



# Footprints

Southern Colorado Runners

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Editor: Becky Medina



The 7<sup>th</sup> Annual Liberty Point 5K Run/Walk is set to take place in coordination with the Pueblo West 4<sup>th</sup> of July festivities on **Friday, July 4, 2014**. The annual race is hosted by a partnership between United Way of Pueblo County, Snap Fitness 24/7, the Pueblo West Metropolitan District, and Pueblo West Chamber of Commerce. The inaugural race was held in 2008 as a fun run with nearly 100 participants. Over the years, the race has grown in size and sophistication, going from a fun run to a chip timed event while still incorporating the family fun atmosphere and patriotic spirit of the 4<sup>th</sup> of July.

This year's race is generously sponsored by major sponsors- Parkview – Pueblo West Emergency Services, supporting sponsors- American Medical Response and Jeremy's Garage, and media sponsor- KPHT 95.5 Pueblo's Greatest Hits.

Walkers, runners, and community members of all ages are welcome and encouraged to attend. Attended are invited come out and enjoy a brisk walk or run with family and

friends and cheer on their loved ones while also supporting United Way of Pueblo County. Participants will run/walk south to Liberty Point and circle back to the start location (intersection of Joe Martinez and Purcell Blvds). A special plaque will be presented to the overall male and female winners and placement medals will be given for the first and second place males and females in each age division (walkers and runners).

Participants are very strongly encouraged to preregister ahead of the race. Preregistered participants will receive a 30-day Snap Fitness 24/7 membership and an American flag! The event features an easy, online registration process and state-of-the-art chip timing provided by RaceRite. **Commemorative race t-shirts will be available and t-shirts must be ordered with preregistration no later than June 13, 2014.** Preregistration will be available through 12pm, noon on July 2<sup>nd</sup>- online or by submission of a paper registration. Online registration is available at [www.getmeregistered.com/libertypoint5k](http://www.getmeregistered.com/libertypoint5k) or [www.pueblounitedway.org](http://www.pueblounitedway.org). **Preregistration cost: \$15 per person (\$20 with a t-shirt) or \$35 for a family registration (up to 6 immediate family member registrations, \$5 per additional immediate family registration).** Race t-shirts are \$5 each. Credit card payments will be accepted through online registration. Paper forms may be picked up or dropped off at Snap Fitness 24/7 (279 S. Purcell Blvd, M- TH 8am – 8pm; F 8am – 6pm; Sat 10am – 4pm) or United Way (2631 E. 4<sup>th</sup> Street, M-F 8am - 4pm). Preregistration forms are also included in this newsletter edition! **All preregistrations (paper and online) must be received no later than 12pm, noon on July 2 (t-shirt deadline is June 13).** A pre-race preregistered packet pickup will be held **Thursday, July 3, 2014 from 11am to 5:30pm at 2631 E. 4<sup>th</sup> Street, Pueblo, CO 81001** (City and County Housing and Human Services building).

Participants may also register the morning of the race from 6:15 – 7:00am;

however, preregistration is strongly encouraged. Race day registration will close promptly at 7:00am. Race day registration cost is \$25 per person or \$50 for a family registration (up to 6 immediate family member registrations, \$10 per additional family member). Credit card payments will not be accepted on race day.

Participants and spectators are encouraged to include ample travel time for the additional traffic attending the Pueblo West 4<sup>th</sup> of July Festivities. Traffic must enter from Purcell Blvd as Joe Martinez Blvd will be closed for the Pueblo West Wet/Dry Parade. Please plan to arrive at the event site no later than 7:00am, Purcell Blvd at Maher Dr. will be closed to all traffic at 7:15am.

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

All proceeds benefit United Way funded programs, helping many people in need right here in Pueblo County! Last year, the more than 45 different health and human programs funded by United Way of Pueblo County provided more than 123,000 units of service to those in need in Pueblo County. This is made possible through generous contributions to United Way, along with proceeds from events like the Liberty Point 5K Run/Walk. Visit UWPC's website for a complete listing of the many organizations who receive funding and to find out how you can make a difference through giving or volunteering. United Way of Pueblo County would like to thank the many partners of this event and the Southern Colorado Runners Club for their continued support and outstanding collaboration! For more information, please contact United Way at 719-583-4455 or visit [www.pueblounitedway.org](http://www.pueblounitedway.org).

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# SCR Information

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## Southern Colorado Runners

### SCR Mailing Address:

P.O. Box 8026

Pueblo, CO 81008

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

### “Footprints” Volume No. 344, Issue No. 9

“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](http://www.socorunners.org)

[www.socorunnes.org/triclub](http://www.socorunnes.org/triclub)

### ‘Like’ Our Facebook Page:

[www.facebook.com/SoCoRunners](http://www.facebook.com/SoCoRunners)



SCR is associated with RRCA, Road Runners Club of America. See: [www.rrca.org](http://www.rrca.org)

## EDITOR’S NOTE:

Dear SCR Members,

Amazing stories of inspiration and motivation in this edition. I am AWEspired!

This is the members’ newsletter and we want to represent what interests our members. Please feel free to submit ideas and article submissions to [newsletter@socorunners.org](mailto:newsletter@socorunners.org). We are happy to report that the newsletter will be produced monthly once again. The deadline for submissions is the 15th of each month. Articles and photos can be emailed to [medxpres1@msn.com](mailto:medxpres1@msn.com). Flyers should be dropped off to the SCR meeting or the Gold Dust at least two months prior to the event. Please see requirements in the advertisement policy above or on the SCR website.

It was wonderful to get all of the great stories that are in this issue. Keep ‘em coming!

Respectfully,

Becky Medina

## TRI CLUB NEWS **By Gwen**

Starting June 2 2014, SocoT2 will be hosting a series of clinics for club members called "Multisport Mondays". These Monday evening clinics will be from 6 PM till 7 PM. Experienced triathletes will be available at these clinics to teach and answer any questions. We will meet at City Park near the east entrance (on the grass behind Park East restaurant)

June 2: Bike mount and dismount clinic- Receive instruction on how to mount and dismount your bike with your shoes attached like the pros, or to mount and dismount your bike with ease. By Michael Orendorff and Gwen Steves

June 9: Transition Zone Olympics. Learn timesaving techniques to get you in and out of the transition zone quick. By Michael Orendorff and Gwen Steves

June 16: Tire Changing "Time Trials". Learn the race day approach to changing a flat tire as quick as the crews at NASCAR. By Justin Steves and Paul Dallaguadria.

June 23: Race Day Nutrition. Learn how to manage calorie intake, electrolytes and water consumption on race day. Whether you're doing a Sprint, Olympic, Half Iron or Full distance triathlon, learn tricks to successfully make it to the finish line without bonking. By Dr Laurel Wright.

June 30: Basic Bike Mechanics. Sick of bringing your bike to the shop for adjustments? Learn how to adjust your bikes front and rear derailleurs for the perfect shifting bike, and to avoid losing your chain on race day. By Justin Steves

Gwen



## May

- 1 Anthony Mestas
- 2 Ben Valdez
- 3 Kristen Berckefeldt
- 4 Jeremy Hamm  
Paul DallaGuardia  
Alexandra Strunk
- 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
- 22 Jennifer Mravich
- 23 Jitka McGivney
- 25 Reyna Ehrman
- 26 Lois Pfof
- 27 Samantha Hernandez
- 30 Elizabeth Laughlin
- 31 Aydon Atencio  
Mande Mathews

## June

- 1 Ken Sharp  
Kevin Cover
- 3 Jacqueline Wall
- 4 Caroline Koch  
Michelle Highfill
- 5 Jacob Rugg  
Lew Fox
- 6 Maria Appenzeller
- 7 Ben Reinke  
Kerri Harbison
- 8 Robert Lucero
- 9 Kiera Kirkpatrick  
Samantha Davenport  
Sheena Archuletta
- 10 Jaylen Vargas  
Margaret DiMatteo
- 11 Rahel Gredig  
Sean McGivney
- 12 Kent Kleven
- 12 Lain Mathews
- 13 Luke Flory
- 16 Joseph Bentz  
Izaya Sandoval
- 17 Meagan Koncilja
- 20 Dave Banko  
Donna Nicholas-Griesel  
Melissa Mestas  
Kira Hughes
- 21 Cindy Nicolay  
Claudia Pratt  
Desi Vial  
Retzio Gredig
- 22 Daniel Hardy  
Jennelle Chorak
- 24 Laurice Lopez-Cepero
- 25 Bryce Vigil  
Michael Baca
- 26 Britney Knobbe  
Tina Garcia  
Phillip Sontag
- 27 Rachel Highfill
- 29 Brian Pratt

# Ironman Los Cabos 2014

By: Kim Arlin

In August 2013, I started planning our trip to Cabo San Lucas for Spring Break the following March. My son has wanted to fish in the Sea of Cortez for years with plans of catching a huge dorado. Part of planning any trip I take includes checking race calendars in the area for events I might be able to hit while in a new location. I had just completed my fourth triathlon, the Boulder ½ Ironman and thought it wasn't too bad. I knew if I ever did a full Ironman, it had to be in a pretty place so I was jazzed to find Ironman Los Cabos fell on the last day of our Spring Break!

My husband wasn't excited about me doing an Ironman in Mexico on dangerous roads. I convinced him the course was safe with a three loop out and back on the highway between two major resort towns with all motor vehicle traffic on the other side of the highway median. The run course would also be an out and back three times in the resort area of San Jose del Cabo. When I registered there was a big "flat, fast bike course" banner on the top of the race website which was changed to "flatter, faster bike course" within weeks of registering. A couple months later the elevation profile posted on their facebook page showed it was anything but flat, in fact my Garmin showed 6200 feet of climbing!

As a beginner triathlete, I had a lot to learn but first made a smart investment in a Tri bike I absolutely love! My neck and shoulders have never been so comfortable on a bicycle! With such an early season timeframe, I knew I would be training for this event alone, with lots of long, cold, winter days on the trainer which was good training for the heat race day. And when I could get outside, I had a lot of windy rides which also came in handy race day. Members of our SoCo Tri club and Pikes Peak Tri Club were amazing resources and encouraged me every step along the way.

I was inspired by the tranquil looking swim in the Sea of Cortez shown on the website. Two days before the race I shared a ride to the swim venue with some Mexican national 9 time IMers and they explained every Ironman website lies about the course. I saw what they meant when I got tossed around at the practice swim in choppy, dark water – it was a real wake up call and made me wonder what I had gotten myself into. But I met so many nice and encouraging people including a man competing in his 168<sup>th</sup> Ironman (has already done #169 in the time I've been recovering), a 73 year old woman doing her 8<sup>th</sup> IM and I even got to sit next to a pro on the shuttle bus hauling our bikes to T1 the day before the race. What sport do total amateurs hang out with the pros and just talk?

Race day started out great, had a few minor blips but overall was great to the end! The shuttle bus dropped us off and we walked down to T1 with a dark sky filled with stars, the palm trees gently swayed in the breeze and as the sun rose, I could see the sea was gently rolling and the sandy bottom was visible through the turquoise water! The race was wet suit legal which was a relief to a weak swimmer like me. The swim to the first buoy involved some jostling even though I started toward the back of the beach start. But after turning for the longest stretch I started noticing bright flashes of neon blue in the water below. I had read about harmless blue jellyfish so I tucked my chin to my chest where the light caught the jellyfish just right and made them glow like tiny stars below.

As I hit the beach and saw my swim time was 18 minutes faster than any pool swim IM distance I had done, I knew I would be an Ironman that day barring any mechanical problems on the bike! I had to bite my tongue because I wanted to tell everyone, "I'm going to be an Ironman today!" Only 2.4 miles into 140.6 miles might be a bit soon to celebrate but the hard part was over in my mind!

I flew through T1 and up the steep hill from the beach to Highway 1 to head



15 miles south to Cabo San Lucas to loop back 19 miles to San Jose del Cabo. The highway had spectators alongside, on the median and every underpass had a crowd of locals and visitors playing music and yelling, “Vamos Amiga!” or “Vamos Chica.” I felt like a rock star!

The wind and heat picked up on the second and third loop but the hills weren't unbearable (might help coming from Colorado and lots of hill repeats in my training) and the descents were fast often carrying me half way up the next hill. We flew down through an historic part of San Jose del Cabo to T2 – the only place we had some speed bumps to ride over. Leading up to the race that week, highway crews were out removing bumps on the highway so there were only a couple short sections of highway that weren't smooth. The local government truly embraced this race and made every effort to safely accommodate us.

As I headed out on the run the sun was beating down on the first 9-mile lap. But I found bits of shade from palm trees along the edges of the road and could get more high fives from the energetic crowd in the resort areas. The course included a run across a long bridge to a soft surface trail around a new marina with big boats and neat artwork. I sure enjoyed the sunset that evening crossing back to the city for my final lap! I didn't pack a headlamp for finishing the run in the dark but the coming darkness was a relief from the 90 degree heat that day.



Since I had never completed 140.6 miles before, I had no expectations going into this race other than hoping to finish, enjoying the moment and swimming, biking or running the mile I was on. My Garmin settings told me when to eat, drink or take electrolytes and I only looked at it three times for time and mileage. I went by how I felt and truly enjoyed a beautiful, scenic course and energetic crowd. I crossed the finish line 10<sup>th</sup> in my age group in 13:10:41 still feeling pretty good with the exception of very sore, wet feet and sun burned forearms and back.

The following morning I got to relive my race as I read all the Facebook posts from the night before as those of you here watched my results coming in live. It was pretty cool to see the numbers side of the race through your eyes. I was just focused on my own personal journey the day before. Thank you for all your kind words and encouragement before, during and after the race!

I seriously NEVER thought I would describe an Ironman race as fun. Challenging, rewarding, difficult – yes! But fun? Not a chance. But IM Los Cabos was an amazing race venue, beautiful course with friendly participants from 49 different countries and great local support. I had a blast! Will I do another Ironman? I sure hope so! I rarely repeat races but I might go back to Cabo some day after I check off a couple more bucket list races! If you are shopping for a Kona slot friendly race, this might be it. Only 871 of us finished and there were 50 Kona slots up for grabs. If you are strong on a hilly bike course, this might be your race! They moved the 2015 race to October 25<sup>th</sup> so more North American athletes have a longer training season to get ready.



## **Congratulations Kim!**



## Athletes Rule! By: Ken Sharp

The third annual Ordinary Mortals Triathlon/Duathlon and the fourth annual Mini Mortals Triathlon was held at the CSU-P Campus on Saturday May 10<sup>th</sup>. True to form, this year saw an increase in the numbers of athletes of about 25% for the Ordinary Mortals and about 30% increase for the Mini Mortals. This race is done in a reverse order, run, bike, swim, over the typical triathlon order because of the unpredictable weather conditions that exist in our fine state. As racers were shuffling in at 6:30 AM to pick up their race packet setup their equipment in transition, the temperature was in the low 40s and was just reaching 50 at the start of the race and wind was light at 5 mph from the east. Saturday was the perfect day for this event given the days' weather prior and following the race. In recognition for Mother's Day weekend every current and future Mother received a long stem rose.

The run portion of the race headed east of the recreation center on Rawlings Blvd. to Troy Ave. south to Alamosa west up the hill to Bartley Blvd. to Cactus Flower north a slight jog toward Hogue Hall and back to the water tower and back around to Bartley and to the transition zone for a total of 3.1 miles. Once out of the transition zone, the bike course took riders down Rawlings to Troy to Colo. Hwy. 47 to Pete Jimenez to Keeler at the airplane display and back to the campus for a total of 12.5 miles. After securing their bikes, the athletes sprinted 100 yards to the pool and swam 1 lap in each lane for a total of 300 yards followed by a 50 yard dash to the finish. The starting horn went off at 9:02 AM and a mass start of 185 Triathletes and Duathletes headed down Rawlings. I had a hard time watching so many newbies and seasoned racers heading out on a fun and fast course, because I wanted to be with them! This is the best southern Colorado early season tune-up triathlon in existence. Participants came from all over Colorado and adjacent states to run with friends and family.

### For the Triathlon;

At 18:04.9 Corey Rose (27) crossed into transition as the first male from the run followed at 18:34.0 by Tim Hola (40). Tim would make up time on the bike and finish overall in 54:00.6 with a new course record just under 3 minutes faster than the previous record. Corey finished with an overall tie of 59:30.3 and third went to Grant Drummond (37) 59:59.5. All under 1 hour! As our youngest male racers, Benjamin Highfill (15) 1:10:46.2 and Bryan Chappell (14) 1:38:22.5 keep an eye on them in the future.

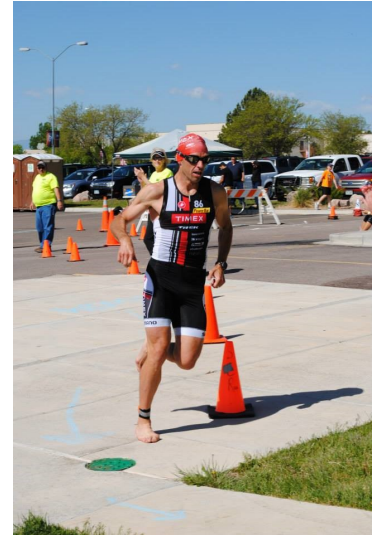
At 21:52.5 Pamela Welch (38) was the first woman to pass into transition from the run and was able to maintain her lead to finish first in 1:05:17.5 also a new female course record besting the previous record by 30 seconds. She was followed by Maia Austin (16) our youngest female adult in 1:08:16.5 and Kim Arline (47) 1:12:54.5 for 2<sup>nd</sup> and 3<sup>rd</sup> place overall respectively.

### For the Duathlon;

As the top overall male duathletes Jason Castro (45) crossed into transition at 20:05.1 from the run followed by Frederick (51) at 20:57.2 and Tad Hughes (28) at 22:32.9. Frederick would make up time on the bike and 2<sup>nd</sup> run to finish first in 1:11:58.4 followed by Tad 1:13:14.9 and Jason 1:13:47.5 for 2<sup>nd</sup> and 3<sup>rd</sup> respectively.

For the women Kristine Spinuzzi (45) would enter transition at 26:08.2 followed by Tracy Pita-Fuller (34) at 26:30.6 and Kerry Gabrielson (45) at 27:12.7. Kerry would make up time also on the bike and second run to finish first with a time of 1:25:25.3 followed by Kristine 1:30:02.3 and Tracy 1:36:47.1 for 2<sup>nd</sup> and 3<sup>rd</sup> respectively.

Please visit [socorunners.org](http://socorunners.org) for a detailed listing of all of the athletes and age group finishes that all of our participants earned.

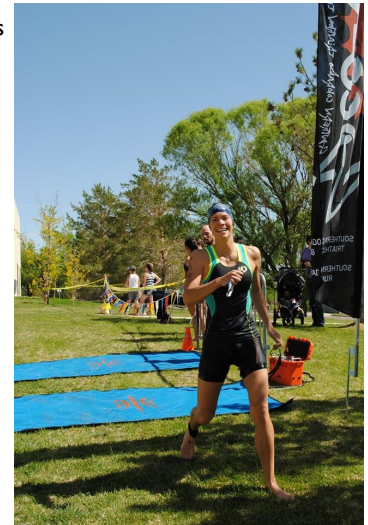


The bike portion of the Ordinary Mortals runs through 3 different departments including Colorado Highway Patrol, Pueblo County Sheriffs, and Pueblo City Police, as well as the CSU-P campus. It is somewhat difficult to coordinate road and highway sweeping and marking yet all these departments did a fine job and all was ready by May 8<sup>th</sup> Thursday. I'm glad the rain storm we had that night didn't cause too much difficulty for the bike course due to sand and gravel washed on to the road surfaces. We had one minor mishap yet the racer was able to finish and only nine flat tire which the rider fixed and also finished the race. I didn't get a chance to test the temperature in the pool but given past experience I assume our racers were shivering because of the increase in the wind. Which brings us to the Mini Mortals portion of the Triathlon.

By the time the Mini Mortals started their race the wind was sustained at 20mph with gusts to 30mph. This is my estimate, but it is close I'm sure. Luckily, the wind was from the east and helped somewhat to push the kids up the hill on Alamosa to Bartley but the cross wind made riding north back to Rawlings problematic. I think, however, these kids were oblivious to the weather, they just wanted to have fun and from the looks of it they had a lot of fun.

The Minis run was contained wholly on the Campus forming a loop. Five to Eight year olds ran .5 miles biked 1.6 miles and swam 25 yards. This is one of my favorite parts to watch because of the enthusiasm and the determination as seen on their faces. Nine to eleven year olds run 1 mile or one loop, bike 4.4 miles or 3 bike loops and swam 150 Yards. Twelve to fifteen year olds run 2 loops or 2 miles bike 7.2 miles, 5 loops, and 300 yard swim.

Since February, Gwen Steves, Kim Arline, Paul Dallaguardia, John Highfill, Michael Orendorff, Justin Steves and I trained many up and coming youth triathletes in swimming, biking, running, and transition many times with 30 participants. Many parents thankfully joined in. We are proud to have worked with up to 15 kids from the boys and girls club. In 3 1/2 months we saw incredible progress to the point that all who raced, did so with confidence.



### Mini Mortal Triathlon;

For the female 5-8 year olds Ruby Riecken (8) took first place with a time of 21:05.1 followed by Adrian Gomez (7) 21:46.8 and Alyvia Norton ((7) 22:50.4 for 2nd and 3<sup>rd</sup> place respectively.

In the male 5-8 year olds group Connor Hola (8) finished first with a time of 17:13.0 followed by Brandon Hickey (8) 17:27.2 and Chris Hoffman (8) 17:41.0 for 2nd and 3<sup>rd</sup> place respectively. Some of the ages show as 9 because of an error in registering.

Cassidy Hickey (11) had a time of 29:49.9 to take first for the female 9-11 age group. Aspen Fulbright (11) 35:39.0 and Allyson Farrer (10) took 2<sup>nd</sup> and 3<sup>rd</sup> place respectively.

For the Male 9-11 year old group, Graham Tuohy came in first with a time of 28:16.9. William Dalles (10) placed 2<sup>nd</sup> with a time of 31:08.1 and Jack Lynch finished 3<sup>rd</sup> with a time of 36:09.6.

Bryce Baca (12) finished first for the female 12-15 year old division with a time of 57:37.8 followed by Elizabeth North (14) 1:00:50.1 and Maggie Wise (12) 1:05:52.7 for 2<sup>nd</sup> and 3<sup>rd</sup> place respectively.

In the Male 12-15 year old division first place went to Landon Rast (14) with a time of 43:03.3 followed by Sam Volk (14) 51:45.6 in second place and Ethan Cefus (14) 54:36.2 for 3<sup>rd</sup> place.

### My congratulations go out to all of our place winners in the Ordinary and Mini Mortals races.

These races require a lot of dedication from many people, groups, agencies and companies. In keeping with a new tradition started last year we recognize an individual in our midst as an **Extraordinary Mortal** whom has consistently supported improved and championed the triathlon tradition in the Pueblo Region. It is with great pleasure that I name **Kim Arline** as our Extraordinary Mortal for 2014. It is with great humility that I apologize to Kim for not recognizing her at the awards ceremony. Because of time delays and the imminent start of the mini mortal race, I allowed this recognition to go unannounced during a somewhat chaotic time.

It's amazing how much effort goes into a race such as Ordinary Mortals. Planning started in November and ran until race day. I wish to thank all of our race captains, Gwen Steves asst. race director, Nancy Sharp run captain, Tim Herget bike captain, Stephanie Chambers volunteer coordinator, Paul Dallaguardia pool captain, Bob Guidry transition zone, Laurel Wight medical MD, Paul Labar timing and Justin Steves for his logistic support setup and break down. Many thanks goes to all of our volunteers for whom without your help this event would not happen. A special thanks goes to Boy Scout troop 30 who assisted in setup, breakdown, aid station and flag ceremony. Thanks finally goes to our sponsors at \$500 or more, **Women's health Center, R. Peter Sonntag Family Dentistry, Pueblo County Sheriff's Office, Hammer Nutrition, Work Zone and Dominos Pizza.** At \$100-499 thanks to Sundance Bicycles, CSU-P Student Recreation, Road ID, and Go Fast Energy. At \$50-99 thanks to Transitions



# A Chat with Adrian Cooley

By Michael Orendorff

12/24/2013 with 5/17/14 update addendum by Adrian

Annoyed by cross sports analogies? Then prepare to be annoyed. IMHO, some triathletes dance and weave as boxers do – slipping punches, trying to create misses. Adrian? I'd put her in with the boxers who face the opponent directly and move in squarely. Sure, she's maybe going to take a few more hits but the current triathlon challenge she is facing better be ready to be flattened or knocked out. And then it's on to the next triathlon challenge/opponent.

Beginning in February 2012 we start another transformational tale. I hope you're not too bored with them by now as they do seem to proliferate in our hobby. Of course you know the old saying: "We can only begin where we are at." For Adrian this meant, at that time, a start with one mile of running per day and some aerobic classes for physical health. For other culprits that rob many of our lives as well as hers, she utilized the resources of the Addict 2 Athlete group. Her permission has been given to mention two specific culprits in her case -- depression and an eating disorder. She hopes that perhaps that will encourage others with the same challenges.



As she progressed on the path of better physical and mental health, her first event goal was the September 2012 Rock 'n Roll half marathon in Denver. As a high school student, she's a 2006 graduate of Pueblo West HS, Adrian had run cross-country. Still, with six years intervening, to finish the half-marathon was the primary objective. Doing the half with Rob & Sheena Archuleta and Shawn Reid, Adrian finished in 2:03 – a time and a run experience that were both quite satisfying. So she was ready to move on to the next challenge. (Note that her finish time at the recent bitterly cold local Rock Canyon Half Marathon on December 7<sup>th</sup> was down to 1:45:22.)

The A2A group was not only encouraging toward pursuing her own athletic and wellness goals but she was also encouraged to begin to serve others by sharing her story. In February 2013 she did that. And she found what others have taught over the centuries to be true. Often as we help others we are helped to continue down our own path toward our own goals without narcissistically focusing on ourselves – one of life's paradoxes.

In our conversation I asked Adrian what she considered her greatest 2013 achievement. From various goals met she drew out the Austin 70.3 (half-iron) triathlon. But it was not the placing or the time which was emphasized. It was the combination of the learning experience encompassing the training for the event and then successfully putting it all together on event day, October 27<sup>th</sup>.

I had to bring up, though, what had impressed me as an outsider – recovering from a bike wreck in the Boulder Sprint Tri. It was not the physical recovery, however, which impressed. It was recovering from the mental and emotional disheartening which could have overwhelmed one after focusing so long, preparing so hard and hoping so much. And here is where that beginning cross sports analogy comes into play. She squared up. With her own self-talk and with encouragement from key people she faced her fears and disappointment head on. Facing this "failure" had to be done mercilessly in order to keep the other goals alive for which the Boulder Sprint Tri was supposed to have been a stepping stone. ('Failure' is in quotes because the author believes there is almost no such thing as failure in the triathlon game.)

A key person stepping into this process was Melanie Milyard. On an August bike ride Melanie took it upon herself to work with Adrian regarding using her bike to its fullest advantage. That meant going over proper shifting tech-



nique, correct gear selection and maintaining best pedal rpm. Instead of shutting out the proffered instruction, as many of us with too much pride can do, Adrian listened. Implementing Melanie's teaching, Adrian became more comfortable so when looking at her future self-challenge in Austin she began to truly believe, "I can do this". The results at Austin 70.3 validated that belief.

In 2014 the biggest triathlon challenge will be Ironman Kentucky (Louisville) on August 24<sup>th</sup>. She's selected an event where she won't have a contingent of friends alongside. Though aware of the long distance support she'll have on event day, the more solo nature of this trip will be the special spice to the challenge. Austin has been the hottest event she has experienced so far. In Louisville she will be adding significant humidity. Adrian knows the proper physical preparation required to complete the distance. She knows the tricks one can do in our desert environment to prepare somewhat for a high humidity triathlon. The greatest challenge will be nailing race day nutrition. It will be a long day on a tough course (every iron distance tri turns into a tough course, eh?). Let's wish her the best.

NUTS and BOLTS: For those like me who wonder about the basics, here are the key workouts Adrian has settled on to fit in with the rest of life's demands.

- Mon - Swim long
  - Tues – Run long (5-7am) and bike whatever life allows
  - Wed – Off day (a firmly held belief re its requirement)
  - Thurs – Swim and Run
  - Fri – Run and Bike
  - Sat – Swim easy and big Bike day
- Sun – Run long and then spin class if feel ok



PARTING WORDS: Adrian truly does encourage each of us with: Don't give up. Face fears, taking them head on.

UPDATE by Adrian, 5/17/14:

Every day I am learning something new regarding training and, as always, I continue to conquer a fear and gain confidence from each experience on this journey. Also, everyday has been an opportunity to grow so I'll note some changes which have occurred.. I would have loved to have challenged myself with IM Louisville in Kentucky but I have selected to do IM Boulder instead. I consider myself lucky to have a friend who was keeping an eye out and found a sponsor that was selling slots for IM Boulder. Regardless of the IM site change, the challenge will still remain as significant on race day. As far as training, I'm always finding improvement and progress along the way, especially on the bike. I have moved from regular to clipless pedals, though at times I still find I have a love/hate relationship with them. Still, moving over to clipless pedals has made a huge difference (and a better decision) toward adding more power on the bike. I have also found going with a group of cyclists has been a big help. Benet Stricca, Shelby Austin, and Kristin Johnson Tristano have been great with giving advice such as relaxing on the bike, better pedal rotation and suggesting other improvements to make my rides successful. Nutrition is still a challenge but I am beginning to find what works well and what will work best for race day. Overall, this is still a learning experience and every day I am embracing and enduring every minute of it. The bad training days (let's face it, not every day can be good) make me appreciate the good and only make me try harder the next time. As long as I stay mentally strong, as I am physically strong, I see that Boulder IM can have a successful finish.

# Lifestyle change suiting Ron Cothran just fine

By Gary Franchi



Given a second chance, Ron Cothran isn't going to let this one slip away.

It was six years ago that Cothran underwent gastric bypass surgery to reduce the size of his stomach in hopes that it would help him lose weight that at one time, before he turned 40 years of age, had peaked at over 350 pounds. His health was a wreck as he suffered from sleep apnea, Type 2 diabetes and high blood pressure.

But complications from the procedure put his life in jeopardy and had him back in surgery three hours later to repair a leak that caused him to lose a significant amount of blood, and he wound up spending

five days in a hospital. That's the bad news.

The good news is that the bypass helped, as he dropped about 100 pounds and, although he has gained a few back, he has seen the light. Once totally out of shape, Cothran has become determined that it wasn't going to be like that once he reached the age of 50 this July 2. In essence, he knew it was time for a lifestyle change, especially for someone who is the respiratory care coordinator at St. Mary-Corwin Medical Center, where his patients have breathing issues.

Hence, exercise and eating healthier have replaced eating to celebrate something or just because of boredom. He admits that working out helped him get through a divorce and recover from the bypass surgery.



Last fall, the Arkansas native really put his new lifestyle where his mouth was. Reading about Puebloan Rae Timme gaining a spot on the CNN Fit Nation Triathlon Challenge team in 2013, Ron decided to give it a shot himself this year.

"I wanted to prove to myself that I could accomplish something," he explained about why he created a video about his life, his lifestyle change and the reasons for wanting to be selected to the Fit National team.

CNN selected only six contestants from throughout the country, and one of them was Cothran. In late January, he and the other five traveled to Atlanta and were introduced to the Fit Nation training program during a kickoff weekend. It will culminate with them competing in the Nautica Malibu Triathlon in California on Sept. 14 alongside Dr. Sanjay Gupta, the Emmy award-winning chief medical correspondent for CNN and a practicing neurosurgeon in Atlanta.

The contestants are all new to triathlon and most have had health issues and are attempting to change their lives to become healthier. Basically, as Ron said of the Fit Nation Team, "We're all trying to overcome something."

The training has been going well. Other than losing some time

with a recent abscessed tooth, Cothran has been training regularly, doing strength work, swimming, running and spinning classes. As he puts it, “I want to live the second half of my life better than the first half.”

Next is an eight-day mid-training trip to Laguna for workouts, including swims in the ocean, training re-adjustment based on VO2 max tests, and closing with a mini-triathlon. Team members also will get their custom-made Franco bikes, which they’ll get to keep as one of their many amenities. (Others are a uniform, wetsuit and a Garmin 910 watch.)

Ron ran his first race ever by doing the 5K of the Spring Runoff with his wife Lori. This month they’ll step up to 10K distance at the Bolder Boulder.

It is part of the building process that will take Ron to California to swim a half-mile in the ocean, bike 18 miles and run 4 miles in the Nautica Malibu Triathlon. (Timme, by the way, has continued her own lifestyle change plans to compete in the Nautica Malibu’s Olympic-distance triathlon the previous day.)

“I treat patients all the time, and I just want to show them that it’s not too late to get started and make changes in your life,” Cothran said. It will be nice, he added, “to do something to celebrate my 50<sup>th</sup> birthday.

Having the opportunity to get healthy and fit is one that he’s not going to let slip away.



# Ramblin' I've done crazier things

by Ron Dehn

Yes, I've done crazier things, but it's been a really long time. The last time I did something this nuts was when a buddy of mine and I got into a testosterone fueled challenge and entered the bull riding event in a rodeo. That is a whole 'nother story, but suffice it to say – the bulls won and it wasn't even close.

But, back to the (slightly more) mature era – last October. I give most of the credit to my most recent crazy adventure to my niece Tiffany along with my nephew Jono (Jonathan) and my brother Dave. After six Dehns completed the Pikes Peak Ascent last August, Tiffany declared that a marathon was next on her list. Well, that is one of those things that seems like a good idea at the time, but there is a huge gap between the idea and the deed.

As strange as it sounds, I must confess that in my 30+ years of running – I have never run a marathon. I am mostly a recreational runner who runs for health and enjoyment. Through the years, I have done a ton of 5 and 10k runs, several half marathons, and ten Ascents. And at age 65 I had for the most part given up on the idea of completing a marathon. I figured that it would simply be too hard on the body.

But – we were in reasonable shape. We had done the difficult Beulah Challenge Half a few weeks earlier and had just finished the Ascent. The Denver Rock-n-Roll Marathon was 2 months away. I thought about it and decided that it was now or never, so I agreed. Besides, the goal was to complete a marathon not to run for any kind of speed. Simply finish it and check it off the bucket list.

Well... I could fill a couple pages with details about injuries, work schedules, life's obligations, weather conditions, sun spots, horoscopes, Nostradamus predictions, and a dozen other reasons (excuses) that might prevent one from accomplishing a running goal. But – if you are reading this you are a runner and could fill those pages with your own version of the same. Bottom line is that come October 20<sup>th</sup>, I was not prepared to run a half marathon, let alone the full thing and it would be crazy for me to even attempt it.

So – I was looking for an out. Jono was struggling with injuries and had been experiencing some rather nasty knee problems all summer long. Tiffany was diagnosed with bronchitis only days before the race. A week before, she would not have been able to walk a mile, let alone run a marathon. I was certainly hoping that each would be healthy, but I figured that one or both of them would opt to change to the half marathon. If so, I would also change races. We could do that when we picked up our packets, or on the morning of the race. That would make sense for all concerned. But, no one but me seemed to be buying it.

When we picked up our packets at the Expo, the energy was incredible. All the people, all the exhibits, all the hype. I ran into Roger Giordano and after learning I had never run a full marathon, he told me, "You have to do it." I wanted to, but still wasn't convinced.

The next morning, the four of us headed for corral 12 and I continued my (very logical) discussion with the others as to why at least two of us should change to the half marathon. No takers. I looked around and all I saw were sleek bodies with 1% body fat. These people were all marathoners and I can't even run a fast 5k. What was I doing on the same planet? I felt like I was at the starting line of the Daytona 500 and I was driving my first car – a '53 Chevy. Oh nooooo. I have to go to the bathroom.

The gun went off for corral 12 and off we went. The four of us were wearing our bright orange Pike's Peak Ascent shirts that Tiffany had designed so we could keep track of each other. We stayed together until around mile 6. Dave and I had no choice but to stop at a port-o-potty. Tiffany and Jono said they would go slow until we caught up. Unfortunately the lines were long and pit stop took longer than we had hoped.

We caught the two of them around mile 8. Somewhere in that next mile, Jono's knee started talking to him and he decided to slow down. That sounded great to me, so Tiffany and Dave kept their pace and Jono and I slowed a bit.

Tiffany had taped Jono's knee that morning, but there were a few moderate hills on the course,



and Jono's knee pain was getting worse with each hill. It was obvious he needed additional medical attention. Tiffany called us (yes we carried our phones) to let us know there was a medical tent not too far after mile 12. Eventually we limped up to the tent. The medic re-taped Jono's knee. My right hip was really hurting. The medic said tape would not help but he would help me stretch it. He had me lay face down on a cot and he worked my right leg for a couple minutes. He really knew what he was doing, because I had no hip trouble for the rest of the day. Unfortunately Jono did not experience that degree of success.

We reached the turn for the half marathon and I tried to talk Jono into doing the half and calling it a day. He was determined to finish the marathon. The next several miles were not kind to Jono's knee so we did a run-walk combo. We would run as far as we could, then walk for two minutes, then resume the run. At mile 17, Jono said we have not quite 10 miles to go and told me to go on. He was going to continue, but didn't want to hold me back and didn't want me to stay with him. I went on. By this time I was dragging too, so my pace was not that much faster.

The further I went, the more my legs hurt. And the further I went, the more I had to talk to myself. I had to convince myself that I could finish. I had to continually tell myself to put one foot in front of the other and ignore all those negative / defeatist thoughts that were shouting in head. At mile 21, things got tough. Still 5 more miles to go. My legs were screaming.

Shortly after passing mile 23, I spotted a familiar orange shirt a hundred yards ahead. I was tired of running alone, so I asked my legs to do one last push to catch my brother and I caught up with him just before mile 24. It was nice to have someone to run with. It helped take my mind off of my own misery.

I was never so glad to see a finish line. Never. Tiffany had finished and was waiting for us along with Cathy and the two grandkids and another niece Brittany. Tiffany had heard from Jono and he was still coming. He just wouldn't quit. When I saw Jono coming to the finish line, I thought of the Steve Prefontaine quote, "A lot of people run to see who is the fastest. I run to see who has the most guts". A lot of people crossed the finish line before Jono that day, but there weren't many who had more guts.

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## *Platte Half—Family Pride!*



Carrie and Gary Franchi, Gary's son Aaron and Aaron's wife Jenny were all in a jovial mood when photographed just moments after finishing the Platte River Half-Marathon on April 6 in the Denver area. It was the first half-marathon for Aaron and Jenny, and the two of them held back and ran the old man's pace the entire distance. Aaron and Jenny, who live in Littleton with their 3 young kids, are fixtures at various Spartan, mud run and other types of obstacle events.

# My First Marathon

By Aaron Levinson

It all started in the summer of 2009. I wore normal running shoes (New Balance) and shorts and a T shirt year round. I was very competitive. I ran and weight lifted as hard as I could everyday competing with whoever I could find.

It was August and I was at City Park every day because my brother was in Pride City Marching Band. So I decided to run to the Nature Center. One day I ended up running to Pueblo West through the back roads and doing a couple circles out there. After that run I thought I bet I can do a marathon. So I started looking online for marathons I could still sign up for. I found the Xterra Marathon in Cheyenne Mountain Park in October of 2009. It was a new race at the time so I had no results to predict how long it would take me to run it. I signed up for it and continued running about 40- 70 miles a week. I was starting my second semester at CSU Pueblo and I was an assistant cross country coach at Roncalli Middle School. Between coaching, working out, running, and class, I stayed very busy. Two weeks before the race I started to think that I was not tough enough to finish the race. That week I ran 115 miles. That Sunday I did the Pony Express for the first time. It turned out to be my favorite race. The next week I had gotten so in to it that I ran 125 miles in just 5 days. I ran, weight lifted, and swam whenever I was not in class. The next week was the week of the race. I was tired. But, I was so excited I ran 65 miles the week before race day.

The ride up to Colorado Springs that morning was beautiful. The full moon was setting over Pikes Peak. When I got to the starting line, the race director was explaining the course to everyone. I was surprised that it was a trail marathon but I did it anyway. We would be running 2 laps around Cheyenne Mountain Park. I was thinking I would speed up on lap 2. Then we were off. I started out fast and was determined to win. At mile 8 I was talking with a couple guys that said we were on a 3:45 pace. That should have been a clue to slow down, but I didn't. I just smiled and said "cool." and kept going full steam ahead. At the halfway point, I saw people with full marathon bibs running across the finish line with the half marathoners. I later learned that a lot of marathoners had dropped out half way. I saw the trail ahead and all I was thinking was, ALL RIGHT, one lap to go, time to pick up the pace. My first lap took 2 hours. I was going fast until I hit the wall, at mile 16. I felt tired but I kept saying to myself come on man you got this. Pretty soon I got a second wind. and was racing along until I hit a second wall at mile 22. I walked up and down the rocky hills. I noticed the sun climbing higher into the sky and thought that can't be good, for my time. On top of a hill, I looked down at the trail before me and realized that I was only 2 miles from the finish. So I summoned the last of my energy and ran down the trail to victory. I finished in 5:01 and placed 9<sup>th</sup> I walked off the trail to a patch of dirt and collapsed for a couple minutes to catch my breath. A friend who had run the half marathon said "I was a beast for doing the full marathon." My Dad asked me, on the drive back to town, if I'd do it next year and I said, "ask me in a week."

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## Run for Rio renews memory of ex-Rye High athlete

By Gary Franchi

RYE – Runners and walkers will have the chance to continue the memory of Rio Martinez here Saturday, June 7, in the 17<sup>th</sup> annual Run for Rio 5-kilometer run and walk. Rio Martinez was a Rye High School student/athlete who was accidentally killed in 1997 just prior to the start of his senior year.

The mission of the race is two-fold. Since Rio was a three-sport high school standout, the race appropriately helps fund a scholarship for an outstanding graduating senior student/athlete at Rye High. It also promotes organ and tissue donation in Martinez's memory since his parents, Nancy and Jim Martinez, who now live in Trinidad, elected to have their son's organs donated to the Colorado Organ & Tissue Donor Registry 17 years ago.

One of the main organ recipients is Dave Karnell, who received Rio's heart. Karnell, who is 64 and lives in the city of Centennial near Denver, has walked the race several times with his son Nick. When he first attended the race for its 10<sup>th</sup> annual run, he presented a bouquet of flowers to Nancy, who had tears of joy when she listened to her son's heart beating inside Dave's chest.

The race setting is simply gorgeous, beginning and ending at Rye High in the Greenhorn Valley, with the starting time 8 a.m. It includes a beautiful and rolling course through the neighborhood streets of Rye, mostly south of Highway 165, at a 6,900-foot altitude.

The Run for Rio traditionally draws many current and former students, coaches and athletes from the high school and several of the Rio Martinez scholarship recipients. One of the fixtures at the race has been the SCR's Rich Hadley, who also attended Rye High but now lives in Florence. Now 58, Hadley continues to excel as a runner and finished second overall the past two years.

All participants will receive a short-sleeved tech shirt, and a tasty pancake breakfast cooked by the local Lions Club will be available for purchase after the race.

Race entry forms are available at Rye High as well as at the Gold Dust Saloon in Pueblo. For more information, contact Nancy at [funkyrivs@yahoo.com](mailto:funkyrivs@yahoo.com) or Race Director: Jeff Arnold at [jeffarnold194@gmail.com](mailto:jeffarnold194@gmail.com) (719) 947-3682.

## Double Duty in Santa Fe

By Marijane Martinez



On Thursday, April 10 I embarked on a trip to Santa Fe with two girlfriends, Claudia and Vernal, to visit another girlfriend and her husband, (Katie & Claus) who moved to Santa Fe about 5 years ago. We all worked at CSU-Pueblo (USC) for many years and have kept in contact since. None of the ladies I traveled with are runners, however they have no problem with me doing what I love when we travel. I have other friends who also live in Santa Fe who are runners, Rita & Tim and Anne & Gary who happen to be cousins of Debbie and Mark Gurule. I made contact with Rita and Anne and we made arrangements to meet and run while I visited. Rita was unable to run due to a sprained neck so it was just Anne and me.

Anne took me to two different locations to run which were both amazing and then she and Gary drove me to a small town called Pecos on Saturday, April 12 to run a 5k race that they had volunteered to work. The race was called the Amanda Lynne Byrne Memorial in memory of 18 year old Amanda who was a senior cross country runner for Pecos High School. On January 14, 2011 Amanda went on her usual run wearing her headphones, but because the day was very windy and cold she had a headband over the headphones. While running she encountered a very muddy area from the melting snow. To avoid the mud she went on the train tracks and never heard nor saw the train coming from behind.

100% of the proceeds raised from this run go toward a scholarship to a graduating senior. The support from the Pecos community was amazing. Many of Amanda's family members participated, including her parents.

The thing that stands out most for me that day was that the Superintendent of Schools was a former USC graduate and cross country runner, Fred Trujillo! Fred ran during the era of Dick LeDoux, Mark Gonzales, Misti Frey, Chrissy Quintana, and several others who I had the pleasure of getting to know. Fred started the race and when I saw him I thought he looked familiar. After the race, during the awards he recognized me and we talked for quite some time. He loves the area and said he still keeps in contact with some of the former runners through Facebook. It was nice to see a former student who has done so well.

Running in different locations is always a treat. Running with friends and into old friends in these locations only makes the running sweeter. Having non running friends who support what you do is also a plus! Remember to take your running shoes wherever you go! Gotta run now.....



Marijane, Don Thompson and a character for the Cirque du Soleil 5k race in Las Vegas in March.

## Calendar Notes by Dave Diaz

I am happy to report that Mark and Deb Gurule will once again host their summer Predict Run at their beautiful southside home. Mark your calendars now for SCR's social event of the summer. Join us on Saturday evening, July 26, 2014, 6PM, 23 Barrington Ct for a 4 mile dirt trail, out and back run with some slightly challenging rolling hills. Plan to stay for the best part, a backyard pot luck/BBQ. Bring your lawn chairs and plan to stay and visit. I'm not sure of this year's plan, but last year we filled the back yard with tables and chairs and stayed until....??

Also, Marilyn Vargas and David Rael will host our August Predict. The date will be August 10, 2014 with details soon. You may remember that Rich and Deb Hadley decided to retire from hosting their Temple Canyon in late November, however, Roger Giordano and Jason Castro will try to keep it going and will host the Temple Canyon Run in 2014, same location, course and time---the Saturday after Thanksgiving. Below are the remaining Predicts for 2014, still time to earn your shirt.

June 22, 2014-- Arroyito Lake View Run. Hosts: Humberto Parades and family. Beautiful run on the north shore trails of Lake Pueblo.

July 26, 2014-- G U Rule Run-Hosts: Deb and Mark Gurule

Aug 10, 2014—Pray for 4.2 Hosts: Marilyn Vargas and David Rael

Sept --- -- Open...any ideas????

Oct 25, 2014 --Harvest Run. Run around Lake Minnequa, pizza and beer at Felice's Pizza. Hosts: SCR and Stacey & Dave Diaz

Nov 29, 2014 ---Temple Canyon Run in Canon City. Hosts Roger Giordano & Jason Castro

Dec ?, 2014 Predict at the PW home of host Nelson Brentlinger

A big thank you is owed to the SCR members who showed up to clean the Arkansas River trail from Dutch Clark to Pueblo Blvd. I've been told it was much trashier than they anticipated, taking out many bags of trash. I understand, Parks and Rec is supposed to put up a sign saying the club has adopted that section of the trail.

I read in the Denver Post that a 20 year old student from CSU- Fort Collins collapsed near the finish line at the Boulder Spring Half Marathon in May and later died. Jessica Dillon, of Castle Rock, died after collapsing on the course. An autopsy is being performed to try to find out what happened.

Another of my running buddies from my younger days has passed away. Leonard Ruybal, former Chicano Studies teacher at East High in Pueblo, part time runner and full time nice guy, recently died. Most of you don't remember when the club was poor. We existed month to month, and every year by the time the Rock Canyon Half Marathon rolled around in December the club was broke. Because we had no money we would make the awards, instead of buying them. Two of my fellow teachers at East, Leonard and Dave Foster would make plaques in Dave's garage. We cut, sanded, and stained 72 awards... a lot of work but we had a lot of fun, too. Then raceday they both helped out at a water stop. I haven't seen much of Leonard since we both retired but I have many great memories. Rest in peace Chante.



# 2014 Race Calendar, June - Oct by Dave Diaz

## 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	gardententmile.com
Sat, Jun 14	8:00 AM	FIBArk Road Race	5K, 10K	Salida, CO	fibark.net
Sat, Jun 14	8:00 AM	Trinity Lutheran	5K, 10K	City Park	
Sat, Jun 14	8:00 AM	Leadville Trail Marathon	Mar/ 1/2 Mar	Leadville, CO	leadvillraceeseries.com
Sat, Jun 14	7:00 AM	Sailin' Shoes	5K, 10K	Colorado Springs	
Sun, Jun 15		Half Iron Tri	half iron	Boulder, CO	ironman.com
Sun, Jun 15	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
Sat, Jun 21	3:00 PM	Whitewater Adv Race	5K	Canon City, CO	Canon City Rec

**Sun, Jun 29 8:00 AM Arroyito Lake View Trail Run6 5M Pueblo West socorunners.org**

## JULY

Fri 4	7:30 AM	Liberty Point	5K	Pueblo West, CO Monument Valley Park,	
Fri 4	7:00 AM	Half on the 4th	1/2 Mar	CS	spreeracing.com
Fri 4		Gothic Run	1/3 Mar	Crested Butte, CO	
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
Sun 13		Boulder Peak Tri	Olympic		
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
<b>Sat 26</b>	<b>6:00 PM</b>	<b>G U Rule Pred #7</b>	<b>4M</b>	<b>Pueblo</b>	<b>socorunners.org</b>
Sat 26	6:00 AM	COCO Century Bike Ride	100M/45M	Ordway, CO	cococentury.webs.com

## AUGUST

Sat 02	8:00 AM	Danapalooza	5K	Canon City, CO	danapalooza.com
Sun 03		Ironman Tri	Iron	Boulder, CO	ironman.com
Sat 09?	8:00 AM	Fowler Sprint Triathlon	525 yd/8M/4M	Fowler, CO	719-263-4053
<b>Sun 10</b>	<b>?</b>	<b>Pray for 4.2 #8</b>		<b>Pueblo West</b>	

Sat 16	8:00 AM	Tinman Tri	500yd/14M/5K	Lamar, CO	719-336-2774
Sat 16	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	
Sun 17	7:00 AM	Pikes Peal Marathon	26.2M	Manitou Springs, CO	

## SEPTEMBER

Mon 2	6:30 AM	American Discovery Trail Mar	Mar & half	Colorado Springs, CO	prrun.org
Sat 6	8:00 AM	Beulah Challenge	Half,10,5K	Beulah, CO	
Sat 12?	7:00 AM	OJC Rattler Run	10 M/ 5K	La Junta, CO	ojc.edu/alumniEvents.aspx
Sat 13	7:45 AM	YMCA Corporate Cup	5K	YMCA	www.puebloymca.org
	8:00 AM	Pony Express	15 M	Rampart Reservoir	prrun.org
Sun 14	8:30 AM	YMCA Corporate Cup Bike	12.4 M	Test Track	www.puebloymca.org
Thu 18	5:45 PM	YMCA Corporate Cup Mile	1 M	YMCA	www.puebloymca.org
Sun 21	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189

## OCTOBER

Sun 19	7:15 AM	Denver Rock n Roll Marathon	Mar & half	Denver, CO	runrocknroll.competitor.com
<b>Sat 25</b>	<b>4:30 PM</b>	<b>Harvest Run 5K-Predict #10</b>	<b>5K</b>	<b>Lake Minnequa</b>	<b>socorunners.org</b>

# A first triathlon for Boys & Girls Clubs members teaches more than running, biking and swimming.

by Becky Medina



Have you ever been in the right place and the right time? A cycle of events and good fortune occurred and as I helped seven Boys & Girls Club members get their packets and have their numbers written on their arms for the Mini Mortals Triathlon, it was hard to believe everything that happened to get us here....

Last year the Kirk "Rocky" Derichweiler Memorial Foundation donated money to the Boys & Girls Clubs for a bike program. We wanted to get the best bikes for the money, but anyone who has worked in nonprofit knows that we try to stretch our dollars as far as they will go. In August 2013 I ran in to Dr. Christine Rochester who works with Outdoor Education program at CSU -Pueblo. I told her about the funding and asked if she had any ideas. Not long after she called me and said that she saw that Great Divide could apply for matching dollars for a nonprofit. If this worked we could essentially double our money! Kevin and Lee were fantastic. Dr. Rochester put together the proposal and Kevin and Lee submitted it. We were elated to hear it had been granted. Now we

could purchase bikes, helmets, locks and a trailer to transport the bikes and expand our program.

Kim Arline attended our check presentation. She was so helpful and offered to help with bike safety programs and also asked if SCR and SoCoTri Club would consider granting scholarships for 10 Club members to join the youth Tri Club.

And so here we were. 10 kids who kinda knew how to swim, and some who didn't even have a pair of running shoes. I would get teary watching the kids during the clinics as they learned techniques, side by side gifted coaches (Gwen Steves, Paul Dallaguardia, Ken Sharp, Kim Arline and Mike Orendorff) who had completed ironmen competitions. I enjoyed every practice, watching them learn and do new things. Thanks to the generosity of Shelby Austin, Rob Archuleta and Addict to Athlete 15 kids got to test their skills in the indoor tri in February. As the day got closer to the Mini Mortals triathlon, fears crept into the kids thoughts: "It's too hard!"; "I can't finish."; "What if I drown?" No different than the thoughts that go through most first timer's heads.

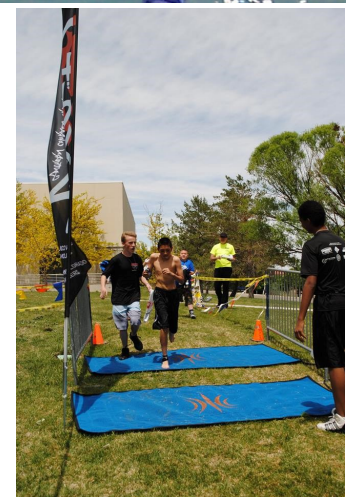
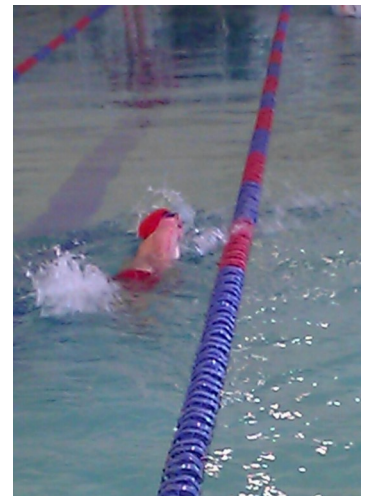
That morning the kids were super nervous and one of the older boys said; "We are staying together!" Now I have seen enough youth races to know that the minute the gun goes off it is usually every man for himself, but I told him that sounded like a great idea.

Watching the race was so thrilling. It was difficult seeing their pained expressions on the bike as they reached the top of the hill and were told how many more laps they had. Wind, heat and hills oh my! I am happy to report that every kid finished! Even the kid who didn't think he could finish the bike.

As I talked with him and told him how proud I was and asked how he felt during the race he said: "I wanted to quit, but every time I stopped running Damian and Christian would wait for me and Christian did an extra lap on the bike to stay with me."

I am so proud of every one of them. Proud that they took a risk to try something new; proud for the time they spent training; proud that they showed up; proud that they finished; and proud that some of them set their egos aside to make sure everyone crossed the finish line.

Thank you to Gwen Steves, Kim Arline, Paul Dallaguardia, Mike Orendorff, Ken Sharp, SoCo TriClub, SCR, Great Divide, and the Kirk "Rocky" Derichweiler Memorial Foundation. Without the collective efforts of these individuals and groups this never would have been possible.



## My First Marathon

by Jason Castro

How did I find myself running the Colorado Marathon in Fort Collins? Prior to 2013, my running experience included a 5k, and I completed the Bataan Memorial Death March held on the White Sands missile range. Since that time, I have been a cyclist, riding a mountain bike, road bike and single speeds year round. In addition, I go to the PAC, 5-7 days a week for resistance training.

When I lived in the Denver metro area, I got into cycling big time, completing several Century rides to include Elephant Rock, The Copper Triangle featuring climbing Freemont Pass 11,318, Tennessee Pass 10,424, and Vail Pass 10,666. Additionally, the inaugural Deer Creek Challenge, which included 106 miles and 12,751 feet of elevation gain. All those years of cycling provided me a good foundation for the challenge of running 26.2 miles, or so I thought.

While lifting weights at the PAC, I would hear stories about the awesome running events from Kris Spinuzzi, Deb & Mark Gurule, Carmen Perez, and Paul Dallaguardia that they were competing/running in. In 2013 my brother, Brandon, and I signed up for SRO 5k. That event must have caused the light bulb to go off, since then I could not wait for the next running event to take place. Since that first SRO, I have run it again. Also, the Spank Blasing twice, half marathon in Colorado Springs and Rock Canyon in Pueblo. I really enjoy the Predict runs put on by the SOCO Runners Club and have met Sheri Giordano, Patti Canchola and the rest of the "Big Dogs" MJ Martinez, Gloria Montoya, Martha Drake, Diana Lopez, Wendy Garrison and Becky Medina. All of them are strong runners, podium placers, and course record setters.

It was after Rock Canyon, that I was fortunate to befriend and train with Roger Giordano, AKA RGI. We hit it off right away, and planned to run the Winter Series short race in Colorado Springs. This series is a progressive race series. Roger, myself, and several "Big Dogs" competed in the short race series, while Carmen and Deb ran the long series. The short series included 3.3, 4, 5 miles and lastly, a 10k run. It was a challenging series, and thank goodness I listened to Roger and signed up for the short race. Roger and I placed third in our respective age groups. The race series was brutal and tough, but it made me a better runner, along with the experience and training with Roger, as I was near being in tip top shape. After the Winter Series, we continued our training, ran the Predicts, SRO, and Spank Blasing.

I cannot stress enough, how important running/training with Roger helped prepare me mentally and physically for running 26.2 miles. Roger had us following a 16 week marathon training plan, and our long runs consisted of 14, 16, 18, 20, and 22 miles. We also included interval and track work (I especially like 800's now). The past 16 weeks flew by as we were logging miles and more importantly, Roger and I were becoming very good friends. As April neared, I signed up for the Spank Blasing 10k, anticipating it to be used for a final tune up. I PR'd and came in 5<sup>th</sup> overall and 1<sup>st</sup> in age group 40-48. I was now ready for CM 2014.

I drove up to Fort Collins with Roger, Sheri, and Patti. We attended the CM Expo and packet pick up. It was so cool to see my name and marathon on my bib (#1080). After the expo, we enjoyed dinner with the "Big Dogs" and Tri Athlete Vern. To a runner all of us were ready to GO. After dinner the group returned to the expo for a group picture, which can be seen on Facebook.

Bedtime came early; sleep not so much....Finally up at 2:45 am. As I ate a power bar & drank Gatorade I talked with Sheri and Patti, as they prepared for their half marathon. I met up with Roger and we boarded the bus for a ride up the Poudre Canyon.

6:15 am De-bus, take a gel, use the restroom, drink, freeze and mentally prepare a final time. Roger and I took oversized trash bags to pull over our head. We ended up stepping into them instead to keep our legs warm. Another marathoner must have thought Roger resembled a trash can, as she tried to place her trash in Roger's bag. He laughed and gave his bag to her.

6:30 am We line up and the gun goes off. The downhill start and 1<sup>st</sup> 16 miles are fast and furious. Our plan was to run the first 2 miles at a 8 minute pace. It never happened!! We were running under 7 minute pace all the way down the Poudre Canyon, we never let up.

Miles 13-16 I could start to feel the burn in my legs as I took on some fuel and flew on. Past winner Steve Folkerts (won 2011) said, "Let the downhill do the work. Don't burn out too quickly". (Fort Collins newspaper May 3, 2014).

Miles 16-20 My GPS told me I had "banked" a lot of time, and I was starting to think I could finish the run in three hours. NOTE: Roger told me one cannot bank time in a marathon. I would soon find out how true that remark would be.

Miles 20-25ish The last 10K to go! OMG! What happened to my pace? To feeling strong? I was hitting "the wall". What should have been a 45-50 minute 10K turned into what seemed a crawl, compared to the first 20 miles. I was hurting, feeling only pain and discomfort. My "bank" of time was quickly draining.

Olde Town After a few twists and turns, I break out into Olde Town/Fort Collins inspired by the cheering, clapping crowds and the ringing of those wonderful cowbells. Finally, two street lights and one last intersection to go. The Police Officer waves me through and I check my six o'clock, and spy the Finish Banner. I burn the last match in my matchbook and cross the final half city block and come in at **3:12:43**. I finished my first marathon 51<sup>st</sup> out of 1087 runners, 4<sup>th</sup> in my age group, and more importantly, qualified for Boston 2015.



**Congratulations Jason!**

Southern Colorado Runners

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**“It always seems impossible until it's done.”  
-Nelson Mandela**



Congratulations to Anna Marshall (Western State, formerly PWHS runner) for her first-place finish at the CSU-Pueblo Open defeating the field by over one minute and qualifies as the second-best time in the nation so far in 2014 (April), just 1.18 seconds behind the leader. 5 km time of 17:45.5 (altitude conversion 17:18.31)