



Footprints

Southern Colorado Runners

February 2013

Volume #342, Issue #1

Editor: Laura Wehrwein

My Story of Running By: Darryl Clark

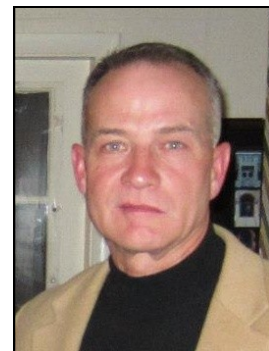
When I gather with my friends who run, I always suspect that I am a very non-typical distance runner. As far as I know, I have never experienced the “runner’s high” and I have no interest in running the Boston Marathon. I only know my approximate PRs and have never been able to properly define the term, “speed work”. I don’t think I’ve ever kept a training log and probably can’t make a reasonable guess at the number of miles I’ve run over the years.

Like most people, I started running when I was a little kid. I always tried to run as fast as I could and enjoyed running faster than my friends. I have always wanted to get from Point A to Point B as fast as possible. I ran fast through basketball, baseball, football

and as a competitive sprinter/half miler in high school. I never ran any kind of distance until my early 20s. I started as a way to augment my weightlifting and always considered myself a lifter first, runner second. I was fortunate early on that I could incorporate natural speed into my distance running and was able to do pretty well at 5K and 10K distances. I believe the first organized distance race I ran was the Capitol 10,000 in Austin, Texas around 1984. There were 25,000 people entered, it was a mass start and it took 20 minutes to run the first mile. I was furious! I promised myself, that day, I would never run another race that had so many people and, with one exception, I have held to that for almost 30 years. When I broke my own rule and ran the Peachtree 10,000 in Atlanta, I had a similar experience and that was all it took for me to realize I could never enjoy that kind of event.

When I have run well I wasn’t necessarily sure why and when I haven’t, I figured it was just because I hadn’t trained enough. I’ve evolved a bit over the years but I’ve never spent too much time practicing (at any sport). I love to play the game and while I recognize the necessity of practice and training, beyond a certain point it becomes tedium. I try to read marathon and half marathon training guides in Runner’s World and my eyes just glass over. My plan is just run

more than I usually do. I also find that when I’m finished with a race I give it some immediate thought



and then move on the next one (remember: Point A to Point B). Sure, I wish I could run as fast as my youth or even faster than I do today but the fact is my mind wanders and I enjoy so many other things. It doesn’t help my preparation when, 5 or 6 miles into a training run, I start getting bored and begin to think about finishing the run so I can do something else. My good friend, Mike Crepeau, would tell you that I’m hard-headed, won’t listen and don’t take instruction well. He would say I debate too much with the person trying to help me and won’t change what I’m doing just out of a stubborn attitude. My wife, Shari, would likely agree!

I enjoy the social interaction I have with my friends who run. Before and after races, I enjoy the camaraderie and I like talking with them about running. I have great admiration for their work and the results they attain. I enjoy seeing them in social settings and value and respect their friendship. However, I have never considered the act of running a social event. I

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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.

“Footprints” Volume No. 342, Issue No. 1

“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 300 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: February 6 (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

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SCR is associated with RRCA, Road Runners Club of America. See: www.rrca.org



www.socorunners.org/triclub

35th Annual Pueblo Chieftain Spring Runoff — March 3 by: Darryl Clark

It's baaaack!!!! The event that signals the start of the racing season in Pueblo is back on Sunday, March 3rd for a 35th installment with 4 races for the adults and, as always, the 1.2 mile Funner To Be A Runner challenge for kids (if you want the cool factor just call it F2BR). As always, the school with the most entries wins the traveling F2BR trophy. We expect approximately 1500 participants in all 5 events to show up at Dutch Clark Stadium to compete against each other, themselves and just to have fun. In fact, what may constitute the finest part of the event is that we are able to get so many people together and they're all smiling!

In the "new and exciting" category, walkers will be racing for prizes just as the runners and will have a stadium finish. Walkers have long supported this event and we hope to show them how important they are to the overall success. As well, all 4 adult race placings will be based on chip time. It is sometimes difficult to accept or even understand gun vs. chip timing and everyone has their own view but based on feedback from participants, we are going to give chip time placing a try. Also new this year, our timing chips will be a part of the bib and will not have to be returned. We hope that will ease the process of packet pickup and race day preparation.



Justin Ricks enjoys the Spring Runoff in 2012.

The guiding principle of the SRO is to give the participant the best experience possible. We hope that our history, our courses and the effort to continually improve the event will bring record numbers out in 2013. If you enjoy the SRO, tell a friend who has never participated or has been away for a while and let's get Pueblo moving!

See the website: socorunners.org for more information or check us out on Facebook.

Ordinary Mortals — May 11 by: Kim Arline

The Ordinary Mortals is back Saturday, May 11th!

Ordinary Mortals Triathlon/Duathlon starts at 9 am for 16 and older competitors. For those 5-15 years old, the Mini Mortals Triathlon starts at noon. Register in February for a \$10 discount! These events will be USAT sanctioned again so USAT one day or annual licenses will be needed. Online registration opens on February 1st!

This race is run by the Southern Colorado Triathlon Club which is part of SCR. If you can't race with us that day, we would love to have your help volunteering at the race. Go to www.ordinary-mortals.org to learn about the race or sign up to volunteer!

My Story of Running *(continued)* by: Darryl Clark

(Continued from page 1)

generally run alone (I see you smiling, Roger G.). I don't like to talk when I run and consider my goal to be a particular time, pace or distance. Shari and I ran together some many years ago and that was always nice because we enjoyed going out and she was a good runner. Today, the exception is that I run on many occasions with my Border Collie, Sage. He is the perfect running partner in that he runs my pace, never talks and is willing to share the water. I hug him after every run and then we both go on to the next thing.

I have always been very competitive and never let anyone win. I like winning and don't like losing but neither causes me to go too far up or down in the aftermath. Although I certainly have, I don't tend to get very nervous in competition and enjoy big moments. What haunts me is failure. I don't see losing as failure. I see failure as the inability to execute when I need to. Consequently, I have never gotten over having butterflies at the start of a race because I can never shake that little thing in the back of my head that talks about falling apart at the four mile point. I can remember the wins and the losses but what keeps me awake at night is the feeling that I didn't perform to my expectations. Sometimes I think I am not running to win as much as I am trying to stay ahead of failure.

So, as I write this, it occurs that the reader might see me as a curmudgeon of running or someone who really doesn't enjoy it. Actually, nothing could be further from the truth. I hold running very dear. It brings to me a sense of empowerment; a feeling that I can look across any expanse of solid ground and think, "I can go from here to there and see everything in between". It keeps me connected to that child who wanted to run fast and always liked the feel of the running motion. There is certain will-power in running that I embrace. It's the desire to keep moving forward regardless of the obstacle and I am proud of the fact I have never had a DNF. It allows me to see and do things I otherwise couldn't and my running database is full of terrific memories. I ran a 9 mile loop in downtown Paris once with a stop to go to the top of the Eiffel Tower, then down the Champs Elysees where American soldiers marched during the liberation of Paris, another stop to see the Mona Lisa at the Louvre and then across the Pont Neuf Bridge near the Notre Dame Cathedral. I have run in the shadow of Edinburgh castle in Scotland, run up Nob Hill in San Francisco, on a Formula 1 race track in Mexico, in Manhattan (or at least I tried), in six provinces of Canada and most recently, in the southern Pantanal of Brazil. I've been able to run in many of the 50 states and being in running shape has allowed me to hike some of the rugged and beautiful places our great country holds. I ran a 5K challenge race against another guy at 6:00 am; it was just he and I on a bet and it was running at its purest. I have enjoyed races that were relatively small but were held on unique and challenging courses. 400 people lining up for a race appeals to me more than 40,000 ever will. I enjoy 5K and 10K street race courses that are easy because I think of street courses as the ones where I want to be able to run without a great deal of thought and achieve a good time. On the other hand, I enjoy trail races of the same distance that offer layouts to challenge the body and mind. I like the idea of the lone runner, the person contained within themselves but bounded by nothing. Oddly, I really like colorful running shoes. I enjoy the success of other runners and I have a real fondness for all runners regardless their speed. I like it when runners are smiling with their achievement and want to hug me or shake my hand (I don't mind the sweat). I like to feel the strength in my body and crossing the finish line.

My Story of Running boils down to this: I like being able to run. I want to run until I no longer can and at the end for it to be one of the threads that weaves my life's tale.

When Shakespeare wrote Henry V, he composed the St. Crispin's Day speech that Henry gave to his soldiers on the eve of the Battle of Agincourt. Although he wrote the play about 200 years after the battle and had to imagine what Henry said, the speech is still quoted today, some 400 years later, because it represents a singular moment of brilliance and illustrates the bond that people who have shared experiences feel. You will recognize his words, "we few, we happy few, we band of brothers". Surely, all runners feel a similar bond.

This is my story, You Band of Brothers and Sisters. I want to read yours. I urge you to write them down and send them to the newsletter.

Training for the Ironman Triathlon by: Dave Diaz

Doing an Ironman Triathlon is something that requires a huge commitment and I have always admired those who did one. I wondered to myself what it meant to make that type of commitment. What was really involved? Could it be that hard? Could I do it? An Ironman Triathlon consists of a 2.4 mile swim, followed by a 112 mile bike ride and finishes with a full 26.2 mile running marathon. You start at 7 AM and have until midnight to finish, 17 hours.

I always thought I had plenty of time to finish all my goals, to run New York and London. To run 20 Pikes Peaks and to do an Ironman but at 64 years old my window is quickly closing.

For me, the journey towards the Ironman started in my mind. It was a dream, just out of reach but there, bothering me. I was afraid to try, but also afraid of not trying. I know, I'm running out of time, every year I get slower and weaker. I get pains for no reason and I take longer to recover, but I don't want to find myself at 70 years old, wishing I had at least tried. As far as the Ironman was concerned, I thought, it's now or never.

Back in 2010, Paul Dallaguardia and I began joking about doing an Ironman. Paul even found an Iron distance Tri in Oklahoma that we considered doing, but I really didn't want to go to Oklahoma. In 2011, we decided to try to enter the 2012 Ford Ironman Arizona (IMAZ). Registration for the 2012 IMAZ opened to the public on Nov 21, 2011, the day after the 2011 event and sold out in 45 minutes. The first 650 slots sold for \$650 and when those were

gone, the price jumped to \$1300 and those remaining 650 openings sold out quickly, too. Paul and I decided to try to enter but I didn't think we would get in. We got lucky(?) and we both entered for \$650. Entering was the easy part, the hard part was yet to come.

Nov- January 2012

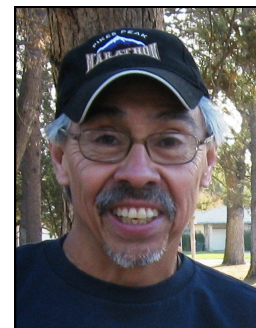
Paul is a good swimmer and biker but he had never run a marathon. He decided on the Arizona Rock N Roll Marathon in January of 2012 for his first. Paul and I ran a few long runs together training for the race, then my wife, Stacey, and I went with him and Tanna Autry to Arizona. Paul and I both finished the marathon and were pretty happy with our times. When we got back to Colorado the Ironman was still 10 months away, too far away for me to worry about. I was more concerned with the upcoming Boston Marathon that my son David and I planned to run together in April. I concentrated on running, although I was still going to spin class 2-3 times a week and swimming twice a week.

March

In March, I did the Salida Trail Half Marathon and began biking outside. My first outdoor bike ride was only 27 miles and I remember coming home and just panicking... I was tired, my butt hurt and I could barely walk, let alone run. I just couldn't see how I could ride 85 more miles, then run a marathon.

April

Boston came and David I both finished the Marathon, on one of the hottest days ever. I struggled to finish that day but was proud and happy... I enjoyed the experience but in the back of my mind was the Ironman, nagging me. It was always there. It was time to start seriously thinking about the Ironman training, which now was 7 months away. I began by



Dave Diaz



Dave and Stacey Diaz, Paul Dallaguardia, and Carrie and Gary Franchi at the 2.4 Mile Boulder Swim on September 1, 2012.

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Training for the Ironman Triathlon *(continued)* by: Dave Diaz

(Continued from page 5)

reading the book *You Are an Ironman* by Jacques Steinberg. It tells the story of 6 ordinary people who signed up for, then competed in the 2009 Arizona Ironman. The trouble is they were all much younger than me. The book inspired me and at the same time scared the heck out of me. It almost made me cry as I read their stories and I again wondered what I had gotten myself into.

May

In May, I ran a few road races and continued biking outside, getting up to 40 miles pretty comfortably but I also began training for the Pikes Peak Marathon in August. I planned to double again, that means doing the Ascent on Saturday, then running the Marathon the next day. It's not as hard as it sounds. I love running trails and I'm convinced the uphill running makes me a better biker. Plus, I wanted to get used to exercising for long periods of time. The marathon takes me about 7 hours. Stacey, Peggy Oreskovich, Roger and Shari Giordano and I would take turns driving to Manitou to train on Barr Trail. During the summer we would go once a week, each time going up a little further up the mountain.

June

Paul and I did a few bike rides together but really took different roads for our Ironman training. Paul found a program he liked — *Training Plans for Multisport Athletes* by Gale Bernhardt — and he followed it religiously. Although, I read several books about various training methods, none seemed right for me. I felt I knew myself well enough to train myself. Basically my approach was to become comfortable at all 3 distances. That is, to swim for 2.4 miles without getting tired. On a different day, bike 100 miles without being totally wasted and, after recovery, on a different day, to run 26 miles comfortably. I never did any brick workouts. I never saw the need for them, my goal was always just to finish the Ironman—not to compete in my age group. I believed, if I could just complete each of the events separately, then on that one day, the day of the Ironman, I could suck it up and do them all together. I've always believed the mind tells the body what to do and I've usually been pretty good at that.

June

June was a disaster for me. It started out great, I did a 56 mile bike ride with Paul and Roger Giordano and did the Garden of the Gods with Stacey and Gary and Carrie Franchi and my son Matthew, then did the Sailin' Shoes with best friends (and brother) Anthony Diaz and Bill Veges. The disaster happened on a weekend trip I took with Paul to Loveland on June 23rd for the Lake to Lake Olympic Distance Triathlon (1.5K/30M/10K). You may remember all the fires in Northern Colorado last summer and because of that, they changed the bike course to a course they'd never used before, to avoid going north towards the smoke. I had my best swim ever but during the bike, on a steep downhill the guy just in front of me lost control as he tried to make a sharp 90 degree turn at the bottom of the hill. He went down and the only thing I could do was try to not to run over him. I went down too, and the only thing I remember was sliding completely across the asphalt street and ending up in the dirt shoulder on the opposite side of the road. I lay there for a while wondering how bad I was hurt, then I sat up and could see the other guy was much worse than me. Blood everywhere, his glasses had shattered and cut his face, his legs and arms were covered in blood and he was moaning, the ugliest sound I've ever heard. I looked at myself and was surprised that I didn't look too bad. My leg had a little road rash, my helmet was scratched but my shorts weren't torn and my bike looked OK but when I tried to stand up I felt a sharp pain in my right wrist. A race volunteer was with the other guy and people in cars were stopping to help as we waited for the ambulance to come, but none came. We waited longer, then I decided the only way I was getting back was to ride my bike back to the finish. I had some guy tape my hand and wrist with duct tape but when I got on the bike I couldn't hold the handle bars. I ended up riding back one handed and as I rode back I found out why the ambulance never came, they were busy with another crash just a couple of miles ahead. They were loading a woman on a stretcher when I went by, I stopped and a paramedic looked at my hand and said it was probably broken. I finished the ride and was going to do the run but I was so far behind I didn't want to hold everyone up. So I was DNF for only the 2nd time in my life. Turns out my wrist and a bone in my hand were both broken, I don't even remember putting my hand out. I only had 4 months until the Ironman. I was worried my dream had ended. Paul had a great race but he didn't get to enjoy it as he spent his afternoon with me at the Emergency Room. I never found out how bad the other rider was injured.

July

I took 10 days off from exercising then started running and biking with my cast on, swimming was out. The cast was fiberglass with a goretex lining and covered my hand and fingers but not my elbow. It was supposed to be able to get wet but it didn't work very well. I carried a hand held water bottle in my left hand to balance the weight of the cast and continued running and actually got pretty good. I continued training on the Peak but was terrified about falling. I came close a few times but never went down. I continued biking but couldn't shift or brake with my right hand which made for some very exciting bike rides. I couldn't grab the handlebars, which was a good thing because it forced me to stay on my aerobars. I actually did a 60 and an 80 mile bike ride with the cast on. I went through 3 casts in 4 weeks and finally the doctor cut it off because my hand was swelling so much. I think the last cast was way too tight, I couldn't take the pain anymore. I started swimming with a brace but my swimming never came back, my arm was weak and I not a very good swimmer to begin with. My thumb and wrist still don't work right and I have trouble writing my name but I'm happy with the way things turned out. I got my cast off on July 20th and one week later did the COCO Century, a 105 mile bike ride that starts in Ordway and goes thru Manzanola, Fowler, Sugar City, La Junta and Rocky Ford. I knew when I finished that I could run, I just didn't know how far.

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August

It was August, only 3 months until the Ironman. On Aug 4th I biked to Beulah then ran the Beulah Challenge 10K with Stacey. I planned to bike home but didn't because I was too tired. I still hadn't completed a triathlon in 2012. I had planned to do the State Games Tri in July but couldn't swim because of the cast. I found the Fowler Triathlon on Aug 11 and it was perfect for me, it didn't cost very much yet was well organized. I swam with a brace, not very fast but I finished. On August 23rd and 24th, I completed the double at the Peak. I fell once on the Ascent, I almost never fall going uphill, and I twisted my ankle and fell twice on the Marathon descent, but I never reinjured my wrist or hand, thank goodness.

September

On Sept 1, Paul and I (along with Stacey and Carrie and Gary Franchi) went to Boulder Reservoir for a 1.2m/ 2.4mile swim. Paul, Gary and I did the 2.4 mile swim, Stacey and Carrie the 1.2M. I was very happy with how I felt when I finished. I wasn't tired at all. Afterwards, Paul went for a bike ride and Stacey and I went to the emergency room again. This time for Stacey, as she scratched her eye somehow during the swim. It was pretty scary at the time but everything turned out OK. On Sept 22, I did the Denver Rock n Roll Marathon with the intention of using it as a training run. I planned to finish about 4:30. I carried a fanny pack full of gels, breakfast bars and Endurolytes. I wanted to practice eating during the run, something I'd never done before. I stopped at the first few water stops, took my time, ate, I even went to the restroom twice. It was one of the most enjoyable marathons I've ever done, but a funny thing happened in Washington Park about 18 miles, I could see the 4



Dave (in his cast) and Stacey Diaz, Paul Dallaguardia, and Roger and Sheri Giordano during the Summer of 2012.

Hour pace group way ahead of me and I thought about trying to catch them. They came closer and closer and I finally caught them at 24 miles. I passed them and finished just under 4 hours and took 3rd in my age. I don't think they made it.

October

October came and I was getting pretty tired of training. It had turned into a job. I live on the Southside of Pueblo and every 2 weeks, I would bike to Wetmore, over to Florence, then back home on Highway 50 ----about 73 miles not long enough, so I would head towards Beulah to make up the difference. As it got colder in the mornings, I would go to the Y and ride the stationary bike, then go to spin class, then ride the stationary bike again until it warmed up outside, then do my Wetmore loop. Not much fun, if you don't love biking. On the weeks I didn't bike long, I would run long, I did several 20 mile runs plus one 22m, a 24, 25 and two 26 mile training runs, not to mention the 4 marathons I'd done in 2012. Every Thursday I swam for an hour and a half, non-stop, at the CSU-Pueblo pool.

The best lesson I learned came Oct 20th at the Harvest Moon Half-Iron Distance Triathlon at Aurora Reservoir which I did with my son, David. I was pretty confident in my ability and wanted to see how fast I could go. The swim was great for me, 1.2 miles and I wasn't tired at all. I rode the bike as hard as I could. It was hot, a little breezy and hilly but about 45 miles I got really tired. When I finished the bike I could barely move, let alone run. I was exhausted. I suffered during the entire 13.1 mile run, but I ran the whole way and I finished. I won my age, but I wasn't happy. I knew I'd have to rethink how I was going to do this Ironman in November.

To Be Continued...

Rock Canyon: Ahead of the Pack by: Jeff Arnold

Somewhat to my dismay, on the Monday before the race Dave Diaz asked me to be a lead bike for the 2012 Rock Canyon Half Marathon. He said that last year some of the runners got ahead of Michael Orendorff and he couldn't catch them. During this drought year, it's hard to remember that in 2011 the course was muddy. I told Dave that if Michael couldn't stay ahead, I certainly couldn't but on the premise that two riders might do better than one, reluctantly agreed. I rode the course the next day.

When I was nearly finished, I saw Dave at City Park and asked for clarification on the many parts of the course that I was unsure of. Note that as early as the Tuesday before a Saturday race Dave was working on the course. When my questions were answered, I went home still feeling inadequate, but knowing that the course, due to Dave's thorough marking, would make a lead bike an unnecessary luxury.

On race day Mr. Orendorff was in Virginia but Mike Archuleta and I developed a plan that would make the worst problem, the sharp, narrow turn down onto the concrete path, go away; I simply skipped the second lap in the park and went directly to the hill and waited. After that, staying ahead of the lead runner was almost too easy on the concrete and not impossible on the dirt and gravel.

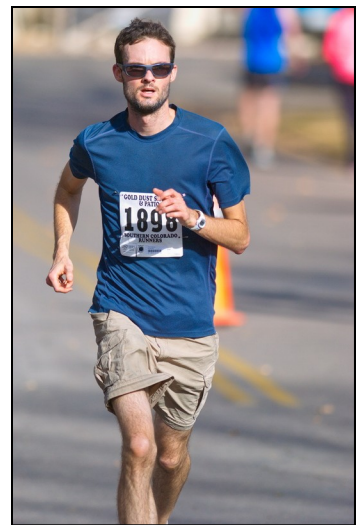
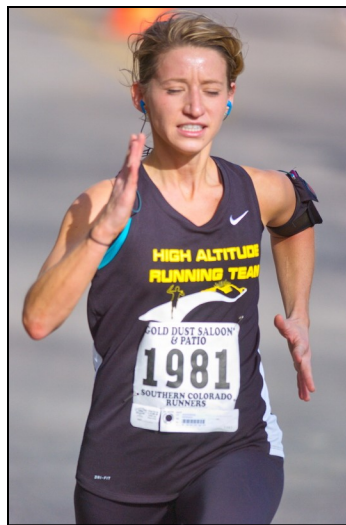
There was such a big gap between the leader, Michael Weiss, and the second and third runners that Mike Archuleta jumped in to lead them. Weiss continued to increase his lead and at least through 7 miles was at 1:10 pace.

From my vantage point I could see only one runner, but had a close view of the amount of work Dave had done to design, prepare and mark the course. It's hard to imagine a half-marathon starting and finishing at City Park, or anywhere else in the Pueblo area, that could take care of 500 or more runners, which has so little concrete and asphalt and so much soft surface. One might dream of the entire River Trail being replaced by crusher fines, but until that happens, the Rock Canyon course is the most runner friendly we have.

For those who haven't run or ridden it, the Rock Canyon course goes west to the road below the dam and makes a loop and heads back east. Eventually the leader had to meet the horde of outgoing runners on his way back. Those runners, even those in a race trance, unflinchingly moved to single file to make way for the leader. (I suspect that for a moment a few runners wondered what a bicyclist was doing on their course in the middle of a big race.) Luckily they were spread out considerably.

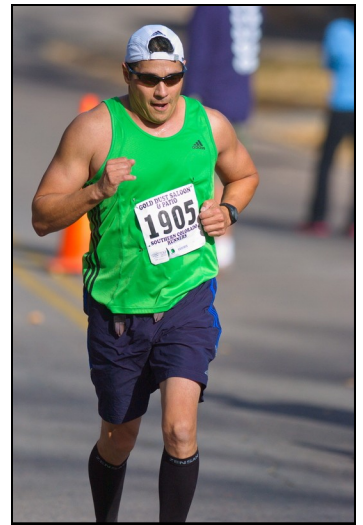
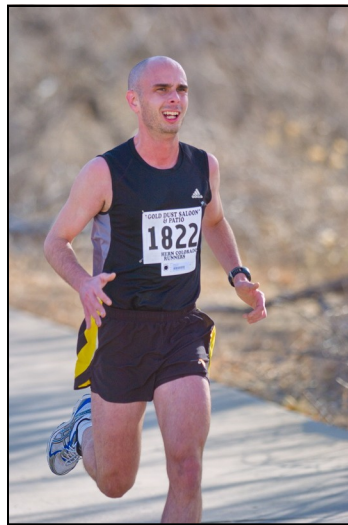
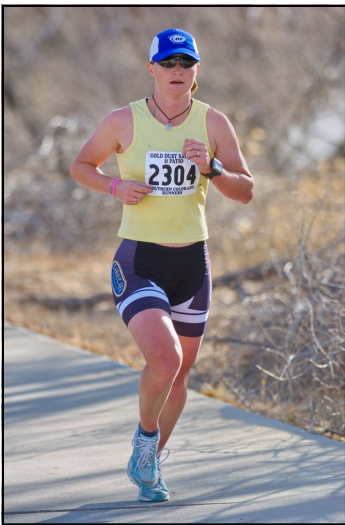
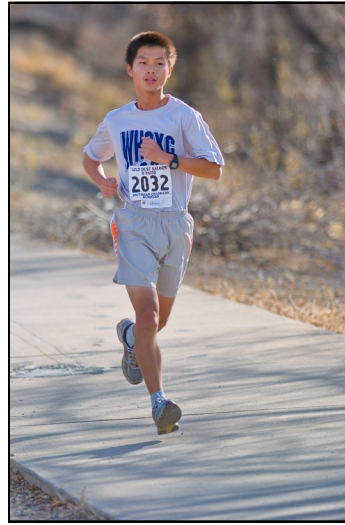
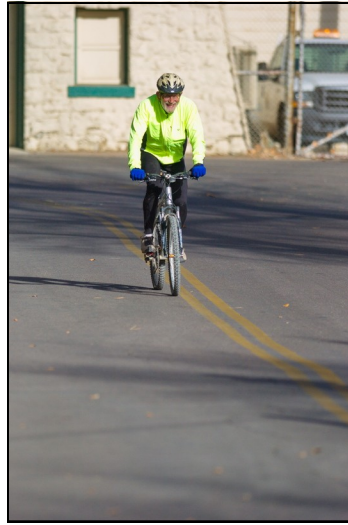
Once I got to the Nature Center, there was only one more bicycling challenge: the hill up to City Park. I got well ahead and got into a very low gear.

After Michael Weiss finished, he told me his name, that he was originally from Vienna and that he lives now in Colorado Springs. His 1:14:24 led second place Neil Oseland by 7 minutes 12 seconds. Someone else told me that Michael is an Austrian Olympian as a mountain biker. Tracy Thelen of Colorado Springs was the Women's winner with a 1:28.30, a minute faster than 2011. She was 18th of the 638 finishers this year.



From Left to Right: Aaron Levinson, Anna Kharlamova, David Diaz, David Grossmann.

Thank you to Larry Volk for providing these photos from the Rock Canyon Half Marathon. To view more photos and to purchase, please visit <http://larryvolk.eventpictures.com/>



Left to Right:

Row 1: Neal Oseland, Lead Biker Jeff Arnold, Shao Jun Liu, Renee Renn.

Row 2: Tracy Thelen, Matthew Drake, Lead Biker Mike Archuleta, Peggy Oreskovich.

Row 3: Michael Weiss, Marge Gray, Carol Kinzy, Mark Gurule.

2012 Predict Series Final Standings by: Don Pfost

Here are the final standings for 2012 predict series. The results are only for the 21 persons who completed at least five predicts, the number necessary to qualify for an award. The "Total" column is the score for all predicts in which an individual participated, and the "Best 5" is the sum of the five highest scores for those who did more than five. A total of 139 persons did at least one predict.

Thanks to the following: Dave Diaz for coordinating the series and doing a great job publicizing the series on-line and in the newsletter; those who hosted a predict; the many volunteers who helped mark courses, work the finish line, and so forth; and those who participated.

Thanks and Happy New Year!

Place	Name	LoneTree	TuneUp	Rams- gate8	Yappy- Dog	Arroyi- toLV	Up- Down	Harvest	Temple	Won- derful	Total	Best 5
1	Becky Medina	33.33	94.12	0.00	24.14	90.91	0.00	48.15	98.21	100.00	488.86	431.39
2	Marijane Martinez	97.78	72.55	0.00	93.10	50.00	0.00	37.04	83.93	0.00	434.40	397.36
3	Darryl Clark	0.00	64.71	0.00	65.52	0.00	0.00	79.63	91.07	86.36	387.29	387.29
4	Humberto Paredes	88.89	37.25	0.00	55.17	0.00	100.00	74.07	0.00	68.18	423.56	386.31
5	Stacey Diaz	66.67	3.92	42.86	34.48	68.18	50.00	88.89	53.57	95.45	504.03	372.77
6	Wendy Garrison	93.33	54.90	0.00	89.66	0.00	0.00	33.33	78.57	0.00	349.79	349.79
7	Kris Spinuzzi	77.78	92.16	0.00	27.59	77.27	0.00	0.00	37.50	54.55	366.84	339.26
8	Anthony Diaz	46.67	78.43	0.00	72.41	31.82	0.00	68.52	66.07	0.00	363.92	332.10
9	Roger Giordano	71.11	60.78	0.00	0.00	22.73	0.00	87.04	35.71	77.27	354.64	331.91
10	Debbie Gurule	80.00	43.14	0.00	51.72	95.45	40.00	0.00	0.00	59.09	369.41	329.41
11	Paulette Arns	35.56	29.41	0.00	86.21	0.00	20.00	96.30	75.00	0.00	342.47	322.47
12	Dave Diaz	31.11	0.00	0.00	68.97	36.36	0.00	85.19	94.64	0.00	316.27	316.27
13	Larry Volk	100.00	23.53	28.57	0.00	100.00	0.00	0.00	0.00	36.36	288.47	288.47
14	Paul DallaGuardia	60.00	90.20	0.00	96.55	0.00	0.00	12.96	0.00	27.27	286.99	286.99
15	Peggy Oreskovich	73.33	0.00	0.00	44.83	59.09	0.00	40.74	44.64	0.00	262.63	262.63
16	Gary Franchi	42.22	0.00	0.00	0.00	0.00	90.00	55.56	51.79	22.73	262.29	262.29
17	Shawn Loppnow	0.00	58.82	14.29	0.00	40.91	0.00	50.00	0.00	81.82	245.83	245.83
18	Bill Veges	40.00	41.18	0.00	13.79	54.55	0.00	94.44	0.00	0.00	243.96	243.96
19	Jessie Quintana	26.67	35.29	85.71	0.00	18.18	0.00	42.59	48.21	0.00	256.66	238.48
20	Rick Acosta	6.67	47.06	0.00	3.45	45.45	70.00	38.89	0.00	4.55	216.07	208.07
21	Richard Emond	44.44	5.88	0.00	0.00	0.00	0.00	3.70	7.14	18.18	79.35	79.35

Results: Don Pfost

(Revised 30 Dec 2012)

Lila Gradisar, 1926-2012



Sadly, Lila Gradisar recently passed away. Lila was a charter member of Southern Colorado Runners and organizer of Pueblo Senior Walkers. SCR made a contribution in Lila's memory for the establishment of a Senior Walker bench on the Pueblo Riverwalk.

Lila's Obituary: Lila R. Gradisar, 86, passed away Dec. 30, 2012. Lila was born on Nov. 21, 1926, on a farm near Hamlet, Neb. She was Valedictorian at Wauneta High School, graduated from St. Luke's Nursing School, was employed as a registered nurse in Pueblo, including private duty nursing, public school nursing and at the Colorado State Hospital. She retired as an administrator from Pueblo Regional Center. Lila was a charter member of the Southern Colorado Runners Club and when injuries prevented her from running, she organized Pueblo Senior Walkers. She was a volunteer

for SRDA, Governor's Employee of the Month and active in the Democratic Party. She was a lifelong learner and her organizing skills were in high demand by her family, community and candidates for office. She was a prize-winning baker extraordinaire. Lila was a vibrant, dynamic woman who had many passions and interests, but her greatest love was her family and the time spent with them.

2013 Race Calendar By: Dave Diaz

FEBRUARY

Sat, Feb 2	9:00 AM	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
Sun, Feb 10	9:00 AM	Valentines Twosome	1.6M each	City Park	
Sun, Feb 17	9:00 AM	Spring Runoff Tuneup Pred #2	10K	Dutch Clark Prk Lot	socorunners.org
Sat, Feb 23	10:00 AM	Winter Series IV	10/20K	Black Forest	prrun.org

MARCH

Sun, Mar 3	9:00 AM	Pueblo Chieftain Spring Runoff	10M/10K/5K	Dutch Clark Stadium	socorunners.org
Sat, Mar 9	9:00 AM	Run Through Time	Mar & Half	Salida, CO	salidarec.com/ccrc/index.htm
Sat, Mar 16	10:00 AM	5K on St. Patrick's Day	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	
Sun, Apr 7	9:00 AM	Run With the Saints	5K/10K	Lake Pueblo	
Sat, Apr 13	8:00 AM	Ramsgate 6-Pred #4		6 Ramsgate Place	socorunners.org
Sat, Apr 13	8:00 AM	Prairie Punisher Duathlon		Lamar, CO	Lamar Parks & Rec
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

Sat, May 4	?	Collegiate Peaks Trail Run	50M/25M	Buena Vista, CO	
Sat, May 4	7:00 AM	Greenland Trail Runs	50K/25K	Larkspur, CO	
Sat, May 4	8:00 AM	Blossom Day	5K/5M	Canon City, CO	Canon City Parks & Rec
Sun, May 5	8:00 AM	Cinco de Mayo	5K/10K	State Fairgrounds, Pueblo CO	
Sun, May 5	?	Colorado Marathon	Mar/ Half	Fort Collins, CO	
Sat, May 11	9:00 AM	Ordinary Mortals Sprint Tri	5K/12.5M/300y	CSU-Pueblo	socorunners.org
Sat, May 11	8:00 AM	PMC Spring Sprint	10K/5K	Lamar, CO	Lamar Parks & Rec
Sun, May 12	8:00 AM	Yappy Dog-Pred #4	8.6M	South Mesa Elem School	socorunners.org
Sun, May 19	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Sun, May 19	8:30 AM	Run With the Bulls	5K	Union Ave, Pueblo, CO	
Mon, May 27	7:00 AM	Bolder Boulder	10K	Boulder, CO	

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

If you missed the first Prediction Series Run of 2013 you missed a great one. 40 finishers enjoyed the hospitality of Darryl and Shari Clark at the Lone Tree Predict on Jan 20, 2013. It was great to see lots of new faces come out for the run and stay for the potluck--and the food was fantastic. The next Predict is pretty low budget as it will not have a pot luck and it will not be at anyone's home. The Spring Runoff Tuneup 10K will begin and end in the parking lot of Dutch Clark Stadium and will run the Spring Runoff 10K course. So come out and practice your strategy for Pueblo's biggest and best race. The Tuneup is Feb 17, at 9 AM and the "real" Spring Runoff will be two weeks later on Sunday, March 3, 2013 also at 9 AM. BTW, registration for the Spring Runoff is now open and the price is only \$18 for SCR members but will go up to \$25 after Feb 15th, so register early and save some cash. Register online at socorunners.org or clip an entry form from the Chieftain and take it to the Pueblo Chieftain's offices.

The Denver Rock n Roll Marathon has pushed their Marathon back one month to Oct 20, 2013. Last year the race was on Sept 22. I'm not sure why but it messes up a couple of things. The Boulder Backroads Marathon was held Oct 21 last year, so I wonder what they will do now and as Race Director for the Harvest Run, I had planned the Harvest Run to be Sat, Oct 19, but may have to change to Sat, Oct 27, because I'd like to do the R n R Marathon. It's not until October, so we'll see what happens.

If you're interested in doing the Chicago Marathon, registration opens Feb 19, 2013 and will probably fill in one day. The race is Oct 13, 2013.

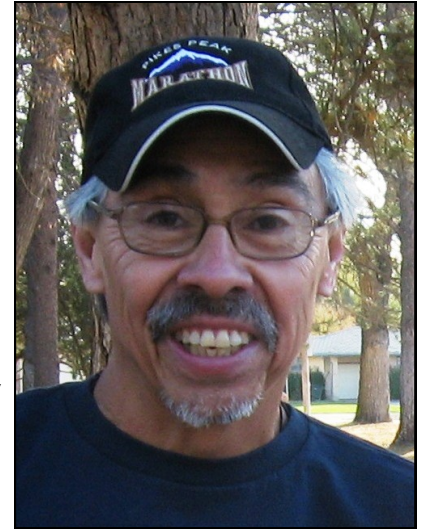
In case you haven't heard, the Salida Recreation Department announced that "due to declining participant numbers, we have chosen to cancel the Tenderfoot Mountain Du/Tri and Kids' Triathlon for 2013. We've loved hosting this event for 15 years and appreciate all of your enthusiasm for the Tenderfoot Mountain Du/Tri. However, the declining participant numbers did not justify the considerable time and expense required to organize this event." Too bad, it was a nice event.

For the first time that I know of, we had some problems at the Rock Canyon Half Marathon with runners not running the entire course. We found 3 instances where runners turned around early but then went thru the finish chute. Two of these runners finished first in their age while the other was second. I contacted them and two of them apologized and returned the medals. The other never picked up the medal. I'm not sure what they were thinking but I've got to do something to stop it. These are just the runners we caught, I wonder if there are others?

Speaking of Rock Canyon, I know Jeff was writing an article, so I'm not sure if he mentioned that the 2012 male winner, Michael Weiss, was the 2010 St. George Ironman overall winner and the 2011 XTERRA World Champion and also was on the Austrian Olympic Mountain Biking Team. He is currently serving a two year suspension for something that happened when he was a professional mountain bike racer.

According to Michelle Highfill, race director of the Beulah Challenge, she will include a Half Marathon this year. It will have a 5K fun walk, and 5K, 10K and Half-Marathon runs. It will be held Sat, Aug 3, 2013 in Beulah, CO. Sounds like a great tune up for the Peak.

That's it for now, see you on the trail, Dave



Dave Diaz



5K On St. Patrick's Day — March 16

This is the 29th running of one of Colorado Springs oldest races and fits in with the second oldest parade in our community. The 5K for St. Patrick's Day kicks off the start of the running season for runners in the Springs. For most of the races, the weather has been quite marvelous, with just enough of a nip in the air. The 5K is one of the fastest 5Ks in Colorado Springs and will be run on Tejon Street, starting and ending at Acacia Park. Check out the Leprechaun Fun Run for Kids, too!

To register, visit <http://5kstpats-es2001.eventbrite.com/>

Happy Birthday!

January

- 1 Andrea Burrows
Gwen Steves
- 4 Marshal Steves
- 5 Wendy Garrison
- 6 Shad Pate
Meghan Arana
- 8 Sam Morris
Michele Herrera
- 11 David Wehrwein
E.J. Medina
Zeb Meier
- 12 Kyle Reno
- 13 Susan Montez
- 14 Jimmy Cardinal
- 15 Jim Hale
- 16 Natasha McCall
- 18 Gloria Montoya
- 20 Ethan Horton
- 21 Alyson Farrer
Jessica Kleven
- 22 Cathy Dehn
- 23 Darren McCall
Justin Steves
- 24 Ruth McDonald
- 25 Roberta Reyes
- 27 Mike Messick
Gabrielle Wall
- 29 Tammy Stone
- 31 Danny Nelson



February

- 1 Justin Ricks
- 2 Sara Cardinal
- 3 Trisha Davis
- 4 Michelle Riddock
- 6 Eva Torres
Tiffany Koch
Jennifer Loppnow
- 7 Tina Gray
- 8 Michael Hernandez
Jene Herrera
- 10 Kylee Farrer
Robert Vigil
- 11 Heather Rayburn
Diana Quattlebaum
R. Kevin Hall
- 12 Alexander Paredes
- 13 Jerry Lopez
- 14 Allen Weaver
- 16 Jenna Reed
- 18 Wyatt Armstrong
- 19 Jandalyn Reddick
- 20 Beverly Skroch
- 21 Ian Horton
Justin Horton
Charles du Preez
- 22 Ashlee Romani
- 23 Adrian Cooley
- 24 Loraine Torres
- 25 Carlos Rivera
- 26 Nancy Mitrick
- 27 Vicki Meier
- 28 Sandra Messick
- 29 Christine Lanza

January 2013 SCR Meeting Minutes by: Mike Archuleta

DATE: January 2 at 6:00 p.m.

ATTENDANCE: Ron Dehn, Mike Archuleta, Dave Diaz, Stacey Diaz, Gwen Steves, Jeff Arnold, Dennis Wait, Paul LaBar, Paulette Arns, Gary Franchi.

CLUB BUSINESS

Chip Timing Status: Paul LaBar reported on chip timing equipment. The two units have two timing mats and two readers for the timing system. Paulette and Paul have practiced several times using the chip timing system. Reviewing reports on the new system tallies results from the race. The system will automatically result finish times.

Soco-T2: Gwen Steves reported on the Soco-T2. The triathlon club has 93 members. They have recently renewed USA triathlon membership for the Soco-T2 Tri club. Swim practices have been setup at the high schools. New uniforms have been ordered for the triathlon club members.

Banquet: Stacey Diaz reported on the Southern Colorado Runners annual awards banquet. It 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. 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 (Runner of the Year Voting 2012). The winners will be announced at the SCR banquet.

OFFICER REPORTS

Minutes: Meeting minutes were approved with changes.

Treasurer: Paulette reported on the SCR funds. The costs accrued for the month were for storage and Rock Canyon 1/2 Marathon. Reimbursed Dave Diaz for expenses for the Rock Canyon.

Newsletter editor: Asked for more race forms or inserts (about 300) for the newsletter.

Membership report:

Total memberships: 235

Renewed for 2013: 108

Non-main members [family]: 225

Renewed non-main: 106

Current Individual: 125

Renewed for 2013: 58

Web Master: Registrations for the races and upcoming race banquet. Post race results on the web site.

Race Calendar: Dave reported on the Calendar and races for new year.

REPORTS / LESSONS LEARNED

It's A Wonderful Run, Dec. 15

The race had 30 participants for the predict run. There was a great bunch after the dinner.

Resolution Run, Dec. 30

No problems reported at the race. The race was well attended again this year.

UPCOMING RACES / EVENTS

Lone Tree Predict Run, Jan. 20

Run 4 Trails

Rochelle talked about the logistics for the race. There may be some problems with construction at the school. It may change the course due to construction. Last year's event had 120 participants. Chip time will be used at the race.

Valentine's Twosome

Jeff talked about the upcoming race. The entry form is online to print and send to the Gold Dust.

Spring Runoff

Next meeting is Jan. 7, 2013.

Ordinary Mortals

Gwen reported on the triathlon, which is set for May 15th. Reviewed the logistics for the event looking to have 300 participants. The course will have the 5K first and followed by the 12.5 bike and the snake swim.

ADJOURNED.



Racers blast off at the Rock Canyon Half Marathon on December 1, 2012.

Photo provided by Larry Volk. <http://larryvolk.eventpictures.com/>

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Truly, I love running. It's who I am. It's a part of me. Even if I can only run for 10 minutes, I feel whole and happy. And if everything else is falling to pieces, I go for a run, and I feel like things are going to be okay.

~Johanna Olson, Olympic Marathon Trials runner who died of brain cancer at the age of 33



Presenting the 2012 SCR Runners of the Year — Paul Dallaguardia and Becky Medina!

Congratulations, Paul and Becky!