



# Footprints

## Southern Colorado Runners

October/November 2013

Volume #342, Issue #7

Editor: Laura Wehrwein

### My Son's First Tri By: Carol Foust

Thanks to Gwen Steves and the Pueblo Youth Tri Club, my children Connor and Chloe Foust completed the Mini Mortal Kids Tri last year. After missing this year's events due to family medical issues, I began looking for a triathlon we could train for over the summer. I found a sprint distance and kid's tri in Santa Fe, NM on September 21 and 22nd respectively. We love Santa Fe so we decided it was the event for us!

We began training in May. It was an extremely busy summer with travel to see family, vacation, church camp, etc. Our training was definitely hit and miss, but we did our best to stay consistent. Some days it was just a brisk walk with the dog, a neighborhood bike ride (although in Pueblo West those can be pretty tough due to the steep terrain), or a quick swim at the YMCA. Other days we were able to do longer walk/

runs, longer bike rides on the nature trail and some good swimming training session at the CSU-Pueblo pool.

As the end of the summer approached, I asked the kids if they were still committed to the Santa Fe Triathlon. They both were, so I went on-line to register. After registering myself, I proceeded to register the kids.

I got Chloe, who is 11 years old, registered and then noticed that there wasn't an event for kids over 12. My son Connor is 13 so he didn't fit in the 15-18 category on the sprint distance tri and there wasn't anything available for kids 13-14. I called the race director and after receiving her permission I talked with Connor about entering the sprint distance event. He had never competed in that level of event but I felt he was ready for the challenge.

Through August and the first week in September we ramped up our training,



Connor Foust.

especially the swim training for the kids. They were focused and did well considering their other commitments of dance, soccer and judo practice as well as a ton of homework. Juggling a full schedule as well as a fitness training schedule can be difficult. Although our training was not perfect and didn't meet all of my expectations, we stayed the course and did our best. Ordinary folks, adults and kids alike, can compete in triathlon.

On September 20th we headed to Santa Fe to pick up our packets and attend the

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# SCR Information

## Current SCR Officers

### President

Dennis Wait                      president@socorunners.org

### Vice President

Dave Diaz

### Secretary

Mike Archuleta                      secretary@socorunners.org

### Treasurer

Paulette Arns                      treasurer@socorunners.org

## Non-Elected Officers

### Membership Chair

Kim Arline                      membership@socorunners.org

### Newsletter Editor

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

### Web Master

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

### Calendar Keeper

Dave Diaz                      calendar@socorunners.org

### Prediction Run Coordinator and Results

Dave Diaz and Don Pfost                      predict@socorunners.org



## Southern Colorado Runners

### SCR Mailing Address:

P.O. Box 8026

Pueblo, CO 81008

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

### “Footprints” Volume No. 342, Issue No. 7

“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: November 6, December 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!

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  
www.socorunnes.org/triclub  
**‘Like’ Our Facebook Page:**  
www.facebook.com/SoCoRunners



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

## EDITOR’S NOTE:

Dear SCR Members,

After several months of careful consideration, I have decided that it is time to relinquish my position as newsletter editor. Now that 2 of 3 of my children are in elementary school, I am spending many hours volunteering in their classrooms as well as helping them with their homework and reading and math in the evenings. I am no longer able to give the time or attention that the editor position deserves.

My time as newsletter editor has been a very rewarding experience, and if you have a desire to serve the club in this way, I am sure you will find it very rewarding, too. Please let me know if you are interested in taking over this position. I will of course provide you excellent training! Please contact me soon if you would like to serve the club in this important way.

With much gratitude for my time as editor,

Laura L. Wehrwein

# CLUB NEWS

By Kim Arline

## Triathlon Club News:

SoCoT2 is joining the USAT National Challenge Competition for the 2nd year. The Challenge is open to all SoCoT2 members with an annual USAT membership number. This is a fun online challenge for triathlon clubs across the country to keep training and competing a bit during the off-season. Team members log their swim yards/meters, run miles and bike miles into the system and they all count toward the team totals. There is a special emphasis on swimming in December, running in January and biking in February but all distances count each month.

Last year SoCoT2 formed in the fall and joined the challenge December 1st. The Pikes Peak Tri Club quickly took notice of our new club as we were ranked #3 for the Rocky Mountain Regional challenge just behind them. We edged them out in January but they managed to sneak past us by the end of the challenge for 1st place in our region beating us by a mere 8 miles! So please help us put our club on the map again, preferably in 1st place this year and submit your miles for a fun little rivalry!

The online widget will be updated on our Tri Club page so you can click on it and immediately see our results. We might post PPTC results too so we can see our competition more easily to keep the fun challenge going!

The Youth Tri Club (must be a member of SoCoT2 for liability insurance) will start practicing together every other Friday 5-6 pm starting January 31st through May 2nd to prepare for the Mini Mortals Youth Triathlon after the Ordinary Mortals Triathlon on Saturday, May 10th. All moms crossing the finish line that day will get a flower for Mother's Day again!

Do you want to try a triathlon or the Tri Club but weak in swimming? Pueblo County High School has adult swimming lessons Saturday mornings from 9-10 am usually with one instructor for less than 3 students. Get five one-hour sessions for \$45 then join the tri club swimming at different places posted on the website under "swim training." Next session starts Nov 16 through Dec 21. Register by calling Cecil Townsend at 251-9397 with more details and sessions after the holidays at [www.swimpueblo.com](http://www.swimpueblo.com)

## SCR and SoCoT2 Club Membership:

Club memberships expire December 31st and the club is completing an online registration system we hope will improve communication and make registering easier for you and our volunteers. We will still have the option to join the Running Club alone or Running Club plus Tri Club. We really appreciate you registering online once the system is active – a link will be on the website, Facebook page and emailed to our current member email addresses. We hope to have some behind the scenes information on the website for our club members not accessible to the general public that can improve volunteer recruitment and social opportunities.

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## SCR MALE & FEMALE RUNNER OF THE YEAR

One of the highlights of the Southern Colorado Runners' annual awards banquet in January will be the announcement of the 2013 male & female Runner of the Year award winners, and nominations for both are now being accepted.

The award criteria are an individual's athletic accomplishments, what positive things he/she has done for the SCR through participation in club events/activities, and what he/she has done to benefit the Pueblo community outside of his/her regular job. He or she also must be an SCR member. Hence, a nominee must be someone who is somewhat involved with the club, not just someone who might be a good runner or athlete but who never volunteers or isn't involved in the SCR in any way.

It's easy to nominate an individual because NO FORM NEEDS TO BE FILLED OUT. Just send an e-mail containing the above-listed information to Carrie Franchi at [carrieswims@comcast.net](mailto:carrieswims@comcast.net) by Dec. 15.

The SCR Banquet Committee will consider all nominations and will make the final selection of the male and female Runner of the Year award winners. Please take the time to put some thought into this and make your nominations. The club would like to pay tribute to deserving club members, and all nominees also will be recognized at the banquet in January.

~ Carrie Franchi

# Great Stuff: Joel Freel, training & older athletes like me

By: Gary Franchi

I have my wife Carrie forwarding me the regular Joel Freel training blogs that she receives via e-mail because lately he's been writing about training by older athletes, a membership in which I belong, having recently reached the tender age of 65. I used the term "athletes" loosely, of course. While they create some "mental commotion," Freel's blogs (they're actually articles) really spell out the fact that older athletes need more recovery time between workouts. And they certainly can't do workouts with the intensity that they did them in when they were younger. Nor can they make workout progressions as quickly.

Anybody who is over 50 knows the feeling. Well, most do, anyway. There are always a few freaks around that upset the aging applegart and make the rest of us feel like losers. Not that I didn't feel like a loser before, but at least I was decently swift once – as PR times of sub-40-minute 10K, 1:30 half-marathon, 19:15 5K and 3:22 marathon provide evidence. That was eons ago, though – actually, around 30 years ago. Today, I can't even run that fast in my dreams.

That's because somewhere in my 50s, the breakdown began. A temporary aching hip. The toe problem that began in 2001 and has kept me company on and off ever since. The knee that can be tender at times where the medial meniscus was removed 40+ years ago. (Let us thank God for inventing gel shots!) Shoulder impingements that have required cortisone shots. And now it's polymyalgia rheumatica, which caused me a lot of pain in my arms, hip flexors and hips just before, during and after the Boulder Half-Ironman this past August. Fortunately, modern medicine has relieved most of that pain now.

Anyway, I should have read some of Freel's stuff before the Boulder Half-Ironman. Perhaps then I could have avoided the overtraining wall that I hit 2 weeks beforehand. Of course, I could have adopted some of the thoughts that fellow SCR member Dave Diaz has shared from time to time about his own need to recover more between harder or longer workouts. Yeah, I listened and heard him – just didn't follow his ideas, and paid the price by running into that energy-zapping wall.

Freel is an interesting read, especially if he doesn't get too scientific or if I'll take the time to study what he writes. I appreciate him when he writes down to earth in a way that reaches the average "scrub." Eventually, though, his knowledge of training causes him to start writing about microcycles and mesocycles of training instead of the "napocycles" that I can relate to. He's into heart rate zones, VO<sub>2</sub>max power, lactate thresholds, etc.

It's not that this stuff is complicated. It just creates more of that "commotion" in my brain. I'm just not wired to think that way, to get over-analytical in my approach to fitness activities. I just like to get out and enjoy the workouts, without being burdened by the exactitude of numbers and schedules and theories and formulas. Carrie is always asking me what time I want to run in the morning or what day I plan to bike this week or how far I'm going to swim the next time, and it's almost painful to have to think about an exact time or day or distance.

When we first decided late last year to do the Boulder Half IM in 2013, she got one of Freel's triathlon training books and a white board and spent a good deal of time reading and then mapping out an intricate 2013 schedule of her workouts. I looked at the book too, then put it down and said that I just couldn't get that scientific and live by such a tight training schedule. Instead, I had to train in my own laissez-faire way, getting in the workouts I could, when I could, and progressing in distance enough to accomplish the goal. Of course, part of this approach was formed by a work schedule that includes lots and lots of deadlines and hours, including some evening and weekend time. That burden itself is mentally depleting enough.

But as past woes illustrate, I guess I could benefit from adopting some of the things that those like Dave, who is my age, suggest about recovery from time to time. Maybe I could even try incorporating some of the doctrines of Freel, despite the "mental commotion" they might cause.

Nah!

# My Son's First Tri



**Chloe Foust.**

*(Continued from page 1)*

pre-race meeting. I thought it would be important and helpful for Connor to attend the meeting and get all the necessary information. We also drove the cycling course to familiarize ourselves as the bike portion of the race would be an open road ride. It was a reverse order triathlon. The race seemed to be well organized and the pool facility was amazing with an Olympic sized pool at the fairly new Chavez Recreation Center in Santa Fe. Connor and I were excited for the race the next day! We discussed his strategy and we decided to compete in the race together. I would stay with him on the course to support his race. His goal was to finish the race and have fun. My goal was to finish the race, stay safe, support Connor and have fun!

The next morning we arrived at the race with plenty of time to rack our bikes in our agreed upon location in the transition area and get our body markings and timing chips. The weather was absolutely perfect with a 55 degree race start temperature and not a cloud in the sky and very little wind. It was a mass start for the run with about 300 participants. Connor and I attained our position close to the back of the pack since we would probably be a bit slower in our run time. The run went well and we actually finished faster than expected. The road was closed for the first half of the run

and the second half was completed on a beautiful nature trail. Our first transition went quite smoothly and we were off on our bikes.

The bike was open road although there was little traffic and the event staff did a great job of directing traffic at lights and roundabouts. There were quite a few hills on the course and at one point when we were on a fairly steep downhill portion traveling approximately 18-20 mph, Connor decided to shift gears and derailed his chain. I was so thankful we had stayed together and I was able to get his chain back on fairly quickly. We only lost 4 or 5 minutes. The 12 mile bike course ended with a long uphill stint and our bike time was about what we had expected. The second transition was a bit slower as there was a distance to run to the pool.

The pool felt amazing and the lanes were very wide to easily handle the other competitors and allow for easy passing. Our 400 meter swim went quite well and we both finished the race faster than expected. Connor met his goals and so did I. It was a really fun day for both of us. Although there wasn't a 13-14 age group, they had awards for those competing at the age. Connor finished second!

The next day Chloe competed in the 11-12 year old kid's triathlon. She did very well! Although the cycling portion of the race was a shorter distance than would have been expected, she was still able to make up some time on that leg of the race. She had a successful race! My husband was a huge support system for all three of us during our events and took some great pictures too! Both races were well organized and went off without a hitch. We had a tremendous memorable weekend with wonderful Mexican food, a visit with family and successful triathlon completion for all three of us! Life is Good!

Omnipodehnt – Tiffany ordered the six of us bright orange shirts with Omnipodehnt on the back and PPA 2013 on the front. For the record, omnipotent is defined as “having unlimited power, able to do anything, invincible”. That was our mental attitude as we approached the 2013 version of the Ascent.

The road to the 2013 Pikes Peak Ascent started on August 18<sup>th</sup>, 2012 when my brother Dave and I ran the Ascent together. When we do something like this, it becomes a family affair. It has become tradition for several of our family members to take the shuttles to the top of the mountain so they can be there to greet us at the finish line. It is always great to see friendly, familiar faces at the end of this rather grueling event.

Tiffany, Dave’s daughter-in-law was among the group to greet us at the end of last year’s race. For some unknown reason, when Tiffany saw the two of us stagger past the finish line, she said “I want to do that.” At that time, Tiffany was not a runner and had never been in a race. I explained the qualification requirements and told her about the Rock Canyon Half Marathon in December and she was on board. One thing led to another and soon after Tiffany and Jono (Dave’s son Jonathan) were searching the Internet for half marathon training programs. Bryan and Melissa, two of my kids jumped on that bandwagon, and including Dave and me, six of us signed up for the Rock Canyon so the kids could qualify for the Ascent. Jono, Bryan, and Melissa had all done some distance running, but none were qualified at that point. So – after 3 ½ months of training the Rock Canyon Half became Tiffany’s first official race. She and everybody else met the qualifying time.

The six of us began training in earnest in January. We often trained in twos or threes depending on schedules, but we were able to get on the Barr Trail as an entire group a few times. Having done the race before, Dave and I tried to share our “wisdom” during training. The kids were enthusiastic and augmented our thoughts with their own research. When we found out the Beulah Challenge was going to have a half marathon component two weeks before the Ascent, we decided that would be a perfect way to begin our taper before the Ascent. Dave had an out-of-town wedding to attend, but the rest of us did the Beulah Half as our final long training run.

Come Ascent day we all eager. One of the big concerns of that event is the weather. Once you get above timberline, there is no protection from whatever Mother Nature dishes out. Fortunately this year’s forecast was quite agreeable. Still, Dave and I encouraged the kids to carry gloves, a stocking hat, and at least one extra layer. Melissa gave me some sleeves (that’s right – just the sleeves) for my birthday a few weeks earlier. They are great! I ran most of the race with them around my wrists, but pulled them up when it got cool.



The Dehn Family.

We each ran our own race, but much of the time we were in twos or threes. Tiffany and Jono finished just ahead of Bryan. Dave was next. Melissa and I stuck together the entire race and we followed shortly after.

Four of our kids crossed an accomplishment off their bucket list. And what a thrill it was for Dave and I to be there with them. We were more than a little proud of those kids.

The coolest part of our Peak experience is the family support. Nobody, but nobody had the cheering section we had at the top of the mountain. Nineteen of our family were screaming, hollering and cheering as we approached the finish line. At the end of such an exhausting event – it feels great to get hugs and high fives from nineteen wonderful and beautiful loved ones.

And afterwards we went back to our trailers (we were camped about a half mile from the start line). Chris and Cathy pulled out food and put on lunch for all 25 of us on the spur of the moment. It was unplanned but they pulled it off. We said it was like the loaves and the fishes - everybody ate their fill.

What fun and what a day!



Left to Right: Ron, Bryan, Melissa, Tiffany, Jono, Dave

*Run on in to the*

## **GOLD DUST SALOON**

In the HEART of the Union Avenue Historic District

217 South Union in Pueblo

# Introducing Cory Rose By Michael Orendorff

## THE FIRST VOICE:

(Michael O's)

So, let's begin, shall we? Let's begin to test our long-term memory and our imagination.

The long-term memory test comes because Cory Rose has set for himself some very specific triathlon goals that extend beyond this tri season as well as beyond the next one. Our imagination will be tested because I like numbers but I'll often rely on each reader to add the drama that each number signifies.

Goals. We set them each day. We succeed and we fail with them each day. It was the willingness to bravely share his specific event and time goals which made me want to interview Cory. So in the future we will be able to rejoice and/or agonize with him. But, first, let's start with goals that have come and gone.

We are going back to Ironman-Coeur d'Alene (IM-CDA) on June 23rd of this year. Here we will enjoy one of the top attributes of our sport – the freedom to fail and yet still always gain more than we expected in the midst of that supposed failure.

Cory had set for himself goal times for IM-CDA of 2.4 mi swim in 1:20, 112 mi bike at 20mph average and a marathon run in 3:30. The swim went as hoped. He exited the water on time, feeling good and ready for the bike. On a difficult bike course he was able to maintain an average pace of 19.5 mph. But, as other club members have experienced, it all fell apart during the marathon.

Cory shares an injury with me. The injury results in the muscles and ligaments on the back of the leg directly behind the knee to begin to refuse to fire and lift the lower leg. We can be feeling strong in all other respects but quite rapidly we find ourselves dragging a leg rather than running. So for Cory the last 10 miles of the IM-CDA marathon were particularly hard and draining.

With all time goals gone, finishing became the supreme challenge. And, as the Ironman company is great at providing us, his supreme challenge was turned into a supreme finish experience as he turned a corner to begin what is, essentially, a six block long finish chute. People are lining the chute, banging on the barricades, blowing air horns and yelling his name (the IM company puts first names on bibs). Tears begin to flow. After 10 miles of painful stumbling he begins to manage to run. And when Mike Reilly, the voice of Ironman, starts with the chant of "Cory Rose, you are an Ironman." the tears become a flood.

Exhausting, is it not, just to consider that extremity of emotion we can have upon meeting a goal though outsiders might say we have failed since certain specifics were not met. Where does one go from here? Many stop, but Cory still faced the unmet goals and so, while relishing the IM experience, he has continued the pursuit.

The ultimate goal is one common to those who have entered the world of the Ironman company – KONA. And he's willing to share his goal date – 2015. From my old-timer perspective that's actually a short time-window in which to address the major hurdles – swim skills and the leg injury which has been thwarting what should be his event strength. (From our discussion he must have good technique off the bike, something which a recent article suggests is instinctual and difficult to learn for those without that natural instinct.)

So here's where we want to watch him in the future and check in as to how his progression toward his triathlon goals is proceeding.

10/27/13 Austin 70.3 – (He's not been able to do much run training so I expect this to be more of a "staying in touch" and technique/nutrition refinement triathlon. But he may surprise me.)

12/7/13 Rock Canyon Half Marathon – (If the leg begins to allow run training he has a pretty lofty goal for this event)

6/14/14 Boulder 70.3

8/3/14 Boulder Ironman





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5/3/15 St. Croix 70.3 in U.S. Virgin Islands – (This is an historic triathlon now owned by the Ironman company. He hopes to do it with a best friend, Mindy, who is just beginning to enter the triathlon world.)

And now some miscellaneous items for the hardcore triathletes:

Nutrition plan: Energy from gels, Electrolytes in fluid form, Water as needed to maintain hydration

Key sources of hope: (a) Galveston 70.3 in 2013?? (This is where Cory first went under 5 hours and gained the confidence to pursue the Kona dream.) (b) Best friend Mindy (I've just met her once and am ready to grab her as a best friend, too.) (c) Memories of his grandmother who was the key person taking him to his athletic events as he grew up. She died on August 7th of this year and one final act was for Cory to bring to her, and review with her, all his medals which she had been a part of his winning over the years.

Beginning points: He remembers at 10 years of age watching the Ironman World Championships and saying to himself, "I want to do that." Then a couple of years ago when life was down a bit and he was working three jobs, he had a wave come over him at work. He remembered that long ago goal and then three months later did his first triathlon, the Oktoberfest in Longmont. (Note his swimming beginning point here: 22 minutes for 1/2 mile. He's come a long way.)

2014 Build time: In February and March he'll begin his build for the big events in 2014. We'll need to check back in with him and see if life and good fortune are allowing him to continue to pursue these dreams. We'll also find out then how he has refined his training plan as he continues to learn and race over the next few months.

The Leg Challenge?: Have no worries. This old man gave him free advice as to how he has dealt with his similar challenge arising from overstretching doing yoga in the 1960's. (smile)

#### THE SECOND VOICE:

(Cory's)

(Editor's Note: Cory's writing is in response to some specific questions I emailed him. For fun, I'll let you deduce the questions.)

Addressing the work part: I work for the post office delivering mail in Pueblo West as well as working for my mother on the weekends at her store in Beulah. The benefit of the post office is that I can normally get a good swim session in before I go to work or get my strength training in. I'm normally done early enough in the afternoon that I can get my second workout in of either running or biking. The definite downside of my main job, though, is just how physically demanding it is. I'm constantly having to lift heavy bundles and trays of mail or packages. I sit in a truck for five hours, constantly reaching and twisting -- not exactly the easiest way to recover from everything I do in training, but fortunately I know how to make this type of scheduling work.

Support from others: Anyone's support is nice but it's not something I need. I got into the sport for myself because of my dream to race in Kona and that is what gets me up every day before the sun is up and will continue to get me up no matter how many times I reach that Kona start line. I love this sport and it has been the most fulfilling experience of my life so far. I would almost go so far to say that this sport is my calling.

In terms of stressors I really don't have any of significance that I can think of. Of course, having to deal with two jobs and working seven days a week is definitely a challenge. It can be hard trying to figure out how to squeeze a long ride in when you know it's



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# Introducing Cory Rose By Michael Orendorff

(Continued from page 9)

going to take at least 6 hours and you're concerned about beating the sun down. Mostly, though, I just try to not let life stress me out because there are just things you can't control so why get upset over them has been my philosophy.

Galveston altogether was just such an eye opener for me in terms of how I performed. I took a chance on the bike and pushed hard and was able to put in a solid run off the bike. On the bike course down there I hit the turn around to come back and I knew I had cranked it hard coming up but I just said "Oh well, I'm feeling it." I got into transition and my legs felt great, so I kept pushing it hard. I was able to run 6:15's the first couple miles but then, unfortunately, by the time I hit the second loop of the three loop course every-

body had come in for the run. The path was so small I had to weave in and out of 2500 people. I had to continuously slow down at the aid stations trying to get Perform and water. But regardless, I still ran a strong surprising half (and thanks for the comment). I also had this really tough training day -- one of the toughest I've ever endured. The BRIC plan was for a long ride with the run. I road two out and backs from Beulah to Pueblo a total of over 80 miles and the wind was just unrelenting. I got thrown around so much with what had to be 30-40mph cross winds, if not stronger. With every gust I could just see the bike shooting out from under me but I kept strong and kept pushing and still finished out the workout with a 30 min run. That ride built me up so tough mentally that whatever Ironman CDA threw at me I was ready.

Training Plan: I mostly build it by myself. I read a lot of books coming into the sport on how to train and about making a base, build and peak kind of plan. For Ironman CDA, though, I did invest in some online coaching through



Mark Allen Online. I was very unsure how to plan how to train for IM-CDA so that helped me a lot to make sure I was doing the appropriate training and volume. Now for the upcoming Austin 70.3 and Rock Canyon half marathon I'm back to making my own plan. I make sure that I bike and swim at least three times a week each, but a lot of the times I swim four. I normally alternate my days of running (when I'm able to run) with biking, so it's biking or running every other day. I try to plan my biking days with the weather so I can ride outside as much as possible and not be stuck on the trainer as much.

And, yes, I'm a total believer in strength training. It is something that I believe every triathlete should do. I go in to the gym at least twice a week to work with weights and I normally throw in another day if not two of just Swiss ball core training and resistance band work.

I'm very happy with my equipment. -- maybe the only thing I would change would be a good solid set of race wheels. A new wetsuit is definitely something I might reconsider in the future but right now my Xterra Vector Pro is working well.

In both the Ironman 70.3 and the full I stay pretty relaxed through the race. I can say that the time one is standing in the water or on the beach before the cannon fires is about the only time I get any sort of anxiety. I normally start dancing to the music to help keep me in the moment no matter how many people stare at me, but after a few strokes out in the water I smile and celebrate in the chaos.

I go into races with a game plan and I execute them to the best of my abilities. I keep my mind focused on the task that is in front of me. I don't let my mind drift thinking such thoughts as "Oh my god, I'm 20 miles into the bike and I still have a half marathon or marathon to run."

I hope that answered all you needed. If you have any more questions over the matter I'll be happy to answer.

## Supporting Youth Runners By Marilyn Vargas

Yes, we are seeing growing population of "Youth Runners" in various places. Youth runners are running either along side us, or passing us up at the races and placing Overall Female or Overall Male. Cross County Teams in middle schools in our area and in Southeastern Colorado have continued to grow. Short races for young runners are being held as part of a longer race. The sport of running is including runners of all ages, some as young as 5 years old are hitting the pavement.



This past Cross County season, my husband David and I had the joy of participating as Assistant Coaches with Skyview Middle School Cross Country Team. Yes, an active group of 30 Youth Runners. Many of the 30 young runners have never run before.

It's an exciting time for the "newbie" Youth Runner. The newbie Youth Runner comes to practice in his/her Vans

and are asked, "What type of running shoe do you think you wear?" Or... they stare very wide eyed at the coaching team when it's announced, "the meet races are 2.2 miles long. Oh, and by the way, we do an annual Taco Bell run from the school to Taco Bell and that is a 5-mile run." Well, and of course the most important question for the newbie is "What do you personally want to accomplish this season?" Just looking at their darling faces, we know there is going to be a need for some serious supportive and positive coaching.

During the time of providing supportive and positive coaching, we, the coaching team, begin to pull support from parents and friends. We asked them to keep runners on running schedules at home, tell them about hydration and good food for fueling and of course thank them a zillion times for all they are doing to help the runner to accomplish his or her goals.

This Cross County season there were many goals accomplished such as Michael who could not complete a lap around the track without stopping to his competing at the 2.2 mile meets and running each step of the race without stopping. Or how about Cortney, aka "Feet", completing her first half-marathon. But one very popular goal on the team was "to run a 5K race". This goal was accomplished by many on the team, with the help of some very special race directors in our community.

Race Directors Ruth McDonald, for Hot to Trot 5k/10K, and Kristi Dorwart, Run for Life 5K, showed their support to young runners of Skyview Middle School Cross Country Team by providing entry fee scholarships to the youth. By their generosity and kindness, a memorable moment happened in the lives of these young runners, as for many of them this was their first 5K race. It was awesome to witness the excitement and accomplishment of the Youth Runners as they crossed the finish line. Remember your first 5K? Yes, it's an event one never forgets. THANK YOU to these two race directors, who made an impact in the lives of Youth Runners in our community.

So at your next road race if you happen to take steps next to or near a Youth Runner, offer them an encouraging verbal comment, and a friendly smile. You may even try to pass them or pass them. Just bring to mind, memorable moments are being created, especially if it is their first 5K.

# 2013-14 Race Calendar, November - March by Dave Diaz

## NOVEMBER

Sun 3	10:30 AM	Fall Series III	5.5 M	Ute Valley Park	prrun.org
Sun 17	10:30 AM	Fall Series IV	7 M	Palmer Park	prrun.org
Thu 28(Thnsgv)	9:00 AM	YMCA Turkey Trot	5K	Pueblo YMCA	puebloymca.org
<b>Sat 30</b>	<b>9:00 AM</b>	<b>Temple Canyon 4M-Predict</b>	<b>4 M</b>	<b>Temple Canyon-Canon City</b>	<b>socorunners.org</b>

## DECEMBER

<b>Sat 7</b>	<b>9:00 AM</b>	<b>Rock Canyon Half Marathon</b>	<b>13.1M</b>	<b>Pueblo City Park</b>	socorunners.org
<b>Sat 14</b>	<b>9:00 AM</b>	<b>Nelson's Pretty Fast Run-Predict</b>	<b>4.3M</b>	<b>614 E. Marigold Drive, PW</b>	socorunners.org
???	10:00 AM	Raptor Resolution Run & Walk	5M/2013 yd	Pueblo Nature Center	natureandraptor.org

## JAN 2014

Wed 1	10:00 AM	Rescue Run	5K/10K	Palmer Park, CS	prrun.org
Sat 11	10:00 AM	Winter Series I	3.3M/7M	Cheyenne Mtn State Park, CS	prrun.org
???	9:00 AM	<b>Lone Tree Predict #1</b>	<b>5M</b>	<b>839 N Matt, PW</b>	<b>socorunners.org</b>
Sat 25	10:00 AM	Winter Series II	4M/8M	El Pomar Sports Park, CS	prrun.org
<b>Sat 25</b>	<b>6:00 PM</b>	<b>SCR Awards Banquet</b>		<b>River's Edge Banquet Hall---102 S Oneida, Pueblo</b>	

## FEBRUARY

Sun 2	10:00 AM	Super Half Marathon	13.1M/5K	Dwntwn Colo Sprgs	prrun.org
Sat 8	10:00 AM	Winter Series III	5/10M	Baptist Rd, CS	prrun.org
<b>TBD</b>	<b>9:00 AM</b>	<b>Valentines Twosome</b>	<b>3.2 M Relay</b>	<b>TBD</b>	
<b>Sun 16</b>	<b>9:00 AM</b>	<b>Spring Runoff Tuneup Pred #2</b>	<b>10K</b>	<b>Dutch Clark Prk Lot</b>	<b>socorunners.org</b>
Sat 22	10:00 AM	Winter Series IV	10/20K	Black Forest	prrun.org

## MARCH

<b>Sun 2</b>	<b>9:00 AM</b>	<b>Pueblo Chieftain Spring Run-off</b>	<b>10M/10K/5K</b>	<b>Dutch Clark Stadium</b>	<b>socorunners.org</b>
Sat 8	<b>8:00 AM</b>	Salida Run Through Time Marath	Mar/Half	Salida, CO	
Sat 15	10:00 AM	St Pat's	5K	Dwntwn Colo Sprgs	prrun.org

## Calendar Notes by Dave Diaz

After 21 years as race director of the Rock Canyon Half Marathon, I've decided it's time to step aside. I've always looked at this race as my way of giving back to the sport I love so much but my heart just isn't in it anymore. So this year will be my last. It's become too much for me, getting permissions and permits, marking the course, loading the tables, hauling the food, lining up volunteers, ordering shirts---it's just not as much fun as when I was younger. I should have retired after last year but I procrastinated too long and didn't want to leave the club hanging, but this is it. It's been a good run.

Since the last newsletter, I've had to say good bye to another running buddy. My good friend George Slaughter passed away in August. He was 79. George was a teacher, and in the early 1980's he and Adrian Gonzales took me to my first Bolder Boulder. I didn't have much money and they let me sleep on a cot in their motel room. In the 80's I also went with him (and Adrian, Joe Garcia, Chuck Moore and Teddy Quintana) to the Fiesta Bowl Marathon. I ran a 2:56 and George wasn't far behind, about 3:10 if I remember right. George did the Boston Marathon and also ran at least one marathon under 3 hours. He was also a charter member of the "Santa Fe Runners", which was a local running group we belonged to in the 80's, so named, not because we were from New Mexico, as many people assumed when we traveled, but because we were sponsored by the Santa Fe Tavern, a local establishment located on Santa Fe Ave here in Pueblo. It doesn't exist anymore. They bought us singlets, shorts and jackets and George wore that jacket everywhere. As I picture him in my mind he is wearing that jacket. George also helped me for many years with a water stop at the Harvest Run when we used to have it in Pueblo West. As George got older and could no longer run, he turned to biking and after that walking. He logged many miles with his friends Bob Quintana and Jim Robinson on the south shore dirt trails by the red gate. No one was a stranger to George, a truly nice person...I'll miss you George.

If I'm allowed to brag for a moment, you may have read in the Pueblo Chieftain that my daughter, Judi Diaz-Bonacquisti, was a finalist for the Vice President of Admissions job at CSU-Pueblo. She didn't get the job, they just couldn't work out the details. She is currently an associate Vice-President at Metro State University in Denver and was thinking about coming home to raise her family. You may not know it, but Judi was City Champ in Cross Country when she ran for South High School in the late 80's and ran a 19:15 on the City Park Course. She was an 8 time state qualifier in track and cross country, as well as a top 10 graduate and Student Body President. Judi worked as a Civil Engineer for several years before taking a job as Director of Minority Engineering at Colorado School of Mines and then moving on to Metro. If you can't tell, I'm very proud of her. While I'm at it, good luck to my son David, who just bought and remodeled a new building, near Sloan's Lake in Denver, moving his business "Fitness Together", a one on one training facility, to a much bigger and better location.

Mark your calendars for the 2014 SCR Awards Banquet, or is it the 2013 Awards Banquet. Either way, the date for the next SCR Banquet will be Saturday, Jan 25, 2014. A new location this year, The River's Edge Banquet Hall, 102 S. Oneida, Pueblo. It was time for a change.

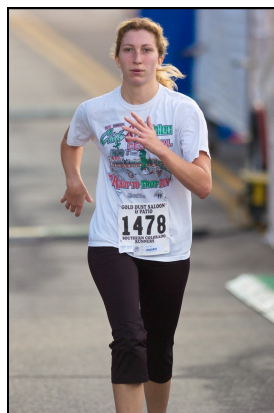
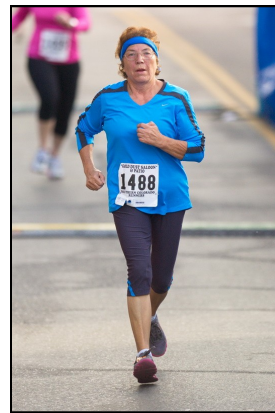
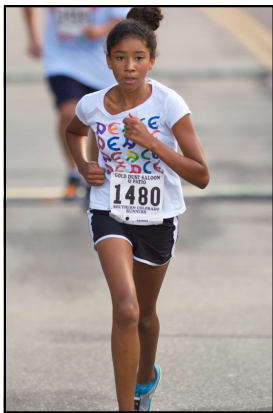
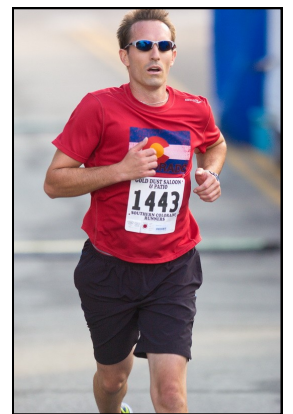
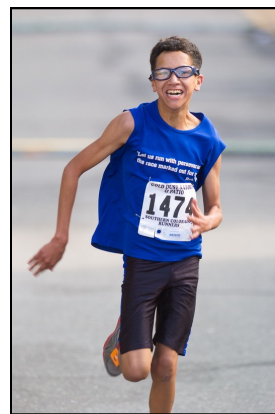
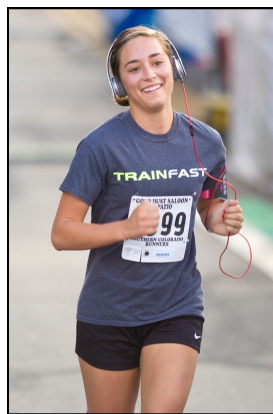
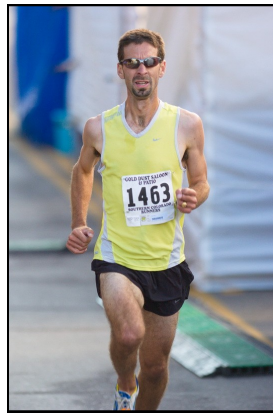
Thank you to Nelson Brentlinger and Kris Spinuzzi for both offering to host a Predict in December to replace the "It's a Wonderful Run". We flipped a coin and Nelson lost, so he will host the December Predict at his home, 614 E Marigold Dr. Pueblo West, CO on Sat, Dec 14, 2013, starting at 9 am, 4.3 miles. There will also be a walk, if we have enough interest. It will be a potluck so bring a breakfast dish to share.

For the first time, that I can remember, the Pikes Peak Roadrunners are not offering a discount to SCR members for the Winter Series but it's still a good deal. \$45 for 4 races. The first race is Jan 11, 2014 at Cheyenne Mountain Park. See you there.

I thought my family was well represented at the Denver Rock n Roll Marathon, on Sunday, October 20, 2013. My son David and I ran the marathon, daughter Judi, and my other son Matt and his wife Emily, and my wife Stacey all ran the Half Marathon and my son-in-law, Paul, ran the mini-marathon, a 3 mile run. Stacey ran a 1:49 to set a PR. Amazing! Must be the wheat free diet. I thought we did pretty good until I heard about the Dehn family, Ron, Dave, Jonathon and Tiffany all did the marathon. Great job Dehn's. I love this race and haven't missed a marathon since the RnR came to Denver in 2010. This year was my fastest yet, go figure. I'm wheat free by association as Stacey buys most of the groceries. Twenty-five runners from Pueblo and Pueblo West ran the Marathon, while 53 ran the Half. Congratulations to all and especially to Roger Giordano who ran a 3:13:32 and qualified for Boston. I don't know everyone who qualified, it's hard to tell because the results don't list the age, but my son, David (3:09) and I (3:51) both did and may do Boston again in 2015 as registration is already closed for 2014. I hope to run Denver again next year, God willing.

See you at Rock Canyon--Dave

# Hot To Trot – September 22, 2013



Row 1: Melina Faris, Adam Maal, Adam Rich, Robert Santovo, Jason Castro

Row 2: Marissa Faris, Robert Lucero, Devin Bottini, Filomeno "Meno" Vargas, Chris Markert

Row 3: Mayria Johnson, Mary Porter, David Roth, Marquita Sanchez, Baylee Dobbs

Row 4: Debbie Gurule, Ashlee Wiseman, Rosalinda Vargas

# October

- 1 Kelly Nicolay  
Ronald W. Vansyoc
- 2 Nina Gonzales  
Vickie Cathcart  
Desiree DallaGuardia  
Maryvonne Mauprivez-Mack
- 4 Joe Stommel  
Cassie Walker
- 5 Trisha Gomez
- 6 John Butkovich  
Melanie Milyard  
Michael F. Atlas-Acuna
- 7 James Cardinal
- 8 Nikki Fette  
Rosa Navarro  
Steve Kaplachinski
- 9 Madison Bentz  
Troy Johnson
- 11 Theresa Contreras  
Devin Sciumbato
- 12 Tina Frieda  
Angie Morris  
Denise Crepeau
- 13 Peggy Oreskovich  
Joan Hamilton
- 15 Christa Ferrendelli
- 16 Terri Tibbs
- 17 Sheri Giordano
- 18 Tanner Krall
- 19 Susan Campbell  
Rosalinda Vargas  
Jane Chess  
Raelene Moore
- 20 Lynn Dietz  
John Castanha
- 21 Avery Chamblin
- 22 Filomeno Vargas  
Mike Crepeau  
Kinsey Lungu
- 25 Coral Larson  
William Highfill  
Laura Wehrwein
- 26 Michael R. Theis
- 28 Madeleine Khosla  
Anne Bombardier-Poisel  
Eileen Baracz  
Marvin Jones
- 30 Betty Duran
- 31 David Rael



# November

- 1 Macyn Dorwart  
Ross Barnhart
- 2 Aaron Romani  
Kindra Hardy
- 3 Barbara Hadley
- 5 Diana Maal  
Jessie Quintana  
Ernie Aguilar
- 6 Chester Mathews
- 7 Hannah Campbell  
Taylor Gurule
- 12 Jessie
- 13 Shianne Frieda
- 14 Alice Fitzgerald
- 16 Robert O'Callaghan
- 17 Larry Volk  
Rocky Khosla
- 18 Luis Maal  
Steven Wall
- 19 Juanita Peters
- 20 Ed Porter  
Kassandra Cuppy
- 21 Matthew Vancea
- 22 Regan Foust
- 23 Chris Dehn
- 24 Kinzie McCall  
Paulette Arns  
Eden Thompson
- 26 Mike Borton  
Susan Steves  
Al Arline
- 27 Tim Weckx  
Michael George  
Malachi Ricks  
Allie Dehn
- 28 Nancie Biery
- 29 Karen Clifton  
Robert Quintana

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*That's what our training is for, we practice not panicking, we practice breathing, we practice looking directly at the thing that scares us until we stop flinching, we practice overriding our Can't.*

*Kristin Armstrong, Mile Markers*



From the Beulah challenge, L to R: Melissa, Tiffany, Bryan, Jonathan, & Ron Dehn

photo by Bob Welborn