



Footprints

Southern Colorado Runners

May 2013

Volume #342, Issue #4

Editor: Laura Wehrwein



Running For Boston:

SCR partnering with State Fair on fundraiser to help Boston Marathon bombing victims

There were more than 260 victims of the Boston Marathon bombing disaster, and they badly need a ton of financial assistance. Now YOU have the chance to help them.

On Tuesday, May 28, the Southern Colorado Runners and the Colorado State Fair will co-host an "Imagine One Run" event at the Fairgrounds' Weather Port Tent. It will consist of a 5-kilometer fun run and 2-mile walk, plus and a post-race party featuring music, games, raffles and door prizes.

The entry fee is \$10, and donations of cash and items for a raffle/auction table are en-

couraged. Food and beverages will be available for purchase. All proceeds from the event will be donated to "One Fund Boston," which was established by the governor of Massachusetts and the mayor of Boston to help families most affected by the Boston Marathon bombings.

Note that this is NOT a race - just a run or a walk, and there will be no T-shirts and no awards. This way, every cent raised will go to those who need it - the Boston bombing victims. Even if you don't or can't run or walk, please come out and help support those affected. And the SCR will match the

first \$1,000 raised.

Donations can be dropped off at the Colorado State Fair box office on weekdays between 10 a.m. and 5 p.m., or call to have items picked up. Those wanting to donate or seeking more information should call Sheri Giordano at 568-5112 or 404-2085. Checks should be made out to Southern Colorado Runners, and they can be mailed to:

Southern Colorado Runners
P.O. Box 8026
Pueblo, CO 81008

Sure hope to see you all there.

Story by Gary Franchi. Above photo reprinted with permission by Reuters/Jessica Rinaldi.

SCR Information

Current SCR Officers

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Dennis Wait president@socorunners.org

Vice President

Dave Diaz

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Southern Colorado Runners

SCR Mailing Address:

P.O. Box 8026

Pueblo, CO 81008

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

“Footprints” Volume No. 342, Issue No. 4

“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: May 1, June 5 (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



I'm participating in the 2013 Venus de Miles Colorado.

By riding Venus de Miles, I'm making a commitment to support Greenhouse Scholars - an organization dedicated to helping high-performing, under-resourced students reach their full potential. Greenhouse Scholars uses a unique and holistic Whole Person© approach that ensures Scholars have the scholarships to attend college and other resources to help them become community leaders.

Please consider supporting my goal in making a donation via the link below. Your generosity is helping us grow the next generation of community leaders.

Please email me at mariteje3@gmail.com and I can send you a link to the fundraising site.

Thank you,

Maria Elena Weaver

SCR club member



Platte River Half Marathon — April 7

Our very own Matthew Drake won the Platte River Half Marathon on April 7, 2013, with a time of 1:14:26. Congratulations, Matthew! How awesome is that!

Right photo shows Matt Drake and his fiancée, Morgan Potter. Picture provided by Martha Drake.





Sixth Annual Liberty Point 5K Run/Walk

By Bianca Hicks

The 6th Annual Liberty Point 5K Run/Walk is set to take place in coordination with the Pueblo West 4th of July festivities on Thursday, July 4, 2013. This annual race is hosted by a partnership between United Way of Pueblo County, Snap Fitness 24/7, the Pueblo West Metropolitan District, and Pueblo West Chamber of Commerce. This year's race is generously sponsored by major sponsors: Health Access Pueblo and Parkview – Pueblo West Emergency Services, supporting sponsors: American Medical Response and Complete Nutrition, and media sponsor: KPHT 95.5 Pueblo's Greatest Hits. All proceeds from the event benefit United Way of Pueblo County funded programs.



The whole community is invited to come out and enjoy a brisk walk or run with family and friends, while also supporting United Way of Pueblo County- helping many people in need right here in Pueblo County! Participants will run/walk south to Liberty Point and circle back to the start location (intersection of Joe Martinez and Purcell Blvds). A special plaque will be presented to the overall male and female winners and placement medals will be given for the first and second place males and females in each age division (walkers and runners). Walkers and runners of all ages are welcome and encouraged to attend. Last year, more than 500 participated in the race. This year's event will once again feature an easy, online registration process at no additional cost to participants and state-of-the-art chip timing provided by RaceRite in order to streamline registration and results. New this year- commemorative race t-shirts will be available! T-shirts must be ordered with preregistration no later than June 14, 2013.

Participants are very strongly encouraged to preregister ahead of the race to simplify the process the morning of, and to save money! Preregistered participants will receive a 30-day Snap Fitness 24/7 membership! A pre-race preregistered packet pickup will be continued for the 2013 event and will be held Wednesday, July 3, 2013 from 11am to 5:30pm at 2631 E. 4th Street, Pueblo, CO 81001 (City and County Housing and Human Services building).

Interested participants can preregister through 12pm, noon on July 2nd online or by filling out and submitting a paper registration (t-shirt deadline is June 14th). Online registration is available at www.racemenu.com/libertypoint5k or www.pueblounitedway.org. Preregistration cost: \$15 per person (\$20 with a t-shirt) or \$35 for a family registration (includes up to 6 immediate family member registrations, \$5 per additional immediate family registration; race t-shirts \$5 each). Credit card payments will be accepted at no extra cost through online registration. Paper forms may be picked up or dropped off at Snap Fitness 24/7 (198 S. Purcell Blvd, M-F 10am – 5pm), the Pueblo West Metro District (109 E. Industrial, M-F 8am – 5pm), the Pueblo West Chamber (7 E Spaulding, M-F 10am – 3pm), Pueblo West Parks and Recreation (340 E Hahns Peak, M-F 7am – 4:30pm) or United Way (2631 E. 4th St, M-F 8am -4pm). A preregistration form is also included in this newsletter edition! All preregistrations (paper and online) must be received no later than 12pm, noon on July 2 (t-shirt deadline is June 14).

Participants may also register the morning of the race from 6:15 – 7:00am; however, preregistration is strongly encouraged. Race day registration will close promptly at 7:00am. Race day registration cost is \$25 per person or \$50 for a family registration (includes up to 6 immediate family



member registrations, \$10 per additional immediate family registration). Credit card payments will not be accepted at race day registration.

Participants and spectators are encouraged to include additional travel time as construction will be taking place on Purcell Blvd at Highway 50 West. Traffic must enter from Purcell Blvd as Joe Martinez Blvd will be closed for the Pueblo West Wet/Dry Parade. Please plan to arrive at the event site no later than 7:00am, Purcell Blvd at Maher Dr. will be closed to all traffic at 7:15am.

After the race, be sure to stick around and enjoy the other fun Pueblo West 4th of July festivities. For more information on the Pueblo West 4th of July activities, contact the Pueblo West Chamber of Commerce at 719-647-9086.

All proceeds benefit United Way funded programs. Last year, the more than 45 different health and human programs funded by United Way of Pueblo County provided more than 119,000 units of service to those in need in Pueblo County. This is made possible through generous contributions to United Way, along with proceeds from events like the Liberty Point 5K Run/Walk. Visit UWPC's website for a complete listing of the many organizations who receive funding and to find out how you can make a difference through giving or volunteering. United Way of Pueblo County would like to thank the many partners of this event and the Southern Colorado Runners Club for their continued support and outstanding collaboration! For more information, please contact United Way at 719-583-4455 or visit www.pueblounitedway.org.



The Wet Mountain Valley Offers High Altitude Events By Barbara Sutton

The Wet Mountain Valley?? Where is that? Well, its just an hour's drive west of Pueblo, up over Hardscrabble Pass on Hwy 96. The little mountain towns of Westcliffe and Silver Cliff are there, flanked by the spectacular Sangre de Cristo Mountains, and it's home to a number of recreational and hardcore athletes.

Several years ago, Club America WMV (Wet Mountain Valley), the local pool and recreation center, was going to close, but instead it was purchased by a group of committed locals after a year of fundraising and grant seeking. Now a community owned and operated non-profit, Club America WMV is hosting several charity events this summer to support its programs for low income kids in Custer County.

Saturday June 1 will be the 3rd (yes our third!) CliffLetes Sprint Triathlon. This is a great event for beginners or the seasoned athlete since the 7900 ft. altitude adds to the challenge. The swim is 500 yds (10 laps) in the indoor pool, then the bike portion is out and back on pavement through the beautiful valley with the Sangre de Cristos looming. The run is a 5K on mostly dirt trail out and back in the town of Silver Cliff. This is a relaxed, mellow event, and there's not much hype or entertainment or prizes or goodies. Just a solid course with experienced people running the event.

The very next day, Sunday June 2 is the Hardscrabble Mountain Trail Run which is a new event here, to benefit the local Land conservation trust. There will be a 5K and 10K trail run, a running camp with Tarahumara runners and lots more.

On Sat. Sept 21, The Silver Streak 10K race will start on BLM land near Silver Cliff. As this race is still in the final planning phases, details about the route and registration will be available very soon, but this will be a great end of the season event, when the fall colors should be at their peak. Stay tuned.

Westcliffe is also the setting for a popular cycling event, Ride Westcliffe, which features one of the toughest Century rides in Colorado; a Metric Century; a 60 mile ride; a 24 mile New Guys Ride; and a Mine Tour 6.8 mile loop for Families. Ride Westcliffe takes place in conjunction with the High Peaks Music Festival on Sept 14, 2013.

More information is available at www.clubamericawmv.org, www.ridewestcliffe.com, and www.hardscrabblerun.com.

Everyone is welcome to come up to The Valley!



**HARDSCRABBLE
MOUNTAIN**
TRAIL RUN 5K/10k





2013 NATIONAL BIKE CHALLENGE



May 1 - September 30

» nationalbikechallenge.org

Sponsored by  Kimberly-Clark

The National Bike Challenge is back — and it's going to be bigger than ever.

This summer, join more than 50,000 Americans as we unite to ride more than 20 million miles in communities nationwide! Pueblo County is joining the challenge and putting Pueblo on the map for cycling! Great cross training for running!

Challenge yourself with this free, online program that encourages biking for transportation, fitness and recreation. Ride as part of your workplace team, create a social team, or pedal solo to get healthier, have fun and become part of a national online community. Plus, every month you'll be eligible to win great raffle prizes!

Pueblo's 4th Annual Commuter Cup Challenge is now part of the National Challenge!

Register and log your bicycling data and your Pueblo County zip code will enter you in the Pueblo County Bike Challenge.

- **National Challenge** includes all types of OUTDOOR cycling miles and offers prizes May through September. You can help Pueblo win a \$500 grant! 20 points for each day your ride and one point for every mile ridden!
- **Pueblo Challenge** offers prizes, worksite trophies and bragging rights based on miles ridden for transportation and points earned by participating at Bike to Work events in May & June:

- **June 26th 6-9 am:** Colorado Bike to Work Day Breakfast stops around town. Earn extra points signing in at each breakfast stop!
- SoCo Tri Club is listed as a social team to join.

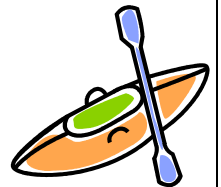
More details and links
www.activepueblo.net/commutercup



Riverwalk Paddle Club

starts this May!

Kayaks and Stand up paddle boards (great core training) allowed to paddle the Riverwalk once you register at the HARP office by



Veteran's Bridge.

- **Daily:** sunrise to 10:30 am
- **Sunday:** 6:30 pm to dark
- **Monday:** sunrise to dark.

Saturday, May 18th, 8-10 am:

Free demo day at Riverwalk for kayaks and stand up paddleboards. Contact The Edge for more details.

Fun Weekly Events: 6:30 pm

- **Monday:** The Edge will have kayaks/ SUP at launch area ready to rent
- **Wednesday:** Downtown Social Shuffle 5-km run or 2-mile walk from Shamrock
- **Thursday:** Cruisin' Pueblo social bicycle rides starting at Bingo Burger

Compress Me! Compression Stockings, Sleeves and Tights are Trendy

By Tim Cawfield, M.D.

If you've been at a race lately, or seen one of the well-known pros such as American distance runner Chris Solinsky, it's likely you rubbed shoulders with someone wearing compression gear. To keep up with your fellow hi-tech racers, you will find plenty of companies more than willing to sell it to you, too. Companies that sell these products often claim their product will increase your power output, decrease your running time and prevent muscle soreness. Since Paula Radcliff set a world record in 2003 wearing graduated compression stockings, these claims must be true – right?

Let's take a brief look at the history and science of compression stockings, then review some pivotal research on compression physiology to determine whether such claims are true.

Compression technology is not new. In fact, Hippocrates described techniques to treat vein disease with leg bandaging in the 5th century B.C. The first elastic compression stocking was patented in 1848 by William Brown. They have been used for venous disorders and to prevent blood clots ever since. I've definitely noticed compression stockings being used at local runs in the last five years, but professional athletes have been using them well before that.

How does it work? Blood in the legs is returned in large veins located within muscle. These veins rely on the "squeeze" of surrounding muscle to help pump the blood up the leg, against gravity. There are also one-way "check valves" that help ensure that the blood is only pumped upwards, toward the heart. The calf muscle is the primary muscle that assists the leg veins in pumping the blood (Bergan, 2007).

Compression stockings work by creating a pressure gradient across the leg veins. They have the highest pressure at the ankles and the pressure gradually decreases up the leg. Since fluids move from areas of high pressure towards areas of lower pressure, this gradient encourages blood to move up the leg and it assists the calf muscle pump. There are multiple studies that prove this theory is correct, but does improved vein function actually help you in races and training?

Will compression stockings make you run faster?

It depends. A few studies indicate improved running times while wearing compression stockings with recreational and moderately trained athletes, but these studies were small and poorly designed. However, one study did show a significant 2.1 percent percent improvement in maximum speed (Kemmler, 2009). This study was not blinded, so the participants knew whether or not they were wearing the compression stockings. This non-blinding could have influenced the study results, in that the participants could have subconsciously worked harder while wearing the stockings, because they wanted them to work (termed a "placebo effect").

Another well-designed study (Ali, 2011) using 12 highly trained athletes did not show any benefit of wearing knee-high compression stockings for performance time. This study was blinded, but it had a few flaws of its own. A 10 km run may not have been strenuous enough to demonstrate a benefit in athletes who typically run 7 to 16 hours a week. Additionally, this study did not evaluate whether these stockings are beneficial to maintain performance during multiple runs on consecutive days.

In short, research is lacking to conclusively demonstrate or disprove whether wearing compression stockings while running improves speed or race times. But don't throw away your stocking order forms just yet – there are other possible benefits.

A study of 14 male recreational runners who ran a minimum of twice a week for 30 to 60 minutes demonstrated a reduction in muscle soreness 24 hours after 10 km runs (Ali, 2007). These subjects wore the compression stockings only during the running period and did not wear them afterwards. Another study of 11 healthy subjects showed that wearing graduated compression after exercise, or the recovery period, significantly reduced muscle soreness after 48 hours (Davies, 2009). The effect was even more beneficial in female subjects. They found that these female subjects had evidence of increased muscle damage when they did not wear the compression stockings compared to when they did wear them.

These findings about delayed muscle soreness have implications for runners who are increasing their weekly mileage or are embarking on more rigorous training regimens. I suspect the benefits of reducing delayed muscle soreness would be additive if athletes wore compression stockings both during and after exercise.

Maintenance of leg power is another possible benefit of wearing compression stockings

Although a study I previously mentioned did not find improved running times, it did find improvement in the maintenance of leg power (Ali, 2011). Participants in this study were asked to perform squat-jumps before and after their 10 km run. Squat-jump height, or more specifically counter movement jump height, is a fairly accurate measurement of leg power. Results showed that the jump height increased 3.6 percent when wearing light compression, increased 4.9 percent when wearing medium compression, and decreased 8.5 percent when wearing a control stocking (no compression). While this may not directly translate to improved running times, maintained leg power may improve running speed for a race's finishing straight.

Another study looked at cyclists wearing compression tights for 24 hours after a 40 km ride (De Glanville, 2012). The study showed that mean power and performance time were clearly improved on subsequent 40 km rides after cyclists wore the compression tights. This maintenance of leg power has additional implications for triathletes who race or swim. This power improvement after wearing compression tights during recovery is likely additive to the power maintained while wearing compression garments during activity.

If you're convinced that you should get a pair of compression stockings, how tight should the compression be?

Tighter is not always better. One of the previously mentioned studies also looked at the effect of wearing different grades of compression (Ali, 2011). Again, this study did not find any performance gains with the stockings, and they did not find any performance difference with wearing different grades of compression. However, wearing a tighter compression (20-30 mm Hg) was more painful than wearing a lower compression (10–20 mm Hg) during exercise, possibly due to a tourniquet effect. Other studies that demonstrated performance improvements while wearing compression stockings used between 18 to 30 mm Hg of compression.

What's a runner to do? I recommend wearing a compression stocking as close to 18 mm Hg as tolerated and wear a higher grade compression during the recovery period.

So, can we make sense of all of this data?

While reviewing these studies, I noticed that the length of the stocking and the compression strength were highly varied. Some investigators used compression tights, some used thigh-high stockings, and some used knee-high stockings. The strength of compression varied from very light (10-20 mm Hg) to high (30 mm Hg) compression. The amount of activity and type of activity varied as well as whether the subjects wore the stockings during activity or recovery. I think it is possible to draw some cautious conclusions from all of these studies.

The bottom line is that there are proven benefits to wearing graduated compression stockings during and after running, but it is not a magic bullet. Improvements in running time are possible, but dubious. There are benefits for the maintenance of muscle power and reducing muscle soreness, which can have indirect performance enhancements. Wearing light compression during races and training and wearing tighter compression during recovery does appear to be beneficial, even if it is modest.

If you have any questions about these study findings or would like to see our line of SLS3 and 2XU compression stockings, please feel free to call or stop by our Rocky Mountain Vein Institute Riverwalk office. Take care and happy trails!

Dr. Timothy Cawfield is a Phlebologist, Board Certified Family Medicine at the Rocky Mountain Vein Institute in Pueblo, Colo. He can be reached via email at DrCawfield@rmvein.com or by telephone at 719.543.VEIN (8346). Visit www.rmvein.com for further information.

Fifth Annual Gold Rush 9 Mile Mountain Race and Inaugural 5K — June 29

By Shawn Finley

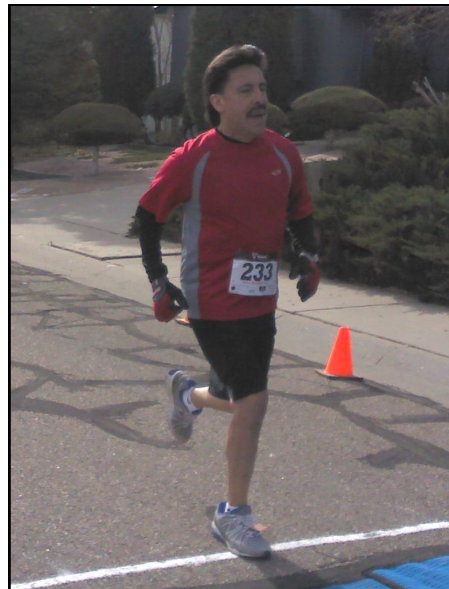
The 5th Annual Gold Rush Mountain Race takes place on June 29, 2013, at 9:00 am in Victor. The Victor Elevation Club hosts this running trail race, which starts at an elevation of 9696 feet in downtown Victor, Colorado, a prosperous, active Gold Mining Town, located approximately one hour Southwest of Colorado Springs. The course will utilize the paved streets in Victor, dirt roads and improved mountain trails through historic mining areas. During the race, which starts and finishes in downtown Victor, the participants will climb to an elevation of approximately 10,745 feet at the American Eagles Overlook, travel alongside historic mining structures and enjoy the spectacular vistas of the "World's Greatest Gold Camp." The views from these trails include Pikes Peak, the Sangre de Cristo Mountain Range and the Victor-Cripple Creek Mining district. After the race, there is a block party in downtown Victor!

For more information, and to register, please visit www.goldrushtrailrun.com



Ramsgate 6 SCR Predict Run — April 13

By Don Pfost



In an April 14 e-mail from Don Pfost: Thanks to Dennis Wait and Aaron Levinson, Dennis' son, for directing the predict and to the Levinson/Wait family for hosting the post-predict brunch. Thanks also to the following: Aaron for marking the course; Gary Franchi, Darryl Clark and Marilyn Vargas for finish-line help; and to the runners and walkers who participated.

Editor's Note: And thanks to Don Pfost and Dave Diaz for all of their hard work in organizing these fun events for the club!

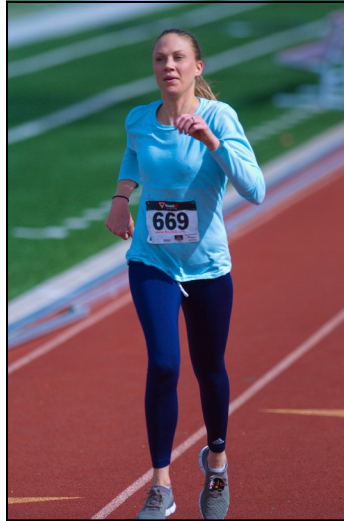
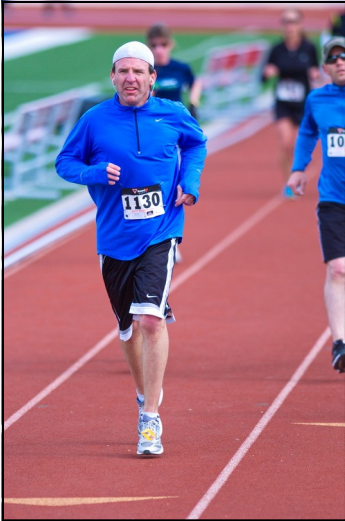
Top Row: Three of the amazing Vargas kids, Roger Giordano and Sam Duhon

Bottom Row: Ron Dehn, Anthony Diaz, Shawn Loppnow

Thank you, Dave Diaz, for the photos!

Spank Blasing 5K / 10K—April 20

By Tim Cawfield, M.D.

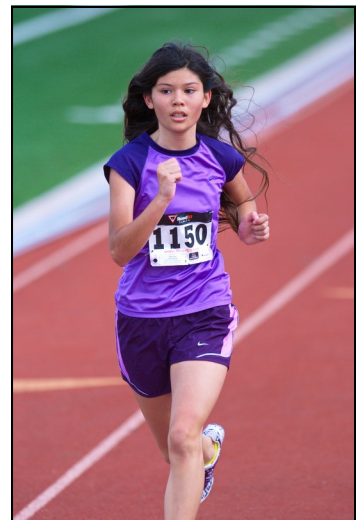
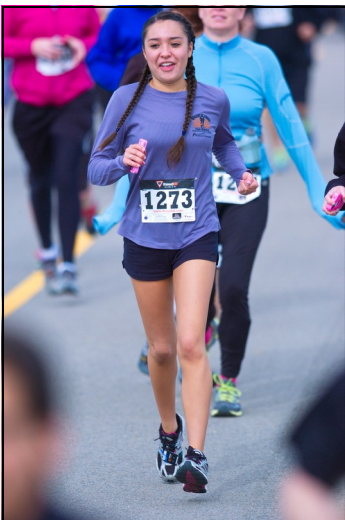
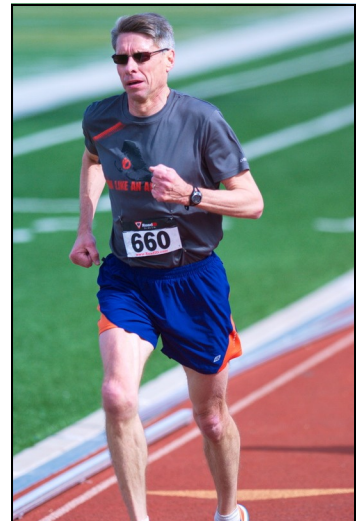
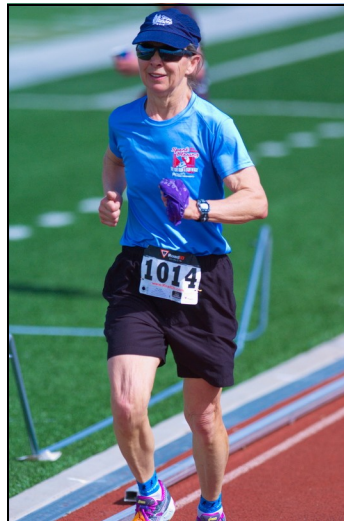
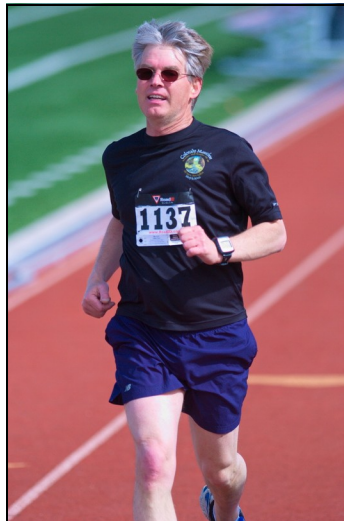


Top Row: Todd Kelly, Lauren Leomiti

Middle Row: Kris Spinuzzi, Paul LaBar, Paulette Arns, Charlie Gray

Bottom Row: Brenda Terwilliger, Adam Rich, Lallo Vigil, Emily Lucero

Thanks to Larry Volk for the photos! Please visit www.volkphoto.com to purchase Spank Blasing photos.



2013 Race Calendar, June—August by Dave Diaz

JUNE

Sat, Jun 01	8:00 AM	Run for Rio	5K	Rye High School, Rye CO	Jeff Arnold 719-947-3682
Sat, Jun 01	8:30 AM	Cliffletes Triathlon	450M/12M/5K	Silver Cliffe, CO	clubamericaawmv.org
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
Sat, Jun 8	8:00 AM	Bulldog Run	5K/10K/ 1/2 Mar	Trinidad, CO	primeroschool.org/
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
Sat, Jun 29	9:00 AM	Run With PPAL	5K	Lake Minnequa	pueblopal.org
Sat, Jun 29	8:00 AM	Leadville Trail Marathon	Mar/ 1/2 Mar	Leadville, CO	leadvillraceseries.com
Sat, Jun 29	9:00 AM	Gold Rush Trail Run	9M/5K	Victor, CO	goldrushtrailrun.com

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
Sat, Jul 27	6:00 AM	COCO Century Bike Ride	100M/45M	Ordway, CO	cococentury.webs.com
Sun, Jul 28	6:00 AM	America the Beautiful Marathon	Mar/Half/5K	Colorado Springs	facebook.com/ATBRun

AUG

Sat 03	8:00 AM	Beulah Challenge	1/2 Mar, 10K, 5K	Beulah, CO	
Sat 04	8:00 AM	Up Down, All Around#8	5M	Pueblo West	socorunners.org
		SCR Club Run @ 353 Acansa Drive, Pueblo West, CO			
Sat 10	8:00 AM	Fowler Sprint Triathlon	525 yd/8M/4M	Fowler, CO	719-263-4053
Sat 17	8:00 AM	Tinman Tri	500yd/14M/5K	Lamar, CO	719-336-2774
Sat 17	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	
Sun 18	7:00 AM	Pikes Peal Marathon	26.2M	Manitou Springs, CO	

Calendar Notes by Dave Diaz

Congratulations to Matthew Drake, who was the OVERALL winner of the Platte River Trail Half Marathon held Sunday, April 7, 2013 in Littleton, CO. Matthew's winning time was 1:14:26 which is a 5:41 pace. The 24 year old was the first of 1900 runners.

Speaking of the Platte River Half, I was also there, although far behind Matt, and I don't think I've ever been more ashamed of being a bicyclist. The rudeness shown by some of the bikers on the Platte River trail was unforgivable. There were some who refused to share the trail or even slow down. If you're riding your bike on the trail and you see a race is going on, go ride somewhere else for the day or at least slow down, so you don't hurt someone. I'm not talking about recreational cyclists, I'm talking hard core bikers in full dress costumes. Just lucky no one got hurt.

Good thing I'm getting to the end of my running career because as I look around at how some runners dress these days, I just laugh. The compression socks, the fluorescent shoes, the arm warmers---I used to think bikers dressed like clowns but runners are quickly closing the gap, but that just my opinion. I also thought long shorts looked bad when they first came out, so what do I know.

Thank you to Dennis Wait and Aaron Levinson for a great "Ramsgate 6". The 4th run in the Predict Series was held at their home on Saturday, April 13. The 6 mile run took us around through the prairies surrounding the CSU-Pueblo Campus, by Walking Stick golf course and back to their home. Diane Lopez was the overall winner, as she missed her predict by only 4 seconds. Thank you to Gary Franchi, Darryl Clark, Marilyn Vargas and Don Pfost for volunteering at the finish line. The next race in the 2013 Predict Series will be the "Yappy Dog", Sunday, May 12, 8:00 AM. It's an 8.6 mile run, which begins and ends in front of South Mesa Elementary School on 24 1/2 Lane between County Farm Rd and Preston, out on the Mesa. It is a beautiful and challenging run on paved and dirt roads and a dirt trail that runs beside an irrigation canal. Two water stops so you don't have to carry water. After the run, stick around for a pot luck brunch. The run has been hosted by Ross Barnhart and family for many years and is one of my favorites.

Speaking of volunteers, thank you to the newsletter "stuffers" for April: Dennis Wait, Aaron Levinson, Terry Cathcart, Anthony Diaz, Maria Elena and Al Weaver, Carrie and Gary Franchi, and Stacey and Dave Diaz. And a Great Big THANK YOU to Laura Wehrwein for all the work she does assembling and editing our newsletter. Remember, it's our newsletter---if you run an interesting race or do something fitness related we'd love to hear about it. Just write a paragraph or two and submit it to Laura at newsletter@socorunners.org. Pictures are welcome, too.

The SCR recently lost one of it's best. John "Jimmy" Roman passed away on Monday, April 15, 2013, which also happened to be the day of the Boston Marathon and although, I don't believe John ever ran Boston he did qualify several times. John started running later in life and at 64 years old ran a 3:53 at the Las Vegas Marathon and at 66 years old ran a 3:59 at the R n R Las Vegas Marathon. John was 68 years old when he passed. A truly good man.

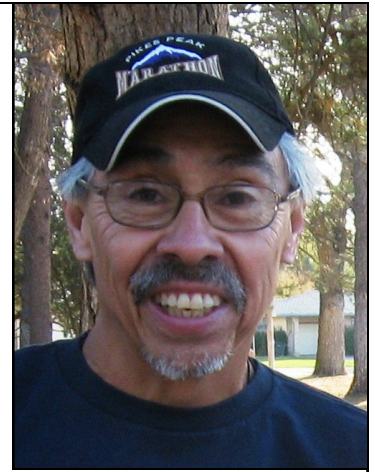
For the first time in many, many years Stacey and I won't be doing the Bolder Boulder this year. The motel we usually stay at has upped their rates to \$150 a night...half of that is still too much for that place. Not to mention the race itself costs \$50 with a cotton t-shirt or \$65 for a tech shirt. We decided to do something different this year.

As you find yourself biking more this summer, there are several Southern Colorado events worth training for. There's the COCO (Crowley-Otero County) Century bike tour on July 27. If you're not up to the full 100 miles, there is also a 45 miler. Afterwards, there is a free BBQ lunch and you may also stick around for local celebration of Crowley County Days. The ride begins in Ordway, which is only 50 miles east of Pueblo. The ride is a fundraiser for Arkansas Valley Hospice. More info at cococentury.webs.com.

If you'd like to try a tri, here's a couple. First there is the Cliffetes Triathlon in Westcliffe (actually Silver Cliffe) on Saturday, June 1. Distances are 450meter/12 mile/5K. Visit clubamericawmv.org for more information. Only \$35 but I don't believe you get a shirt.

Also, the Fowler Triathlon returns this summer on Aug 10. It's a fundraiser, put on by the local baseball coach, Scott Epperly. It's a nice event especially if you've been wanting to try a triathlon but were intimidated by the ones in the big cities. It's an outdoor pool swim of 581 yards, then a short bike of 8.1 miles followed by a 4 mile run. All racers get a race shirt and breakfast afterwards. Prizes & awards follow the race. Cost: \$45/individual or teams of three (\$25 per person on team). For more information visit their facebook page titled Fowler Sprint Triathlon.

Finally, as I write this Sheri Giordano is planning a 5K run to raise money for the victims of the Boston bombing on Tuesday, May 28, 6:30 PM at the State Fairgrounds. I'm sure there is more information somewhere else in this newsletter. There's nothing I can say about Boston that hasn't been said, so I won't even try. God bless you and your families, see you at the Predicts and keep movin' forward. Dave



Dave Diaz

Thunder Run — March 30 in Colorado City by Jeff Arnold

This inaugural event was put on for the most part by the Parent Teacher Organizations of Rye Elementary Craver Middle School for the direct benefit of their students. It was much more than a 5K run/walk. There was also an untimed 1 mile for those under 12 and two separate Easter Egg Hunts.

All registration was handled by the committee using their own bibs. Medals were given to the top three male and female finishers in the 5K run. Because of overwhelming unusual and late race day registration, (Sheriff Kirk Taylor made the 5K part of his SWAT team's training. He ran himself.) and the fact that ages were not on the pull tags make the results somewhat unusual. But it was a happy crowd. It will almost certainly become an annual event, more sophisticated as time goes by, but it will be hard to make it more fun.

The first three to cross the finish line and earn medals were Rick Reidhead, a Rye track runner, 19:35; Nick Maroney, 15, who runs cross country and plays basketball at Rye, 20:31; and Ron Nies, 46. The top women runners were Teri Prichard, 24:56; Sara Nies, 18, 25:22; and Sherry Ortiz, 25:50. Susan Nies led the walkers followed by Kim Barickman, and Chelsea Morre.

Due to an error on my part, the times for the walkers and the some of the late runners are mixed up. It appears that there were over 150 finishers in the 5K. Certainly dozens finished the 1 mile and all got ribbons.

The Colorado Marathon and Half — May 5 in Fort Collins

On May 5, Kris Spinuzzi completed the Colorado Marathon! Maribeth, Gloria, Katherine, Mac, Marijane, Diane, and Debbie finished the Colorado Half Marathon, and Stella Heffron volunteered at the race.

Congratulations to everyone! Looks like you had a great time!



Photo provided by Marijane Martinez.

Back row, left to right: Maribeth Butler-Sisenroy, Kris Spinuzzi, Gloria Montoya, Katherine Singer, Mac Singer (Las Vegas) and Stella Heffron (Aurora)

Front row, left to right: Marijane Martinez, Diane Lopez, Debbie Gurule

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No matter where we live, what we do, how fast we are, what our dreams are, what we are running from, or where our miles lead — we are a running family. We mark miles, we ache, we try, we fail, we triumph and we endure.

~Kristin Armstrong, Mile Markers blog on Runner's World.com



Mark Gurule
at the
2013 Boston Marathon.

*Thanks to Deb and Mark
Gurule for the photo!*