



Footprints

Southern Colorado Runners

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Editor: Laura Wehrwein

Distraction or a New Sport? By: Michael Orendorff

"#87, please go to your bike. You have a problem. #87, please report at your bike," the race announcer called out.

Here is the tale of how Ron Vansyoc came to hear that call to his bike just minutes before the start of his first triathlon. (In all of this, be sure to hear a very gentle, positive, fun voice of someone taking on a significant self-challenge very quietly, with no trumpets blaring. This is one of my greatest appreciations and source of inspiration as I listened to Ron.)

THE GENERAL SETTING

As of this writing, beginning Dec 2, 2012 Ron has done 8 half-marathons and 3 full marathons of the Rock 'n Roll (RnR) national series to honor his deceased wife Robin and be a supportive member of Team Hope of the Pancreatic Cancer Action Network (PCAN). The latest event completed was the Rock'n'Roll Chicago half-marathon. Fund-raising has not been his goal but anyone who would like to support PCAN's mission

to advance research, support patients, and create hope can do so by going to <http://www.kintera.org/faf/home/default.asp?ievent=1036967>. Ten more RnR runs are slated, ending on November 17th in Las Vegas.

Robin had been diagnosed with breast cancer in November 2003 but by June 23, 2008 they, and their medical team, believed she was in complete remission. Then quickly their lives turned to another battle with a cancer which has an average survival rate from the time of diagnosis, per Ron, of only six to nine months. For Ron and Robin this entered their lives in July 2008, only one month after the breast cancer remission celebration. Robin felt badly in July and then got the pancreatic cancer diagnosis in August. Ron said that only two out of ten patients find chemo effective and then life is prolonged only about another three months which are received in trade for three months of hell from the chemo.

With this still large in his heart, he began preparing for the RnR tour by starting to run again in March 2012 when he was 20 pounds heavier than now. This was about 3 years after the death of his wife Robin, which had occurred on April 23, 2009.

The most challenging event to date was a full marathon completed on April 27th in Nashville, TN. One inch of rain fell during the marathon. Combined with an air temperature of 60F Ron was on the edge of becoming fully hypothermic by the 26th mile. It was



Ron at the Rock 'n' Roll San Diego Marathon.

no fun, he stated bluntly. There were 3-4" of water running through the streets. It was eventually miserable and ugly. But he would have done this one whether on Team Hope or not.

ENTRY INTO THE TRIATHLON WORLD

Into this very demanding RnR tour one would not think that another demanding sport would be added so precipitately. This sudden entry of a new and simultaneous challenge is best felt by the simple chronology Ron handed me one day:

Dec 2012 – Began swim instructions with Kanda Misiaszek

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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.

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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: September 4 (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!

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Run on in to the

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217 South Union in Pueblo



www.socorunners.org/triclub

The Illustrious Career of the Angry Mosquito By Darryl Clark

My high school athletic career was notable only in its mediocrity. As track season of my junior year rolled around I was 5' 8 1/4" tall and weighed 142 pounds. We practiced at the same time as the girls track team and when they would gather in groups to giggle I couldn't decide if they were laughing at my rail thin body or my hair which was somewhere between Mick Jagger and a decent afro. It didn't faze me though because I was a SPRINTER, a real stud in the world of track and field! The 100, 220 and, occasionally, the 440 relay---put a pair of spikes on my feet and I was like a race car running on a lean fuel mixture. Opportunities like this were why I had left a very small country school to come to the high school in town. In the first meet I was running the 220 and had a decent position coming out of the curve. I heard this rapid rat-tat-tat and a short, stocky guy named Percy Bruce from Texarkana, Texas went by me in a flash and proceeded to thrash the whole field. I wasn't happy about that or my 5th place finish. This trend continued and I began to suspect I had a problem. Apparently, my legs weren't propelling my body forward as fast as the other guys. After 3 or 4 meets our coach, using a scientific method known as disgust, decided I was a very average sprinter, a middle of the packer with no chance of winning any medals and very little charisma. So, he told me he thought I would be a natural at the half mile which, in his words, was just a very long sprint. I bought into it and after one week of "intensive training" I competed in my first half mile. I was not competitive and felt like someone had kicked me in the stomach. I hated my coach. But, never one to give up, I kept at it and two weeks later I competed in my second half mile race. I ran as hard as I could, gave it everything I had and ran a 2:10. I was not competitive and felt like someone had kicked me in the stomach. I hated my coach. As I stood there wheezing away all I could think was "when does football season start?" It will not surprise the reader to know that I had no podium finishes that season but I did receive one complement from a teammate after a fairly successful relay race. We were returning from the meet on the old yellow school bus (The Yellow Dog) and he said, "you're pretty fast for a white boy". Who needs medals?

My football career ended rather abruptly in the last game of my senior season when I, along with my teammate Lonzell "Slick Moon" Simon, got into a fight on the other teams sideline (they started it). We were laughing and slapping fives going back across the field until we realized we'd both been tossed out of the game. The whole thing started because while I was blazing to glory on the track, the football coaches had decided to install me at quarterback. I'd never played the position but, obviously, they saw real potential in the scrappy little country boy. I thought I knew how to throw a football but was quickly dispelled of that notion by our quarterback coach. In fact, he did teach me to throw more efficiently and I ended being able to throw a ball 45 yards (1 yard for every 3 pounds of bodyweight). After showing that kind of prowess, I was certain they were inclined to make me the starter. What they were really inclined to do was move me to wide receiver and take advantage of my impressive speed. I played sparingly at wide receiver and never caught a pass but in the third game of the season I executed a crackback block on a player from Dallas Sunset and knocked him out cold. It was kind of scary but, secretly, I was proud of myself until one of the coaches told me "we changed the play this week, nincompoop" and, consequently, I blocked the wrong guy. Obviously, I didn't get the memo. This hastened their decision to move me to the defensive side of the ball where I eventually started a few games. Woo-Hoo! Now I could wreak some havoc. I had grown to 5' 8 1/4" and 145 pounds---the Angry Mosquito. I didn't help my cause about half way through the season when I got into a fight with one of our top players at practice (he started it). Unfortunately, he was a very good player but not a very good pugilist and ended up with a broken nose and two eyes swollen nearly shut. The coaches loved me.

I redeemed myself in the 7th game of the season on a long pass play. I was getting depth at the safety position when I tripped and did a complete backward roll. By the time I righted myself; the receiver had blown by me and was in the wide open. The quarterback slightly overthrew him and the ball went just off his fingertips. I still consider it one of my finest defensive plays. By the 9th game of the season, our defense was, statistically, one of the best in the state. We were known as "Brickhouse" after the Commodores song of the same name. Our opponent that week was Texarkana high school which featured a fullback that was none other than Percy Bruce, my old nemesis from the track. It was time for a little pay-back! When I said he was short and stocky I meant he was 5' 5" tall and weighed 225 pounds. Did I mention he was fast, too? It didn't take long for the showdown to occur. Early in the first quarter their offensive line blew an impressive hole in our defensive line and who should fill it but Ol' Percy. There was nothing between us and I hit him going full speed. The front of his helmet hit the front of my helmet and everything from my forehead to my fingertips went numb. My arms flopped down and I fell over sideways. I resolved, on the spot, that would be the last time I tried that and spent the rest of the game figuring out how to hit him from the side or jump on his back and ride him like a fine thoroughbred. Fortunately, they had another running back who happened to be All State and I could set my target on him. On a sweep play later in the game I had him zeroed in when our cornerback cut his legs out from under him on the sideline. I had already left my feet and went sliding across some loose gravel and into a chain link fence (who puts gravel and fencing that close to the sidelines?). My hands were mangled and I was trying to decide if I was stunned when I realized some kids in the stand were taunting me with chants of "ah, she's a brrriiiickhouse". As I lay there, all I could think was "when does track season start?"

Authors note: As it turned out, I didn't run track that Spring or play baseball or golf. However, I did get in a fight at a baseball game with a fan from the opposing team (he started it). I only note this because the entire altercation and my subsequent removal by a deputy sheriff took place right in front of a pretty blonde girl who would later become my wife. It's always good to make a good first impression.

Trials of an Athletic Odyssey

By Gary Franchi

Well, nobody said life was easy. And that certainly applies to some of these crazy endurance events that all of us choose to attempt, whether it's running Pikes Peak, a tough marathon, 24-hour pinochle tournament, an ultra, Ironman – whatever.

The choice for Carrie and me for 2013 was the Boulder Triathlon Series, which included a sprint Tri in June, an Olympic-distance Tri in July and a Half-Ironman in August. What motivated me, besides losing all common sense, was a turnaround 2012 that followed several years of physical woes that had included an Achilles injury in 2009, needing 3 gel shots in my arthritic right knee in 2011, and a persistent arthritic toe that – after a decade of pain, co-pays, surgery and juggling incessantly with different insole combinations – finally got a cortisone shot that worked. (This is what some of you young folks have to look forward to when you hit 6 decades of life on Planet Earth.)

In 2012, I was pumped to do things I hadn't tried in years – an Olympic-distance Tri (Boulder Peak) that I hadn't attempted since the old Drag'n On In Tri was held in Pueblo, plus the Garden of the Gods 10M run that I hadn't been healthy enough to attempt in recent years. While my time in the Garden wasn't great (10:44 pace, if I recall correctly), it was an uplifting victory to run a really hard up-and-down 10M without walking. Yeah, I know that's no great shakes, but to me it was significant.

By late summer, with our Boulder Peak accomplished, I started chatting with Carrie about doing the Half IM in Boulder in 2013 as a “Bucket List” item to cross off as the running life for me dwindles and I close in on 65 years of age. First, though, I had to see if my body could make it thru a half-marathon, a distance I hadn't attempted in 5 or 6 years. It wasn't pretty, especially my last 2+ miles of leg cramps, but we both finished the Rock Canyon Half in December. Two days later, having been afflicted with pain amnesia, we signed up for the Boulder Series.

Hence, the commitment to do our first Half-Ironman was made. It's so easy to register for a race online today, but now we had to train to swim 1.2M followed by a 56M bike and half-marathon run. As has been an eerie, consistent pattern in my life, once I sign up for a race, an injury often follows – usually real soon, too.

This time, though, it hit Carrie first, as she slipped and fell going down the stairs in our townhouse on Christmas night and broke 2 ribs. Now, if you've ever had a rib injury, you know how awfully painful they are. I felt so sorry for Carrie, who was suffering and unable to train for weeks. She would start crying from the pain and falling behind in the training schedule that she had meticulously developed on her “white board.”

My turn came next. In early February, I signed up for the Spring Runoff 10M race in March, the Horsetooth Half-Marathon in April, and the Greenland 8M in May. I figured these would give me a good training base for doing the Boulder Half IM run leg. The following week I was on a treadmill doing a mini-speed workout (“speed” is a relative term for a turtle who was now 64 years old) and my left foot started hurting almost immediately.

It turned out I had 3 metatarsal stress fractures that would cause me to miss 3½ months of running, so I had to skip the 3 races I had registered for. Since any kicking in the pool hurt the foot, I began using a pull buoy so I wouldn't have to kick at all. Ascents on the bike required pulling up on the left foot but not pushing down. Wearing a post-op shoe for 3+ months got old. Walking barefoot on the PAC locker room tile was unpleasant. Like I said at the top, no one said life was easy.

Now, one thing about gel shots – they don't last forever. Six months is generally an in-the-ballpark shelf life, and my knee starting aching mildly again when I resumed running in June, more than 2 years after the first batch. But 3 more shots in June from Dr. Nakamura miraculously helped reduce that achiness. Thank you, modern medicine.

I got thru the Boulder Sprint with minimal preparation running/slogging, but the race wasn't kind to Carrie. She stepped on a stone running in the first transition and, although she finished the race without incident, she had suffered what X-rays showed was a metatarsal bone fracture. I'm thinking these metatarsal things must be contagious for spouses. Healing fast thru the magic of a bottle of Zheng Gu Shui elixir, she returned fast and kicked butt in the Peak.

Now we had 3 weeks of final prepping for the Half IM, with only the first 2 of those to be hard weeks. In trying to train long or hard on four consecutive days, my body responded to age and whatever other condition afflicts me, probably overall physical lameness, and basically crashed and burned two weeks before the Half IM. I felt like I was run over by a bus, with the energy



Carrie and Gary after finishing!

sucked out vampire-like and my muscles aching, especially both shoulders. Carrie, still feeling on-and-off misaligned pelvis effects from the fall way back on Christmas night, was unable to bend over.

I had no idea if I'd make it to the Half IM starting line on Aug. 4 until two days prior, when my energy level returned. Carrie knew she would start but figured her running would suffer. Amazingly, an hour before the start my shoulders felt better than they had in weeks. The race fuel was in place and the adrenaline was flowing. I knew the run would be tough in the heat and with my longest run in six months having been a 10-miler two weeks prior. But my plan was to run and walk, using a modified Jeff Galloway method. Carrie would walk at each aid station. My mantra at each mile was to get to the next mile. "You can do it, Gary. Get to mile 4." Then "Get to mile 5." Then "Get to mile 6." Etc.

Somehow, the deed got done, Carrie finishing in 6 hours and 46 minutes while I crossed in 7 hours and 31 minutes. Tremendously uplifting was being cheered on by fellow Southern Colorado Triathlon Team members who were stationed in a tent near the 13-mile mark. It was a magic moment for me when, already well above the clouds knowing I would be finishing, I heard and saw the group and spontaneously veered off to the tent area and hugged Carrie, Stacey Diaz and whoever else was within arms' length. What a rush!

Now, there are degrees of "miracle" in

this world. But, given what we had endured for months prior, I consider this accomplishment to be a miracle of sorts. Pain has been part of the process. But on Aug. 4, we overcame the obstacles and completed 70.3 miles. Others have accomplished more, and what we did was not extraordinary by modern endurance standards. But for us, two 60-plussers (Carrie's 60), it is a big deal.

If I have one message, I would tell everyone out there to attempt taxing events while you can because you never know when your body won't let you. Injury or debilitating physical conditions can strike at any time, so don't waste your chances!

Distraction or a New Sport?

(Continued from page 1)

05/22/13 – Registered for the July 13th TriRock Colorado Tri in Aurora

05/22/13 – Purchased a Blue Seventy Sprint demo wetsuit

06/06/13 – Ordered a Kestrel Talon Tri bike

06/12/13 – Purchased Bont a-one road cycling shoes

06/17/13 – Picked up the bike from a Kestrel dealer, Colorado Cyclist

June ?/???? – Does first open water swim

07/13/13 – Completed the TriRock Colorado Triathlon

Ron was already doing a lot of cross-training as preparation for the Rock 'n Roll series – swimming, elliptical, pool running, treadmill. He has an arthritic right knee which has to be managed with an exercise diet of not just running but also medical procedures such as the occasional draining of fluid buildup at his knee.

The therapeutic swimming though had only begun, as noted in the chronology, in December of 2012. At that time he could not swim the 15 meters across the CSU-P pool. When he did accomplish that it was an all-out effort leaving him gasping at the far side -- just flat out laborious, taking everything he had. His first lessons with Kanda were truly first lessons – blowing bubbles, breathing rhythmically, not going backwards when he kicked with his runner's ankles. After several lessons Kanda encouraged him to at least watch the Ordinary Mortals Triathlon. Knowing a few people doing the event, he decided to show up and just quietly observe. Like many others before him, he was surprised at all the body shapes in the OMT. Encouraged, he thought "I can do it."

The RnR series left him little scheduling room for a triathlon. Fortunately, one that did fit into his running plans was also tied to the Rock 'n Roll runs – that is, the TriRock in Aurora this past July 13th (<http://trirock.competitor.com/aurora/>)

Though cycling is his least favorite discipline the swim was going to be his greatest challenge. Not only because of the skill factor but because he has regular, significant cramping of his left calf. (I sympathize greatly. I've had to stop in the middle of open water swims and massage my calves to release cramping muscles.)

The second greatest challenge he saw for his first tri was running after hopping off the bike. It's a whole new sensation for him, the degree of which caught him by surprise. He's learning that is a skill unto itself. So he set his first mile goal pace on the run to be fairly conservative and then hoped to pick up the pace and negatively split the 5K.

From the perspective of someone who has been doing triathlons for 30 years, Ron has put himself on an incredibly steep learning curve. Here's just a few quick notes showing that: Just days before the race he was still tweaking his shoe cleats fore/aft position. Also, the day before the event he spent about 30 minutes at the REI bike support tent learning more about his bike, including such things as what combination of chainring and rear cog to not use. His longest ride before Aurora was 15 miles out and back on the test track. Clipping and un-clipping from his pedals continued to NOT be second nature right up to race day, resulting in a large thigh bruise on the day before the tri.

Ron was greatly helped by the triathlon club members in the run-up to the TriRock. The TZ Olympics were key to his final prep for Aurora and he is quite grateful for that class. For example, the head-on-the-baseball bat spin certainly created dizziness to mimic what some experience in going from swim horizontal to transition run vertical. But what Ron found most helpful was the focus on transition setup. Keep it organized and simple became the TZ mantra.

Interestingly, Ron found the challenge to one's intellect a surprising aspect of triathlons. For example, working hard in the swim being focused on technique and direction and finishing and then having to collect one's thoughts to take oneself quickly through all the transition steps one had practiced or imagined added an additional brain stimulation that Ron enjoyed.

THE TRIATHLON

Finally we are back to that announcement one does not want to hear at one's first tri. Yep, Ron's very first tri and the universe deemed him fit to toy with. His rear tire, which minutes ago had been at 100 psi, was now at zero psi. Fortunately, if there is any good fortune to a flat tire, the tube had not just fizzled it had blown. Turns out Ron's cycling education was on fast forward as he learned about weak seams that blow so explosively the tire itself is blown off the rim. Everyone around his bike heard it so the damage was reported swiftly to the announcer who called out for #87. The REI bike support crew, one of whom who had spent a half hour with Ron the day before, swapped out the tube, pumped up the tire and (if memory serves me while Ron is in Chicago) asked for nary a dime.

At the water's edge comes the next surprise challenge. For a non-swimmer the floating start area seemed far out into the water. Plus, he violated a basic rule he'd been taught: "Never try anything new on race day." Aah, he'd tried a new anti-fog spray which someone had handy. The spray ruined his goggles. Unknown to Ron, some sprays can chemically react to the inner coating of swim goggles making them permanently blurry – not correctable by any amount of spit. So with an unnerving "long" swim just to begin the race, obscured goggles and standard race jitters the swim anxiety was never overcome. Ron began to do the backstroke to avoid any breathing or other issues and stayed with that stroke throughout the swim. Being in the second wave he was guided by other swimmers who passed in successive waves. The race organizers had also put a designated last swimmer in the water. This person checked on Ron a few times, which Ron said was helpful and encouraging, not annoying. In spite of the uneasiness throughout the swim he never did have any panic attacks that he had read hits some people. He wisely knew his limits, acted accordingly and kept his cool.

Bathed in relief after finishing the swim, Ron felt as if the tri challenge was almost already over. He took extra time to mount and dismount during the cycling portion but otherwise enjoyed passing cyclist after cyclist. Having been 202nd out of 226 for the swim, he was 61st on the bike. Oddly, to me, with his cycling still in very much the learning stages he had no problems with being in the aerobars through most all of the race. The only bike fears came from what makes us all nervous – spots of sand and/or gravel on the course. (btw, The cycling is improving his leg strength so Ron hopes that will help in his upcoming RnR events.)

Ron did not get any splits on the run to know if he met his goal of negative splitting the 5K. But even though he has been a runner for years, and done large races like the New York City marathon twice, he never quite felt comfortable on the run and it took till the second half of the run to feel loosened up a bit. This was his most disappointing split. His BRIC's (bike/run workout repeats) had warned him but he'd still had greater hope. But he's ready to take on this bike to run muscles transition challenge in his next event.

In the fourth discipline of triathlons, the transition, he felt good about the flow, liked his setup and now is ready to gain some "free" time in the TZ.



Ron at the Rock 'n' Roll Dallas Marathon.

The tri is over and at the end of the day (his phrase) he was pleased to have finished. But so many things went wrong he can't really say he had fun. He made the analogy that the day was like playing in a football game where your team makes three fumbles right at the start, the other team scores points off of each turnover, so you're fighting uphill the rest of the game. But he's already trying to see what triathlon to do next – which may not be till 2014 due to the RnR challenge he is in the midst of. But he WILL do one.

The top experience was the helpfulness of the people around him. He learned how key fellow competitor support is and how we do watch out for each other in the triathlon world. The communal support is actually broader than fellow competitors who, for example, got him called to his bike right away when the tire blew, but also folks like Ria at the REI bike support tent who spent 30 minutes with him, as noted previously, the day before the Tri-Rock. And then there was the swimmer who checked on him as he wended his way backstroking around the course. This fit in with the general observation that triathlons are inclusive by doing such things as allowing teams to participate so that those not confident in one discipline can still enjoy the triathlon party. Also, as he saw at our local OMT, people come in all shapes and sizes and win awards with all those different shapes and sizes.

He swears he will hang with us for another triathlon, of which I am very glad. Maybe he'll even do an indoor tri over the winter. He has seen what it takes to do well in this sport and has set his goals accordingly.

His year of memory and some fund-raising with Team Hope ends in November. Knee problems noted have meant he is now doing half-marathons but he is still holding out hope to be able to finish with a full marathon in Las Vegas on November 17th. Let's wish him well and hope along with him that the marathon is doable to complete the RnR national tour.

Something new for Race Day? Sure, why not.

By Irina Vancea

I know that you should NEVER try something new in a race- not even a pair of shoelaces... or maybe even new goggle elastic bands.

I purchased some brand name tiny elastic bands that hold sport goggles. Why just the elastic band? Well, I use and love my prescription goggles; they are always with me in whatever I do: running, biking, skiing, RV camping, hiking, even traveling in Hawaii. Lately, my goggle's elastic bands got loose, very loose. After they fell off my nose several times I decided to change the elastic band. Because I was busy or lazy I postponed the moment of change until Saturday, the day prior to my Boulder triathlon race. In a hurry I went to the optics, where a very nice lady gave me brand new brand name elastic bands... for free. WOW, free brand name bands, that's not an every day gift. I was thrilled.



Irina Vancea. Credit: (C) FinisherPix.com

the chip reader. I did finish the run among the last ones. A lady at the finish line asked if I wanted a medal? OF COURSE I WANT IT! I worked hard to finish.

My husband and kids were looking for me in the parking lot. Trying to keep my spirit up I showed the kiddos my medal, and asked my husband to help me with the bike. "What did you do to this bike? It's not working right!" my husband says, trying to guide the bike along us. We looked at the wheels- one brake pad was graciously resting on the front wheel...

Darn you, free bands!

I did not write this story to excuse myself in any way- but to share my experience and to reinforce the axiom- Do not try anything new, no matter how small, in a race. Not even shoe laces, nor even goggle elastic bands.

Dr. Irina Vancea is a nephrologist practicing in Pueblo, CO and has been doing triathlons for about three years now.

Adventures of the Traveling Running Shirt By Kim Arline

The SCR Traveling Running Shirt made an appearance on top of Half Dome in Yosemite National Park this July! Several fellow hikers sent a shout out to Colorado as the shirt went by on the trail.

Climbing Half Dome has been on my bucket list for several years. We tend to visit my husband's family a couple hours from Yosemite every other Thanksgiving. I manage to squeeze in a run or hike on other Yosemite trails but the National Park only has the Half Dome cables installed Memorial Day through early October each year. I have talked about climbing Half Dome so much on hikes there that my daughter Amber, a self-described non-runner, was even a bit interested in joining me if we ever managed to get a permit.

Prior to 2010, up to 1200 hikers a day would attempt the 14+ mile round trip hike and then climb the iconic granite dome. This caused delays of sometimes hours to climb the cables for the final 400-foot ascent to the summit. In 2010, a permit system was tested limiting 450 hikers a day to summit. This became a permanent solution to dangerous overcrowding on the mountain with only 300 permits per day currently being issued (225 day hikers and 75 backpackers). Most of these permits are offered through a lottery in March each year through recreation.gov while 50 permits are held for an online lottery two days prior.

I scored a permit for two on a recent trip to California through the two-day prior lottery. I was hopeful my 16-year old daughter would join me but not sure Amber would do the entire distance and especially the final cable ascent. We left Fresno at 4 am hoping to be on the trail by 6 am but the long winding road, couple cups of coffee wanting out and distant parking options kept us from starting before 6:45 am.

Amber was a champ setting a brisk hiking pace up the steep trail. I actually had to run a few times to keep up. This girl might have a future in race walking! Only 30 permits had been checked by the Ranger when we passed the check point two miles below the summit. We lost track of how many hikers we passed going up but I overheard a dejected hiker tell his friends, "Man, I've never been passed by a hiker, only runners pass me." So I hollered back, "I'm a runner if it makes you feel any better." He later recognized us and the cool SCR shirt as we finished coming down the cables and they were about to head up.

I found the 20 minute climb up the cables surprisingly more intimidating than the 40 minute cable descent. The rock was so steep and smooth at times, it was a full body work out pulling yourself up the cables to the next wood plank to rest your feet. It was a controlled slip and slide down at times. We were sure thankful for the pile of loaner gloves at the bottom of the cables! Amber charged ahead never showing any fear of heights. I was more scared what my husband, mom and mother-in-law would do to me if she did get hurt. On the summit, we could see the new forest fire started by lightning across the valley and see for miles and miles over a truly wondrous landscape. But we didn't stay long or eat, we headed down the cables before the crowd arrived. Only five people came down as we went up the cables but we were delayed coming down by a woman freaked out ahead of us and 30-40 people coming up the cables. There was a decent size crowd further down the trail but the final two miles of our day we hit "city park" with hundreds of hikers speaking dozens of languages hiking to the two waterfalls the Mist Trail goes by.

Amber hiked nearly 18 miles from our car and back in 7 hours 20 minutes while most people take 10 to 12 hours for this adventure. Her only complaint all day was the 86 degree day and slow people that didn't let us by easily. I sure hope she'll join me on another bucket list adventure! We'll be sure to pack the traveling running club shirt too!



Amber and Kim and the Travelling Running Shirt in Yosemite National Park in July.

TriBella Women's Triathlon — Cherry Creek Reservoir — June 2013

By Marijane Martinez, Not Quite a Triathlete but Continually Triing...

Wendy Garrison, Debbie Gurule, Becky Medina, Kris Spinuzzi or I don't remember whose idea it was to enter the TriBella Triathlon at Cherry Creek Reservoir but the decision was made, we registered and therefore the training had to commence. I am the only fortunate one to be retired so I was able to train pretty much whenever I wanted. Training for the others had to be squeezed in whenever possible. Of the five of us, Becky, Kris and Wendy had never done a tri with an open water swim. All five of us had participated in the triathlon held at Pueblo Athletic Club where Rob was kind enough to allow us to run outside instead of on the treadmill. Debbie and I also participated in Outdoor Divas 2 years ago. All of us with the exception of Kris also participated in Ordinary Mortals in May at CSU-Pueblo.



Wendy Garrison, Kris Spinuzzi, Debbie Gurule, Marijane, and Becky Medina. Photo taken by Stella Heffron, Marijane's Denver running friend!

I had done several of the Ordinary Mortals many moons ago when they were held at the Pueblo Regional Center in Pueblo West, but those were only a vague memory. As a matter of fact, initially Becky, Wendy and Kris didn't know how to swim. Wendy and Kris had taken swim lessons during the fall not really expecting to be doing a triathlon the following summer. The one to be commended the most would have to be Becky because she didn't know how to swim but was determined and took advice from nearly anyone. She is also fortunate to have a daughter, Kayla who swims for Centennial High School and was a valuable resource for all of us. I remember being told by several people that I cross the middle plane with both arms, but it was Kayla who told me to pretend my arms are the hands on a clock and to have my left hand at 11:00 o'clock and my right at 1:00 o'clock. KISS (keep it simple stupid)! It worked wonders! The thing about receiving pointers for swimming in comparison to receiving them for running or cycling is that once you get into the open water it turns into a matter of survival and you forget everything and your only focus is survival! Thanks anyway Kayla! Hopefully I will use your method when we do the Fowler Triathlon which will be held in a swimming pool.

We carpoled to Denver the night before the race. Wendy went with her family and the remainder of us roomed together. We all met for dinner and laughed ourselves into exhaustion and returned to our hotels. We decided

to do a final check before we went to bed and of course the one with the most tris under her belt (that would be me) would be the one to forget her goggles!! UUUUGGGGHHHH! Kris and Becky happened to be making a run to the store so I called them and explained my dilemma. Debbie then suggested I call Wendy and lo and behold she had brought two pairs. Thank you Jesus! By the way your prescription is ready (private joke for Wendy)! Race morning we were all a little nervous. We arrived in plenty of time to rack our bikes where we wanted and then went on to be marked. What's up with putting your age on your calf anyway? For some reason I didn't remember them doing that in years gone by but maybe I don't remember because then I didn't care because I wasn't 61! Off to the reservoir to check out the water..... For whatever reason Wendy was in "superhero" mode that morning and every move she made was in superhero mode. It was not only hilarious but I think it helped all of us relax. The funniest thing was when Wendy came running from the beach into the water and dived in and started swimming. I told her "that was great Wendy but we start in the water".... She replied, "I wish someone would have told me that before I ran over that big rock!"

Once we all realized we survived the water portion of the tri, it was a blast! As you can see in the picture they had fireman at the awards and also at the aid stations..... ooh la la.....I was very polite and thanked them each time for the wonderful view! TriBella was an inaugural event and it was extremely well done. I highly recommend it and hopefully will be able to do it again. Traveling with friends to these events is a kick. Completing these events is a privilege and training for them is time well spent. As I age I realize how blessed I am and I am grateful to all of the friends and family that have not only helped me by training with me but also encouraged me along the way! Until next time fellow athletes! Tri your hardest! I know I will!



Marijane with two firefighters.

It Was a (Beulah) Challenge — August 3, 2013

By Ron Dehn

There is more to why a group of Dehns signed up for the Beulah Challenge Half Marathon, but that is another story. Suffice it to say, that we decided months ago to run the inaugural Beulah Half as a training run for the Pikes Peak Ascent which follows by 2 weeks. What better way to begin our taper than running a hilly, mountainous half marathon? (Beulah is around 6,400 feet). To paraphrase one of the “encouragement” signs placed along the route, “This sounded like a great idea several months ago”.

Actually it was a good idea and the race certainly lived up to the “Challenge” portion of its name. We started on pavement at the Beulah Community Center. It We wound all few miles was up-began the tough track trail. It was fairly dense forest. only 87 miles kept wondering ing her that what and come down we cautious rocky to the gravel roads trails to asphalt, was relieved to get been the realized-loved the course. good to know the

Six Dehns are ling for an out of of Denver.

and I made up the Dehn contingent in Beulah. Of course we had our usual support crew of spouses, kids, and parents. These runs have become family affairs, and speaking for the runners, we have a lot more fun when our cheering section is present.

The event was well organized and there were lime green volunteer shirts all over those mountains. The Beulah community really showed up to



wasn't long before we were on a dirt and gravel road. around Pueblo Mountain Park. The majority of the first hill. I am guessing that somewhere around mile 5 we part. We left the park roads then headed up a single steep, narrow, and rocky in a few parts. Most of it was in I was thinking that the Leadville 100 must be like this, longer. Melissa (my daughter) and I ran together and she out loud when we would get to the “top”. I kept remind-goes up must come down. We reached the Fire Tower did. The trail weaved back and forth and except for a few spots, we made pretty good time. Eventually we got back and ran for a few more miles. I almost always prefer but after that single track path and miles of gravel roads, I to the smooth surface again. Part of that relief may have tion that the finish line was within reach now. Actually, I It was hilly, interesting, and had lots of variety. It still felt finish was not far off.

training for the Ascent, but my brother Dave was travel-town wedding and had to run a long run by himself west Melissa, my son Bryan, nephew Jonathan, his wife Tiffany,

support this event. One of the special features were the humorous / inspirational signs placed along the course. I may not remember the exact wording, but some examples are: “Kick Asphalt”, “You gotta keep going, you parked at the finish line”, “You can do anything for one more mile”, and “Running slow is not a character flaw – Quitting is”

On the single track trail near the fire tower, Melissa told me that she is not going to do the half marathon next year. How ironic it is that she took 3rd place in her division and the prize is a free entry to next year's run? Jonathan and Tiffany also won free entries for the 2014 event. I think we will be back. Great job Beulah!



Above: Ron and Melissa.

Left: Bryan

Right: Tiffany and Jonathan



Summer Runnin'



Above: Boulder Half Marathon, August 4, 2013. From Left: Shelby Austin, Kim Dodds, Kim Arline, Terri Tibbs, Laura Ortiz Espinoza, Laurel Wright, Stacey and Dave Diaz.

Photo Submitted by Stacey Diaz.



Left: Hardscrabble Mountain Trail Run, June 2, 2013. Arnolfo Quimare and Ron Dehn. Arnolfo was one of the key figures in the book "Born to Run".

Photo submitted by Ron Dehn.



Dave Diaz won a free entry to the Gold Rush Run through an SCR Facebook Contest. Here he is at the run on June 29, 2013!

L-R Dave Diaz, Stacey Diaz, donkey (Dave didn't get his name), Denise Flory, Jessie Quintana.

Photo submitted by Dave Diaz.

New Pueblo Diversified Industries 5K — October 12 By Todd Kelly



Pueblo Diversified Industries (PDI) is introducing a new 5K event with the annual Harvest Walk scheduled for Saturday, October 12, 2013 at the Neta and Eddie DeRose ThunderBowl on the CSU-Pueblo campus. Race-day registration begins at 7:30 a.m. with the racing starting at 9 a.m. The course for this event is the same as the Spank Blasing 5K which encircles the CSU-Pueblo campus.

All proceeds from event benefit Pueblo Diversified Industries (PDI) which has evolved over 47 years into a unique organization for people with disabilities. Our world creates a safe, accessible family of services surrounding the individual with friends, work, peers and supportive staff that give every person a life as full and complete as any other in our community.

The mission of PDI as a community resource is to provide life-enhancing opportunities, services, and supports to people with individual needs, and to produce quality products and services for our business partners.

PDI's goal is for each person to experience life with the greatest degree of independence possible. In this way people are able to know the intrinsic values of self-worth, independence, confidence and the sense of community that each of us have as a part of who we are and what we do. In essence, our goal is to facilitate a life just like yours or mine.

PDI offers support for people with significant disabilities looking for a pay check and needing some extra assistance to keep that job. There

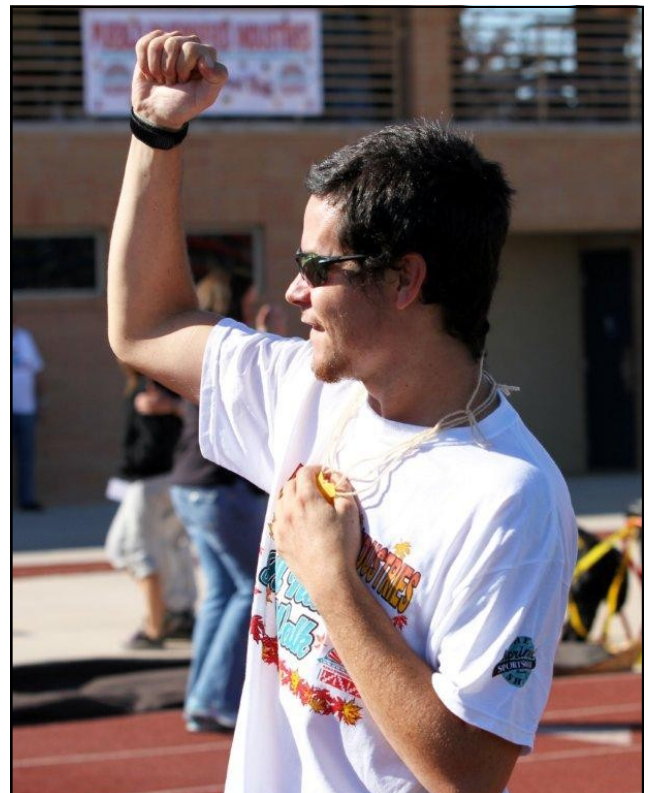
are also programs for individuals needing to prepare for work, day programs for those interested in learning and growing in ways unrelated to work and our residential program. Through fund raising efforts like the PDI 5K Run and Annual Harvest Walk, PDI is able to provide residents in our homes with a fabulous assortment of activities that include fishing, going to the movies and drive-in, seeing Disney on Ice, attend Sky Sox games and even spend a week at the Easter Seals camp – a most amazing experience

The PDI 5K will be followed up by the annual Harvest Walk around the track at the ThunderBowl.

Pre-registration should be available by August 5th at www.Pdipueblo.org. You can also call 564-0000 and request information. The cost is \$10 per runner for registrations received prior to October 1st and \$15 for registrations up to the day of the event.

We would like to thank the following sponsors for their support of PDI and our consumers: Montgomery-Steward, Health Access Pueblo, HUB International Insurance Agency, Wells Fargo, Benefits-Broker, Black Hills Energy, Parkview Hospital, Ent Federal Credit Union, Thorton WheelChairs Plus, and SunWest Credit Union.

If you would like to use this wonderful opportunity to show how much you care for individuals with significant disabilities please call 564-0000 or email Klillie@pdipueblo.org. You could make such a difference!



August

1 Diedra Chacon
1 Zach Heesaker
1 Brian Barela
3 Tom Ratzlaff
4 Aaron Lopez
4 James Schwarzenberger
5 Jerica Khosla
5 Connor Steves
5 Jace Khosla
5 Gayle Perez
6 Jon Teisher
6 Kerry Meier
6 Melanie Ripke
7 Chad Campbell
9 Dave Diaz
9 Emily Perez
11 Kristine Rivera
11 Brian Rayburn
11 Ron Dehn
12 Dante DeCesaro
12 Austin Hale
12 Ross Westley
13 Kaifa Medina
14 Gus Appenzeller
16 Jeff Arnold
17 Jim Hadley
17 Len Gregory
18 Melanie Hughes
18 Jess Franta
18 Leo Sisneros
19 Emily Lucero
19 Mark Kleven
20 Alita Giron-LaBar
21 Ricky Perez
21 Misti Frey
21 Charlie Lucero
23 Bryan Thompson
23 Brian Cunningham
23 Elliana Highfill
24 James Chacon
24 Cathleen Larson
24 Paula McCabe
24 Lou Huie
24 Cheryl Cook-McCoy
25 Aimee Atencio
26 Adam Carroll
27 Richard Emond
28 Marjorie Gray
29 Deanna Hardy
29 Adam Maal
31 Henry Hund



September

2 Maria Elena Weaver
4 Brayden Medina
4 Kaeloni Meier
5 Cassy Berndt
5 Mason Milyard
8 Bobby Valentine
8 Sheridan Reed
9 Chris Gredig
9 Jim Martinez
10 M. Edmund Vallejo
10 Logan Thompson
10 Maddie Nicolay
11 Aaron Berndt
12 Verity Scofield
12 Colton McCabe
13 Gary Horton
13 Ted Johnson
13 Rebecca DeHerrera
13 Becky Johnson
14 Tiffany Reno
14 Victor Boley
15 Cory Rose
15 Amber Arline
15 Camryn Milyard
15 Matt Diaz
16 Abbey Valdez
16 John Roman
16 Sarah Johnson
18 Brian Cathcart
19 Liliana Maes-Johnson
21 Barbara A Sutton
21 Tomas Duran
21 Stacey Diaz
21 Maya Maes-Johnson
22 Michael Orendorff
23 Gary Franchi
23 James Wright
24 Kallene West
25 Kerry Roman
25 Greg Arline
25 Kim Dodds
26 Kelly Hale
26 Siria Aguilar
27 Cassie Pate
27 Deb Hadley
27 Richard Farrer
28 Gaylene Vigil
28 Kathryn Koch
29 Rylan Dehn
30 Helen Whitener
30 Stanley Hren

2013 Race Calendar, August — December by Dave Diaz

AUGUST

Sat 03	8:00 AM	Beulah Challenge	1/2 Mar,10K,5K	Beulah, CO	
Sat 03	8:00 AM	Danapalooza	5K	Canon City, CO	danapalooza.com
Sun 04	8:00 AM	Up Down- All Around, Pred#8	5M	Pueblo West	socorunners.org
		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	8:00 AM	Pride Equality Run	5K	Lake Minnequa	socoequality.org
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	
Sat 31	9:00 AM	Drug Awareness Prevention	5K	Lake Minnequa	

SEPTEMBER

Sun 1	8:00 AM	Fiesta Day	5K	Northern Ave, Pueblo CO	
Mon 2	6:30 AM	American Discovery Trail Mar	Mar & half	Colorado Springs, CO	pprrun.org
Sat 7	8:00 AM	Run For Life	5K	Lake Minnequa	
Sat 7, 14???	7:30 AM	Skyline Drive	10K	Canon City, CO	ccrec.org
Sat 14	7:00 AM	OJC Rattler Run	10 M/ 5K	La Junta, CO	ojc.edu/alumniEvents.aspx
Sat 14	7:45 AM	YMCA Corporate Cup	5K	YMCA	www.puebloymca.org
Sun 15	8:00 AM	Pony Express	15 M	Rampart Reservoir	pprrun.org
Sun 15	8:30 AM	YMCA Corporate Cup Bike	12.4 M	Test Track	www.puebloymca.org
Thu 19	5:45 PM	YMCA Corporate Cup Mile	1 M	YMCA	www.puebloymca.org
Sun 22	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189
Sun 22	8:00 AM	Xterra Trail Marathon	Mar/Half/5K	Cheyenne Mtn State Park	
Sun 29	8:00 AM	Walk-Run-Ride (Child Adv Ctr)	Bike or Run	Pueblo Memorial Airport	pueblocac.com

OCTOBER

Sat 5	9:00 AM	Lion's Roar	5K	Lake Minnequa	
Sat 5	10:30 AM	RimtoRim- CANCELED	5K, 10K	Canon City, CO	rimtorim.net
Sun 6	8:30 AM	Fall Series I	3.5 M	Monument Valley Park, CS	pprrun.org
Sat 12	9:00 AM	PDI Dash	5K	Lake Minnequa	
Sun 20	7:15 AM	Denver Rock n Roll Marathon	Mar & half	Denver, CO	runrocknroll.competitor.com
Sun 20	10:30 AM	Fall Series II	4.5 M	Bear Creek Park, CS	pprrun.org
Sat 26	4:30 PM	Harvest Run 5K-Predict #10	5K	Lake Minnequa	socorunners.org

NOVEMBER

Sun 3	10:30 AM	Fall Series III	5.5 M	Ute Valley Park	pprrun.org
Sun 17	10:30 AM	Fall Series IV	7 M	Palmer Park	pprrun.org
Thu 28	9:00 AM	YMCA Turkey Trot	5K	Pueblo YMCA	puebloymca.org
Sat 30	9:00 AM	Temple Canyon 4M-Predict #11		Temple Canyon-Canon City	socorunners.org

DECEMBER

Sat 7	9:00 AM	Rock Canyon Half Marathon	13.1M	Pueblo City Park	socorunners.org
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This picture is of 2 former Pueblo runners, Mike Schmidt and Anna Marshall, who both run for Western State. They were both the overall winners for a race Stacey and Dave Diaz went to in Crested Butte on the 4th of July, the Gothic to Crested Butte 1/3 Marathon. Anna was our youth Runner of the Year when she was in high school.

Calendar Notes by Dave Diaz

Welcome to the dog days of summer. It's difficult to train for a fall marathon when it's so hot but hang in there, cooler days are on the way.

Congratulations to former Pueblo West High School runners Anna Marshall and Mike Schmidt who were the overall winners at the Gothic to Crested Butte 1/3 Marathon (about 8.6 miles), held on the 4th of July in Crested Butte, which is about an hours drive north of Gunnison. Both now run for Western State. It's a beautiful run as they bus you 8.6 miles out of town to the town of Gothic. Then you run back to Main Street Crested Butte. This year was their 45th annual race, which was followed by a parade, then they closed Main Street and had a Beatles Tribute band and my favorite a beer garden. Many visitors from Pueblo ran the race including proud mom Marti Marshall, PW Coach Matt Sherman, Todd Hund, Roger Giordano, Gary Franchi, Peggy Oreskovich and Stacey and Dave Diaz.

In case you haven't heard the Royal Gorge Run, known as the Rim to Rim has been canceled for 2013. It was scheduled for Oct 5, 2013. According to their webpage, " Due to extensive damage at the Royal Gorge Bridge and park from the forest fire on June 11, 2013, we will not hold the Rim To Rim. We will be back on October 4, 2014-Bigger and better than ever!! We wish them the best.

Also canceled, according to the Pike Peak Roadrunners Calendar, is the Pikes Peak **ROAD** ascent scheduled for Sunday, October 6, 2013. It doesn't give a reason why and I couldn't find one.

SCR would like to thank the club members who showed up last month at the Gold Dust to help with the newsletter stuffing. With all the help, we finished in 1 hour but most stayed longer to visit. Thank you to Laura Wehrwein, Helen Whitener, Terry Cathcart, Marv & Bea Jones, Gary & Carrie Franchi, Roger & Sheri Giordano, and Stacey & Dave Diaz. It was Helen's, the Giordano's and the Jones' first stuffing and we were happy to have them. Thank you for giving up part of your evening to help the club. We appreciate it.

The SCR would also like to thank Debbie and Mark Gurule for a fantastic Prediction Race held July 13 at their beautiful southside home. 31 runners enjoyed running in the open space behind the Gurule home. Congratulations to Nelson Brentlinger for his 1st place finish missing his predicted time by only 3 seconds. Thanks also to Gloria Montoya, Marijane Martinez and Kris Spinuzzi for helping with set up and with dog sitting. Once again thanks to Don and Lois Pfof for working the finish and providing results. Zarela Paredes also helped at the finish line. I don't know how you can go to a run and forget your shoes but Humberto is lucky Mark wears the same size as him. By the time you read this the next Predict Run will have happened. The Up, Down, and All Around 5 mile run hosted by Nina Gonzales. Hope to have more about this run in the next newsletter. It looks like we won't have a Prediction Run in September, so the next Predict Run will be the Harvest Run 5K. It is scheduled for the weekend before Halloween, Saturday evening, October 26, 2013, starting at Felice's Pizza near Minnequa Lake. Mark your calendar now, no excuses-be there. I tried to stay away from that date, as many other Halloween activities will be planned then, but when the Rock N Roll Marathon moved to Sunday, October 20 that eliminated October 19 for me (that's the date we would normally have had the Harvest Run). I think many other club members would miss the Harvest Run because of the Rock n Roll Marathon and Half, so that's why it is delayed a week..

I was lucky enough to win free entry to the Victor, CO, Gold Rush 9 mile run this past June 29th by winning a contest on the SCR Facebook page. The contest was put on by our newsletter editor Laura Wehrwein. All I had to do was answer the question, "Which race are you most looking forward to this summer (or fall) and why?" My answer was the Victor Gold Rush. Laura gave away 3 free entries to the race which were randomly chosen by RandomPicker. Stacey and I drove up the morning of the race. This trail run started at about 9700 feet in downtown Victor, Colorado, an active gold mining town, located approximately 1 hour southwest of Colorado Springs. We ran on the paved streets in Victor, then dirt roads and finally mountain trails through historic mining areas. We climbed to approximately 10,745 feet, then ran alongside historic mining structures with spectacular views of Pikes Peak, the Sangre de Cristo's and the Victor-Cripple Creek Mining district. I loved this run but it was much harder than I expected. Afterwards, they had a classic rock band and once again my favorite, a beer garden. Too bad it started to rain and I got cold so we left and went to Cripple Creek for Donkey Derby Days. Also running from Pueblo were Stacey Diaz, Denise Flory and Jessie Quintana. Laura gave away 3 entries but I was the only one to use it.

Speaking of Facebook, SCR has a Facebook page where we can post updates on local races. Occasionally, I'll make a mistake on the calendar in the newsletter and I can't fix until the following month. But I can notify runners immediately on Facebook. Check it out. Speaking of mistakes, if you are in charge of a race please check your race information in the newsletter and the online calendar to make sure everything is accurate. Also, if there's any description or link you'd like added let me know. If there is a mistake contact me at calendar@socorunners.org. It's very easy for me to type something wrong so all runners should make sure to check the race application (or the races official webpage) before you head out to a race and not just rely on the calendar.

Finally, good luck to everyone running the Pikes Peak Ascent or Marathon the weekend of August 17 and 18. Pueblo will be well represented with 31 runners in the Ascent and 9 doing the Marathon. Among them, the Dehn family will be there; Bryan, Dave, Jonathan, Tiffany and Ron Dehn will be doing the Ascent. My youngest son Matt will be attempting his first Ascent, along with my wife Stacey (her 5th) and I don't want to leave out Denise Flory who will be attempting her first double, that is the Ascent on Saturday and the marathon on Sunday. Remember, be strong, be safe and 'Keep the Rubber Side Down'. -Dave

August 2013 SCR Meeting Minutes by: Mike Archuleta

August 7, 2013, 6 pm

Attendance: Gwen Steves, Marilyn Vargas, Dennis Wait, Paulette Arns, Terry McCarthy, Paul LaBar, Ron Dehn, Jeff Arnold

OFFICER REPORTS

Minutes: The meeting minutes for July were reviewed and approved by the officers.

Treasurer report: Paulette reported on treasurer report. The majority of the expenses were on the news letter and inserts for the newsletter..

Newsletter Editor: Dennis reported the newsletter for next month. Accepting articles or any information for the newsletter

Membership Chair:

Current Memberships: 205

Individual Memberships: 116

Family members 184

Webmaster: Paul Labar reported on the added links to race results. Update the new race director information with pricing for races. The new races need to submit their request at least 4 months before the race.

Race Calendar: Dave reported the calendar has been update with new races.

CLUB BUSINESS

Soco –T2: Gwen Steves reported on the triathlon club. Scheduled practices for members of the Tri – club. The Club voted to support Mike O. in the future triathlon nationals monetarily.

Corporate Cup update: Victoria Esquibel reported on the corporate cup scheduled events for 2013. The venue for the 5 K has changed from Pueblo CSU to the YMCA. The 5K is the same route as the Turkey Trot. Chip Timing will be used for the corporate cup.

Spring Run Off: New direction with the Spring Runoff. The next meeting for the Spring Runoff is scheduled for 8/12/2013 in Community Room A

Supplies in the storage shed: The supplies in the next to monitored for battery life and maintenance for the next race. The club agreed to the equipment needs to be monitor much more closely than it has in the past.

GENERAL BUSINESS

Reports / Lessons Learned

Liberty Point 5k [7/4/2013] Pueblo West. The race had over 600 runners and walkers, No major problems reported for the event..

Mosaic 5K/2M [7/13/2013] Pueblo West. The race had 70 runners and walkers. No major problems reported for the event . Chip timing was used for the event.

G.U Rule Predict [7/13/2013] The event had about 50 runners and walkers for the event..

Beulah Challenge [8/3/2013] 5k, 10k ½ Marathon. There are about 150 participants for the event. There is 1000ft gain on the ½ marathon. No problems for the event The Chip timing had problems, they also used timing with pulling bib numbers.

Up , Down, and all around Predict. 5 mile [8/04/2013] the event had 22 runners and walkers for the event. No

problems were reported.

Upcoming Races/ Events

Equality Run [8/17/2013] The Fun run will be at Lake Minnequa , James Ward reviewed the logistics of the event . This will be non timed event. The registration forms dropped off at the gold dust. Don P. helped with support the use of the clock.

Drug Awareness Prevention Annual Memory 5k[8/31/2013] No representative

Westcliffe track meet[8/31/2013]: Request the use of the time clock for event. The agreed to loan the clock.

Fiesta Day 5k [9/1/2013] reported on the logistics for the event. The event is being changed to the site to lake Minnequa.

Pueblo Suicide Prevention [9/7/2013] the race will be at Lake Minnequa. Report more on the logistics Kristy Dowart reviewed the race day logistics for the event. The race will start at 8am.

PDI Harvest Run[10/12/2013] Presented the race logistics of the race . PDI looking at changing the race name. Volunteers and the course are set for the event. The name has been changed.

New events / Request for Assistance

50 yard dash & 5k walk/run: The event will be on 10/26/2013 at the Disanti Farms

Pueblo South High School Girls Cabinet: Presented the idea for Halloween run. The race will be during the day time. More information to come in future meetings.



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Running has thrown me into adventures that I would otherwise have missed.

~Benjamin Cheever



Kim and Amber Arline hike
Half Dome in Yosemite
National Park in July.

*Thanks to Kim Arline for the
photo!*