



# Footprints

Southern Colorado Runners

July 2014

Volume #344, Issue #3

Editor: Becky Medina

## WALK/RUN/RIDE

by Troy Davenport



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The Pueblo Child Advocacy Center will host its annual “Walk/Run/Ride” event on September 29<sup>th</sup>, 2014. Registering ahead of time is greatly appreciated however, registration the day of will begin at 7:00AM, the bike riders will take off promptly at 8:00AM and runners/walkers will begin at 8:10AM. The event will begin in the overflow parking area at the Pueblo Municipal Airport. Walkers and Runners will have a flat 5K course monitored by volunteers, police officers and sheriff’s deputies. Bike riders will take the “Test Track Road” out to the Transportation Test Center and back (approximately 38 miles). Don’t worry, you need not ride the entire way and support with water and a ride back if necessary will be readily available. While the run is a “mildly” competitive event, the bike ride is simply a pleasure ride that you can ride as fast, slow, long or short as your heart desires. “Spitfire Grill” will be on hand serving breakfast and lunch. Thanks Max!

Really, the event is designed to raise awareness and funds for the Child Advocacy Center. The center provides a homelike atmosphere where law enforcement, caseworkers, medical providers, prosecutors and counselors can investigate and gather evidence in child abuse, including sexual abuse cases in our city and county. The innocents of our community who have been victimized can receive services, be interviewed and examined all at one time in one place versus going to a foreboding government or medical building at separate times for separate but related issues. The center has a front room, a kitchen, toys and décor that make it look just like a home.

So just how big is the issue in our community? Well, you may find the numbers sobering. In 2013 the center served a total of 266 children. 218 were for suspected sexual abuse, 30 for suspected physical abuse, 2 for suspected neglect, 10 witness to violence and 4 for other indirect services. From January to May 31<sup>st</sup> of this year the center has served 137 children, 107 for suspected sexual abuse, 22 for suspected physical abuse, 10 witness to violence and 10 for indirect services.

While these statistics may be disturbing I am actually quite proud of our community. The Pueblo Child Advocacy Center was actually the first center in Colorado! This tells me that from its earliest conceptual stages, Pueblo has been committed to its children. The center has become a leader in the southern part of the state. Other agencies frequently use the center to seek the truth through forensically sound interviews and to provide services for their own children.

I have heard it put this way, “Let’s not spend time admiring the problem, let’s do something about it”. Please consider coming out to the “Walk Run Ride” and supporting the Pueblo Child Advocacy Center. Please fill out an entry form or register online at [www.pueblolocac.org](http://www.pueblolocac.org).

Finally, I want to personally thank our own Southern Colorado Runners Club. The club and its leadership have been staunch supports of the child advocacy center. Runners and fitness nuts concerned about their community and supporting agencies that help abused children.....now that’s real Pueblo!!

# SCR Information

## Current SCR Officers

### President

Dennis Wait                      president@socorunners.org

### Vice President

Dave Diaz

### Secretary

Paula McCabe                      secretary@socorunners.org

### Treasurer

Paulette Arns                      treasurer@socorunners.org

## Non-Elected Officers

### Membership Chair

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### 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. 344, Issue No. 3

“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,

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. Everyone has a story or something valuable to share. Please send your pictures and/or stories to [medxpres1@msn.com](mailto:medxpres1@msn.com).

Respectfully,

Becky Medina



# RACE BRAG

## JULY

- Marijane Martinez 1
- Don Pfof 2
- Jason Belcher
- Kenny Velez
- Laura Espinoza
- Nicole Golob
- Ron Cothran Jr
- Sandy Reinsch 3
- Donald Moore 4
- Benjamin Volk 7
- Rachel Appenzeller
- Alyson Austin 8
- Aaron Hernandez 9
  
- Mike Martinez 13
- Zachary Mead
  
- Brenda Koch 14
- Shawn M Bell
  
- Gina Drummond 15
- Gregory Berryman
- William Cuppy
- Kevin Hughes
  
- Dave Dietz 17
- Irina Vancea
- Regie Marquez
  
- Dennis Wait 18
  
- Jason Castro 19
  
- Bill Veges 20
- Leroy Atencio
  
- Caleb Worley 21
- Grant Sontag
  
- Carrie Watson 22
- Marian Heesaker
  
- Eric Medina 23
  
- Mary Porter 27
  
- Darryl Clark 29
- Sam Volk



**Colfax 1/2 marathon  
Diaz Family**



**Yappy Dog Predict**



**Boulder 70.3**



**Paws for Life**

# My First Half Ironman

By: Peggy Huntley Oreskovich

So, I was asked to write about my experience of competing in my first Ironman 70.3; however, before I begin I want to confess that I was hesitant because there are so many talented triathletes in Pueblo that have not only done numerous half Ironmans, but even done numerous full Ironmans! I hope to join that group one day! So competing in my first half Ironman was a step towards that goal.

I won't bore you all with a description of my training; I think we all know the incredible amount of hours it takes to train for a multi-sport event like a half Ironman. I will, however, describe how generous I found other seasoned triathletes were with advice, tips and encouragement! I trained with Stacey Diaz and Carrie Franchi who both competed in the Boulder Half Ironman last year. They were always answering my questions and calming my nerves as the race got closer by the month. Dave Diaz was also a huge help with advice on how to prepare, what to pack and what to expect, as he not only competed in the half Ironman last year, but has also done a full Ironman. Then there were the SoCo T2 Multi-sport clinics hosted by Gwen Steves and Michael Orendorff where I learned how to mount and dismount my bike like the pros do – I did practice and was able to successfully use this technique in the race. Another of the clinics taught a valuable lesson on how to set up a transition area for fast, efficient transitions.

In May we went to an open-water swim at Grant Ranch in Denver where many of the SoCo T2 members were participating. The open-water swim was the most intimidating part of the half Ironman for me and overcoming the fear and building my confidence in the swim was probably the most important aspect of my training. The water that morning was cold and when I first started off I felt like I couldn't catch my breath; I started to panic for a minute and thought I was not going to be able to do it. I held on to a buoy from one of the support kayaks and tried to calm down. After a minute I decided to just start swimming one stroke at a time and concentrate on relaxing; before I knew it I had finished the first loop. I was then able to complete my planned mile and a half. On a personal note, I really felt honored to be swimming alongside of so many of those talented triathletes – ok.... more like swimming **behind** those talented triathletes, but still, it was a great feeling and just the boost of confidence that I needed!

Fast forward to June 15, the day I was excited and scared for all at the same time! Gathering on the beach with other Tri Club members and having other triathletes giving me encouragement and advice really helped to keep my nerves in check. The best encouragement, or at least the funniest piece of encouragement, was from Gary Franchi. Gary's heartfelt message was to tell me, "If I could do this, you can do this!" Thanks Gary, that did help!

Well, I had imagined over and over again what it was going to feel like to cross that finish line and the moment was just as good as I had imagined! There's such a rush and a feeling of accomplishment! The moral of this story, however, is that it is not just the accomplishment, but the sense of feeling like a part of a community (Ok, I am about to get corny here, so I apologize ahead of time). The Tri Club is made up of people who I really admire, not just for their toughness and talent, but also for their spirit of generosity – it was cool to feel like a part of that! Also, being able to train with good friends sure makes those tough training events easier! Being able to share the misery and sense of achievement during training (and food afterwards) makes training for and participating in these events that much more meaningful and fun! So, thank you all who trained alongside me, encouraged me, inspired me, taught me, gave me advice and made me laugh! I look forward to more!!!



## New Marathon and Half Marathon Event in the Sangre de Cristo Mountains

The Hermit Pass Marathon and Half Hermit half marathon run will debut on Saturday, Sept 6, 2014 at A Painted View Ranch just outside of Westcliffe, CO. Become a part of Colorado trail running and marathon history by participating in this inaugural event, which organizers anticipate will become a Colorado classic. If you want to run another marathon that tops out over 13,000 ft. (and there are only 2 others in Colorado) this is the race.

The marathon course will start at A Painted View Ranch on the lush floor of the Wet Mountain Valley at the eastern side of the Sangre de Cristo mountains at 7,878 ft. and follow a dirt county and then rough 4WD road, Hermit Pass Road, up to the top of Hermit Pass, above timberline at 13,050 ft. This route goes through pine and aspen forest, along streams, and frequently provides stunning vistas of the mountains above and the valley below. Runners will proceed back down the road to the valley floor and then take a northern deviation on dirt county roads, back to A Painted View for a total of 26.2 miles. The Half Hermit course will start at the same point and time, but runners will turn around at the 6.05 mile point and return to A Painted View Ranch. A portion of both courses travels on National Forest under a special use permit.

Entry fee is \$75 for the marathon, \$40 for the Half Hermit when you register before Aug 30. After Aug 30 and up until 7am. on race day Sept 6, the fee increases to \$100 and \$70. There is a limit of 300 participants for this first ever marathon, but is not limited for the Half Hermit. Registration is now open online at [www.imathlete.com/events/hermitpassmarathon](http://www.imathlete.com/events/hermitpassmarathon). Mail in registration is also available at the race webpage, [www.clubamericawmv.org/marathon](http://www.clubamericawmv.org/marathon).

Start time is at 7:30am. and the course turn around at the top of Hermit Pass will close at 1pm. All current information including a detailed map of the route is available at [www.clubamericawmv.org/marathon](http://www.clubamericawmv.org/marathon).

Proceeds from this event will go to benefit Club America WMV, a nonprofit community owned and operated aquatics and fitness center in Custer County. Help provide swim lessons and fitness opportunities for rural residents of Colorado.

Sponsorships are also available. Show your support for this unique event in Custer County by becoming a business or individual sponsor. Please call Barbara Sutton at 719-371-8001 for sponsorship and race information, or email [hermitpassmarathon@gmail.com](mailto:hermitpassmarathon@gmail.com).



# Rocky Ford Melon-Man Triathlon

by Kermit Snyder



Rocky Ford is well known for its great tasting cantaloupe and watermelon, but it is also building a reputation of excellence when it comes to endurance events! In the not too distant past, Rocky Ford high school accomplished a rare feat by winning the state cross country championship three years in a row. With this type of community tradition of running, there are high hopes that the newly installed Melon-Man Triathlon will grow to be an annual event that many look forward to because of the fun and camaraderie that is experienced when a community knows and understands the satisfaction in the hard work to train for and complete a triathlon!

The 2014 installment of the Melon-Man Triathlon featured a reverse order event with a 5K run, a 10-mile bike ride, and then finally a snake swim of 250 meters. The most interesting feature of the course was a major hill that required bikers to ascend for about 1 mile before cresting the hill followed by a 1 mile descent. It had to be traversed both on the way out and on the way back! Altogether, 22 individuals completed the triathlon and 2 relay teams. There were also 5 relay teams of kids that completed a short course. Probably the most impressive performance of the day came from the legendary Rocky Ford High School cross country coach, Ron Shepherd, who completed the course in 1 hour and 57 minutes. He was able to do all of this with a hurt hip that will be replaced at the end of June! That's the stuff of a true Melon-Man!

All of the funds raised by the event are given to the Rocky Ford Community Swimming Pool for continual improvements. The pool, which is completely funded by the community and governed by a group of community volunteers, has a goal to add a splash park for toddlers. The event will be hosted annually. Thank you to everyone who participated in this year's triathlon and everyone is invited to join us next year on May 30<sup>th</sup>!

## 2014 Results

Name	Time at end of run	Time at end of bike	Final Time
(at end of swim)			
Kermit Snyder	0:19:52	0:50:46	0:57:29
Josh Davis	0:17:12	0:50:30	0:58:36
Bryce Hiigel	0:22:28	0:53:24	0:59:12
Dustin Smith	0:22:10	0:57:17	1:04:56
Tim Vanhook	0:22:10	0:54:22	1:05:20
Kenny Davis	0:24:03	0:57:59	1:05:48
Blake Davis	0:19:31	0:59:15	1:07:52
Adam Carroll	0:23:35	1:01:58	1:10:13
Jodi Tomky	0:26:59	1:03:58	1:10:16
Jacob Garcia	0:23:46	1:05:08	1:13:31
Becky Medina	0:25:20	1:04:06	1:13:50
Richard Mason	0:31:17	1:05:07	1:14:59
Joe Farra	0:29:40	1:07:10	1:15:17
Amy Bauserman	0:30:06	1:12:15	1:16:57
Rex Hayter	0:33:28	1:13:48	1:20:20
Leslie Carroll	0:29:14	1:12:36	1:20:27
Casey Irwin	0:29:23	1:13:35	1:20:31
Wendy Garrison	0:30:34	1:14:57	1:20:31
David Garcia	0:31:30	1:12:58	1:21:54
Jeremy Fraser	0:23:31	1:18:05	1:24:31
Ron Shepherd	0:44:18	1:46:10	1:57:10
Bobby Armstrong	0:28:42		



## Relays

Name	Time at end of run	Time at end of bike	Final Time (at end of swim)
The Melonators	0:23:35	1:19:29	1:24:25
- Michael Mora - Andrea Cruz - Dusty Wallace			
Emick/Nichols	0:24:03	0:59:04	1:05:38
- Chris Emick - Nichols Family (tandem bike) - Debbie Emick			

## Great Stuff column – July 2014

By Gary Franchi

*Cool stuff experienced, observed or stumbled across while going through life:*

The camaraderie amongst the members of the Southern Colorado Triathlon Team is simply awesome. I experienced it up close last year while participating in the entire Boulder Triathlon Series. And I have felt it ever since, whether running into members at the Pueblo Athletic Club, taking a New Year's Day run with a few folks along the Riverwalk or becoming a running partner of Laura Ortiz-Espinosa after joining a small contingent for 5 a.m. weekday runs over the winter.

I felt it again at the Boulder Half-Ironman in June when I attended as an observer and a cheerleader for my wife Carrie. When registration for the Half IM was held late last year, I wasn't healthy enough to sign up, and I didn't know if my polymyalgia rheumatic condition would clear up or stay with me and I didn't want to waste big bucks. The event sold out pretty quickly and I missed out, which was probably good since, although my polymyalgia is in remission, my knee hasn't been real kind to me for several months.

The bonding of the Half IM group was there from the start when members got together for photos on the beach prior to the 1.2-mile swim leg, and I was able to snap the picture you see accompanying this article when they gathered for a pre-race prayer. In an endurance sport populated by its fair share of Type A personalities, this camaraderie and support is so refreshing to see.

This is what I wish sports would be all about. All sports.

\*

A good source of running and other information is on the web at [www.pikespeaksports.us](http://www.pikespeaksports.us). Yeah, I figure I'm probably one of the last to hear about this website. But at least I know about it now. Although the cover page is a bit obnoxiously "loud," the site has lots of results, information, interviews, photos ... all kinds of cool stuff. Bookmark it and check it often.

\*

So, like, how many bananas does it take to feed an endurance event? Well, if you're the Rock 'n' Roll Marathon in Seattle, you gave out 15,000 bananas at the 2013 event. No matter how many times you cut 'em, that's a heckuva lot of potassium being replenished by those runners.

\*

I've been catching up on some of my 2014 issues of *Runner's World* and *Running Times* magazines lately. With my miniscule running mileage and physical limitations today, I was sort of wondering why I even continue to subscribe to them. But, ya know, they really are quality publications with some good "people" stuff to read. In the March 2014 issue of *Runner's World*, I loved the article about Bruce Dern, the 72-year-old actor who was an ultra-runner before the first running boom ever hit. They did an article on Dern because he starred in the recent hit movie "Nebraska."

\*

One of the more humorous topics of Laurel Wright's clinic on triathlon nutrition on June 23 was on "peeing" while on the bike during long triathlons, namely Half-Ironmans and Ironmans. That's right, this issue was discussed. Apologies to Laurel, but she admitted to having done so during an Ironman. Hey, when you're trying to qualify for Kona, you do what you have to do to save time.

I was curious so I did some Internet research about this subject. On the *Amateur Endurance* website, I found this technique: "The key to letting it all go is a downhill slope, relaxation, and a carefree attitude. Once you crest a hill, stop pedaling, stand up on your bike, and try to relax a bit. Once gravity has taken over and you start descending, let loose. It might take a second or two of concentration, but once it starts, there is no stopping until it's done. Also, don't worry about other people behind you. Once they realize what is happening, they will get out of the way very quickly." So there you have it. Personally, I'm thinking of inventing a "pissoon" that people could use at such times.

Until the next time, enjoy life!



# A Chat with John Highfill

By Michael Orendorff

June 2014

I came.

I sat down.

I listened.

I ramble talked with a tired mind post-bike ride with John.

Still, I came up with no focal point for an article; no solid footing on which to build. Michelle dropped in a few times and in seconds, with a comment/observation, gave insight not gained in many minutes of discussion.

I guess I could box him up for you. And then let's see how he breaks out of the box you and I build.

**THE BOX:** 15 years a family physician -- a profession entered after first obtaining a PhD in Chemical Engineering. 21 years with Michelle. Four children at home – Benjamin, 14, Rachel 12, William 10, Ellianna 8. Now let play the stereotypes you have in your head for both of those professions, maintaining a long marriage and helping to raise multiple children. Engineers? Yeah, you know that stereotype. Three-dimensional thinking critical to being a good chemist? You bet. The stoic GP who listens but never reveals except for delivering diagnosis, prognosis and instructions? Yep, we've clicked off a few ways to pigeonhole him. Does the following fit that?



Four months prior to the 2010 Boulder Peak Triathlon, an Olympic distance, John began his tri journey. As with most newbies, the swim was his Achilles heel – still is though improvement continues. At Boulder Peak that year he nearly quit in the first 100 meters, during which he was kicked, hit and swum over – a pummeling he'd never experienced before. Though he never grabbed a support kayak he did take a breather near one and the kayaker told him to relax, that he *could* do this. Off he went, slowly and steadily, finishing the event.

Prior to that first tri in 2010 he had been teaching himself to swim – watching online videos, becoming confused with the advice and jargon, trying to not go backwards when attempting to use a kickboard. (He swears that's true.) Since then he has worked with Susanne Divelbiss, a local high school and youth group swimming coach, to gradually bring down his swim times while also building his swim confidence. His half-iron swim times have declined from 49 minutes down to 45 then 43.5 then 41. (Selfishly, I hope he continues to drop down to 31 or 32 so he and I can have some good races, which I think he will then win due to his excellent biking, good running off the bike and relative youth. I would love to get beat by him.)



And now quickie notes, Twitter style (almost). Gotta get under the word limit. J

**Key people:** Don't be offended if your name is not in this list. (Mine certainly isn't.) John stresses that it's the group love, so to speak, that is addicting. (I've only heard positives from people who have gotten out with him to ride or run, so that must be true.) But key people along the triathlon path have been the Steves, Paul D, Adrian C, Kim A, and Irena V.

**Favored distance:** Hasn't settled on one. He's leaning toward Oly but he's done four half-irons that have been enjoyable challenges so the jury is still out.

**A non-racing triathlon purpose:** John takes the responsibilities of his profession, marriage and children seriously. Triathlon is his disengagement exercise. Swimming is the most disengaging of the three disciplines. That is,



disengaging from the other parts of life but still fully mentally engaging, Michelle stressed.

Key non-SBR (Swim-Bike-Run) activities: John does weight training regularly, a must for good mountain climbers and half-iron racers. He focuses each session on a particular body region, e.g. legs. (One can see that strength when riding with him.) He also follows a very healthy eating plan – no fast food, good selection of healthy meats and vegetables, lunches usually at home with Michelle’s sustaining fare, always being aware of what he puts in his mouth. That enables him to not need any sugary foods until entering the third hour of training (a great sign that one is fueling properly in the rest of life).

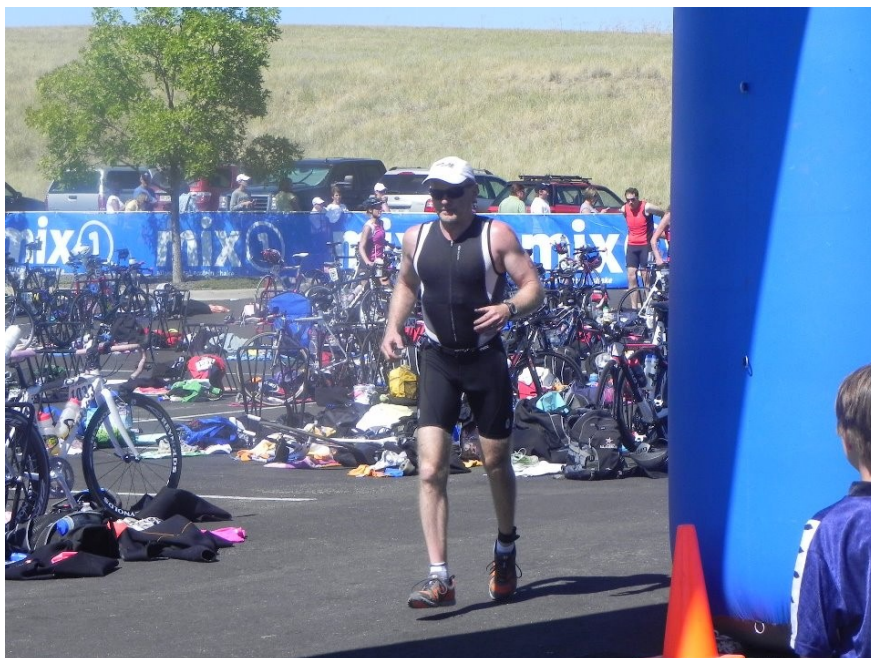
Most satisfying event experience to date: The HITS weekend in Grand Junction this year. It was with family. He liked the small field and found the event well-organized with the RD (race director) accessible. He unexpectedly broke the 5:20 half-iron barrier and son Benjamin finished his first Olympic distance tri that weekend. (btw, Benjamin did his first tri at age 5.)

Long-term sustaining vision: John’s sustaining vision to keep himself going years down the road is almost completely from within. A key part of that long term vision: He wants to be able to do these types of events when he’s 75, twenty-eight years away.

Lowest athletic moment: John’s athletic low occurred during his three years of medical residency. He says that on January 1, 2004 he hit a weight of 191.4 lbs on his 5’8” frame. He felt sluggish. Stairs became difficult to ascend. So he began cycling and weightlifting. (I say that was to our gain as well as his.)

Michelle emphasizes John likes to do things that are tough. In engineering he chose one of the more difficult areas – chemical engineering. When summiting fourteeners he has done a mid-winter climb using a backside route up Pikes Peak. So I hope the following gives him a sustaining tough challenge to keep him in our sport: I often say we cannot tell ourselves we have conquered this tri sport until all three disciplines have been brought into balance – no glaring weakness in one or the other. Let’s hope John continues with us at least to that point as he is a great addition on rides, at events and just good to have around in general.

My parting shot: John, you’ve got to quit resting while you wait for us on a bike ride. Circle back, John, circle back. Then re-do that hill or sprint away from us again. No fair to re-freshen while the rest of us mere mortals struggle to catch up.



# Loveland Lake to Lake: Three very different perspectives

By Wendy Garrison, Marijane Martinez & Becky Medina

After all this the triathlon should be a piece of cake.....



Wendy Garrison

I'll leave the experts to impress you with their amazing triathlon feats. My tale is how to get to (and survive) a triathlon. Last summer several of us decided it was time to expand our worlds and try a tri. Four sprint triathlons later I was a seasoned athlete - right? Ok maybe not. Becky Medina suggested we step it up a notch and try an Olympic distance. Marijane Martinez and I were in.

Step 1 in my training was to increase distance in both the swim and bike. I discovered I love swimming but the bike can be quite scary. Despite training, I only managed to get to 30 mile rides twice. Becky and MJ on the other hand, proved to be quite the cyclists. I watched the video of the bike portion of the course 200 times and decided I better stick with the sprint distance. After hearing about the course from Becky and MJ, I knew I was right.

Race day was approaching and my ride and support chief (my husband LeWayne) could not go. That's it I thought, I'm out. Turned out MJ was also going solo so game on!

The ride to Ft. Collins on Friday was nonstop traffic, ugh. Then once we got there, rain - double ugh. Before I get too far ahead in my tale I must mention one of MJ's and my biggest challenges, the bike rack (insert gloom & doom music here). MJ's significant other, Don, lent us his Subaru that

has a bike rack on the roof. This is a nifty device if you know how to use it. Neither MJ or I are taller than 5'11" and upper body strength is um - we'll let's not go there. Armed with 2 step ladders and no idea how the carrier worked we somehow managed.

The night before, hotel - check, registration - check. Time to check out the bike course Becky & MJ would tackle. We had the site up on one cell phone and a GPS up on the other. About 18 miles into the course we lost internet service thus no map. We also lost GPS service thus no idea where we were at. No worries I thought I will call Becky and she can read us a map. Guess what? No phone service either! So much for scouting the course. We backtracked and took a few wrong turns but finally found our way back.

4:15 am - triple ugh! Race morning. Time to get up, dressed, and get the bikes loaded again to head out to the race. Big problem - we can't get the bikes secure on the rack! The Olympic course triathletes had to have their transition zones set up by 6:10 and it was a 20 minute drive from the hotel plus time for parking. MJ and I started trying to load the bikes at 4:30. By 5:00 we had gotten nowhere. Imagine two middle aged women in tri suits in the dark on step ladders trying to hoist bikes onto the roof of a car guided by the single light of a cell phone. Yeah, not a pretty picture. Frustration was settling in and we decided to heck with the bike rack, the bikes were riding with us so scoot over! Becky's husband, Eric, was now calling to get over there NOW. MJ hit the gas and we were off until - you guessed it - we were pulled over by one of Ft. Collins finest for doing 68 in a 55 zone. I am now up to quadruple ugh. The police officer was nice and let us off with a warning but the encounter cost even more time.

Ok we're finally there! Quick grab the gear! Grab the bikes! Uh, does anyone know how to put a front wheel back on a bike? Red faced, I realized I have never, ever removed my front wheel before. I scanned the crowd, made eye contact with some unsuspecting Good Samaritan who looked like he's done this before and voila a complete bike. Gwen Steves, if you're reading this we should discuss training classes for slow learners.

Long story short, all went well. I completed my sprint and Becky and MJ completed their Olympic triathlons. I can personally recommend the sprint course - very fun! I hope Becky or MJ writes about the details of the race itself because I couldn't pass up sharing the tale of the marathon to get to the triathlon. The road to becoming a seasoned triathlete is a long and tricky one and sometimes has nothing to do with actually competing.



(Continued on page 11)

## **NOT SO MUCH.....by Marijane Martinez**

Wendy's article described the marathon to get to the triathlon. I would like to go one step further and address the actual event. When Becky initially mentioned that she had registered for this event I thought it was a good idea. I have always been an advocate of cross training. I did many of the Ordinary Mortals Triathlons when they were held at the Pueblo West Regional Center and have continued to do sprints throughout the years. I had also participated in the Dragin' On In Olympic Triathlon that was held at the Pueblo Reservoir many moons ago, as a member of a team and in its final year as an individual.

Once the registration was completed I then had to bump up my training to be certain I could complete the event. Somewhere during the training process I realized that I am no longer willing to train beyond what I normally do. I value my free time which allows me the ability to do the other things I enjoy such as hanging out with Don, my daughter Traci and my four wonderful grandchildren, Grace (11), Emeri (8) and Trevon & Darius (2). I love to run, bike and swim but knowing I HAVE TO RUN, BIKE AND SWIM took the fun out of it for me. Regular training with all the girls is enough for me. It is enough to keep me "sharp" which means my times are still respectable and I am fortunate enough to place sometimes too.

I do however have an enormous amount of respect for those of you out there who train and participate in the longer events. The idea of training for and participating in an ironman has never been something I have thought about doing. After training for and completing this Olympic Triathlon I can't even fathom it! More power to all of you out there who do!

And now I will address the actual event from my perspective as a participant. I have never been a strong swimmer. I know one basic stroke, the crawl and although I could swim for a long period of time, I am extremely slow. I was in the last wave, the 50 and over divisions, both men and women. The relay teams would follow us which I knew was not going to be a pretty sight for me. As I predicted I was passed by all but one of the relay individuals. Fortunately only one hit me on the head! Imagine my surprise when I got out of the water and heard the announcement over the loud speaker, "and now we have our last two triathletes coming out of the water"!!! OUCH! One advantage is I didn't have trouble finding my bike in the transition area as it was likely the only there!

On to the bike course which was 30 miles. I never thought I would see the transition area again! Once you are as far behind as I was in the swim it becomes a very lonely event. I did catch and pass some cyclists but not many. The course was hilly just as many people had said so I just kept pedaling and pedaling and pedaling which again made me think of those individuals who do the longer events. Finally the transition area and my event, the run! Low and behold it too was quite lonely with the exception of the runners who were on their way back to the finish telling me "good job". By the time I got back to the transition at the end of my event most of the bikes were loaded onto vehicles and the participants were either eating, waiting for the awards or home making dinner.

Surprisingly I was only 2 minutes over the time I had figured it would take me to complete the event. Going in to it I figured it would take me as long as it takes to complete a marathon and I was close! I reminded myself I had given up doing marathons because of the amount of time it takes to train and here I was doing it again!

In conclusion I have decided sprint triathlons are my event and I'll leave the longer events to all the studs out there! Sometimes we just have to put ourselves out there and confirm the fact that the decisions we make are the correct ones for us. Until next time, I will keep triing just not as long!!!!

## **Not so bad... by Becky Medina**

It's one of those things. You sign up for an event months in advance, when the fee is cheap, and then suddenly it's go time. So after 4 sprints, I thought "Hey an Olympic distance; that sounds like a good idea!" After some deliberation Loveland Lake to Lake it was. I should tell you I am not that great at looking up all of the "fine" details like whether or not the course is hilly, etc. I was happy that after I signed up Wendy and MJ signed up too.

I will say that fitting the training in with work, kids and life is pretty tricky and as the days approached I didn't feel I had prepared enough, but do we ever?

I was lucky enough to travel with my husband Eric and 15 year old EJ. Other than horrible traffic, I got there by 6:30 p.m., got my packet and met Wendy and MJ for dinner. MJ wanted to be there at 5:00 a.m. to get a good spot for the bikes and set up.

Well for those that know me, I am not a fan of earlier than 6:30 a.m. (I should have picked another sport like darts or bowling). So 3:45 I am up and by 4:15 ready to go and wake the teenager....430 we are out the door.

We got the best parking because there were only 10 other crazy people there that early. By 4:55 a.m. I was marked and ready to go in. Where are MJ and Wendy? Eric scouted the area and told me the spot we should pick.

5:00 a.m. I am set up and awkwardly hogging space waiting for MJ. 5:15...5:30...WTH? While waiting I look around and see I am pretty much out of my league. My bike looks sadly inadequate compared to the bikes around me that look like they were made by NASA engineers. I questioned what I was doing there, but told myself, this isn't about them, this is about you. Can YOU do this? At last MJ and Wendy arrived, with not much time to spare.

The swim was slow for me as I knew it would be. I wondered where all the Olympic swimmers had come from? I felt like a raft amongst jet skis. I was quickly passed by nearly everyone, but like Dori, I just kept swimming. The water was warm and that made it bearable, but turning to the east and the sun blinding me totally freaked me out and I just prayed I wouldn't swim off course too much, because that's all I needed.

I got out of the water (at last) and there were Eric and EJ, cheering me on. And then the 1/4 mile run to my bike. Now biking is not my strength either and I just recently learned to ride with clipless pedals. The course was super hilly, and like MJ, I didn't pass a whole lot of bikers, but a few is more than none. When I got to the lake I reminded myself that I should take some time to enjoy the view and on the downhill, I kept myself from breaking because I needed every bit of speed I could get. I was grateful I had done all those brick workouts at CSU-P, even though I hated all the hill repeats. (thanks MJ). I finally realized I was actually going to finish this thing when I got back into town and it was time to run. Now running I know how to do, but my legs were tired, weak and felt like jell-o. I just kept praying I wouldn't fall down the grassy knoll before I even got on the course. For four miles my feet were numb and I felt like I was running on burning hot concrete, but I kept passing people and that kept my spirits up. At last, the 1 mile to go sign. Thank you Lord! Now at this point about 10 people said "You're almost there," I realized only appreciate those statements when the finish is actually VISIBLE, as it seemed like an extra long time to get to the end. At last, I crossed the finish line and 5 minutes faster than I thought it would take me. I certainly have respect for those that do it regularly and so fast. I don't know that I would call myself a triathlete, but I know I can finish. Would I do it again? Well, I felt better immediately, and could walk the next day, so we shall see...

I have to say support and volunteers on the entire course were great and the after race treats were pretty fantastic as well!

As a nice little after treat, we all met up at the Highland Tavern in Denver after seeing it on *Diner, Drive Ins and Dives*. Great atmosphere, homemade tots and pork rinds, well worth the short jaunt off I-25 if you are racing or not!



## JULY CALENDAR NOTES

I have learned of 3 new upcoming runs in our area. The first will be the **Mental Dental 5K Run/ Walk** to be held Sat, Aug 16, 2014 in Pueblo West. "...proceeds from the 5K Mental/Dental Run will go towards **Mental Health America of Colorado to help those in need of mental health services, and Dentistry from the Heart, a non-profit organization offering free dental work to people in financial need.** "For more information visit <http://westmountaindental.com>.

TJ Blackhurst, **Rye High School's Cross Country Coach is planning a 5k run on Labor Day, Monday, Sept 1, 2014.** "As a fundraiser I want to start hosting an annual 5k run on Labor Day, starting this year. This will take place at Greenhorn Meadows Park in Colorado City. We will start near the parking lot, loop around the new library (Construction should be finished by this fall....) and then loop up through the Greenhorn Meadows Campground, and then back around the baseball fields towards the finish line. The course will be all dirt and features one creek crossing and one across a footbridge. Should be a fun and exciting course!"

The third run sounds like a real challenge, according to Barbara Sutton the **Hermit Pass Marathon and Half Hermit**, Inaugural Run will be held on Sat. Sept 6, 2014. Start and finish at A Painted View Ranch, 3115 County Rd 160 (aka Hermit Road), Westcliffe, CO, Start Time: 7:30am. "Be part of Colorado trail running history! This is a first time event. Run from A Painted View Ranch in the lush Wet Mountain Valley just an hour west of Pueblo to the top of Hermit Pass in the awesome Sangre de Cristo Mountains, and then back to A Painted View. Elevation gain of over 5000 ft as you go from 7878 ft to 13,000 ft above timberline. The route will follow Hermit Pass road, a dirt county road in the valley which turns into a rough, rocky, nasty 4WD trail. A portion of the route will be on USFS land by permit from the USFS. The Half Hermit course will be up 6.1 mile and back. Entry fee: \$75 for marathon; \$40 for Half Hermit. Online registration is now open at [www.imathlete.com/events/hermitpassmarathon](http://www.imathlete.com/events/hermitpassmarathon).

If you'd like to try a low key triathlon, I recommend the Fowler,Co Sprint Tri. It's a 581 yard swim in the outdoor Fowler Pool, then a 8.1 mile bike (on safe deserted roads) followed by a 4 mile run. The \$45 entry fee includes a shirt and breakfast. I did this one 2 years ago and really enjoyed it. There is also a Youth Tri (138yds, 4.1M, 1M) It's Sat Aug 9, 2014 starting at 7am. For more information check out their Facebook page or email [scott.epperly@fowler.k12.co.us](mailto:scott.epperly@fowler.k12.co.us), for an entry form. Fowler is about 40 miles east of Pueblo.

In case you haven't heard, the USA Pro Cycling Challenge will be hosting several stages in our area. On Tues, Aug 19 Stage 2 goes from Aspen to Crested Butte, then on Wed Stage 3 goes from Gunnison to Monarch Pass and the one Stacey and I plan to be at, Stage 4 which is entirely in Colorado Springs. It's a 70 mile race from the Cheyenne Mountain Country Club, thru the Garden of the Gods and finishes in Downtown Colorado Springs. Hope they don't check for coolers.

I learned something about myself at this year's Garden of the Gods 10 mile run and I don't think I like it. Some of you may know I tore a calf muscle this winter and missed two months of running. I thought I was healed but the Tuesday before the Garden, the pain came back. I was frustrated, I'd been doing my PT every day, stretching and trying to strengthen my calf muscle. I thought, for what? I found myself irritable and depressed. I couldn't go through another two months without running. I didn't run all week, and then on Saturday I ran a mile. It hurt, but not like before and decided to try to run the race. I finished the race, but instead of being happy that I was able to run, I was mad at how slow I ran. I've got to get this straightened out, as my running days are numbered... my calf wasn't torn, this time, and has since healed, so I continue to run but I've got to mentally prepare for the day I can no longer run.

Last month, my notes about the great run that Puebloan Robbie Dean Salazar, 29, had at the 2014 Boston Marathon were cut. I'd like to try again. He ran a 2:50:06 at Boston and finished in the top 1000. But you may not know that in March 2012, Robbie ran a 3:07:29 at the Oakland Marathon and finished 6<sup>th</sup> overall, 2<sup>nd</sup> in his age, and followed that with a 2:52:16 at the July,2013 San Francisco Marathon, which is a hilly, tough course. He was 25<sup>th</sup> overall out of 6,000 runners. Robbie kept a 6:30 pace at Boston and hit half way at 1:21:33, which around here is a fantastic time for a half marathon. I have never met Robbie, but hope to soon. Not bad for a guy that didn't even run in high school. Congratulations to you Robbie, SCR and all of Pueblo are proud of you.

Until next newsletter, stay healthy, happy, focus on the positive and keep moving forward. -- Dave.



# 2014 Race Calendar, June - December by Dave Diaz

7:30 AM	Liberty Point	5K	Pueblo West, CO	pueblounitedway.org
7:00 AM	Half on the 4th Gothic Run	1/2 Mar 1/3 Mar	Monument Valley Park, CS Crested Butte, CO	spreeracing.com
7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
8:00 AM	**Mosiatic Run**POSTPONED****		Pueblo West	mosiacyouth.com
7:00 AM	Barr Trail Mtn Run Boulder Peak Tri	12K Olympic	Manitou Springs, CO	runpikespeak.com
7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
7:00 AM	State Games Tri	750M,20K,5K	Prospect Lake, CS	coloradospringssports.org
6:00 PM	State Games 5K	5K	Colorado Springs	coloradospringssports.org
6:00 PM	<b><u>G U Rule Pred #7</u></b>	<b><u>4M</u></b>	<b><u>Pueblo</u></b>	<b><u>socorunners.org</u></b>
6:00 AM	COCO Century Bike Ride	100M/45M	Ordway, CO	cococentury.webs.com
8:00 AM	Danapalooza Ironman Tri	5K Iron 525	Canon City, CO Boulder, CO	danapalooza.com ironman.com
8:00 AM	Fowler Sprint Triathlon	yd/8M/4M	Fowler, CO	Facebook page
7:00 AM	<b><u>Pray for 4....Pred #8</u></b>	<b><u>4M</u></b>	<b><u>Pueblo West</u></b>	
8:00 AM	Tinman Tri	K	Lamar, CO	719-336-2774
7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	pikespeakmarathon.org
7:00 AM	Mental Dental Run	5K	West Mtn Dental, PW	
7:00 AM	Pikes Peal Marathon	26.2M	Manitou Springs, CO	pikespeakmarathon.org
??	USA Bike Challenge	70M/Stage 4	Colorado Springs	usaprocyclingchallenge.com
	American Discovery Trail			
6:30 AM	Mar	Mar & half	Colorado Springs, CO	prrun.org
??	Rye HS	5K	Greenhorn Park, Colo ity	719-671-7358
8:00 AM	Beulah Challenge	Half,10,5K	Beulah, CO	Facebook page
7:30 AM	Hermit Pass Mar & Half	Mar & Half	Westcliffe, CO	clubamericawmv.org
7:45 AM	YMCA Corporate Cup	5K	YMCA	www.puebloymca.org
8:30 AM	YMCA Corporate Cup Bike	12.4 M	Test Track	www.puebloymca.org
5:45 PM	YMCA Corporate Cup Mile	1 M	YMCA	www.puebloymca.org
8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189
8:00 AM	Pony Express	15 M	Rampart Reservoir	prrun.org
8:30 AM	OJC Rattler Run	10 M/ 5K	La Junta, CO	ojc.edu/alumniEvents.aspx
10:00 AM	Color Dash	5K	Pueblo	thecolordash5k.com
8:00 AM	Child Advocacy Bike(36M) &	5K	Pueblo Industrial Park	
7:30 AM	CS Half Marathon	1/2 Mar	Acacia Park, CS	prrun.org
10:30 AM	RimtoRim	5K, 10K	Canon City, CO	rimtorim.net
8:30 AM	Fall Series I	3.5 M	Monument Valley Park, CS	prrun.org
8:00 AM	Boulder Marathon	Mar & half	Boulder, CO	boulder-marathon.com
7:15 AM	Denver Rock n Roll Marathon	Mar & half	Denver, CO	runrocknroll.competitor.com
10:30 AM	Fall Series II	4.5 M	Bear Creek Park, CS	prrun.org
4:30 PM	<b><u>Harvest Run 5K-Predict #10</u></b>	5K	<b><u>Lake Minnequa</u></b>	<b><u>socorunners.org</u></b>
10:30 AM	Fall Series III	5.5 M	Ute Valley Park	prrun.org
10:30 AM	Fall Series IV	7 M	Palmer Park	prrun.org
9:00 AM	YMCA Turkey Trot	5K	Pueblo YMCA	puebloymca.org
9:00 AM	<b><u>Temple Canyon 4M-Predict</u></b>	<b><u>4M</u></b>	<b><u>Temple Canyon-Canon City</u></b>	<b><u>socorunners.org</u></b>
9:00 AM	<b><u>Rock Canyon Half Marathon</u></b>	<b><u>13.1M</u></b>	<b><u>Pueblo City Park</u></b>	<b><u>socorunners.org</u></b>
9:00 AM	<b><u>Nelson's Pretty Fast Run-Predict</u></b>	<b><u>4.3M</u></b>	<b><u>614 E. Marigold Drive, PW</u></b>	<b><u>socorunners.org</u></b>

# SCR Minutes June 4, 2014

**Attendance:** Jeff Arnold, Becky Medina, Ken Sharp, Paulette Arns, Dave Diaz, Stacey Diaz, Don Pfost, Shawn Loppnow, Aaron Levinson, Dennis Wait, Gwen Steves, Paul LaBar, Ron Dehn

## Club Business:

**SoCo – Triathlon Club:** Ken and Gwen discussed the OMT and changes for next year. Several participants used headphones which was not discovered until reviewing photos. Technically this is a DQ according to USAT rules. There was also one person who rode without a helmet which is also a DQ. Gwen reported that all the people who needed to get their USAT rankings / qualifications received them via e-mail from USAT. Changes for next year: Some of the route will be reorganized. The duathlon will probably be eliminated - there were 23 participants and 15 support people. The start will be moved to 8:30. Larger maps will be supplied. The Chip timing for each participant will be collected at the finish line, but next year more care will be used when putting the chips into the collection buckets. The ankle bracelet velcro clings to other velcro for each participant which made for a very large tangled chip timing mess in the collection buckets.

Dave Diaz suggested simplifying the route. Ken and Gwen thanked the club for all the support.

**Pueblo Child Advocacy Center request:** Troy Davenport explained the function of the Child Advocacy Center. The bike ride was started years ago as a fundraiser and since then a 5k walk/run has been added. This year's event will take place on September 28<sup>th</sup> at 8am. Troy asked for limited club support at the event along with a flyer in the newsletter and info on the SCR website. Gwen volunteered to assist. Paulette moved to provide the time clock and waive the fee, Don seconded, and the motion passed unanimously. After Troy left, Jeff moved to donate \$250 to the event, Don seconded, and the motion passed unanimously. The amount was then amended to \$500 to match last year's donation.

## Officer Reports:

**Minutes:** Secretary not present

**Treasurer:** As requested by the Event Directors, 25% of the SRO proceeds will go to local middle school cross country and track teams and 25% of the OMT proceeds will go to the Belmont Optimist Club who supports numerous youth related activities. Paulette explained other routine expenses. Dave moved, Ron seconded, and the Treasurer's report was approved unanimously.

**Newsletter:** Becky reported that the next issue would go to the printer in a few days, so stuffing can take place shortly after. She stated that articles are coming in after the 15<sup>th</sup> deadline and those present encouraged her to use those articles in the next issue to make it easier for her to wrap up each issue. Flyers to the newsletter should be submitted at least 2 months prior to an event to insure inclusion. An informal discussion was held regarding a print vs. an on-line newsletter. Don suggested that membership be polled prior to a change. The consensus of the group was that the majority of the SCR audience still prefers the print version. No formal vote was taken.

**Membership:** Paul LaBar will send the mailing label file to Becky. **Webmaster:** Paul has taken action on the mailserver to reduce / eliminate spam to the officers. He has also performed routine maintenance to the website.

**Race Calendar:** Dave reported that the Arroyito Predict will be changed to June 29<sup>th</sup> at 8am and the GURule Predict will be held at 6pm on July 26<sup>th</sup>. The August predict is scheduled for August 10<sup>th</sup>, the September date is open, the October predict will be the Harvest Run, in November the Temple Canyon, and Nelson Brentlinger will host the December predict.

## General Business:

**OMT:** Covered at the beginning of the meeting

**Yappy Dog:** Very successful

**Celebration of Life:** Jeff suggested a 4 mile run next year and eliminate the 5k. He liked the design of the course but just wants to extend the short race. There is no fee to use the HARP if the start and finish are outside the HARP.

**Hardscrabble 5k/10k/45k:** Dennis and the other finish line volunteers had a very long day because the start of the 45k was 7am and the finish line was open for 7+ hours. The event went well with just under 70 participants in the 45k and approx 250 in the other distances. The whole event was well done and very successful. Dennis thanked Paulette, Paul, Rob Pratt, Gwen Steves and Mike Orendorff their help. (Paulette and Paul pitched in after finishing the 45k.)

## Upcoming Races/Events

**Tiger Trails Run – Trinity Lutheran School:** Mia Harberts represented the event and stated they do need the generator and will have signs to direct participants to the start line near the skate park and asked us to change the info on our web site. There is no 1 mile kid walk but will have a 100 yd dash for kids.

## Request use of SCR equipment by members:

**Mosaic Run:** While scheduled for July 12, the run may be changed to September but the exact date is not known at this time.

**Meeting Adjourned** at approximately 7:30.

Respectfully Submitted by Ron Dehn

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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*Running together makes friendship stronger and stronger—Chrisje Haesendonck*



**Steamboat 1/2 Marathon  
Marijane Martinez & Stella Heffron**