. Race Director Darryl Clark is already planning for a bigger and better race. For the first time, the walk will be chip timed and walkers will also finish with a lap around the track.

In case you haven't heard, the following is posted on the Southern Colorado Trail Builders webpage. "Note: All events at Lake Pueblo State Park, including the MTB Races, have been canceled for 2013. The Park has canceled the events until their merger with the Colorado Parks and Wildlife and new Park Plan is completed." More later.

Finally, mark your calendar--the Southern Colorado Runners annual Banquet will be held Saturday, Jan 26, 2013 at 6 PM at La Renaissance Restaurant. It's a great bargain at only \$13 because the SCR pays the rest of the bill. See you there.

## Running Clinic — January 19

Laurel Wright and Gwen Steves are working to put together a run clinic led by two Boulder Physical Therapists, Douglas Wisoff ([www.radiantrunning.com](http://www.radiantrunning.com)) and Art Ives ([www.thewayofrunning.com](http://www.thewayofrunning.com)). The clinic will take place on January 19 for a 5-hour session. The cost is \$120 per athlete, and payment is due when the reservation is made.

There is a requirement of 12-15 participants. If interested, please contact Laurel Wright at [drlewright@gmail.com](mailto:drlewright@gmail.com) or Stacey Diaz at [diazsd@aol.com](mailto:diazsd@aol.com).

The session includes initial instructions and information, video and critique of the athlete's gait, instructions and then practice on how to change the gait to an efficient less stressful style that also improves speed.

**Editor's Note:** *This sounds like a great opportunity for our club! I recently participated in a similar running clinic, during which my gait was videotaped and analyzed for improvement. I learned so much, and I encourage other athletes to take advantage of this chance to learn from a pro on how to help prevent/treat running injuries and improve efficiency. Thanks, Laurel and Gwen, for putting this together for us!*



## Runners Roost By: Roger Giordano

Runners Roost of Colorado Springs has been kind enough to offer SCR members a 10% discount for our patronage of their store. Owners Gary and Linda Staines, along with their friendly and knowledgeable staff are always able to assist with any apparel or running related questions you may have. As two former Olympians, Gary and Linda have unequaled experience and expertise to help you find the right shoe, plus advice to guide you toward being a better runner.

By purchasing just two pairs of shoes each year, you will save more than enough to cover the cost of your SCR membership when you factor in the discount! Also, when you shop Runners Roost, you are supporting a local business which backs local athletics and your dollars stay in the Southern Colorado community.

**Editor's Note: Thank you, Roger, for taking the initiative in re-connecting us with Gary and Linda!**



## Membership Chair News by: Maria Elena Weaver

Hello SCR and SoCo-T2 members. There have been some changes in our membership records and I'd like to update all of you.

First, I'd like to welcome our tri-athletes in the SoCo-T2 group. You've added to our family and we are glad to have you. We also have new runners and their family members and it is good to see our club grow.

Our membership forms have changed to include the tri-athletes. However, even before we added more information it has been confusing for some to see the box to check to receive the "Colorado Runner" magazine subscription. At our last meeting, officers decided to send the CR subscription to all SCR and SoCo-T2 members and only withdraw the names of those who ask NOT to receive this magazine. So, please contact me at [membership@socorunners.org](mailto:membership@socorunners.org) if you don't want this additional benefit of our club, or if for some reason you didn't get the magazine and want it.

Finally, it is close to the end of the year and for those whose memberships lapse at the end of 2012, please start sending your renewals. It will make my job easier to update the database gradually and not all at once. Thank you for your support of SCR and I hope to see you at a race.

# HAPPY DECEMBER BIRTHDAY!

1	Dayley Rudolph
	Isobel McGivney
	Molly Steves
2	Chris Porter
	Humberto Paredes
	Lauren Kleven
	Martha Drake
3	Karin Kyte
	Benjamin Highfill
4	Andrew Maal
	Pat Berndt
6	Annabelle Corboy
	Brian Bentz
	Joseph Cardinal
7	Benet Stricca
8	Jan Carroll

9	Nicole Lopez
10	Jan Reed
11	Dave Dehn
12	Kathy Stommel
	Anthony Diaz
13	Carrie Franchi
	Lallo Vigil
	Laurel Wright
14	Rochelle Beier-Kemmet
	Karissa Dietz
	Steven Wehrwein
16	Daniel Paredes
	Tyler Austin
18	Heidi Thompson
	Matt Guy
19	Terry Cathcart

20	Robert Drake
	Lilijana Vigil
21	Jerry Tiller
22	Kaylene Khosla
23	Carol Kinzy
24	Richard Hadley
	Gavin Lopez-Cepero
28	Heikei Kovacich
	Duncan Sharp
	Melanie Nelson
30	Derrick McCabe
	Shelby Austin
	MacKenzie Krall
31	Rick Hardy
	Roger Giordano
	Shari Clark

# December 2012 SCR Meeting Minutes by: Mike Archuleta

**DATE:** December 5 at 6:00 p.m.

**ATTENDANCE:** Dennis Wait, Ron Dehn, Paulette Arns, Dave Diaz, Terry Cathcart, Paul LaBar, Gwen Steves, Paul LaBar, Mike Archuleta, Kim Arline, Stacey Diaz, Victoria Esquibel, Rochelle Kemmet, Jay Zarr, Dave Clark.

## CLUB BUSINESS

**Rock Canyon update:** Dave reported on the ½ marathon and these areas were discussed. Overall the course was a huge success by Dave Diaz.

- Cars were ticketed for parking in the bus zone.
- Shirts were smaller than normal. 16 women size small shirts left over.
- 2 lead bikes a good choice
- Saved \$ 200.00 on finisher medals
- Website helped with registration and race questions
- Refunds 2 days prior to the race was very difficult

**Chip Timing presentation:** Paul presented the benefits of having chip timing for the SCR club for future races. Improved timing for events and help remove errors during a race. Motion was made for the purchase of the chip timing system.

**Triathlon Club:** Gwen reported on the triathlon club. The club 5th place in the nation. May 11th is the date for the Ordinary Mortal triathlons.

## OFFICER REPORTS

**Minutes:** Meeting minutes were approved

**Treasurer:** The treasurer report was present by Paulette. The majority of costs covered the newsletter and Rock Canyon half Marathon.

**Newsletter editor:** Paul reported for Laura on the newsletter. Laura will be doing the stuffing for the newsletter this month.

### Membership report:

Total Membership: 230

Individual: 122

Family 222

**Web Master:** Paul reported on the web site. Paul talked about downloading Rock Canyon results and pictures from the Race.

**Race Calendar:** Dave reported no changes to the race calendar this month.

## REPORTS / LESSONS LEARNED

### Turkey Trot, Nov 22nd, Lindsay Newton

Problems with timing at the Turkey trot. The paper was jammed in the time machine. The runners with baby strollers caused problems with the finish line. The kid's race needs to be in a different location.

### Temple Canyon Predict, Nov 24th , Rich Hadley

The temple canyon run went with any problems, excellent weather for the event.

## The Lions Roar

Cheryl reported on the race. The race event raised over \$13,000. The event had over 450 participants. The next race will be on Oct 5th 2013.



## NEW EVENTS / REQUEST FOR ASSISTANCE

### Run for Trails

The same exact course as last year. February 2nd 2013.

### Pueblo Police League

John Vigil explained about having races and gender neutral events. To be involved in running races for 2013.

## UPCOMING RACES / EVENTS

### It's a Wonderful Run , Dec 15, Peggy Oreskovich

### Resolution Run, Dec 30, Ron Dehn, Jay Zarr

Jay reported on the logistics for the event on December 30. Two hawks will be released at the beginning of the race. Nice race shirts for the event. The race will start at 10am.



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**Endurance is not just the ability to bear a hard thing, but to turn it into glory.**

~William Barclay



**Participants of the Temple Canyon Predict enjoy the day.**

*Photo submitted by Dave and Stacey Diaz.*