



Footprints

Southern Colorado Runners

April 2013

Volume #342, Issue #3

Editor: Laura Wehrwein

My First Pikes Peak Marathon by Jeff Arnold

I did my first Pikes Peak Marathon in 1966. In those days most everyone except teenagers (What Rudy Fahl called Keenagers) did the round trip. The race started near the Cog Railroad Station in Manitou Springs and finished on lower Ruxton Ave. just across from Soda Springs Park. My round trip time was 6:07.03. I'm not certain but I think there were only about 100 finishers in 1966.

In 1922 Fred Barr completed the trail, primarily for donkeys then, where the race is now run. Barr Camp was built to provide overnight accommodation for a few tourists. Thousands of hikers have used that trail since then, and considerable maintenance has been done, much of it by volunteers. The Cog Railway is much older, the first trip to the top being made June 30, 1891.

In 1963 my father and I hiked up Pikes Peak, along the Cog Railroad track. Somewhere near the top my dad recognized Rudy Fahl, who was then the race director of the Pikes Peak Marathon, and we talked to him for several minutes.

Of course he promoted the PPM and the idea stuck with me.

I might have run it in 1964 except that in August of that year I arrived in Panama, having been drafted in February. I used to say that when I was drafted, I was in the worst shape of my adult life and went steadily downhill after that. I was discharged on Valentines Day of 1966, not having done any significant amount of running in the previous two years. Nevertheless a friend persuaded me to run a 10K in Littleton. I suffered and had to walk part of the way. I extracted a promise from Ken that we'd run Pikes Peak.

The summer of 1966 I was going to Summer School in Boulder. The afternoon before the race I rode my motorcycle to Ken's place where he and his wife lived in exchange for some work associated with a new mortuary and cemetery in what is now Thornton. We got a late start and picked up another friend, who'd actually had some high school cross country experience, then drove 95 mph in the rain to the start.

It seems to me, over 46 years later, that there was no such thing as pre-registration then. In any case we might have been a minute or two late when we started up the trail. After some time Larry left us, saying he would run ahead. I walked all the steep parts and ran only on the nearly flat parts or the downhills. I drank some water out of the creek near Barr Camp and was hungry enough to eat some orange peels I found on the trail (I'd had no breakfast.) Near the top some hikers gave me a peanut butter sandwich. I don't remember leaving Ken or catching Larry but I must have, because even nearer the top I met them on my way down and they said someone with a round-trip Cog fare who wanted to walk

down gave them tickets and they would meet me at the bottom.

It was a great thrill to get to the top, but I could not immediately hear my time. A radio operator said that Steve Gachupin, from Jemez Pueblo, New Mexico, had just crossed the finish line in 3 hours 57 minutes. Going down was certainly easier, for me at least. Whatever else is true, the energy cost of going downhill at 14,000' elevation is less than going up. In later races I learned I was a pretty good downhill runner. In 1983, when I was 42, my down time was 1:40.24 and my round trip was 4:41:24, both bests on the longer course.

In 1967 my wife and I took a belated honeymoon trip to California and I missed the Peak, but starting in 1968 I raced either the ascent or the round trip every year through 1989, 21 straight. In 1990 I felt myself fading just above timberline. I sat for a bit and then ran down and haven't tried since.

During the years I developed three things that I'm convinced helped me. 1) Learn to walk briskly on the uphills and jog the flats and downs. 2) Find the discipline to keep going above timberline such as running 10 steps and walking 50. 3) Have faith that no matter how tired you are in the last of the Golden Stairs, you'll feel much better as soon as you start down.

I would never say that running Pikes Peak was the most important part of my running life. I did not like to train on Barr Trail. I preferred Greenhorn trail, though that has eroded a lot in the last 20 years. Training at extreme high altitude may be overrated but a few times I drove to the top, descended two or three miles and tried to run back up. It didn't hurt.

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Southern Colorado Runners

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

“Footprints” Volume No. 342, Issue No. 3

“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: 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

‘Like’ Our Facebook Page:

www.facebook.com/SoCoRunners



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

What Happened to Run With the Bulls? by Ruth McDonald

Last year, “Run With The Bulls” did not take place because of production problems. This year, the professional bull riders have discontinued sponsoring The Wild West Festival, therefore no bulls. However, I am happy to announce that we will have a run at The Wild West Festival. The new name is the “Celebration of Life”. The name has changed, but the course will follow the same route through Pueblo’s historic district, the river trail, and the Historic Arkansas Riverwalk of Pueblo (HARP).

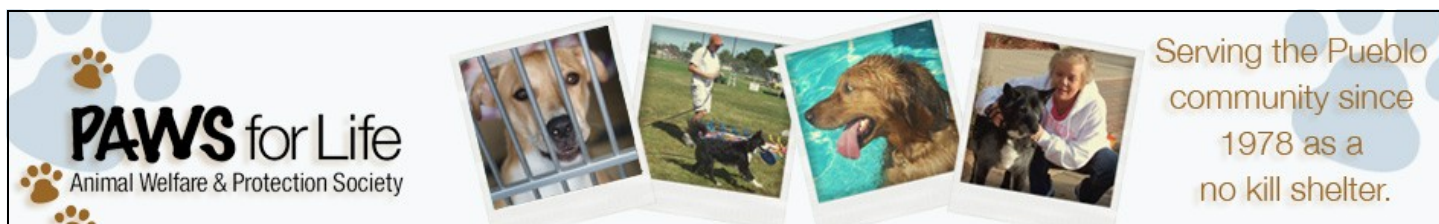
“Celebration of Life” will be a month-long event occurring during May 2013. The event will recognize and rejoice with all of the pets whose lives have been saved because of Paws For Life and other shelters in Colorado. The main event of the month will be at The Wild West Festival on May 17-19 in downtown Pueblo. Paws For Life, the local no-kill shelter, will have a sizable presence at the festival this year. A good portion of the 300 block of Union Avenue will be devoted to pets and pet-related items and entertainment.

The “Celebration of Life” running events will be held during the festival on Sunday, May 19. It will feature a 10K, 5K, Kiddie K, and 2-mile walk (with or without your dog — 2-mile walk only). Awards and prizes will be distributed at the Gold Dust Saloon after the race. Included in your entry fee is a lunch of dogs (hot dogs, brats, polish, etc.) following the race.

NO BULL — you will have a great time and Colorado’s homeless pets will benefit.

If you can’t run on Sunday (or even if you can), bring your dog on Saturday morning, May 18, to the Mesa Junction. Pet owners and their dogs will walk in a parade over the Union Avenue bridge to the festival to celebrate all of the lives saved.

For more information, please contact Ruth at 719-251-3189 or ruth@golddust2.com.



The Traveling Shirt by Darryl Clark

Can an SCR shirt make it to San Diego, St. Louis, Boston and beyond? Well, that’s the objective of the Traveling Shirt challenge. Members will be wearing Dave Diaz’s terrific design around the country this Spring in an effort to show off our club and our commitment to running in southern Colorado.

As many of you know, Dave created a shirt design for volunteers and those that participated in at least 5 of the Prediction Series races. It was so well received that mention of taking it around the country brought about an enthusiastic response and commitments to wear one of the shirts in upcoming races in far flung places. While Dave had envisioned the design for a small group who contributed or participated in our yearlong series, the light of his artistry is too bright to keep under a bushel basket. He should put his signature on it next time!

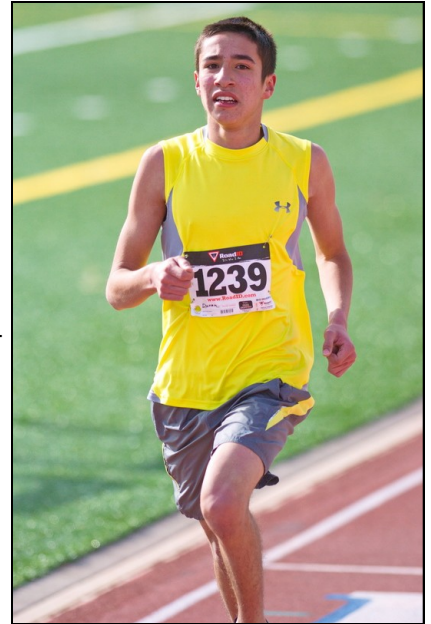
The author wore his shirt on March 10 at the San Diego half marathon and we can expect to see the design show up soon at the St. Louis Marathon (Kim Arline) and on the biggest stage of all, The Boston Marathon (Mark Gurule). From there, it’s only a matter of time until club members take it around the US. In San Diego, a course marshal called out, “Hey, Colorado” and gave a thumbs up---generating a nice feeling and real pride in our club.

Contact the author at dclark839@gmail.com if you’re interested in participating.

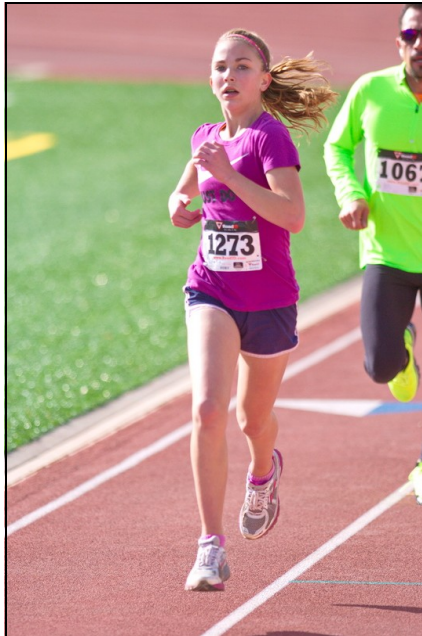
35th Annual Pueblo Chieftain Spring Runoff — March 3 by Darryl Clark

The Weatherman was gracious again as the conditions were perfect for the 35th running of the Spring Runoff. The wind even cooperated by waiting until afternoon to blow. Combine those elements with record entries, a festive atmosphere and high quality performances and this year's rendition proved once again why this event is considered the real start of the race season in Southern Colorado. As has been the trend in the recent past, the old race is producing a number of very young winners proving that running in Pueblo and surrounding areas is in terrific shape.

As always, the participants were a high energy, color clad group from toddlers to octogenarians and when the gun went off so did they (at all different levels of speed). The 5K and 3M walk races left first and 15 minutes later out went the 10K and 10 M racers. The first person across the line was 15 year old Michael Duran of Pueblo in a 5K winning time of 17:10 (try running that pace sometime) followed by the women's division winner, 14 year old Katie Till of Canon City in 20:52. Our own Paul Koch took the Men's Master division title in 19:18 (pretty swift for 44 years old) and Renee Renn, a very accomplished runner from



Michael Duran



Katie Till

Widefield, took the Ladies master division in 22:43. For the first time in many years, the 3M walk was a competitive race and Lynn Foss of Pueblo West was the first across and overall women's division winner in 37:37 with Ron Shepherd of Rocky Ford taking the Men's title in 39:07. Donna Caporicci, 3rd across the line took the women's master in 39:25 and 70 year old first timer, Gene Giordano, took the Men's Master division in 40:29. The 10K race was dominated by a multiple former champion and manager of Runner's Roost in Fort Collins, Steven Folkerts, in a sterling time of 34:31 while late entry, Erin Wachter of Colorado Springs, took the Women's overall title in 42:50. The 10K Masters titles went to Ronnie Archuleta of Espanola in 38:08 and Betsy Fisher of Ft. Collins in 45:52. The 10 Mile race produced the most surprising winner in 14 year old Wyatt Swanson of the Pueblo West Cyclones track team in a very fast time of 58:04 and returning USATF member, Sarah Young, took the women's overall in 1:07:01 (Sarah stated a few days before the race she had a winning feeling.) Colorado Springs runners, Gerald Romero and Hope Bain, took the Masters titles in 1:05:11 and 1:12:37, respectively.

What can be said about the toddlers and Funner To Be A Runner (F2BR) races? They are western, that's for sure and for certain. Approximately 500 kids participated in the two events which have grown each year until they are now an event unto themselves. The 50 yard toddlers race led off and there is no race with more energy per yard than that one. Led by official starter, Tanna Autry, this pack of enthusiastic racers puts a smile on the face of anyone who has the pleasure to watch. The 1.2 mile F2BR waves started 5 minutes later and the effort put out by those kids could stand as an example for any adult (Lead biker, Kim Arline, has to put out some serious effort to stay ahead). Congratulations to Sierra Vista school for bringing the most participants and winning the "Traveling Trophy" award for 2013!

We were aided once again by our fine group of sponsors. Of course, The Chieftain leads the way having sponsored the race for all of its 35 years. In addition, we have gained the loyal support of Imprinted Sportswear, The Pueblo Community Health Center and The Center for American Values.

As it is each year, the event could not take place without a dedicated group of volunteers. As the author said to anyone who would listen, "If you told me there are a million details, I'd say you were underestimating." The volunteer group sees to all of them and does it in a most professional manner. From the monthly planning sessions to the packet stuffing to the last person across the line the volunteers stick it out and make it work. The SCR is fortunate to have people who care so much about the Spring Runoff and running, in general — many thanks to everyone.

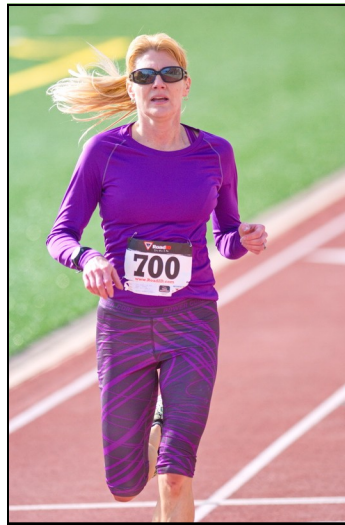
See you next year!



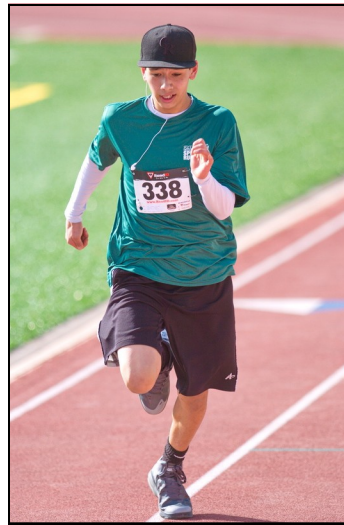
The Diaz Family



Steven Folkerts



Renee Renn



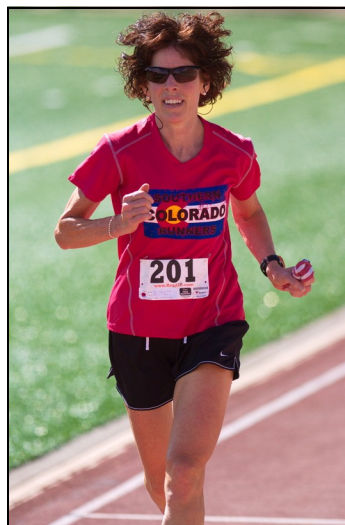
Jacob Gurule



Gene Giordano



Sarah Young



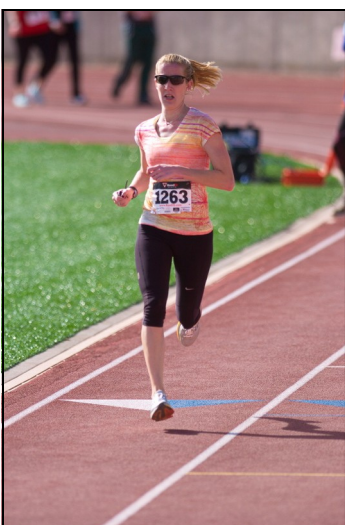
Stacey Diaz



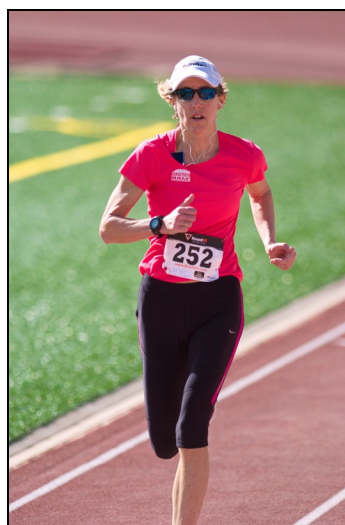
Ron Shepherd



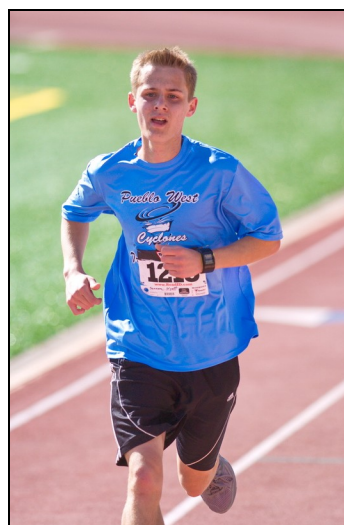
Paul Koch



Erin Wachter



Betsy Fisher



Wyatt Swanson



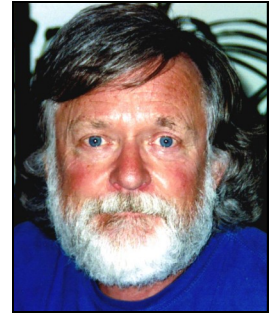
Gerald Romero

Thanks to Larry Volk Photography for the photos! Please visit www.volkphoto.com to purchase Spring Runoff photos.

Predict Tidbits: Something For Everyone by Don Pfost

As explained last month, the predict series will not include the option of early starts, mainly because doing so complicates the timing and results.

However, in lieu of early starts and to accommodate everyone, runners and walkers, regardless of pace, each of the remaining predicts will include a course for walkers. Hopefully, this will encourage more to participate in the series.



Both Darryl Clark and Roger Giordano laid out alternate courses for walkers for their respective predicts, “The Lone Tree” and “Fairgrounds Four”, and, as noted below, walkers participated in the FF. Given this precedent, race directors for the remaining predicts will be encouraged to lay out a course for walkers. As a guideline, the alternate course will be approximately half as long as the course for runners, but the actual distance and whether the alternate course is a segment of the runners’ course or one that is completely separate will be the race director’s call. Also, runners whose pace will put them at the finish line after it has closed, may want to consider running the alternate course—and their time will count.

There is one circumstance in which a participant’s time will not be counted. A runner or walker may elect to do their respective course, aware that they are likely to finish after the announced cutoff time at the finish line. If they finish after the finish-line crew has shut down the clocks, they will not be timed or included in the results.

The next predict is the Ramsgate 6, scheduled for Saturday, April 13, directed by Dennis Wait. Dennis is mapping out an alternate course for walkers, and said he is considering a course on the streets of Belmont that will be separate from the six-mile course for runners. This will be the first time Dennis has directed a predict—although he’s directed the Early Bird/Lazy Bird 5k for two years. As I think most who’ve directed a predict will agree, there’s a lot more work involved than may be apparent to someone whose not directed a predict or other race.

And speaking of directing a predict for the first time, Roger and Sheri Giordano did a superlative job directing the Fairgrounds Four predict, on Sunday, March 17. Fifty-five runners and walkers took part. The runners did a four-mile course that was about evenly split between a lap around the outside of the fairgrounds and some zigzagging and a loop inside, finishing where it all started. Walkers did an alternate 2.1 mile course that was basically the inside zigzags and loop of the runners’ course. The winner, Reyna Ehrman, a walker, missed her predict by less than a second; and several others, including Gwen Steves, Meg Scarlett, Justin Steves and Dave Diaz, were less than ten seconds off their predicts. The post-predict brunch was held inside the VIP Clubhouse, a plush, comfortable setting for a tasty meal and plenty of socializing. Prizes, including passes to the fair, lottery tickets and a beer mug, were awarded for the best predict time and to drawing winners. Thanks to Roger and Sheri for the great job!

Healthy (and Tasty) Recipes by Debbie Gurule

Baked Banana Oatmeal Cup (from www.eatingbirdfood.com)

These baked oatmeal cups are just like oatmeal in the sense that you can add different mix-ins.

I used bananas, raisins and walnuts but I'm sure they would be amazing with different fruits, nuts or even chocolate chips. This recipe is dairy-free and can easily be made gluten-free by making sure all your ingredients are certified gluten-free.

Ingredients

- 2 cups old fashioned oatmeal
- 2 teaspoons ground cinnamon
- 1/2 teaspoon sea salt
- 1 teaspoon baking powder
- 1/3 cup egg whites
- 1 Tablespoon coconut oil, in liquid form
- 1 teaspoon organic vanilla extract
- 6 drops liquid stevia OR 1 packet of powdered stevia OR 1/3 cup maple syrup
- 2 medium bananas, mashed
- 2 cups
Almond Breeze unsweetened vanilla almond milk
- 1/4 cup walnuts OR almonds OR other nut
- 1/2-3/4 cup raisins



Preparation

1. Preheat oven to 350 degrees and spray one 12-cup muffin pan with cooking spray or use cupcake liners.
2. In a bowl, mix oats, salt, baking powder and cinnamon.
3. In another large bowl, mix egg whites, vanilla, coconut oil, stevia and mashed bananas until combined. Dump dry ingredients into wet ingredients; mix well. Pour in almond milk and stir until combined.
4. Gently stir in walnuts and raisins.
5. Scoop mixture evenly into muffin cups.
6. Bake 30-35 minutes or until the center of each baked oatmeal cup is set and a toothpick comes out clean.

You can store any extras in the fridge or freezer and reheat them in the microwave when you want to eat them. If you are freezing them, I would take them out of the freezer and put them in the fridge the night before to thaw, then microwave for a few seconds before eating in the morning.

Pizza with a Cauliflower Crust (from www.eatingbirdfood.com)

Ingredients for pizza "crust"

- 1/2 head cauliflower (about 2 cups riced)
- 1 clove garlic, minced
- 1 cup part-skim shredded mozzarella cheese
- 1 egg, beaten
- 1 teaspoon basil
- 1 teaspoon oregano
- Pizza Sauce of your choice
- Pizza Toppings of your choice. Here are a few ideas: Zucchini, onions, mushrooms, bell peppers, egg plant, fresh or dried tomatoes

Preparation

1. Pre-heat oven to 400° F.
2. Prep a cookie sheet or pizza stone. You can grease the cookie sheet or use greased aluminum foil. It will stick if you don't grease it properly. (I used a Pampered Chef Pizza Baking Stone, which doesn't require any prep if it's well seasoned.)
3. Remove the stems and leaves from your cauliflower and chop the florets into chunks. Add to a food processor (I used my Ninja Blender) and pulse just until the texture is similar to rice. If you don't have a food processor or Ninja Blender, you can grate the cauliflower with a cheese grater or chop it.
4. Sauté cauliflower "rice" in a non-stick skillet over medium heat and cook until translucent, approximately 6-8 minutes. (You can use the microwave for this as well. Just place cauliflower in an uncovered microwave-safe bowl and cook for 8 minutes.)
5. In a bowl combine the cooked cauliflower with all garlic, cheese, egg, basil and oregano.
6. Spread dough out evenly over foil (or stone) – about 1/4 to 1/3 of an inch thick. The pizza should be about 9-10 inches in diameter.
7. Bake for 25-30 minutes or until the crust is golden, crispy on the edges and cooked through the middle.
8. Remove the crust from the oven.
9. Top with pizza sauce and toppings. Be careful not to add too many heavy toppings as you don't want to weigh down the crust.
10. Broil the pizza for 5 minutes, or until the toppings are hot and the cheese is melted. Allow the pizza to cool for 2-3 minutes then cut and serve immediately.

You can top the pizza with whatever you like, just make sure the toppings are already cooked (I roasted my veggies) since you'll only be broiling the pizza for a few minutes. Spread on a layer of pizza sauce and a sprinkle of the shredded mozzarella, about 2 Tablespoons. The crust already has cheese so you don't need much on top. Also keep in mind that the cauliflower crust isn't quite as hearty as most regular dough-

Happy April Birthday!

- | | | | |
|----|---------------------|----|-------------------|
| 1 | Ron Francis | 17 | Christopher Roman |
| | Patti Canchola | | Robert Santoyo |
| 3 | Carmen Brown Coseno | 18 | Bryan Dehn |
| | Olivia Torres | 19 | Kazwell Carroll |
| 4 | Paul Larson | | Arianna Wehrwein |
| | Victoria Esquibel | | Tony Garcia |
| | Denise Flory | 20 | Buffie DeSalvo |
| 5 | Terra Spinuzzi | | Ken Hughes |
| 6 | John Reed | | Bob Stuemky |
| 7 | John Highfill | 21 | Rob Archuleta |
| | Jeff Wehrwein | 22 | Cheri Armstrong |
| 8 | Alyson Austin | 23 | Garrett Dietz |
| 9 | Isabella Chacon | 25 | Jordan Tiller |
| 10 | Zachary Johnson | | Mark Rickman |
| | Linda Kelly | | Mark Gurule |
| | Marilyn Vargas | 27 | Triton Roman |
| 13 | Kooper Carroll | 28 | James Chacon |
| | Joe Farra, Jr. | 29 | Michael Barris |
| 15 | Mackinsie Reed | | Spencer Mathews |
| | | 30 | Sally Berryman |



Above: Run Through Time Half Marathon in Salida. L to R: Dave Diaz, Stacey Diaz, Sheri Giordano, Roger Giordano, Peggy Oreskovich *Thanks, Stacey!*



Right: Marijane Martinez and Martha Drake at the Colorado Bluesky 5K. *Thanks, Marijane!*

Tri Club by Kim Arline

Less than a year in existence, the Southern Colorado Triathlon Club has quickly made its mark by providing endurance athletes with a myriad of training opportunities in Pueblo. Founded by Ironman veterans Gwen Steves as a branch of the Southern Colorado Runners, the SoCo-T2 was USAT-registered in the summer of 2012 and then launched with a membership drive that drew 50+ sign-ups last September. Its membership now numbers more than 100 multi-sport athletes ranging from young kids to adults in the upper masters age divisions.

The club has created a supportive network for athletes to train and learn from each other, and each monthly training calendar is filled with ample swimming, biking and running workouts for adults and youths alike. On May 11th, the SoCo-T2 will conduct the Ordinary Mortals (adults) and Mini-Mortals (youths) sprint triathlons in Pueblo.

The week following Ordinary Mortals, thirteen SoCo-T2 members will travel to Midland, Texas to prepare and compete in 2013 Ironman Texas on Sunday, May 18th. Among the 13 local athletes will be:

- Eight first time Ironman distance competitors (Shelby Austin, Kevin Cover, Nicole Golob, Melanie Milyard, Shawn Reid, Marshal Steves, Justin Steves, Molly Steves)
- Three previous Ironman finishers (Gwen Steves, Rob Archuleta, Grant Drummond)
- Two Ironman Kona Qualifiers (Laurel and James Wright)

The club has a number of members registered for the Boulder Tri Series including Laura Espinoza, Kim Arline, Carrie and Gary Franchi. The Boulder Series starts with a Sprint Distance tri in June, an Olympic Distance Tri in July and culminates with a 1/2 Ironman Tri on August 4th. Even more members are registered for the 1/2 Ironman in Boulder.

Club members are encouraged to fill out the survey of events (see link on socorunners.org/triclub) they are competing in this season so we can train and maybe carpool together. Gwen emails club members weekly about training opportunities. If you joined the Tri Club and are not receiving the emails, email socotriclub@gmail.com to make sure you get added to the list as a few have slipped through the cracks.

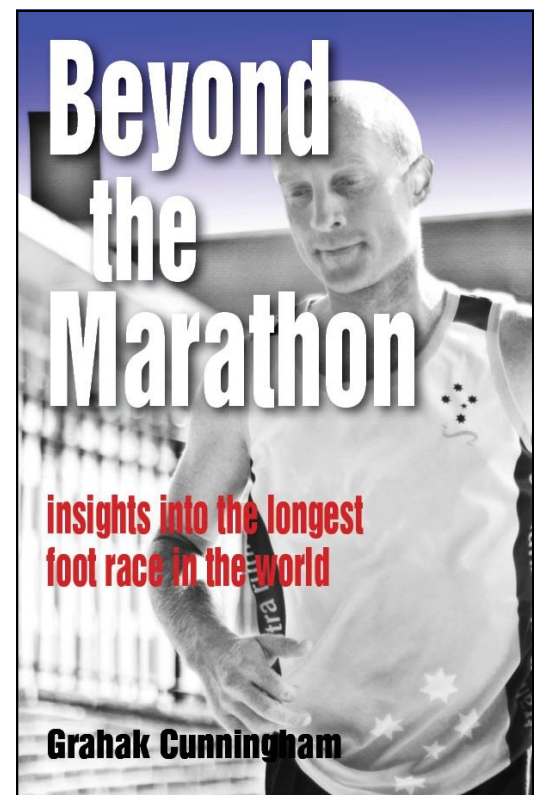
Beyond the Marathon: Insights into the Longest Foot Race in the World by Grahak Cunningham

Founded in 1997 to exemplify the endless possibilities of the human spirit, the Self-Transcendence 3100 Mile Race is held every year on a concrete footpath around an 883 metre block in Queens, New York. It is the world's longest certified foot race.

Running 18 hours a day, from 6:00am to midnight, for 51 days, runners must average a minimum of 60 miles a day (96.6km) to complete the distance. This involves circumnavigating the block 5649 times. Over the duration of the race, runners wear out fifteen pairs of shoes, and their feet swell an extra two sizes. In a typical New York summer, temperatures can reach 40 degrees centigrade with 85% humidity. Competitors must contend with boredom, fatigue, torrential deluges, extreme pain, injuries and sleep deprivation—but most of all, they have to deal with themselves. Outwardly for their efforts they will receive a plastic trophy and a t-shirt; but they make a lifetime of progress.

Loaded with training tips, anecdotes and race stories, join four-time finisher, West Australian Grahak Cunningham as he takes you on the journey from his first race in 2007 as a multiday novice to his ultimate victory in 2012 where he averaged 71 miles (114km) a day for 43 days, and discover what he learnt along the way.

Available from www.grahakcunningham.com, Smashwords or Amazon.



2013 Race Calendar, April - July by Dave Diaz

APRIL

Sat, Apr 6	9:30 AM	Baylon Michael Meyer	5k	Lovell Park, PW	play4bay.com/index.html
Sun, Apr 7	9:15 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
Sat, Apr 13	8:00 AM	Ramsgate 6-Pred #4	6M	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	9:00 AM	Spank Blasing	10K/5K	CSU-Pueblo Campus	spankblasing.com
Sat, Apr 27	9:00 AM	Moving Forward MS Run/Walk	5K	Lake Minnequa	cjlinn11@gmail.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
Sat, May 4	8:00 AM	Take 5 in the Garden	5K/5M	Manitou Springs, CO	csgrandprix.com
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	
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 #5	8.6M	South Mesa Elem School	socorunners.org
Sat, May 18	8:00 AM	Fun in the Sun Run	5K	Lake Minnequa	
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	

JUNE

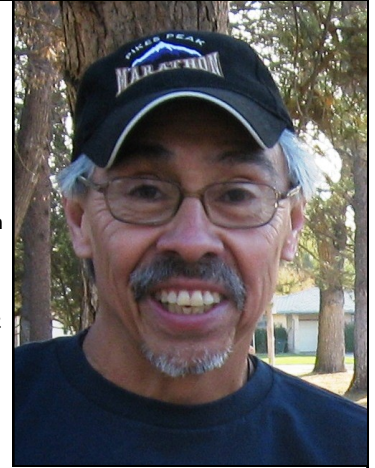
Sat, Jun 01	8:00 AM	Run for Rio	5K	Rye High School, Rye CO	Jeff Arnold 719-947-3682
Sat, Jun 01	9:00 AM	Big Dog Brag Run	5K Mud Run	East of CSU-P	bigdogbrag.com
Sun, Jun 02	10:00 AM	Hardscrabble Mtn Trail Run	10K/5K	Westcliffe, CO	hardscrabblerun.com
Sun, Jun 9	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	gardentemile.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
Sun, Jun 16	8:00 AM	Arroyito Lake View Trail Run #6	5M	Pueblo West	socorunners.org
Sat, Jun 22	7:00 AM	Women's Distance Fest	5K	Nature Ctr of Pueblo	socorunners.org
Sat, Jun 22	3:00 PM	Whitewater Adv Race	5K	Canon City, CO	Canon City Rec

JULY

Thu, Jul 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	
Thu, Jul 4	7:00 AM	Half on the 4th	1/2 Mar	Monument Valley Park, CS	spreeracing.com
Sun, Jul 7	7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
Sat, Jul 13	8:00 AM	Mosiac Run	5K	Pueblo West	mosiacyouth.com
Sat, Jul 13	6:00 PM	G. U. Rule- Pred #7	?	Pueblo	socorunners.org
Sun, Jul 14	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	runpikespeak.com
Sat, Jul 20	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
Sun, Jul 28	6:00 AM	America the Beautiful Marathon	Mar/Half/5K	Colorado Springs	facebook.com/ATBRun

Calendar Notes by Dave Diaz

The Prediction Series continues to grow as 55 runners and walkers converged on the Colorado State Fairgrounds on St Patrick's Day for a 4 mile tour of the fairgrounds. Thank you to Roger and Sheri Giordano for hosting the fourth Prediction Race of 2013, **the Fairgrounds Four** (miler). As most of you know, Sheri is the Box Office Manager for the State Fair and as such, was able to use the VIP room as well as the entire Fairgrounds. I had never been in any VIP Room (for the obvious reason, I'm just a P) and it was quite a treat. The run started inside the Fairgrounds but we immediately left the grounds and did a complete loop of the outside perimeter of the fairgrounds, which was about 2 miles. Then the fun began, we went behind the Events Center, through the stables (another part of the grounds I had never seen), by the Rodeo and wound our way around the fairgrounds, behind the 4-H building, along the south wall, more stables, up and over the stage in the amphitheatre and finished near the Agricultural Building and the VIP room. Thank you Roger for moving the hay bales so some of us could go around instead of over. I don't go over anything, anymore. After the run, they even gave away passes to the Fair and some concert tickets and we had some of the best food I can remember. Roger even added a 2 mile walk, a nice touch. Congratulations to winner Reyna Ehrman who missed her predict by less than 1 second. I can't say this enough, but the Predict Series just wouldn't happen without volunteers, and especially Don and Lois Pfof. They have been at every Predict so far this year, not only working the finish line but calculating and posting the results. Also helping at this race were Gary Franchi, Terry Cathcart and Zarela Paredes. Thank you to all. I don't know about you but I am tired of races getting so expensive, that's what I like the most about the Predict Series, they are free but yet very nice with some interesting courses (see the Ramsgate 6). The next run in the Series will be held at the home of Club President Dennis Wait. Hosted by Dennis and son, Aaron Levinson, the race starts at their home in Pueblo's Belmont area followed by a Pot Luck at their home. Here is Dennis' description of the course ...The run will go to Troy avenue from my house (6 Ramsgate), up to the turn around by the CSU-Pueblo football field continue north up the fence where you cannot go anymore, and over to the water towers. It will proceed down Walking Stick blvd, on the sidewalk to Bartley road, turn right following the side walk to the BACK of Big Lots, down to Overton road, then head back south the entrance to Big lots parking lot running on the sidewalk up past the University care center. Back up to Bartley road, up to Bonforte blvd., over the highway bridge and back down Bonforte to Endeaver. Left on Endeaver to Massari, right on Massari to Ramsgate and back to my house (about 6 miles).... I think I better take my phone. Dennis said he's also working on a walk of about 2.5 miles. Remember 5 Predict runs (or walks or Volunteers)=Free Shirt. Be there!



Dave Diaz

Here is a schedule of the next 4 Predict Runs—No Excuses for not earning your SCR shirt.

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 TrailRun#6	5M	Pueblo West
Sat, Jul 13	6:00 PM	G. U. Rule- Pred #7	?	

There was a nice article in the Chieftain about 22 year old Courtney Linn who was recently diagnosed with MS. According to the article, written by Loretta Sword, "Linn has become as fearsomely passionate in her efforts to spread the word about MS as she once was on the volleyball court and track. Her latest effort is "Moving Forward by Taking Steps," a 5K run/walk Linn has organized for April 27, 2013 at the Lake Minnequa Park athletic complex. I met Courtney when she came to help stuff her race flyer for the March newsletter and was quite impressed with her maturity and intelligence. Good luck to Courtney with her run and with life.

I just learned of a couple of new races in Colorado Springs. First, the **Half on the 4th**, a half marathon on the 4th of July, which will begin and end in Monument Valley Park in Colorado Springs. It only costs \$35 if you register before May 1st. The other is a full marathon, named the **America the Beautiful Marathon** on Sunday, July 28th. This one also includes a half-marathon and 5K. If you're interested in either run visit the Pikes Peak Roadrunners webpage for more information.

Locally, don't forget the **Ordinary Mortals Sprint Triathlon** on Sat, May 11. It is the only triathlon in Pueblo and needs our support. Also, there is a FREE race on Sat May 18 at Lake Minnequa. **The Fun in the Sun Run 5K** is part of the City of Pueblo wellness campaign for their employees and family members, however, the run is open to all community members. Finally, The Fiesta Day Committee is bringing back the **Fiesta Day Dash**, a 5K which will be held on Sunday, September 1, 2013 at 8 AM, before the parade. Runners will run down and around Northern Ave, since the road will be closed to traffic. Entrants will receive a free pass to the Fair and a free shoe shine at Veges Shoe Repair (just kidding about the shoeshine, Bill).

That's it until next month, just keep moving forward — Dave

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Training for a marathon started out as a life-list thing, and it turned into a lifestyle.

Mike Post, Runner's World Challenger of the Week



Here are some of the nearly 500 kids who participated in the children's races at the Spring Runoff on March 3, 2013. Great job, Kids! Keep on running!

Thanks to Larry Volk Photography for the photo! Please visit www.volkphoto.com to purchase Spring Runoff photos.