



# Footprints

Southern Colorado Runners

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Editor: Laura Wehrwein

## A Look Back at Thirty years of Running By: Ron Dehn

Shakespeare said “What’s past is prologue.” With deference to William, I thought I’d reflect on things that running has taught me.

Last June I celebrated my 30<sup>th</sup> year of running. No, we didn’t have a party because I was the only person who knew, but I did take time to remember the early days. I had actually done some running in the 70’s but it was sporadic, so I can’t count those years. My first race took place on a Saturday night in mid June, 1982. It was the 4-mile Midnight Madness run on the hilly roads of the CSU-P campus. I owe special thanks to two people for getting me started — my brother Dave, and my friend and colleague Dan Sullivan. At that time, I was playing lunchtime tennis with some of my co-workers. I developed a minor wrist injury and was lamenting to Dan in the locker room that I had to lay off of tennis for a few days and he sug-

gested that we go for a run, so we did. Dave had been running for a few years and had been in several races. I figured he knew something about running so I told him I would like to enter the Midnight Madness run. He told me that we better find out if I could run four miles. Dave and I took one training run together and that Saturday night he and I were at the starting line of the Midnight Madness run. I remember that the race started at quarter till midnight and was sponsored by Budweiser. I still have the race shirt.

I had three goals for my first race:

- Don’t stop.
- Don’t throw up.
- Don’t finish last.

I accomplished all three goals and was hooked. By the way, thirty years later, among other more positive goals, I still adhere to the original three. With one exception, I’ve always met them.

Thirty years of running does not make me an expert. I am not a physician, coach, trainer, or even a competitive runner. In spite of these facts – I am compelled to offer a few thoughts (aka unsolicited advice).

- Know why you are running. Seriously, think about it. There are many good reasons to run, but in my mind – health and fitness must be in the top two. One of the reasons I suggest that people new to the sport examine their motives, is that through the years I have witnessed many runners who start, taste success, focus on speed, get injured, get discouraged, then quit. I hate to see people give



Ron enjoys the Spring Runoff Tuneup Predict on February 17, 2013.

up this great sport for the wrong reasons. Speed is great and fast finish times are admirable, but balance all with what is good for your body.

- Run on dirt. In 2002, I attended a lecture by Bill Rodgers, an incredible athlete who helped ignite the running boom in the 1970’s. Google him to see his amazing credentials. During his talk, he stated, “The single most important thing you can do to extend your running career is to run on dirt.” Again, do what is good for your body. The surface you run on affects your feet, ankles, knees, and hips. I have been fortunate enough to have

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# SCR Information

## Current SCR Officers

### President

Dennis Wait                      president@socorunners.org

### Vice President

Dave Diaz

### Secretary

Mike Archuleta                      secretary@socorunners.org

### Treasurer

Paulette Arns                      treasurer@socorunners.org      719-214-1180

## Non-Elected Officers

### Membership Chair

Maria Elena Weaver                      membership@socorunners.org

### Newsletter Editor

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

### Web Master

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

### Calendar Keeper

Dave Diaz                      calendar@socorunners.org

### Prediction Run Coordinator and Results

Dave Diaz and Don Pfost                      predict@socorunners.org



## Southern Colorado Runners

### SCR Mailing Address:

P.O. Box 8026

Pueblo, CO 81008

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

### “Footprints” Volume No. 342, Issue No. 2

“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: March 6, April 3, May 1 (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)

*Run on in to the*

## GOLD DUST SALOON

In the HEART of the Union Avenue Historic District

217 South Union in Pueblo



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

# Run For Aurora 50K and 50 Mile Race — June 1: Giving Back to the Aurora Theater Shooting Victims

For race director and founder of Run With It Racing, Claire Dorotik, running has always given back. Whether it be overcoming personal tragedy -- the loss of her father in 2000 -- or redefining what is truly possible and once again learning that “limits do not apply”, running has been more than just an exercise. Running has been a way of life. “Running teaches you that your behavior matters,” which, as Claire, also a licensed Marriage and Family Therapist, notes, is an “essential part of improving overall happiness.”

And so it is fitting then that in the summer of last year when several people’s lives were forever changed in the Aurora Theater shooting, Claire wanted to find a way to help. “Living across the street from the theater, every day I drove by the memorial and thought, ‘I have to do something.’” So, naturally, the ultra-marathoner returned to what has always helped her -- running -- to give back.

On June 1st, several runners will tackle the tough trails of Roxborough State Park to hopefully complete not just one of two ultra marathons offered -- either 50K or 50 Miles -- but to accomplish something much larger. “Every competitor represents that the community can come together through the powerful experience of running to begin healing,” Dorotik shares.

The race consists of a 9.46 mile loop that will be run either three times for the 50K or 5 times for the 50 Mile. Runners will pass aid stations two times on each loop and will be supplied with Hammer gels, HEED, water, Bumble bars, fruit, bagels, cookies and candy. The race begins at 7 am, and runners have 12 hours to complete either race.

While every competitor will earn a very cool dry fit shirt commemorating their run, Run With It Racing also promises some fantastic prizes for age category winners. Most of all, however, runners will finish knowing that they made a difference, and Dorotik

hopes that the run will raise \$10,000 for the Aurora Theater Shooting Victims.

For more information about Run With It Racing, or the Run For Aurora, visit [www.runwithitracing.com](http://www.runwithitracing.com)



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## Ordinary Mortals — May 11 by: Kim Arline

The Ordinary Mortals Triathlon and Duathlon is back on Sat, May 11th, at CSU-Pueblo. That afternoon is the Mini Mortals Triathlon for kids 5-15 years old. These are now SCR sponsored races with the Southern Colorado Triathlon Club putting the event together.

Online registration is open and filling with a lot of people from out of town but not much of a showing yet from locals. This is a great short distance triathlon with an easy pool swim for anyone that has never done a triathlon before. It's also a great season warm up for those more experienced! It was my first triathlon and a really fun experience to do it with so many familiar faces cheering me on. There won't be any same-day registration as we had some problems last year with same-day registrations interfering with and delaying the results.

If you can't race for some reason that day but will be in town and want to help volunteer, we have a volunteer sign up with specific times and duties so you can find exactly what fits your interest!

**For more information and to register, please visit <http://socorunners.org/races/scr-races/omt.html>**



# A Look Back at Thirty Years of Running *(continued)* by: Ron Dehn

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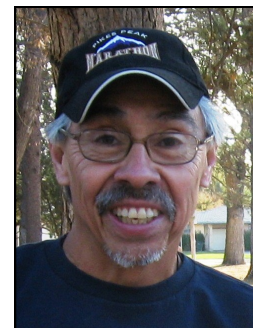
- done most of my running on the dirt trails near CSU-P and near our home in Pueblo West. I will almost always choose a trail over a street.
- Get to know your body's rhythm. There is a rhythm to all of creation, and your body is part of that. Pay attention to your body's ebb and flow as you train. There is a time to push and a time to hold back. As "they" always say – "Listen to your body". The more you exercise, the more awareness you will develop. My body has never been fond of running more than three days in a row. I know this goes against the training schedule of most competitive runners. Remember that health and fitness have to be one of my top two reasons for running. I try to apply this balanced approach to all of my life. If you have a philosophical yen to explore more, Google "Turn Turn Turn" to listen to the 1965 number one single by the Byrds that speaks to balancing your life. Or read the first part of Ecclesiastes chapter 3 for the original "lyrics".
  - Enjoy! ENJOY! Enjoy! Running is an enjoyable thing to do. Yes it is work, but work and enjoyment can easily belong in the same sentence. In one article I read years ago, the author stated that he could feel the excitement build as he laced up his running shoes. I've thought about his words hundreds of times as I tie my own shoes. Seek those things that give you pleasure as you run. I pay attention to what is around me. If alone, I marvel at the sky, clouds, rock formations, mountains, trees, footprints, animal signs, and sometimes animals face to face. I listen to the sounds of nature, my own breathing, the wind through the trees, and of my feet striking the dirt or snow. I think about the personality of the water on the lake as I run along the ridge. At times it is as smooth as glass; and depending on the sun, wind, and clouds, the water can be various shades of blue, green, or even gray. I pay attention to what my body feels - the warmth of the sun on a cool day, the feeling in my lungs as I inhale and exhale, and the sensation in my leg muscles as they adjust to the uneven terrain. I like to feel the sweat coming from my pores, and enjoy the sensation of a drink of water cooling my body on a hot day. At times I pay more attention to what is inside. Running presents an opportunity for peace and reflection — a time to let your mind wander where it may. My thoughts meander from the philosophical and prayerful to the whimsical. Or, as Paul Simon said about his thoughts, "They echo and they swell from Tolstoy to Tinker Bell." If running with someone, it is a time of friendship and a special time to share. Topics range from chit chat to exploring the despairs and ecstasies of our life's journey. It is a time for conversation and getting to know one another on a different level; or simply an understanding that you and a friend are taking part in a healthy, worthwhile, and enjoyable activity together. You are sharing time. You are sharing space.
  - Cross Train. Wow – this is one paragraph that I need to read and re-read. I swim like a rock. I do spend some time on a bicycle, but not nearly enough. I also enjoy weight training, but again not enough. There are tons of other activities to augment your health and fitness. Yoga, hiking, kayaking, rock climbing, martial arts, and dance come to mind. Lynn Swann, one of the greatest wide receivers to play pro football took ballet lessons. Your body will appreciate a variety of movements and disciplines. It just makes sense.
  - Stretch. There are conflicting schools of thought about the benefits and styles of stretching. I believe in some type of warm-up prior to a run. Years ago Marijane Martinez taught me the rule, "The shorter the run, the longer the warm up." I like to do some dynamic stretching after exercise. I especially try to focus on areas that are prone to be a little tight, sore, or otherwise bothersome. If you pay attention to minor trouble spots, you can oftentimes keep them minor.
  - Have gratitude. Think about it. For most of us – if you are able to walk or run a 5 or 10K, you are doing something that most people your age are not able to do. There are many reasons for this ranging from personal choices to random accidents and diseases of all sorts. I am not quite Medicare age, yet I have visited four of my classmates who spent many of their last days in nursing homes due to various diseases and circumstances. And, unfortunately I have also attended of few of their funerals. If you are out there walking or running on a regular basis – keep on keeping on, and reflect on how fortunate you are. I am reading a couple books on gratitude. So far – the bottom line is that there is a positive correlation between gratitude and happiness. It seems like a straightforward choice.
  - Remember the Triad. If I've learned anything in my 64 years, I've come to believe that the Spirit / Mind / Body Triad is an accurate model of us as human beings. Keep the components healthy and in balance. Pay attention to each. Exercise each. Nourish each.

These are some of the things that come to my mind after 30 years and many miles. Again, I am no expert, so please reread my disclaimer at the first part of this article. I invite you to reflect on any of the above that applies to you and disregard the rest. There are numerous SCR members who are accomplished runners of many years, for whom I have great admiration. I would make a list, but would accidentally leave out someone that I respect, then I would feel bad about it. You know who they are. Lots of years, lots of miles, lots of journeys, lots of wisdom. Corner one of them after a run or at some SCR event. What do they think? What are their experiences? What advice and wisdom can they offer? How do they approach this thing that we do?

# Training for the Ironman Triathlon by: Dave Diaz

Last month I wrote about training for the 2012 Arizona Ironman (IMAZ) which was held on Sunday, November 18, 2012. This time I'd like to try to describe my race week experience.

**Sunday – Tuesday, Nov 11-13, 2012** One of the biggest problems of any triathlon is transporting all your equipment, especially the bike, to the race. There are companies who will ship your bike for a fee, but Paul Dallaguardia and I planned to drive to Phoenix, (Tempe, actually). I thought Paul's girlfriend Tanna and my wife Stacey would fly to meet us there but Tanna and Paul decided to drive, so Stacey and I flew down and rented a car when we got there. When you have to pack a bike, bike shoes, helmet, running shoes, wet suit and on and on, it's easy to forget something. I packed and unpacked so many times, I thought I was going crazy....did I pack my goggles? What about bike shorts? I made lists and checked things off, I tried to imagine going through every step of the triathlon, and then I'd unpack and do it again. I was starting to stress big time and it was still a week before the Ironman. Paul came by our house on the Tuesday before the race (which was on Sunday) to pick up my bike and equipment. When he drove off, I was so very relieved because I couldn't pack and unpack anymore. If I'd forgotten anything now, it would stay forgotten until I needed it.



Dave Diaz

**Wednesday Nov 14** Paul and Tanna left Pueblo on Wednesday morning and drove to Albuquerque to spend the night. On Thursday, they continued on to Tempe and arrived there on Thursday evening.

**Thursday Nov 15** On Thursday morning, Stacey and I drove to Springs. Frontier had a direct flight from CS to Phoenix but it didn't leave until Thursday evening and I wanted to go to the Ironman Expo on Thursday to pick up my packet, so instead of taking the direct flight from Springs, we flew from CS to Denver to catch an earlier flight to Phoenix. That was the plan anyway. Thanks to United (I hate flying United), our flight out of Denver was delayed several times and when we finally boarded we just sat in the plane until they said we could de-board. Stacey and I had lunch in the airport, others stayed onboard. We boarded again and finally arrived in Phoenix about 6:00 PM. We had wasted an entire day; I was so angry. We drove by the Expo just as they were shutting down for the day. We stopped to get something to eat and I needed a beer. Months before, Paul had found a beautiful 2 bedroom / 3 bath condo with kitchen and living room and 2 car garage that we rented for a week. It was perfect. It had a swimming pool, and although the water was much too cold for swimming, everything else was great.

**Friday Nov 16** In the morning we all went to the Expo, picked up our packets and spent a small fortune at the Ironman tent. T-shirts, sweatshirts, jackets, jewelry, just about anything you could imagine was for sale and it wasn't cheap. Later that day, Paul went for a bike ride on the race course but I went to the condo and napped. I was feeling very tired. I know I made several mistakes in my Ironman training and if I had it to do over, I would start resting sooner. Three weeks before the Ironman I did a 26.2 mile training run and two weeks before I did a 100 mile bike ride. I knew all week, that I was still tired but I'd hoped to feel better by race day morning. On Friday night, we attended the pre race dinner and mandatory instructional meeting. It was held outdoors near the Ironman Village in late November, and we were in shorts but it turned chilly when the sun went down. Mike Reilly, "The Voice of the Ironman," was the emcee. He's the guy that announces every Ironman, the guy who says your name followed by "YOU ARE AN IRONMAN". They had slide shows, motivational speakers, music and introduced several elite participants. Then he went over what to expect for those of us that didn't have a clue what we were doing. I got goose bumps. I don't know if it was the cold or if I finally realized that this was it. It was surreal; after all the months of training I couldn't believe that the time had finally come. Paul's kids Desiree and Paul Jr, arrived in Phoenix and Tanna had shirts made with "Team Dallaguardia" on them.

**Saturday Nov 17** In the morning, Paul and I went for a scheduled practice swim at Tempe Town Lake where the Ironman would be held. The "Lake" is actually a man made lake that looks like a giant Bessemer Ditch because it has steep concrete walls, except there is no current. I'd guess it's about a 1/4 mile wide and 2 miles long. The only way to get in is to jump in, feet first. They had warned us at the pre race meeting that on raceday, when it came your turn to jump, there could be no hesitation as there would be many swimmers behind you. When you get to the edge, jump, sort of like paratroopers. They also warned us the water would be very cold, 62°, but until you experience it, you just don't know how cold that really is and how you will react. I had nothing to compare it with, I hadn't even swum outdoors in over 2 months, all my recent swimming had been in heated pools. The American Red Cross says "an average swimming pool temperature is between 80-84° F... and even for the most adventurous swimmers, 65° F is unbearably cold." Paul and I got there early for the practice swim and it wasn't too crowded so we weren't rushed. When you jump in, you just keep going down. I realized I'd never done anything like that before, I wondered when will I go back up? What if I don't come back up? What if someone jumps on top of me? The cold water was quite a shock at first, it takes your breath away and feels sort of prickly, like little needles and it hurts but I recovered right away and it didn't bother me as much as I thought it would. I pulled at my neck to let water in my wetsuit and started to swim. I was lucky. I'd read horror stories of swimmer's shivering uncontrollably in the water. I wore two swim caps to trap the heat and made sure that my cap was out of the way of my goggles. That happened to a woman in the "You Are an Ironman" book — her goggles kept filling with water and she couldn't stop it, no matter how much she stopped and tried. It was because her goggles were resting on her cap and couldn't make a waterproof seal. It wasn't going to happen to me. They had a 500m course set up. Paul and I both swam it then got out. I remember wishing it was race day and I that could just keep going but that was it for today. Not too bad. I'm not a very good or fast swimmer but I can swim for a long time without getting tired, if I go slow enough. Like most runners, my legs tend to drop in the water, especially when I get tired. But when I put a wet suit on, it changes my form dramatically. My legs are held up and I feel like I'm riding on top of a raft and swimming becomes easy. I feel as though I'm floating on top of the water. I have such bad form that a wet suit helps me much more than a good swimmer. I wasn't worried about the swim portion of the Ironman at all. After the swim, Paul went for a run, but I didn't. I went back to the Expo and spent more money, then we both went back to the condo to get our bikes and Transition bags because you have to check in your bike and equipment the day before the race.

We returned to the Ironman Village and turned in our two special needs bags and two transition bags. Since no one is allowed to leave any equipment by their bikes, like in a regular triathlon, you must put everything you need in bags. The Transition 1 bag is for the things you'll need for the bike ride (helmet, shoes, etc) and the T2 bag is for what you'll need on the run (shoes, cap). When you get out of the water, volunteers "strip" your wetsuit off you while another gets your T1 bag. You then go inside a big private tent (men / women separate) and change clothes. In the middle of the bike ride they hand you your bike special needs bag, which contains whatever you put in. I had a PBj, Fig Newtons, Gatorade and extra gel, because that's what I trained on. The other bag is for half way through the

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

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run. When you finish the bike ride a volunteer takes your bike to rack it for you while another volunteer gets your T2 bag as you head back to the tent to change.

When we went to check in our bike, Paul laughed at my bag on my bike and how much it must have weighed. I carried 2 tubes and a patch kit, two CO2 cartridges and a pump plus tools. I swore no matter what happened, no matter how many flats I got, I would fix them and go on. One flat (or 2 or 3) wasn't going to stop me. I considered carrying a spare tire, like I do in training but decided against it. When you check in your bike they take a photo of it, so that when you leave you take the same one you brought in. Most athletes had already checked in their bikes, so it was a sea of bikes and bike racks. As I went to rack my bike, I realized the bikes were arranged by the age of the participant. I walked and walked until I was almost out of the transition area. I guess there were only about 15-20 bikes beyond mine, meaning of the 2000+ participants, I was one of the oldest. A little scary. Paul, being in his 50's was relatively close to me, but still far away. After that, we went back to the condo and had a nice home cooked spaghetti dinner and went to bed early.

**Sunday (Raceday morning), November 18, 2012** I got up at 3:30AM and it wasn't hard because I was so excited. I wanted to eat at least 3 hours before the race, which started at 7AM. Fortunately, at the pre race meeting they told us not to arrive before 6 AM as we would just get in the way. If you know Paul at all, then you know we would have been there at 5:00 AM if they would have let us. We still got there a little early. We parked the car and walked to the Village before 6:00 AM. At least we weren't rushing and got to use the porta-potties before the lines formed. Although it was still dark and cold, everything



**Dave, Stacey, Paul and Tanna before the Ironman, with Tempe Town Lake (location of the swim) in the background.**

was lit up but since we had already checked in all our equipment and our bike, there was nothing for us to do but sit and wait. Paul likes to talk to people, I prefer to sit alone and think about what I have to do.

There were people of all shapes and sizes. You've got your young, fit, elite athletes but there are also middle aged, overweight and soft people. You try not to judge but sometimes you look at someone and just wonder, man, what are you doing here? They probably said the same thing about me. Paul talked to people who, not only was this their first Ironman, it was their first triathlon. That's just stupid, but not my problem. It was too late for me to care about them. I had my own worries. Faith. Focus. Finish. I knew I could do this. I knew I had trained hard and I knew I was ready. I've always been mentally tough but I worried about my bike and my body. I've never had a broken chain but what if it happened today. I worried about cramps. Sometimes the pain in my leg is so bad I can't move. It's happened to me on the Peak and

during marathons. Please, please don't let it happen to me today. I've learned to control the cramps by taking Endurolytes and trying to stay hydrated but I still get them and I worried. Paul and I agreed that if either of us saw the other on the side of the road, we would keep going. If one of us had problems, if one of us couldn't finish, that was no reason for the other not to finish.

About 6:30 I hugged and kissed Stacey, then I took off my sweats and started to put on my wetsuit. It was still dark and cold and the wind was starting to blow a little. Everyone started walking towards the water. Yesterday, during the practice swim it was sunny and warm. This morning was different; the sun wasn't even up yet and it was cold. I decided to try to be one of the last to get into the water. I told Paul good luck and told him to go on, he's a much better swimmer than I am. I planned to get towards the rear and stay out of the way. However, what I didn't know was that once you jumped in the water, the start was still a quarter mile away. I don't tread water very well but I also knew I couldn't wait very long to get in. I hoped to swim the quarter mile and get there just as the gun went off. I waited, everyone was jumping in, and I pulled off to the side, out of the way, and just stood there. I may not be the toughest guy out here but I told myself, I'm sure not the weakest. The water is cold, but it's cold for everyone. Deal with it.

The sun was starting to come up and it was becoming easier to see. I couldn't wait any longer and I jumped in. The water seemed twice as cold today as it was yesterday but I tried to ignore it and started swimming towards the start. I got there too early and had to tread water for about 10 minutes while they made

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announcements and played music. Finally the gun went off and everyone started swimming at once and the water wasn't cold anymore. It was so crowded you could barely move. Swimmers' arms hit my legs and feet. My hand landed square on some woman's butt; at least I hope it was a woman. There didn't seem to be any open water to swim in but it eventually opened up a little and I was able to swim. We had to swim about 1.2 miles to the turnaround, then go around a couple of buoys and return. My plan was to hold back on the swim. I wanted to get out of the water and not feel tired at all, to feel like I hadn't done anything. The swim was pretty uneventful until someone hit me in the face and knocked off my nose clip and goggles. I lost the nose clip but was able to fix my goggles and continued on. After what seemed like way too long I saw swimmers in front of me turning and realized I had made it half way. The trip back was easier, the sun was shining and I could see the bridge that I was headed for, a mile away. I felt good and knew I would make it.

When you get to the finish, there are metal steps, like bleachers with rails that go into the water that you use to pull yourself out. Two volunteers had to help me out as I still don't have full use of my right hand since my bike accident. I climbed to the top and people were screaming and hollering encouragement. I sat down on the ground and someone pulled off my wetsuit...I was afraid they were going to pull off my trunks too, but that didn't happen, thank goodness. I stood up and headed towards the changing tent when I started to shiver. I just couldn't stop shaking. I don't know why I was so cold. A volunteer tried to take me to the medical tent but I told her I was fine and ran away from her. I knew from reading the Ironman book that once you get in the medical tent they don't let you out for a long time, if they let you out at all. I stayed in the heated changing tent until I felt better. I had decided to swim in swimming trunks (jammers), then change into bike shorts for the bike ride and change again into running shorts for the run. Paul did the entire race in his tri shorts and saved a lot of time. The 2.4 mile swim had taken me 1 hour and 38 minutes, about what I expected. I changed clothes and was on the bike before 9AM.

It was cold at the start of the bike but warmed up soon enough and I threw away my outer shirt and arm warmers (tube socks with the toes cut off). As soon as I started biking I knew I didn't feel right. I was tired. I hoped the feeling would go away after I warmed up but it never did. The good thing is, it never got any worse. I had hoped to feel fantastic but that wasn't going to happen today. I decided to hold back even more on the bike than I had planned. I had learned in Denver, that if I spent too much energy on the bike I wouldn't have anything left for the run. I decided to just try to survive the bike and save myself for the run. The bike course is a 3 loop course, each loop about 35-36 miles. I broke it up mentally, just trying to get to the next turnaround about 17 miles away. It was uphill and into the wind going out but downhill and wind at your back coming back.

Paul had beaten me in the swim and had a fast transition and was well ahead of me on the bike and he would holler at me every time we would pass on the course. He looked great. I could see he was getting farther and farther ahead but that was OK, as I was just trying to finish the bike without spending too much energy.

I only stopped once on the bike, during my 2<sup>nd</sup> lap, to get my "special needs bag", to eat my PBJ and to use the restroom. On the third loop, about 85 miles, my back started to hurt, and my legs were getting tired and for the first time ever, I started to feel pain on the bottom of my foot just above the pedal. That scared me, I worried about not being able to run, but nothing ever came of it and the pain went away. I didn't want to stand up too much during the bike because I wanted to save my running legs, but it felt so good that I did more standing on the third lap. I saw Paul for the last time on the 3<sup>rd</sup> loop. I was headed toward the last turn and he was headed to the finish. I looked at my watch, then when I got to the spot where he had been, I looked at my watch again. He was about 45 minutes ahead of me. As I approached the finish of the bike, I knew I was going to be an Ironman. For me, the hardest part was over, the run was coming and nothing was going to stop me now.

It was approaching 4:00 PM. The 112 mile bike had taken me 7 hours 12 min, not as fast as I wanted to go, but not too bad for me. There were more people ahead of me than behind me but there were still a lot of people on their bikes. When you get off the bike, you don't even have to rack your own bike. A volunteer takes it from you and you're off to the changing tent again. I was surprised how good my legs felt when I got off. As I was getting my T2 bag I heard Stacey and Tanna yelling at me. I walked to the fence and talked to them for a minute. Stacey later told me I looked terrible, which surprised me because I felt pretty good. I changed into running shorts, used the restroom again and headed out.

The run is a 3 lap course, each lap a little over 8 miles, so when I got on the course to run some of the runners could have been 8 (or 16) miles ahead of me but I was surprised at how many people were walking. The first 4 miles were crazy for me, I felt like my feet weren't even touching the ground. I was passing everyone and the running was easy. I'm proud to say I ran the entire marathon, although I stopped at almost all the water stops and there were plenty...at every mile, so that's a lot of stopping. I didn't try to run 26 miles, I only tried to get to the next water stop.

The second lap was the hardest for me as I began to get tired about 10 miles and I still had a long way to go, but worse than that, my stomach started to bother me. It started slowly but eventually I was just running from port-a-potty to port-a-potty. A couple of times I didn't think I would make it. I couldn't keep anything inside of me. I counted at least 4 stops, maybe more. I was mad because other than that I felt great. At one water stop a volunteer handed me a gel and when I went to bite the top off I stuck it too far



**Stacey, Dave and Paul after the Ironman!**

(Continued on page 8)

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

*(Continued from page 7)*

down my throat and ended up throwing up on the side of the trail. Nobody paid attention, I think it must happen quite often. Finally on the third lap, I knew I was going to make it. I felt calm and refreshed. The sun was going down and I decided I wasn't going to eat or drink anything else, so I didn't stop at the water stops anymore. That seemed to help my stomach some and I just kept running.

It was getting dark and tough to see in spots but I kept going. I thought about my brothers, Anthony, Tom, Joe and Bill back in Pueblo, watching the Broncos, while Stacey texted them updates. I thought about my kids Judi, David and Matt, and I imagined them running with me side by side and I ran faster. They talk to me as we run, "Come on, Dad, keep up", "Don't ease up, this means too much to you", "Push, you can rest when you're done". I don't know if I answer them out loud, I worry what others must think if I do. I thought about Stacey and how lucky I am to be married to her and how much she put up with during the training. How grouchy I'd become. I love her so much, I need to tell her more often. I thought about my dad and mom and how much I miss them and I start to cry. I thought about my dad and how as a young man, he and my grandpa would come to this country illegally to work the sugar beet fields in Colorado and Wyoming and it made me run stronger. I thought an Ironman is easy compared to what my dad went through. Thank goodness it's dark and no one can see me. As I approach a group of spectators, I hear someone say, "Now, he's a runner." I feel proud and I run faster.

The good thing about running loops is I got to see Stacey several times. That really helped. I saw Stacey for the last time at about 20 miles and I felt good. I was now certain I would make it and I continued on, passing other runners. Miles 20-25 were fun but the last mile was heaven for me; I ran as hard as I could and I must have passed 30 people or more although I didn't know which lap they were on. It didn't matter to me. As I got closer and closer to the finish, the crowd got thicker and louder. I made myself look around. I tried to see everything, to pay attention so I could remember and re-live the moment in my mind, as I know there's a good chance I will never do this again. As I approached the finish, I wanted to make sure no one was near me when I crossed the finish line, so that Mike Reilly would be sure to see me and say my name. I wanted to hear it so bad. I passed several more people then saw a gap and ran to it. I ran down the finish chute and finally saw the banner, then I heard what I'll never, ever forget. I can hear it now, I hope I can hear it forever..... "Dave Diaz....from Pueblo, Colorado....YOU ARE AN IRON-MAN."



**Paul takes a well-deserved breather after the race.**

My son, David, called the next day and asked me to do the 2013 IMAZ with him next year but I told him no. It was too soon. You had to decide that day as the 2013 sold out in 40 seconds, but he got in. If I would have had a week to decide, I would probably have said yes. It was just too soon to even think about doing another.

Even though I've done many triathlons, including 3 half-Irons and now an Ironman, I don't consider myself a triathlete. I'm a runner who can't run every day anymore. When I was younger, I would go weeks, even months without missing a day. Today, I only run 4 days a week, trying to stay injury free. I bike and swim now to stay active, but I'd rather be running. I wonder if my dad would approve of what I did, as he devoted his life to helping others, and an Ironman seems so superficial and self rewarding, but I think he would. At least I hope so.

**Editor's Note: Congratulations, Dave (and Paul, too) on your amazing feat! Thanks for sharing your journey with us. Be proud!**



# Valentine's Twosome

by: Jeff Arnold

The Valentine's race has always been light-hearted. That doesn't mean that runners haven't tried very hard to win and chosen partners with winning in mind. The fastest time recorded on the SCR web site is from the 2010 Twosome; Anna Marshall and Mike Schmidt ran 18:11. They were teammates at Pueblo West and Western State and perhaps sweethearts as well.

This year, while the winning time was a good 19:55 – Charlie Lucero and Jessica Kleven won on their third try – family seemed to be the primary theme. Five families, the Epperlys, McGivneys, Milyards, Ricks and Sawas, provided ten teams, almost half of the 24 in the race.

Justin Ricks probably was the fastest individual of the day and his chance for the overall win would have been higher if he'd run with his wife Denise but it appeared to be a family challenge as Justin ran with daughter Kylah, 9 years-old I think, and Denise with 11-year-old Malachi.

Blaise Epperly and sister Alice were the youngest team with a combined age of 12. Their parents Erin and Scott were just two seconds behind them, suggesting more support than competition. Before the race, I gave Blaise, a second grader, a couple of multiplication problems. He's better than many high schoolers I've taught.

The Sawas, who came down from Parker, were perhaps overlooked by the judges in the baton contest. The three women all wore pink Denver University t-shirts with pink tutus as batons. They didn't exactly exchange tutus but you get the idea. They were unable to persuade husband and father to wear the tutu of shirt, but they still had fun.

As a counterpoint to the family theme, Aaron Levinson came to the race with a shabby cardboard center from a paper towel roll and no partner. Angela Kleven, Jessica's mother, called her younger daughter Lauren who was about to sit down to pancakes but was a good sport and showed up. Though they first met at the baton exchange, Lauren and Aaron took fifth overall with a good time of 22:53.

I woke to 2" of snow and wondered how I was going to mark the course. Even the paved roads near me were mostly clear. By the time the race started it was sunny and about 30. Fun day.

## Valentines Twosome 2013 Results

1	Charlie Lucero	Jessica Kleven	34	19:55
2	Emily Perez	Michael Duran	31	20:04
3	Robert Lucero	Emily Lucero	53	21:03
4	Kylah Ricks	Justin Ricks	42	21:44
5	Lauren Kleven	Aaron Levinson	36	22:53
6	Denise Ricks	Malachi Ricks	43	23:50
7	Sean McGivney	Jitka McGivney	82	24:47
8	Kris Spinuzzi	Nathan Spinuzzi	59	24:59
9	Don Nelson	Melanie Nelson	104	25:05
10	Deb Hadley	Rich Hadley	113	26:19
11	Melanie Milyard	Mason Milyard	117	27:09
12	Aimee Atencio	LeRoy Atencio	89	27:58
13	Ashleigh Sawa	Aiyana Eurioste	56	29:03
14	Randy Oles	Mikaiza Oles	69	29:14
15	Jan Herrera	John Reed	96	30:16
16	Dustin Milyard	Camryn Millyard	49	30:44
17	Shad Pate	Cassie Pate	61	31:17
18	Blaise Epperly	Alice Epperly	12	32:29
19	Erin Epperly	Scott Epperly	65	32:31
20	Susan Steves	Mark Steves	120	33:07
21	Skylar Perea	Coy Ferguson	27	34:20
22	Patrice McGivney	Isobel McGivney	21	34:03
23	Eugene Sawa	Mary Ann Sawa	118	34:10
24	Spree Walls	Jonna Winden	37	35:28

**Biggest Baton:** Patrice and Isobel McGivney – Long Foam Tube.

**Most Romantic Baton:** Jan Herrera – Giant (Hula Hoop size) Diamond Ring, made more romantic by John kneeling in the exchange zone to give Jan the ring.

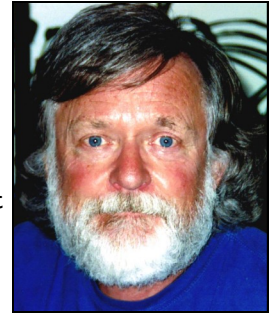
**Ugliest:** Aaron Levinson. Aaron gets all the credit or blame. He came without a partner and brought an undecorated paper towel tube.

**Most Creative:** Kylah and Justin Ricks – wrist band with drawings of father and daughter.

**Volunteers:** Race Director, Jeff Arnold. Registration, Ruth MacDonald. Time Machine, Paulette Arns. Pulling tags, Paul LaBar. Spindling, Terry Cathcart. Baton retrieval and finish line, Dennis Wait.

## Predict Tidbits by: Don Pfost

Dave Diaz is coordinating the 2013 Predict Series; I've agreed to do the results, and to make things simpler, at least in my view, I've also agreed to do the timing. Dave and I have discussed whether early starts should be allowed; he graciously said it was my call.



My preference is that all runners and walkers start at the same time. I'll explain why in a moment, but let me mention two unique features of the predict series that shape my preference.

First, the predict series offers participants the challenge of figuring out how long it will take them to cover a given distance, and, unlike most running events, it's this skill in making the prediction, not speed, that determines the winner. Thus, making sure the timing is as accurate as possible is important. (Look at the results and notice how close so many are to their predicts.) And second, like any running event, the predicts offer the opportunity to socialize before, during and after the event. However, they are unique in that many include a post-predict potluck at the host's residence. These are especially enjoyable—the mix of tasty food and lively chatter gives a unique social dimension to the occasion. In these instances, every effort should be made to ensure that all participants—volunteers, as well as runners and walkers—have the opportunity to take part.

Now, let me address why I prefer that all runners and walkers start at the same time and on the same clock. Simply put, to do otherwise complicates the timing and results: a separate clock and timer are needed, there's the possibility of confusion and mistakes in timing, especially when a pack approaches the finish line, and so forth. In short, it keeps the process of timing and doing the results simpler and less subject to error if all participants start together and on the same clock.

Clearly, there are a number of reasons why someone might want to start early — they are just beginning to run or are recovering from an injury; they have a commitment, such as work or a family gathering, that starts before they would finish the predict; or, given the length of the predict and their relatively slow pace, they are likely to finish well behind everyone else and after the post-predict festivities have wrapped up.

Participation by all is encouraged; however, do consider that some options exist. There are twelve predict events scheduled throughout the year that vary in length; five must be completed to compete for an award and receive a shirt. Focusing your efforts on the five or six that best suit your abilities, especially with regard to distance, might make sense. (My guess is that many of you already make such calculations.)

In those instances when the predict is relatively long, such as a 10K or 8.6 miles, and your pace is relatively slow, check for the estimated cutoff time for the volunteers. If it looks like you'll be outside this cutoff, consider participating in the predict but not competing, i.e., figure out how long it will take you to run part of the course and come across the finish line at about the time that most others are finishing (here's another challenge to test your skills). Then, let those at the finish line know you're not intending to do the entire course, so they won't mistakenly clock you. Not only will you be able to take part in the post-predict festivities, so will the volunteers.

On the other hand, if you decide to do the entire course and you finish beyond the cut off time, the finish-line volunteers may have left and you won't be timed.

That's my tidbit on early starts. Keep your eyes peeled for a follow-up or two. For example, ever wondered why I seem like a curmudgeon when you cross the finish line, immediately ask for your finish time, sometimes nudging against my shoulder to look at the tape? Or why we yell for you to show your bib as you approach the finish line? Stay tuned.

## Healthy (and Tasty) Recipes by: Debbie Gurule

### Muffin Frittatas

6 eggs

1/2 cup milk

1/4 tsp salt

1/8 tsp pepper

1 cup shredded cheddar cheese

3/4 cup chopped zucchini

1/4 cup chopped red bell pepper

2 Tablespoons chopped red onion

Heat oven to 350 degrees. Beat eggs, milk, salt and pepper in medium bowl until blended. Add cheese, zucchini, bell pepper and onion; mix well. Spoon evenly into 12 greased muffin cups, about 1/4 cup each.

Bake 350 degree oven until just set, 20 - 22 minutes. Cool on rack 5 mins. Remove from cups; serve warm.

If desired, bake muffin frittatas the night before and refrigerate. Rewarm in the microwave in the morning.

American Egg Board

Printed in Pueblo Chieftain 2012



### Granola

Makes 6 Servings

1/2 cup quinoa flakes or old fashioned rolled oats

1/2 cup ground flaxseeds (can be pre ground)

1/4 cup raw hulled pumpkin seeds (pepitas)

1 cup chopped raw cashews

1/2 cup sugar free vanilla syrup (Torani or DaVinci)

1/4 cup walnut oil

1 cup chopped pecans

1/2 sliced almonds

1/4 cup raisins, dried cherries, or unsweetened dried cranberries

Preheat the oven to 325 degrees

Combine the quinoa or oats, ground flaxseeds, pumpkin seeds, 1/2 cup of the cashews, vanilla syrup, and walnut oil in a large bowl and toss to coat. Spread the mixture in 8x8 inch baking pan and press to make an even layer about 1/2 inch thick. Bake until nearly dry and crispy, about 30 minutes. Let the mixture cool in the pan for at least 1 hour.

Meanwhile, combine the pecans, almonds, dried fruit, and remaining 1/2 cup cashews in a large bowl. Break the cooled quinoa flax mixture into little pieces.

Stir into the nut fruit bowl.

Taken from: Wheat Belly

William Davis, M.D.

# 2013 Race Calendar, March-July

By: Dave Diaz

## MARCH

<b>Sun, Mar 3</b>	<b>9:00 AM</b>	<b>Pueblo Chieftain Spring Runoff</b>	<b>10M/10K/5K</b>	<b>Dutch Clark Stadium</b>	<b>socorunners.org</b> salidarec.com/ccrc/ index.htm
Sat, Mar 9	8:00 AM	Run Through Time	Mar & Half	Salida, CO	
<b>Sat, Mar 16</b>	<b>10:00 AM</b>	<b>St Pat's</b>	<b>5K</b>	<b>Dwntwn Colo Sprgs</b>	<b>pprrun.org</b>
<b>Sun, Mar 17</b>	<b>9:00 AM</b>	<b>The Fairgrounds Four-Pred #3</b>	<b>4M</b>	<b>CO State Fairgrounds</b>	<b>socorunners.org</b>
Sat, Mar 23	10:00 AM	Colorado Blue Sky Fun Run	5K run/2M walk	CO State Fairgrounds	coloradobluesky.org
Sat, Mar 30	9:00 AM	Thunder Run	5K run/walk	Colorado City, CO	

## 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	
Sun, Apr 7	9:30 AM	Spring Fling Bike Ride	38M	Airport Industrial Park	greatdividebike.com
<b>Sat, Apr 13</b>	<b>8:00 AM</b>	<b>Ramsgate 6-Pred #4</b>	<b>6M</b>	<b>6 Ramsgate Place</b>	<b>socorunners.org</b>
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	spankblasing.com
Sun, Apr 28	7:30 AM	Cherry Creek Sneak	10M/5M/5K	Denver, CO	cherrycreeksneak.com

## MAY

Sat, May 4	6:30 AM	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	6:00 AM	Colorado Marathon	Mar/ Half	Fort Collins, CO	
<b>Sat, May 11</b>	<b>9:00 AM</b>	<b>Ordinary Mortals Sprint Tri</b>	<b>5K/12.5M/300y</b>	<b>CSU-Pueblo</b>	<b>socorunners.org</b>
Sat, May 11	8:00 AM	PMC Spring Sprint	10K/5K	Lamar, CO	Lamar Parks & Rec
<b>Sun, May 12</b>	<b>8:00 AM</b>	<b>Yappy Dog-Pred #5</b>	<b>8.6M</b>	<b>South Mesa Elem School</b>	<b>socorunners.org</b>
Sun, May 19	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
<b>Sun, May 19</b>	<b>8:30 AM</b>	<b>Run With the Bulls</b>	<b>5K</b>	<b>Union Ave, Pueblo, CO</b>	
Mon, May 27	7:00 AM	Bolder Boulder	10K	Boulder, CO	

## JUNE

Sat, Jun 01	8:00 AM	Run for Rio	5K	Rye High School, Rye CO	Jeff Arnold 719-947-3682
Sat, Jun 01	9:00 AM	Big Dog Brag Run	5K Mud Run	East of CSU-P	bigdogbrag.com
Sun, Jun 9	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	gardenentemile.com
Sat, Jun 15	7:00 AM	Sailin' Shoes	5K, 10K	Colorado Springs	
Sat, Jun 15	8:00 AM	FIBArk Road Race	5K, 10K	Salida, CO	fibark.net
Sun, Jun 16	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
<b>Sun, Jun 16</b>	<b>8:00 AM</b>	<b>Arroyito Lake View Trail Run #6</b>	<b>5M</b>	<b>Pueblo West</b>	<b>socorunners.org</b>
<b>Sat, Jun 22</b>	<b>7:00 AM</b>	<b>Women's Distance Fest</b>	<b>5K</b>	<b>Nature Ctr of Pueblo</b>	<b>socorunners.org</b>
Sat, Jun 22	<b>3:00 PM</b>	Whitewater Adv Race	5K	Canon City, CO	Canon City Rec

## JULY

Thu, Jul 4	<b>7:30 AM</b>	Liberty Point	5K	Pueblo West, CO	
Sun, Jul 7	<b>7:00 AM</b>	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
Sat, Jul 13	<b>8:00 AM</b>	Mosaic Run	5K	Pueblo West	mosiacyouth.com
Sun, Jul 14	<b>7:00 AM</b>	Barr Trail Mtn Run	12K	Manitou Springs, CO	runpikespeak.com

## Calendar Notes By: Dave Diaz

The SCR prediction series will be adding two new runs for 2013. The first new Predict Run of 2013 (and the 3rd of the series) will be the Fairgrounds Four, which will be held on Sunday, March 17, 2013, starting at 9 AM. It is about 4 miles. According to hosts Roger and Sheri Giordano, there will be a pot luck following the run in the VIP Clubhouse, which is directly east of the Palace of Agriculture. You may use either the Prairie or Beulah gates to enter the fairgrounds. Prizes will be awarded for the best prediction time as well as door prizes during the pot luck brunch. The run will consist of one lap around the outside of the fairgrounds, mostly on sidewalks and the last two miles will be inside the grounds. For more info contact Roger Giordano at rogeragiordano@gmail.com or 583-4152.

The other New Predict of 2013 will be held in July. The inaugural "G"- "U"- "RULE" will be hosted by Deb and Mark Gurule. The run will go through the open space just west of their southside home. As I write this, we haven't finalized the date but it will be either July 13 or 27th. It will be an evening run with Mark promising a post-race evening bonfire. Sounds like fun, more details next month. Speaking of Predicts, we had another great turn out for our 2nd Predict of the year, The Spring Runoff TuneUp 10K. 49 finishers enjoyed great weather, with Stacey Diaz taking overall honors, missing her predict by only 1.42 seconds. Thank you to our host Larry Volk and the volunteers who gave up their run to help — Don and Lois Pfost, Gary Franchi, Laura Wehrwein and Dennis Wait. One more time, the Predict runs are free for SCR members and club members who complete 5 predict runs, or volunteer at 5 predict runs or any combination of the two will receive a shirt at next year's banquet (Hosts also receive a shirt). If you're injured and can't run, we can always use your help at any of our next predicts:

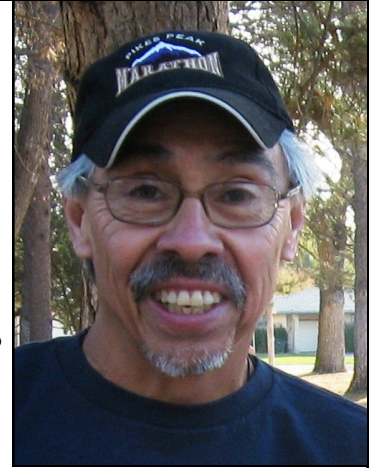
Sun, Mar 17	9:00 AM	The Fairgrounds Four-Pred#3	4M	CO State Fairgrounds
Sat, Apr 13	8:00 AM	Ramsgate 6-Pred #4	6M	6 Ramsgate Place
Sun, May 12	8:00 AM	Yappy Dog-Pred #5	8.6M	South Mesa Elem
Sun, Jun 16	8:00 AM	Arroyito Lake View Trail Run#6	5M	Pueblo West

I'd like to correct something that appeared in last month's newsletter. If you read Jeff Arnold's article about the Rock Canyon, you may remember him saying that in 2011, the first runners passed the lead bike, Michael Orendorff. First of all, the lead runners do about 5-6 minute miles which is about 10-12 mph. Michael can do that while doing tricks on his bike and secondly Michael wasn't the lead bike in 2011, in fact, he wasn't even at the race. Sorry Michael.

There is a 5K Mud Run planned for this summer in Pueblo on June 1. The course, as I understand, is somewhere east of the CSU-Pueblo Campus. According to their webpage bigdogbrag.com, "You'll encounter a hills to climb, mud pits, mud bogs, walls to scale, cargo net climbs, boulders to get over, tarzan swings, zip lines and water slides and few surprises along the way...oh yeah! and tons of mud." It's a fundraiser for local high school and CSU-P track teams.

Finally, the Bluegrass Marathon held in Salida in May for the last two years has been cancelled for 2013. You can still do the Run Through Time Marathon and half-marathon in Salida on March 9. They are beautiful trail runs with minimal aid. Visit [salidarec.com](http://salidarec.com) for more info.

That's it for this month, see you at the races-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/>

# February 2013 SCR Meeting Minutes by: Ron Dehn

**DATE:** February 6 at 6:00 p.m.

**ATTENDANCE:** Dave Diaz, Gary Franchi, Gwen Steves, Jeff Arnold, Terry Cathcart, Don Pfost, Dennis Wait, Paulette Arns, Ron Dehn, Marilyn Vargas, David Rael, Al Weaver, Maria Elena Weaver, Kim Arline, Paul LaBar.

## CLUB BUSINESS

**Donation:** The group voted to provide club member Michael Duran \$200 to help defray costs to attend the Simplot games. Michael will be running the 1600.

**Spring Runoff:** There will be a \$700 fee which has been paid to District 60 for stadium costs. This fee had been waived in previous years because the district thought SCR was

part of the YMCA. The Chieftain provides \$1,000 toward the race and the club retains all profits. All else is in progress.

**SoCo-T2:** Ordinary Mortals update: On-line registration is up and running. Information was just posted to Facebook. Flyers and posters will be out soon. Bike racks are being built. They break down for storage and if they do not fit in the shed, Gwen will find a place to store them. Need to order multisport bands for chip timing so we can make sure the kinks can be worked out before race day on May 11. The club agreed to purchase the bands and Paulette will order them. Met with State Patrol and Sheriff's



Ron Dehn

(Continued on page 15)

**Happy March Birthday!**

1	Robert Quintana	16	Reginal Rudolph
	Kristy Davenport		John Petersen
2	Kim Arline	17	Angelica Wall
	Rachael Ratzlaff		Patrice McGivney
	Priscilla Portillos	18	Jeff Flory
3	Aaron Levinson		Jonathan Huie
	Arnold DeCesaro	20	Lisa Lucero
	Lisa Vigil	21	Robert Guidry
	Marc Pratarelli	22	Kylah Ricks
4	Chloe Foust	23	Marcus Gurule
6	Shawn Loppnow	24	Bob Gassen
	Sarah Clapp		Cheryl Farrer
8	Nancy Martinez	25	Becky Medina
9	Carol Foust	26	Marvin Bradley
	Brittany Tibbs	27	Sheri Law
11	Rick Acosta	28	Meg Gredig
12	Paul Barela		Meg Scarlett
	Paul Koch	29	Robert Vigil
13	Dennis Krall		Dean Volk
14	Babes McCabe		Andrea Vancea
15	Bryce Hiigel	30	Elena Torres
	Chester Haddan III		Tamra Rudolph

# February 2013 SCR Meeting Minutes *(continued)* by: Ron Dehn

*(Continued from page 14)*

office and the permit fees will be waived. Several sponsors are coming on board. Cones and signs will be handled by Work Zone. They are still looking for volunteers. Gwen is going to contact high schools for potential volunteers.

**Chip Timing:** Dennis proposed that we have a subcommittee to discuss policy and procedures regarding the use of chip timing. This will include discussion about training on the hardware and software. This committee will then make recommendations to the larger group. Jeff suggested in addition that we need to have a consensus on our level of support for community runs and how the club will support including charges, etc. Don suggested that we have a general guideline for all races. Members will be Kim, Don, Dennis, Dave Rael, Paulette, Marilyn, Gwen and Paul. They will meet Feb 18th at 6:30.

## OFFICER REPORTS

**Treasurer:** A memorial donation was sent in memory of Lila Gradaris, one of SCR's founding members. Outside of banquet expenses, all else was routine. Report approved by group.

**Newsletter:** Stuffing took place & newsletters mailed. The stipend was increased to \$100 due to the cost of gas.

**Memberships:** Including expired we have 242 total memberships. 126 have renewed. There are 24 newsletter only. (Chamber of Commerce, Police Dept, etc.) We are still short of the 200 required for bulk mailing. Maria Elena has posted a reminder to renew on Facebook. She will send out an e-mail reminder also.

**Webmaster:** Ordinary Mortals registration is up. Book purchased on Joomla which will give flexibility for other club members to make postings to the website. Not much feedback received on the new site. Members are encouraged to provide input to webmaster@socorunners.org

**Race Calendar:** Marilyn asked Dave to add the July 13th Mosaic Run on the calendar.

## REPORTS / LESSONS LEARNED

**Lone Tree Predict:** approx 40 runners. Went well. Great start to the 2013 Series.

**SCR Banquet:** Went well Over 100. Fabulous time, fabulous prizes great food. Stacey is looking into different possible venues for next year.

**Run 4Trails:** First use of chip timing equipment. One minor problem so we used gun time to start & chip time to finish. Had backup timing devices in use. We will probably still collect bib tags for the next few races as backup. Pikes Peak roadrunners have a video camera set up at the finish as a backup.

## UPCOMING RACES / EVENTS

Numerous groups were in attendance. In order to get through all, each was given 5 minutes to discuss their needs.

**Valentines Twosome:** Jeff looking for a couple volunteers. Jeff hired WorkZone because of the Parks & Rec policy. Everyone will get chocolate. Kim Arline noted that she has had training.

**Spring Runoff Tuneup:** Feb 17th at 9am Dutch Clark Parking Lot. Good turnout last year.

**The Fairgrounds Four:** Sheri and Roger Giordano are putting on. In and around the fair grounds. March 17th.

**Baylon Michael Meyer Run:** Apr 6th Plan to have flyers inserted in newsletter. Same route as last year. Close to 300 last year. Starts & ends at Lovell park in Pueblo West. Parks & Rec, sherrifs dept ready, things are getting lined up.

**Run with Saints:** April 7th. Paul will be the club liaison. Looking for finish line help. 5k 10k, 1.6 mile walk. Insurance will be covered. Setting up race registration & will send link to webmaster & calendar.

**Ramsgate 6:** Predict starting and ending at Dennis' house.

## NEW EVENTS / REQUEST FOR ASSISTANCE

**Thunder Run:** Run at the Hollydot golf course in Co City. 5k run & walk. Would like SCR help with timing. Jeff will be the liaison & will do finish line with assistance. It is a benefit for Rye elementary & Craver middle school.

**Colorado Bluesky:** 5k Family fun run on March 23<sup>rd</sup>. Want to do same course as Cinco de Mayo. Need timing help from SCR. Paul LaBar will be the liaison.

**MS Benefit Run.** Flexible on dates. Marilyn & Becky Medina will be liaisons. Needs location. Dave suggested Minnequa Lake.

**Posada:** no rep

**Mud Run:** 2k & 5k run east of thunderbowl as a

fundraiser for area high schools and CSU-Pueblo women's track team. Working with fellow out of Colo Spgs and had over 1,000 participants last year. They are expecting a large crowd for the initial event in Pueblo. Is asking for the chip timing system. They will submit a contract for the club to consider.

**Run for Land:** 5k / 10k 5k walk & run / 10k run – Main purpose is to promote land conservation. Have a volunteer pool. Need help with timing & results. Hoping to get 100 – 200 entrants. Needing a liaison. June 2<sup>nd</sup>.

**Pueblo Police (PPAL):** Pueblo police activities league on June 22<sup>nd</sup> or another day in June. Would like for it to be at Minnequa Park. Probably a 5k run and a 2k walk. Perhaps do a 2 lap race. Probably interested in doing a fun run without timing.

**Fiesta Day 5k Run:** Before the parade. 8am The run would be on at least a portion of the parade route. Fair will provide a free day pass. They do want to time the race. They have some sponsors lined up. Asking for finish line & result. Becky Medina is helping with logistics.

**Pueblo Suicide Prevention Run:** September 7<sup>th</sup>. Want to kick off Suicide Prevention Week with a race. Are asking for CSU-P athletes as volunteers. Are seeking help with finish line & results.

**Jingle Bell Run:** Becky Medina presented some ideas. Perhaps December 14<sup>th</sup>. It was the Day of Play run in October. The objective is to raise money for the Boys and Girls Club. Jeff mentioned that the exact name "Jingle Bell Run" may be copyrighted.

**Sargent Schools:** 5k & 1.6 mile run on May 4<sup>th</sup> with awards to benefit school. Organizers have worked with the Lion's Roar for Fitness. Starts at school and ends at field. (north of Monte Vista) Marilyn is the club liaison.

**Cinco de Mayo:** Hilbert Navarro is race director. Will be on May 5<sup>th</sup>. They have not yet made arrangements with a chip timing company. Hilbert was at the meeting to promote the event. In the past the event was self contained but Hilbert is considering asking SCR for timing assistance. Start time 8am.

Dave asked if we are having the run with the bulls. Jeff will look into this.

Meeting adjourned at 8:47

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**Running made me feel like a bird let out of a cage, I loved it that much.**

~Priscilla Welch, British marathon runner,  
who ran until a 1992 bout with breast cancer curtailed her career.



**John Highfill, Meghann DeVito-Hirsch, and Mark Gurule (all Boston bound!)  
take on the Spring Runoff Tuneup Predict on February 17, 2013.**

*Thanks to Dave Diaz for the photo!*