



Footprints

Southern Colorado Runners

March/April 2014

Volume #343, Issue #8

Editor: Becky Medina

From Treadmill to the Tinker Half By: Helen Whitener

More than 10 years ago I began to work out at a local gym (that no longer exists!) and because I "hated to run" I walked on the treadmill . . . and then jogged on the treadmill . . . and found myself a few years later, after working 12 hour shifts as an R.N., jogging outside under the street lights. From that beginning I have worked my way to my first half marathon, the Tinker Bell Half, Disneyland, CA!!

One day while cruising on the internet I told my husband "I should do a half marathon". To that point I had done the 5k many times, the 10K several and the half seemed like the natural progression, right? Well, maybe not so natural for some of us who have to work very hard to train for our next goal. I looked online for a training program for the half marathon and wouldn't you know it, there was a Disney training program. Although I chose a different training program, with the goal of the Rock Canyon Half, I also couldn't get that Tinker Bell Half off my mind. So about the third time (or 33rd time) I said out loud, "I should do that Tinker Bell Half" my husband said, "Just sign up and do it!" So, I did!!

Inside this issue:



Helen celebrating during the Tinker Half

July was the registration deadline for the January Tinker Bell Half so I recruited my daughter in law to do the 10K as well and, of course, with the two families together including two grandchildren we were able to make this a run/vacation combination. Not a bad plan!

When you have to register 6 months in advance for a run, anything can happen in those 6 months. Training is training and since I love the incline, what better way to train and no better month than October! It was a great climb up, feeling strong and 20 (oh yeah, I'm 50ish) I made the march to the top but as I was running down, leaping over the roots and rocks, feeling good, I experienced a first time ever, while running, a FALL! Almost sure I had broken my right ankle I just knew that my chance to run the half were over. Luckily there was no fracture and after 6 weeks I was able to run again. Of course I missed the Rock Canyon Half but as I trained I decided I would keep the date for the Tinker Bell.

In January we went to Disneyland in Anaheim with the best Tinker Bell green I could find and a goal of running my first half. What a great experience with 11,800 of my closest friends! It was awesome! We started at 5 a.m. and because I did not have a pre-documented half time, I was placed in the last corral; interesting to cross the starting line 20 minutes after the first corral. It took about the first 3 miles to develop any sort of a pace and then we finally were able to run up to speed. The bands, the Disney characters, the awesome adventure of just being there and of course the family waiting at the finish line made this one of the highlights of my running career to date! Although I am not sure how, with the slow start, I did finish within my goal of 2:30:00 and 499th out of 11,800. When we left Anaheim I was sure that I had done that "once in a lifetime half marathon" and now, well, it just could be that there is another on the horizon!

All things are possible and to those that are even considering their first run, first 5k or setting a goal of any kind, don't give up and always look forward!

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

newsletter@socorunners.org

Web Master

Paul LaBar webmaster@socorunners.org

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. 343, Issue No. 8

“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: 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,

A huge thank you to Laura Wehrwein for her work as newsletter editor.

This is the member’s newsletter and we want to represent what interests our members. Please feel free to submit ideas and article submissions to newsletter@socorunners.org.

Respectfully,

Becky Medina

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

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. Please review the next page for 2014 renewals.

GROUP RUNS

Running is sometimes easier with a group. Learn new routes and make new friends. Sheri Giordano and Patti Canchola have volunteered to coordinate the Group Run calendar. Please email groupruns@socorunners.org to submit ideas and runs

"I run because it's my passion, and not just a sport. Every time I walk out the door, I know why I'm going where I'm going and I'm already focused on that special place where I find my peace and solitude. Running, to me, is more than just a physical exercise... it's a consistent reward for victory!"

-Sasha Azevedo

2014 Membership Renewals

New member #s shown, all memberships expire 12/31/14 unless noted *2015. If not listed, please renew at socorunners.org

<u>SCR Family membership</u>		<u>SCR Individual</u>		<u>SCR+Tri Club Family</u>		<u>SCR+Tri Club Individual</u>	
68	Siria Aguilar	177	Rick Acosta	224	Rob Archuletta	162	Meghan Arana
194	Gus Appenzeller*	19	Jeff Arnold	8	Kim Arline	113	Michael Baca
213	Jason Belcher	83	Paulette Arns	145	Cheri Armstrong	210	Shawn M Bell
195	Ana Bentz *	74	Michael Atlas-Acuna	91	Leroy Atencio	43	Chad Campbell
235	Pat Berndt	186	Dave Banko	45	Shelby Austin	21	Jason Castro
214	Jennelle Chorak	31	Ross Barnhart	37	Gregory Berryman	42	Jane Chess
198	Troy Davenport	138	Kristen Berckefeldt	231	Boys and Girls Club	244	Kevin Cover
242	BryanDehn	239	Nancy Biery	236	Romana Brubaker	147	Brian Cunningham
87	Ron Dehn	185	Victor Boley *	161	Amy Clark	51	Paul DallaGuardia
109	Cathy Dehn	107	Marv Bradley	77	Ron Cothran Jr	159	Laura Espinoza
187	Jonathan Dehn	26	Nelson Brentlinger	131	Michael Cuppy	38	Ron Francis
199	Dave Dietz	39	Patti Canchola	156	Dave Diaz	30	Wendy Garrison
184	Denise Flory*	183	Terry Cathcart	209	Grant Drummond	97	Nicole Golob
141	Tina Garcia	160	Darryl Clark	227	Carrie Franchi	142	Robert Guidry
246	Lori Gregory	196	Cheryl Cook-McCoy	215	Melissa Gillispie	100	Andrew Hackler
148	Deb Hadley	70	Annabelle Corboy	247	Roger Giordano	41	Jeremy Hamm
223	Daniel Hardy	35	Jeanette Cortez	188	Chris Gredig *	78	Marian Heesaker
108	Marvin Jones	25	Anthony Diaz	96	Deborah Gurule	225	Cheryl Higdon- Holloway
157	Kari Kirkpatrick	98	Margaret DiMatteo	238	Aaron Hernandez	92	Bryce E Hiigel
200	Angela Kleven	95	Martha Drake	66	Michelle Highfill	28	Ted Johnson
64	Paul Koch	106	Richard Edmond	140	Laurice Lopez-Cepero	116	Erik Juno
222	Mark Koch	73	Michael George	115	Mande Mathews	168	Dennis Krall
55	Diane Lopez	62	Matt Guy	211	Ann Mead	23	Paul LaBar
202	Robert Lucero	249	Chester Haddan	13	Rebecca Medina	75	Marijane Martinez
139	Sean McGivney	134	Kelly Hale	27	Dan Nelson	230	Brianna Martinez
241	Melissa Mestas	63	R Kevin Hall	79	John Reed	144	Mindy McAllister
55	Donald Moore	143	Kerri Harbison	163	Ken Sharp	240	Paula McCabe
94	Cindy Nicolay	191	Lisa Heckel	245	Peter Sontag	24	Melanie Milyard
57	Shad Pate	179	Samantha Hernandez	16	Gwen Steves	217	Donna Musso
80	John Petersen	72	Stan Hren	136	Molly Steves	17	Richelle Nava
61	Don Pfof	146	Ken Hughes	221	Susie Steves	14	Michael Orendorff
46	Mary Porter	164	Justin Jayman?	233	Ben Valdez	56	Peggy Oreskovich
105	Rob Pratt	171	Frank Knight	89	Dennis Wait	40	Tom Ratzlaff
204	Robert Quintana	119	Britney Knobbe	175	Amy Wolf	22	Ben Reinke
219	Jessie Quintana	190	Meagan Koncilja	<u>SCR Individual (continued)</u>		18	Cory Rose
178	Roberta Reyes	201	Steven Lamy	166	Jenna Seddon	82	Kristie Roseman
133	Kerri Roman	99	Elizabeth Laughlin	193	Ron Shepherd	229	Zach Sandoval
243	Randy Sandoval	47	Shawn Loppnow	84	Bob Stuemky	181	Verity Scofield
234	Meg Scarlett	220	Regie Marquez *	114	Michael Theis	170	Barbara Sutton
	Lew Fox	93	William McAuliffe	248	Jeffrey Underhill	88	Chris Theis
203	Katherine Singer	189	Ruth McDonald	169	Mindy Urdiales	20	Rae Timme
232	Carey Stark	101	Nancy Mitrick	180	Edmund Vallejo	155	Irina Vancea
208	Marilyn Vargas	120	Susan Montez	174	Bill Veges	237	Kenny Velez
212	Desi Vial	167	Gloria J Montoya	12	Larry Volk *	90	Tim Weckx
71	John Vigil	67	Donna Nicholas-Grisel	205	Carrie Watson	36	Kim A Westerman
76	Lallo Vigil	165	Robert OCallaghan	85	Kallene West	228	Caleb Worley
176	Steve Wall	111	Humberto Paredes	206	Ross Westley *	33	Cassie Wright
		65	Juanita Peters	149	Helen Whitener	152	Laurel Wright
		32	Melanie Ripke	104	Laura Winner	153	Curtis Wright

Email questions to membership@socorunners.org

Winter Series Wonder

By: Becky Medina

The Pikes Peak Winter Series is a training favorite for many Pueblo runners. If you have not run the Winter Series, I will not lie; they are not easy. The Winter Series is a series of four races in four different city and county locations. The courses are mostly run on well-groomed dirt trails. The Black Forest courses are run on dirt and paved country roads.

This is a progressive series, meaning each run is longer than the previous one. Each race consists of a short race and a long race. The distances for the short race series are 3.3M, 4M, 5M, 10K. The distances for the long race series are 7M, 8M, 10M, 20K. The series scoring is based on cumulative time of all 4 races. The runs can be mild or wild depending what Mother Nature decides to bring. I once raced in a series where two races were cancelled due to extreme conditions. This year brought a variety of weather conditions including snow, sun, ice and wind. To place in the series you must run in all four races; this takes good planning, good luck and of course dedication. Runners who place in the top 3 of their age group are given a special award during the Winter Series Awards Banquet.

This year 7 of 17 Pueblo runners that completed the series took home age group awards. Of note, Carmen Perez is the only Pueblo runner that completed the long series.

Darby Spence 2nd
Marijane Martinez 1st
Martha Drake 2nd
Gloria Montoya – 1st

Wyatt Swanson – 2nd
Jason Castro – 3rd
Roger Giordano – 3rd

This is great in and of itself, but we also had two Puebloans set new course records! Marijane Martinez set a new course record for the 10K. The previous record was set in 2003. And even more phenomenal is that Gloria Montoya set course records in three of the four runs. The 10k record had not been broken for 14 years! Had the 2nd race not been moved to a new location, I am confident she would have smashed that record as well. Gloria is no stranger to setting course records, but if you know Gloria she is one of the most humble and pleasant people you will run across; that is if you can catch her! Congratulations to all of the runners in the series and great job to Gloria!



Marijane Martinez blazes in to break the 10k course record. In Black Forest.



Celebrating a good first run in Cheyenne Mt. (left-right) Carmen Perez, Laurice Lopez-Cepero, Diane Lopez, Sheri Giordano, Deb Gurule, Martha Drake, Marijane Martinez, Gloria Montoya, Becky Medina



Martha Drake in the Winter Series III. Warm temps after several inches of snowfall caused slippery traction.



By: Ken Sharp

Ahh Spring is here! April's showers shall herald in May's flowers and welcome this year's **Ordinary and Mini Mortals Triathlon and Duathlon**. The 2014 Ordinary/Mini Mortals Triathlon and Duathlon May 10, 2014 is organized and run by the Southern Colorado Triathlon Club (SoCoT2), as part of Southern Colorado Runners, as an opportunity for local athletes to race at home and as a fundraiser for promoting active, healthy lifestyles and tri sports in Pueblo County. Even though it is billed as a race, it is more a home town event where we get to run a little, go for a scenic bike ride, and then splash in the pool with 2 or 3 hundred of our closest friends. What better way to welcome this wonderful time of the year. Triathlon is unique in it's embrace and encouragement of athletes of all skill and ability levels. The camaraderie and energy at these events are truly infectious.

I have always been an active person, skier, hiker, runner, and cyclist and been able to maintain a somewhat healthy lifestyle. But, it wasn't until 5 years ago at 56, that several 40 something friends challenged me to join them in a Triathlon. I had volunteered at a few triathlons in the Denver area in the early 1980s, so I knew the level of conditioning required to complete an Olympic distance endurance event. So I started limping through a self-initiated training plan I thought would provide the success I envisioned. My weakest leg of the tri was clearly the swim, so as a YMCA member, I started swimming at CSUP 4 mornings/afternoons per week hoping to improve my endurance. During one of these afternoon sessions in mid-January, the life guard asked if I was training for anything in particular and I gave him a quick rundown of where I hoped to be at the end of my 4 month training stint. It was then that he pointed out at the other end of the pool a professor of the University that was conducting a semester long Triathlon Class. Talk about serendipity, I walked up to this professor at a lull in his directions and introduced myself and asked if even though the semester was 1 ½ weeks old would I be allowed to join his class as a visiting student. In keeping with triathletes' demeanor, his smile broadened as he reached out his hand to shake and he said, "**WELCOME**". That was my first contact with George Dallam Ph.D. During this class I met traditional and visiting students of all ages and relearned and honed my swimming, biking, and running skills. As a class we went to Albuquerque NM, for the Coyote Carrera and I placed first for my age group in my first sprint triathlon (of course I was the only one in my age group, ahh age does have its privileges). I still keep in contact and race with many of the members of this class. So the infection spread.

I have been involved with the Ordinary and Mini Mortals since its revival and have come to know well the original founder and race director Michael Orendorff, Gwen Steves local triathlete and swim coach who along with Kim Arline revived the event in 2012. SoCoT2 is proud to



Youth Tri Club members gain valuable skills during swim and bike clinics. Run and brick clinics scheduled in March and April.

be in partnership with the Boys and Girls club and train with these youth on a bi-weekly basis. The many dozens of other supporters and athletes of all kinds I have met over the last 5 years (too numerous to mention all) redefine the stereotype of our region. I am honored to be this year's race director.

About the Race/Event

The OMT is a reverse order (run-bike-swim) Super Sprint early season triathlon for all of us "Ordinary Mortals" from the first time triathlete to more competitive triathletes on a fun and challenging course. Besides fun, our goal is to host a high quality and safe event for all types of athletes while hoping to see many families competing together. With the race on the day before Mother's Day, bring the entire family and we'll give every mom crossing the finish line a flower!

The OMT 5K run is in and around the CSUP campus with the 12.5 mile bike ride to the airport and back and the serpentine swim in the pool on campus. Mass start/s at 9 A.M.

This race is billed for 16 year olds and up, however younger triathletes may get race director and parental/guardian approval if they wish to compete in the adult race. Traffic safety and direction is provided by the Pueblo County Sheriff's office and City Police.

The Mini Mortals is geared for youth triathletes age 5-15 with the distances varying on their age as of 12/31/2014. This race is confined within the CSUP Campus except for a portion of the bike loop which passes student housing off of Troy Ave. and is closed to traffic.

Visit our website at www.ordinary-mortals.org or fill out the enclosed registration form and snail mail it in. Don't wait too long as registration is filling up faster than previous years and is limited to 300 adult and 100 youth triathletes. The event will be held regardless of weather conditions. Contact me at kensharp57@gmail.com with any questions.

Volunteers are critical for the success of the **Ordinary/Mini Mortals Triathlon/Duathlon**, as with any event of this nature. If you are unable to participate in the race and would like to enjoy the event nonetheless please lend your help setting up, supporting, and/or cleanup after the race. Volunteers are critical for the safety of our young triathletes, so after your adult race consider helping in the Minis. There is an easy **volunteer** sign up link on the www.ordinary-mortals.org website. Thank you in advance for your help.

Ordinary Mortals, First coined by Dr. Steven Jonas in his 1986 book Triathloning for Ordinary Mortals (New York: Norton, 1986, 2nd ed.,2006) was the first for beginners in the sport. Subsequently, he obtained a registered trademark for "Ordinary Mortals". His new book Duathlon Training and racing for Ordinary Mortals: Getting Started and Staying with It (Guilford, CT: Globe Pequot Press/FalconGuides, 2012)is devoted solely to duathlon. He has also worked closely with Coach George Dallam, Ph.D.(CSUP) on two of George's books Championship Triathlon Training (Champaign, IL Human Kinetics, 2008) and Coaching and Teaching Triathlon (Monterey, CA: Coaches Choice, 2013). Dr. Jonas's website, www.ordinarymortals.net details work of his 30 years of training, racing and helping others in triathlon/duathlon and exercising regularly for health. With his permission we are honored to continue using the term "Ordinary Mortals" for our Triathlon. (Reprinted in part from ordinary-mortals.org website)



Marijane Martinez, Debbie Gurule, and Wendy Garrison getting pumped before last year's Ordinary Mortal's event.



Trash Trot



Southern Colorado Runners is adopting a two mile stretch of the Arkansas River Trail from the 4th Street bridge (just downstream of Dutch Clark stadium) up to the bridge below City Park. This stretch of trail is used often by the club for both the Spring Run Off and Rock Canyon 1/2 marathon plus many club members enjoy training on this trail throughout the year.

As part of the trail adoption, we will host a monthly “Trash Trot” fun run along the trail to pick up trash and debris. It’s a pretty simple concept, bring a trash bag (grocery size or larger), protective gloves if you like, move your feet and pick up trash. It might not sound very glamorous but it will be a trashy good time and a good work out. You might be surprised but most of the trash will be at ground level requiring a lot of bending, lifting and stretching -so a good cross training workout!

The club will sign an agreement with City Parks and Recreation at our April meeting so we will start our trail stewardship for Earth Day! The club can purchase trash bags, some gloves and trash picker uppers for spooky reaches under bushes where snakes might be lurking. If we are too awesome for just two miles of trail, we might expand our trash runs to other areas, we’ll just see how it goes. Club members should report larger trail maintenance or graffiti concerns to 553-2790. You can also call the Ranger for trail user concerns (like motorized vehicles, kids with spray paint) at 553-2700.

So join us **Tuesday, April 22nd at Dutch**

There will be special photo recognition on Facebook and future newsletters for the person collecting the most trash, finding the most interesting piece of trash or whatever we find worthy of celebrating, maybe your 10th Trash Trot!

Future dates and times will be discussed by the Trash Trotters over pizza and beer at Tony & Joe’s down on Abriendo and Colorado. Anyone wanting to lead a workout with the monthly Trash Trot should contact Sheri at [@socorunners.org](mailto:groupruns@socorunners.org) to sign up for a date on the calendar!

Trash Run:

We have all heard of long runs, short runs, hard or easy runs, interval or tempo runs, hill runs, beer runs, now it is time to learn about Trash Runs. A Trash Run is any run you decide to bend over to pick up a piece of trash and make the world a bit better looking. Don’t wait for our monthly Trash Trots, feel free to grab a piece of trash on any run and drop it in the next trash can you find. It really isn’t limited to running, you can also do this on a dog walk, a bike ride or any way you move about. You might make some extra cash for your next pair of running shoes if you hang onto the aluminum cans and turn them in for some cha-ching!

Trash Talk:

As you dive into this new field of running there are some terms you should be aware of.

<https://www.atayne.com/impact/trash-runners/>

Trash Talk (continued)



Drafting or Drafter (or Tailgating, Tailgater): a true trash runner NEVER drafts or wants to be called a drafter...although it can happen easily if you're not paying attention. It happens when one trash runner follows right behind another trash runner, drafting off his hard work and not having to pick up trash. Not only is this inefficient (less ground covered) but it's dangerous (see next definition).

Rear-Ended: this is self explanatory, but occurs when someone is drafting or tailgating and the drafted trash runner stops quickly to pick up trash – not pretty – someone could get *trashed* (see next definition). The most skilled trash runner could employ a leapfrog move to avoid the collision, but it's best to prevent it altogether by NOT DRAFTING.

Getting Trashed: any injury that occurs while trash running, especially one that involves hand, arm or knee contact with the ground.

GU-dar: a trash runner's internal beacon for finding GU packets. Having a great GU-dar is essential to being a great trash runner.

Buckner or Bucknered: the art of picking up a piece of trash without breaking stride is an invaluable skill to the trash runner. BUT, even the most experienced trash runner has a Buckner moment or is Bucknered on occasion. Basically, it's when you reach for a piece of trash while running and miss it. This most often results from not committing your hand long enough to the pickup and pulling your hand up too soon – much like Bill Buckner did in the 1986 World Series.

Trashhole: formerly known as a litterbug, a trashhole is someone who throws his or her trash on the ground for the rest of us to see and ultimately pick-up. Also, anyone who ruins the fun for others on a trash run.

Rubber Necking: missing trash due to taking in the scenery, watching other trash runners, or simply not paying attention. A drafting, rubber-necker is a recipe for disaster.

TIVO Moment: this happens to every good trash runner. It's when a piece of trash is noticed at the last moment as you run by – maybe it's slightly off the beaten path. Your good conscience requires you to backtrack and pick it up.

Sloppy Seconds: this is when someone misses a piece of trash and you pick it up. Nasty, but necessary.

Spell Check: even the best trash runner occasionally needs to be spell checked. When someone is ahead of you and keeps missing pieces of trash, it is important to run behind them (but not too close) to pick up their mistakes. When you find yourself with little to pick up, the person being 'spell checked' is back on track and in the zone again – yup, you can get into a trash running zone.

Baited: while trash running along a body of water, you bend down to pick up that piece of trash. But instead you find it is a natural gift from the sea, lake or river. Might be a bit more aromatic than regular trash but still needs to go if it looks like trash.

Butt Stroll: when you intend to go for a vigorous trash run, but find yourself in a stroll due to an over abundance of littered cigarette butts!

Dumpster Break or Dumping a Load: explanation not really needed but involves either a bathroom break while trash running or dumping trash collected in a perfectly placed trash receptacle.

Going Mechanic: once you get into the zone, it is tough to pass even the hardest to reach piece of trash. This includes those underneath a parked vehicle. Hard core trash runners go mechanic and crawl under the vehicle. WARNING: DO NOT ATTEMPT ON A MOVING VEHICLE!!!

Sweet Deliciousness

Sweet Potato Chocolate Chunk Cookies (gluten free, dairy free) - Debbie Gurule

3 cups baked sweet potato

1/3 cup almond meal flour

1/2 cup almond butter

2 eggs

1 T maple syrup

1 T honey

1 tsp vanilla

Spice Blend:

2 tsp cinnamon

1/2 tsp cardamom

1/2 tsp cacao powder

1/4 tsp cloves

1/4 tsp allspice

1 T grated fresh ginger

1 tsp baking soda

1 tsp baking powder

1 tsp salt

3/4 cup dark chocolate pieces

1. Prep your sweet potatoes. You may bake them – cut into chunks and on a cookie sheet for 45-50 min at 375, or boil them in water – also cut into chunks – on the stove top or in a microwave safe bowl. They are finished when a fork easily pierces their skin. You can do them skin on or skinless.

2. Preheat oven to 350.

3. Mix all dry ingredients together: almond meal, spices, baking soda and powder and salt.

4. Cut in almond butter

5. Add eggs, maple syrup and honey.

6. Puree the sweet potatoes in a food processor and mix it into the cookie batter.

7. If the sweet potatoes are hot, you may want to cool the batter a bit before adding the chocolate chunks, but the heat can also work in your favor. I add mine while it's still warm to give it a chocolate swirl effect.

8. Line a cookie sheet with parchment paper or aluminum foil.

9. Evenly scoop your batter out into medium sized balls. Gently press each cookie down with the back of a fork to flatten.

10. Bake for 20 minutes.

11. Cool on a cooling rack.

Tri Training Notes:

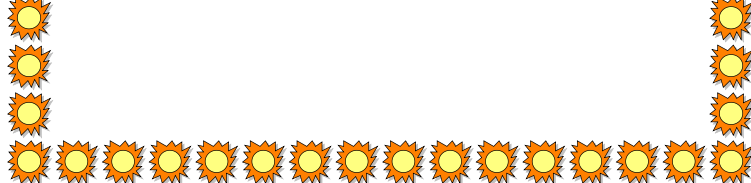


Hello all,
With spring coming and warmer weather there are some activities that have been added to our calendar.

Prairie Punisher Duathlon- Lamar
Who: Kids and Adults of all ages
What: Duathlon (Run-Bike-Run)
When: April 12, 2014 8:00 a.m.
Where: Willow Creek Park (Swimming pool parking lot)
Cost: Adults \$23 Kids \$15
http://www.ci.lamar.co.us/index.asp?Type=B_BASIC&SEC={F4E317D0-13A7-418D-A0BF-A4E67A03D41B}

OMT Practice Duathlon CSU-Pueblo campus
April 13th 2014 9am-11:30am
We will be testing out the timing system for OMT.
We will be doing a run through of the full duathlon course. Transition zone set up and all!!! No cost, just show up ready to race and get some pointers from Race Director and Course captains to help you get your best time on race day!!
view the course here: www.ordinary-mortals.org

Hope to see you all out there training and having fun!!
Gwen



Random Acts of Kindness

By Kim Arline

Last October I rode the Fountain loops with a Pikes Peak Tri Club member I just met along the road. He was tall and fast and I didn't want to hold him back in his training so I urged him to go ahead, that I would be alright riding alone. So he rode out ahead and turned back to warn me of a big dog or a turn ahead. We rode 68 miles together visiting here and there as we traveled the same lonely high-ways. But I really appreciated the spirit of generosity and kindness he showed me.

It struck me I had never experienced that in the 15 years I've lived in Pueblo except by people I know pretty well, definitely not by strangers. It reminded me how Pueblo was such a warm, inviting community to my family but the cycling community was largely absent and when I found other cyclists, they weren't very friendly here. The tide is changing, a lot more people are riding and becoming friendly and I am thankful for that. I just ask that when you run or ride you make an effort to offer a wave, head nod, single finger (not middle) salute as you pass a fellow traveler on foot or bike. Welcome newcomers to your group, learn their name, offer some assistance or at least a friendly gesture or word. Let's make a more bicycle and runner friendly community one interaction at a time!

It turns out that cyclist I met competed in Ironman Arizona 5 weeks after I met him. I looked up the live results as they came in and he did a sub-10 hour Ironman! I was riding with a super human yet he had time to welcome someone like me to his riding area and make sure I didn't get lost or spooked by the dogs. If someone that fast can take time to be friendly, we all can! Let's not take ourselves so seriously, after all, running and riding is fun! Let's keep it that way!

Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.
Bob Kerrey (1943)

Run on in to the

GOLD DUST SALOON

In the HEART of the Union Avenue Historic District

217 South Union in Pueblo

2014 Race Calendar, April - July by Dave Diaz

APRIL

Sat, Apr 5	9:00 AM	Thunder Run	5K run/walk	Colorado City, CO	
Sat, Apr 5	9:30 AM	Baylon Michael Meyer	5k	Lovell Park, PW	play4bay.com/index.html
Sun, Apr 6	9:15 AM	Run With the Saints	5K/10K	Lake Pueblo	
Sun, Apr 6	9:30 AM	Spring Fling Bike Ride	38M	Airport Industrial Park	greatdividebike.com
Sat, Apr 12	9:00 AM	Ramsgate 6-Pred #4	6M	6 Ramsgate Place	socorunners.org
Sat, Apr 12	8:00 AM	Prairie Punisher Duathlon		Lamar, CO	Lamar Parks & Rec
Sat, Apr 19	9:00 AM	Spank Blasing	10K/5K	CSU-Pueblo Campus	spankblasing.com
Sun, Apr 20	??	Earth Day Run	5K	Lake Minnequa	
Mon, Apr 21	10:00 AM	Boston Marathon	26.2	Boston, MA	
Sat, Apr 26	9:00 AM	Fallen Coal Miners	1/2 Mar	Ludlow Massacre Memo	mtcarmelcenter.org
Sun, Apr 27	1:00 PM	La Junta Mud Run	2.75M	La Junta CO	southeasthealthgroup.org

May

Sat, May 3	6:30 AM	Collegiate Peaks Trail Run	50M/25M	Buena Vista, CO	
Sat, May 3	7:00 AM	Greenland Trail Runs	50K/25K	Larkspur, CO	
Sat, May 3	7:30 AM	Blossom Day	1/2M/5M/5K	Canon City, CO	Canon City Parks & Rec
Sat, May 3	8:00 AM	Take 5 in the Garden	5K/5M	Manitou Springs, CO	csgrandprix.com
Sun, May 4	8:00 AM	Cinco de Mayo	5K/10K	State Fairgrounds, Pueblo CO	
Sun, May 4	6:00 AM	Colorado Marathon	Mar/ Half	Fort Collins, CO	
			5K/12.5M/30		
Sat, May 10	9:00 AM	Ordinary Mortals Sprint Tri 0y		CSU-Pueblo	socorunners.org
Sun, May 11	8:00 AM	Yappy Dog-Pred #5	8.6M	South Mesa Elem School	socorunners.org
Sat, May 17	8:00 AM	PMC Spring Sprint	10K/5K	Lamar, CO	Lamar Parks & Rec
Sun, May 18	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Sun, May 18	8:30 AM	Celebration of Life (PAWS)	5K/10K	Union Ave, Pueblo, CO	PAWSpueblo.org
Mon, May 26	7:00 AM	Bolder Boulder	10K	Boulder, CO	

JUNE

Sun, Jun 01	7:00 AM	Hardscrabble Mtn Trail Run	45K/10K/5K	Westcliffe, CO	hardscrabblerun.com
Sat, Jun 07	8:00 AM	Run for Rio	5K	Rye High School, Rye CO	Jeff Arnold 719-947-3682
Sat, Jun 07	9:00 AM	Big Dog Brag Run	5K Mud Run	East of CSU-P	bigdogbrag.com
Sun, Jun 8	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	gardenentemile.com
Sat, Jun 14	8:00 AM	FIBArk Road Race	5K, 10K	Salida, CO	fibark.net
Sat, Jun 14	??	Trinity Lutheran	5K, 10K	City Park	
Sat, Jun 14	8:00 AM	Leadville Trail Marathon	Mar/ 1/2 Mar	Leadville, CO	leadvilleraceseries.com
Sun, Jun 15	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
Sat, Jun 21	7:00 AM	Sailin' Shoes	5K, 10K	Colorado Springs	
Sat, Jun 21	3:00 PM	Whitewater Adv Race	5K	Canon City, CO	Canon City Rec

Sun, Jun 22 8:00 AM Arroyito Lake View Trail 5M Pueblo West socorunners.org

JULY

Fri 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	
Fri 4	7:00 AM	Half on the 4th	1/2 Mar	Monument Valley Park, CS	spreeracing.com
Sun 6	7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
Sat 12	8:00 AM	Mosaic Run	5K	Pueblo West	mosiacyouth.com
Sun 13	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	runpikespeak.com
Sat 19	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
Sat 19	9:00 AM	State Games Tri	750M,20K,5K	Prospect Lake, CS	coloradospringssports.org
Sat 26	6:00 AM	COCO Century Bike Ride	100M/45M	Ordway, CO	cococentury.webs.com

Calendar Notes by Dave Diaz

It's been a while since our last newsletter and I'd like to start by thanking Laura Wehrein for her hard work on the newsletter these past few years. Life got in the way and Laura has just been too busy raising her family and moving to a new home to continue as newsletter editor. So thank you Laura and thank you Becky Medina who has volunteered to assemble our next newsletter, this issue being her first.

Also, on behalf of the SCR and all of Pueblo, for that matter, I'd like to thank and congratulate Michelle Highfill for her outstanding job as the Race Director for the 2014 Chieftain Spring Runoff. The 2014 race was within days of being canceled and only two months away, when Michelle volunteered to become race director. I'm not sure if people realize what a HUGE job this is and the time commitment it entails but Michelle did a fantastic job. Unfortunately, she had no control of the weather. She has hinted she will back next year. Bless you Michelle.

Also thank you to Darryl Clark who has volunteered to take over as Race Director for the Rock Canyon Half Marathon. I was afraid this race might not happen, if we couldn't find someone. I believe Darryl's energy and new ideas will provide a spark that this race needs to make it bigger and better. Best wishes and thank you, Darryl.

Speaking of Half Marathons, there are several new ones in Southern Colorado. The first being the "Run for Fallen Coal Miners" on Sat, April 26 which will start at the Historic Ludlow Massacre Memorial Site. The route is county road 40.2 through the beautiful Sangre de Cristo Mountains of southern Colorado, enjoy beautiful scenery as well as historic coal camps and landmarks. Sounds like fun. Visit the SCR Calendar for a link to their information page. In Cañon City, the runBlossom, on May 4, 2014, now includes a 1/2 marathon and both a 5k & 5mile option as well as a Kids' Fun Run & Toddler Trot. This is their 10th year of running. The races take place along the Arkansas Riverwalk in historic Cañon City, Colorado in conjunction with the city's annual Music & Blossom Festival. The inaugural Colorado Springs Half Marathon will be run September 28. It is a loop course beginning & ending at Acacia Park in downtown Colorado Springs. The course takes runners on Wood, Cascade, Plate Ave, through America the Beautiful Park, Monument Valley Park, around Memorial Park, by the Olympic Training Center and through downtown. There is also a Half Marathon on the 4th of July that begins in Monument Valley Park in Colorado Springs.

Prediction Series: We've had 3 runs so far for the 2014 Prediction Series and each has had a great turn out. We started the year off in Jan at the beautiful Pueblo West home of Darryl and Shari Clark. 49 finishers ran through the PW prairies on a windy but sunny day. In Feb, we tuned up on the Spring Runoff course as Larry Volk directed 63 finishers on the 5K and 10K courses. The 3rd run was the "Tour de Fair" as Roger and Sheri Giordano Hosted 50+ runners in and around the Colorado State Fairgrounds. Next up, is the "Ramsgate 6, on Sat, April 12, 2014, 9 AM, starting at the Belmont home of club president, Dennis Wait, 6 Ramsgate. The run starts at his home but you quickly find yourself running in the prairies around the CSU-P campus. As of right now we do not have a run scheduled for August, September or November. Nina Gonzales has decided not to host her run in Pueblo West in August, and Deb and Rich Hadley have decided not to host the Temple Canyon in November, as they'd rather spend Thanksgiving weekend with their family. I understand completely. Until further notice, the reservoir people are not allowing any dirt trail runs so Larry Volk will not have his run in September. We may not replace the August run, as it's a busy month, but are looking for suggestions for September and November. We have pushed Humberto's run (the Arroyito Lakeview run) in June back one week to June 22, 2014. It's traditionally been held on Father's Day but neither Don nor I were available that day. We are still working on a date for The Gurule's run (Mark and Deb) but should be some evening in June. Stay tuned.

If you liked the beautiful new SCR finish line flags at the Spring Runoff, thank Gwen Steves who designed and then had them made. Also, thank you to Ken Sharp who made the stands. Ken is the race director for this year's Ordinary Mortals Triathlon, which will be held Sat, May 10, 2014. Come out and support Pueblo's only triathlon.

Until next newsletter, stay healthy and keep moving forward, Dave.

SCR Banquet



January



- 1 Gwen Steves
Ron Shepherd
- 4 Marshal Steves
- 5 Wendy Garrison
- 6 Meghan Arana
- 6 Shad Pate
- 11 EJ Medina
Porter Sontag
- 12 Mark Chorak
- 13 Susan Montez
- 15 Chris Kirkpatrick
- 17 Richelle Nava
Rob Pratt
- 18 Gloria J Montoya
- 19 Andrew Hackler
Romana Brubaker
- 20 Matthew Kiselevach
- 21 Jessica Kleven
- 22 Cathy Dehn
- 25 David Reyes
Roberta Reyes
Cheryl Higdon-
- 26 Holloway
- 27 Gabrielle Wall
- 27 John Vigil
- 27 Mark Nicholas Chorak
Nicholas Contreras
- 28 Amy Clark
- 29 Jonathan Dehn
- 29 Tanner Armstrong
- 31 Dan Nelson

February

- 3 Tanner Clark
Regan Drum-
mond
- 9 Richard Edmond
Snodyn Steves
- 10 Mindy McAllister
- 11 R Kevin Hall
- 15 Tiffany Dehn
- 16 Jenna Reed
Tiffany Koch
- 18 Wyatt Armstrong
- 24 Chris Theis
- 26 Nancy Mitrick
- 27 Brad Gillispie
- 29 Dan Armstrong

March

- 1 Kristy Davenport
Robert Quintana
- 2 Kim Arline
- 3 Aaron Levinson
Lisa Vigil
- 5 Eddie DeHerrera
Eddie DeHerrera
Josh Gilmor
- 6 Shawn Lopnow
- 8 Jeanette Cortez
Melissa Gillispie
Taylor Vigil
- 11 Laura Winner
Rick Acosta
- 12 Paul Koch
- 13 Dennis Krall
Mindy Urdiales
- 15 Bryce E Hiigel
Jenna Seddon

- Chester Haddan

- Nelson Brentlinger
- 16 John Petersen
- 17 Angelica Wall
Patrice McGivney
- 18 Jeff Flory
Kim A Westerman-
- 20 Bechthold
Lisa Lucero
- 21 Robert Guidry
- 23 Marcus Gurule
- 25 Rebecca Medina
- 26 Marv Bradley
- 29 Darrell Contreras

April

- 1 Patti Canchola
Ron Francis
- 3 Brianna Martinez
- 4 Denise Flory
- 6 John Reed
- 7 John Highfill
- 8 Gemma Steves
- 9 Carey Stark
- 10 Marilyn Vargas
- 12 Sam Brubaker
- 13 Jimmy Brubaker
- 14 Frank Knight
- 15 Mackinsie Reed
- 18 BryanDehn
- 20 Ashley Gillispie
- 20 Bob Stuemky
Ken Hughes
- 21 Damian Gonzales
Rob Archuletta
- 22 Cheri Armstrong
- 23 Garrett Dietz
Marcus Ayala
Marcus Ayala
- 25 Mark Gurule
- 29 Spencer Mathews
- 30 Sally Berryman

May

- 1 Anthony Mestas
- 2 Ben Valdez
- 3 Kristen Berckefeldt
- 4 Jeremy Hamm
- 4 Paul DallaGuardia
- 5 Makenzy Belcher
Troy Davenport
- 8 Pepper Drummond
- 9 Mark Steves
- 13 Steven Lamy
- 14 Bea
Deborah Gurule
Mark Koch
Paul LaBar
- 15 Christian Baca
- 17 Angela Kleven
- 19 Brenda Austin
- 20 Erik Juno
Lori Gregory
- 21 Ana Bentz
- 23 Jitka McGivney
- 25 Reyna Ehrman
- 26 Lois Pfof
- 27 Samantha Hernandez
- 30 Elizabeth Laughlin
- 31 Aydon Atencio
Mande Mathews



SOUTHERN COLORADO RUNNERS
P.O. Box 8026
Pueblo, CO 81008

Non-Profit
Organization
U.S. Postage Paid
Pueblo, Colorado
Permit # 41

Address Service Requested



"The only way of finding the limits of the possible is by going beyond them
into the impossible."
--ARTHUR C. CLARKE

