



Footprints

Southern Colorado Runners

September 2014

Volume #344, Issue #5

Editor: Becky Medina



Monster Dash

by Mande Matthews

Mark your calendars and come out and support Pueblo Junior League and our 2nd annual Monster Dash on October 18th at DiSanti Farms (29114 S. Rd., Pueblo 81006). The Mini Dash for kids 6 and under will begin at 9:00, followed by the 5k race at 9:10. We encourage families, strollers, walkers and runners to join us for this festive race.

Costumes are encouraged as there will be a prize for the top three best costumes. Every child 12 and under will get to take home a free pumpkin and the top three runners in various age categories will be awarded. This race is a fund raiser for Pueblo Junior League and your funds go to an organization of women committed

to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers.

Its purpose is exclusively educational and charitable. We are committed to fulfilling the need of the child. Volunteers nurture the individual, advocate for the rights of the child and strive to empower the children of Pueblo to reach their full potential.

Please go to our website jlofpueblo.org to register. Pre-registration will end on October 10th at midnight. Everyone that pre-registers will take home a 2nd annual Monster Dash t-shirt along with the discounted entry fee; \$10 child (7-17), \$25 adult, \$50 family (2 adults and up to 3 children). Children under 7 are free. Day of registration will close at 8:30 sharp and the price will go up \$10 for both adult and family entries and \$5 for a child.

We look forward to seeing our community dressed in costume and ready to enjoy a family friendly 5k race!!

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SCR Information

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Southern Colorado Runners

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

“Footprints” Volume No. 344, Issue No. 4

“Footprints” is the newsletter produced monthly by, about, and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

Postmaster: Please send address changes to “Footprints” c/o Southern Colorado Runners at P.O. Box 8026, Pueblo, CO 81008.

SCR meetings are generally held the first Wednesday of each month at the Pueblo YMCA just southeast of Pueblo Blvd & Hwy 50. All SCR members are welcome and may bring relatives, friends, ideas, and treats.

ADVERTISING POLICY: The SCR allows advertising in “Footprints” in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. (A count of 300 inserts is requested.) The club reserves the right to reject ads/flyers that don’t meet its low standards.

Join us at our next monthly meeting!

Date: First Wednesday of the month

Time: 6 pm (SCR Club business), 7 pm (General business)

Location: Pueblo Family YMCA at 3200 Spaulding Ave (just off of Pueblo Blvd). We meet in one of the community meeting rooms.

If you move, let us know!

Issues of “Footprints” are not forwarded. Please e-mail or send your new address to the SCR Membership Chair.

Visit our Web Site:

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



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

EDITOR’S NOTE:

Dear SCR Members,

This issue might be titled, “The weak need not apply.” Highlighting Boulder Ironman, Pikes Peak Ascent and Marathon. These athletic feats are not easy challenges and the finish line is only one point of the journey. Congratulations to all who competed.

There are no minutes included in this issue as the August meeting was cancelled.

The deadline for submissions is the 15th of each month. Articles and photos can be emailed to 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.

Everyone has a story or something valuable to share: whether a recipe, a funny story, top 10, we would love to share it—you never know who you are inspiring. Please send your pictures and/or stories to medxpres1@msn.com.

Respectfully,

Becky Medina

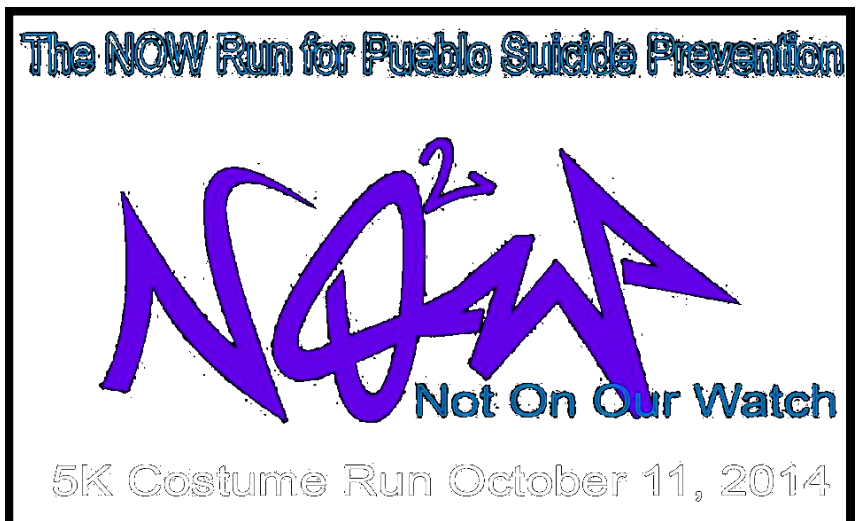


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SOCO-T2 is part of the ironman tri club program and earns points at each race. Reflective of a great performance at 2014 IRONMAN Boulder they won second place!

CONGRATULATIONS!





In the months leading up to this race I had few expectations of really "racing" this event. As many of you know, I had an unplanned pregnancy that was unveiled about five weeks after signing up for the event. I thought to myself, no problem, I can just train through the pregnancy and pick up where I left off post baby. That did not happen. I was told no more exercising beginning December 2013. My sweet baby girl was due at the end of March but was born three weeks early by C-section due to pregnancy complication. For Ironman events, I feel that nine months of training is adequate to finish the race strong. I only had 3 1/2 months. Dr. Wright was amazing. She understood this was going to be a very tough thing to do but continually kept me calm and told me that my body

would remember how to finish this race. My new goal was to cross the finish line happy. After jumping right back on the training bandwagon with many SOCOT-2 friends I was building up excitement for the race. My Swim times and run times were still slower than pre-pregnancy, but the bike speed came right back. In the weeks leading up to the race I had set a new goal for myself to try and break 12 hours and 30 minutes. Still not a PR but definitely a time I could feel proud of post baby. One thing I missed most about training was getting in long workout dates with Justin!! With the new baby we had to take turns. This made training more unpleasant.

Race morning standing on the boat ramp alongside my sister-in-law I was nervous to begin swimming. She started my day off with great smiles and laughter, as she noted us standing in a puddle of Pee from 3000 of our new closest friends. Water temperature was perfect. I was having buoyancy problems with my wetsuit lifting my legs out of the water too high, so my husband cut off the legs of my wetsuit. He is not the best seamstress and one leg ended up being shorter than the other. I like to think that this is what caused me to swim crooked. :) The Swim was still a slow swim for me at one hour and 19 minutes but I was happy to be out of the water and ready to get on my bike.

The Boulder bike course is a very hilly and exposed bike route. Hot and windy conditions could make this a very long miserable ride. We had perfect conditions on race day. No wind and not too hot!! The song from the end of the movie Wreck it Ralph was stuck in my head "it's been fun but now I've got to go 🎵" "life is way to short to take it slow 🎵" "over and over!! But I really enjoyed the bike and had a perfect predicted time 5:45:00 to match my real time 5:44:32!

SO GLAD I WORE SOCKS ON MY BIKE!! no burned feet running through T2. I thought about pumping in T2 as I was still breast-feeding and I knew my mom boobies would get really heavy on the marathon, but as I grabbed my run gear bag I saw Rob A. and got excited that I was close to him as there has always be this fun rivalry between us.

Needless to say I was out of T2 pretty darn quick as I knew Rob was a much better runner than I. I found a pace and made it my goal to only walk at the aid stations. Even though this course was all concrete bikepath, it was incredibly fun. The shade trees along the run course kept spectators there the whole time and in large

groups. There were very few spots without a cheering squad. Even had a local media capture a special moment with my sweet little girl at mile 13 of the run course! I also saw Michael Orendorff, who has been helping me with run training (knowing that he knew both my goals and my limits, helped me drive forward and keep my run pace). I felt some Achilles pain but mentally set that aside after seeing friends and family that came to cheer! The energy on the run course was so high you couldn't help but feel good!! I followed my nutrition plan all day and did not feel like I hit a wall. I finished just six minutes slower than my PR from Ironman Texas with a final time of 12:23:49. Would I do Boulder IM again? Most likely no. I like to see different sites and visit beautiful places. I am looking forward to the American triple T in the Appalachian Mountains next year. I do recommend Boulder IM to any of my triathlon friends but with the warning that the weather could really make the bike course no fun at all!!

PS. So much fun seeing all the team there. Southern Colorado was very well represented at Ironman Boulder!!

Gwen



Tri Team for Good

by Rob Archuleta



The Ironman Foundation-Newton Ambassador Triathlon Team was created to leave behind an influential legacy through philanthropy, volunteerism and grant making by supporting various athletic, community, education, health; human services and public benefit non-profit organizations in the communities where IRONMAN events are held. The Tri Team will help spread this mission and help change the paradigm of triathlon from a selfish sport into a selfless sport. In order to help change this concept of the sport, team members not only train long hours for their race season, but they act selflessly in serving others within the IRONMAN communities and within their own communities. By participating in community service projects, athletes create a "greater good" throughout their race season.

Niki Golob introduced me to Newtons and on their site I read that they were looking for a certain type of athlete and I felt like I fit that profile and I gave it a shot. Months later I had forgot about the whole thing and I got an email saying out of hundreds of applicants I was chosen. The team is awesome I have met so many people through this experience and everyone's passion for the sport is contagious. I have also learned so much from the camps and teammates. I PR'd this IM and trained much less than last year.

The day of the race, I woke up at 3a.m. excited and scared. My heart and my mind were on Sheena and my teammates. We got to the race late and had to hit the restroom. I got to transition and they were singing the anthem I kissed Sheena and me, Marshall and Kevin stepped into the first heat. The swim started and it was very crowded. I have never felt so squished in a tri. I swam hard to separate, but everyone in this group was shooting for under an hour. When I attacked, someone always followed and drafted. Finally I broke to the outside and got into a groove. I wasn't sighting for about 800 yards just dropping the hammer like a pro. Suddenly I swam into someone and curled my legs back to miss getting kicked when I pulled back both hamstrings cramped. A canoe saw me and asked if I needed help I said no. Then I started sinking. She came over and I grabbed her boat and she said 3 minutes isn't anything on a day like today. I



Rob and his bother Jason

bowed my head and said, “It is to me, the only goal I had for this race is to go under an hour in the swim.” She said my name is Cathy and I will stay with you and get you going. I started swimming and gave her a thumbs up.

The bike was lonely. I saw Gwen and Cory briefly and I just kept saying get the bike done so you can see if Sheena made it. When I pulled in on the bike I saw Sheena in jeans. We embraced and cried together. Going into transition I saw Gwen she yelled for me to step it up. I cried the first part of the run wondering what I could have done for Sheena. Finally I let it go. The run sucked. It was hot and everyone was mad. Seeing my teammates from Soco and Newton helped so much. Gwen and Melanie looked strong and Kevin and Marshall looked amazing! Finally I finished and heard the words; **“You Are An Ironman.”** I knew my day wasn't over. We went and sat on a rock waiting for every teammate to finish. Shelby and Johnny Mac ruled! They pushed and made it by midnight. It was a long, inspiring day. My Newton team gets into some sold out races I'm begging for AZ in November.



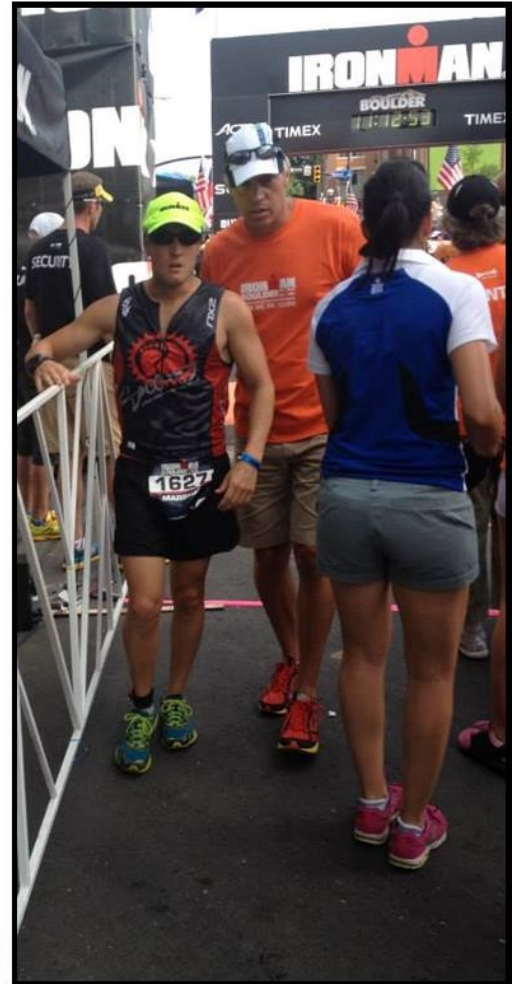
Rob gives Sheena a kiss in the transition area.

We believe that triathletes can be a powerful force for good.....

This might easily describe Rob Archuleta. Ironically it is also the premise of The Ironman Foundation-Newton Ambassador Triathlon Team. – Congratulations Rob!

SC-T2

Southern Colorado Triathlon Team



IRONMAN
BOULDER

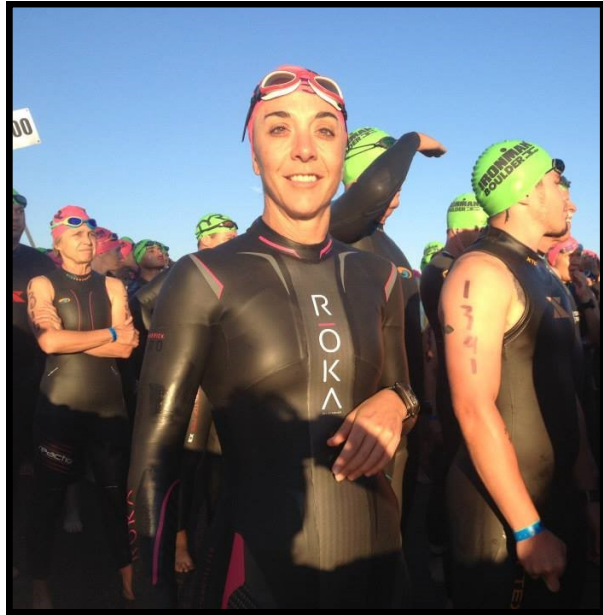
A big shout out to the athletes who challenged themselves in Ironman Boulder, here are photos of just a few. We are proud of each and everyone one of you!



Ironman Boulder

by Nicki Golob

June 4, 2008, was the day I had my beautiful twins, Drue (daughter) and Brogan (son), and the day that I almost lost my life. Complications during the pregnancy, and during their birth led to a very scary situation for all three of us, and when we all made it out okay, with few long term complications I made a commitment to myself that I was going to live life to the fullest and do things I never thought I would be able to. And so started my initial quest to do triathlons. I started with sprint and Olympic distances, never thinking I could possibly do an Ironman. And then in the fall of 2012 my good friends Rob Archuleta and Shelby Austin started **tormenting** me about doing Ironman Texas in May of 2013. I wasn't sure I could handle that distance. Around that same time my wonderful mother-in-law was diagnosed with brain cancer and she was losing her ability to speak. One day I



was telling her about this crazy idea, and she looked at me with her piercing blue eyes and gave me two thumbs up, then pointed at me, and shook her head "yes" to indicate that she thought I could do it. And with that vote of confidence, I signed up. I did my first Ironman on May 18, 2013 in Woodlands, TX, and dedicated the race to my mother-in-law, Mimi Golob, who lost her battle in December 2012.

Fast forward to July 16, 2013, I am being brought into my room at Parkview Hospital after surgery for a Hiatal Hernia that had been giving me major problems since February of 2013. This was the hernia that made breathing



very difficult during my first go-round with Ironman. I was still groggy from the anesthesia and my husband hands me my phone and says you might want to read this. I look at the text from Shelby Austin and I see "You're in!" He had just signed me up for the Boulder Tri Series, the 70.3 in June, the Olympic in July, and the full Ironman in August. The remnants from the anesthesia and the pain killers took over and I conked out. When I woke up the reality set in, another year of Ironman training, or so I thought. I wouldn't be able to actually start my training until February 2014. Things didn't go well after my first surgery; I was only able to eat a "soft" diet for months, mostly baby food and applesauce. I was also having ankle problems from an injury I got in June when running a loop with my good friend Sheena Archuleta when she did her ultra-marathon. In November 2013 I had surgery on my left ankle to repair tore tendons and to remove a ganglion cyst that had formed around the tendons that went all the way from one side of my ankle to the other. Once that was done my digestive doctor informed me that I needed to have a second surgery for my hernia because every time I tried to eat anything other than baby food I would choke and almost pass out, and that was done in December 2013. So three surgeries later and physical therapy I was ready to start another Ironman journey.

For my first Ironman I was always somewhat "frantic" about my training.

I felt like I was always kind of in a panic mode, I couldn't miss a workout, everything had to be done exactly as my training plan specified. I didn't plan very well, I didn't communicate well with my husband about my planning and training, and I felt like I was neglecting so many things in my life. I have been married for almost 18 years to Drew, and I have six year old twins, and I work full time. I didn't want this training to be like 2013. And it wasn't. I planned big training days weeks in advance and I hired a babysitter to help with the kids when my husband was at work (Pueblo Firefighter); I did most of my training in the mornings when my family was still sleeping, or during a long lunch (I have a great boss, and we have a great exercise policy at work). I was calm this year. Sometimes I felt too calm. Was I doing enough, was I putting in the time? My 2013 training was a lot of group training; long bike rides and trainer rides, really long runs, swimming at the same place and time. My 2014 training was very solitary. All but 5 big rides were by myself, and all of my long runs except one was just me, an swimming when I could get to a pool...a lot of lonely, and quiet miles.

The last thing I have to mention about my training was probably the biggest, and hardest thing I've ever had to face in my training, even worse than coming back from three surgeries. On June 8th while doing a 75 mile ride with Kevin Cover, Benet Stricca, and Aaron Hernandez, I was literally blown off the road by a Semi. I remember bits and pieces of what actually happened, and I know what I was told by my guardian angel that day, the man who stopped his car in the middle of Hwy. 50 coming back from Penrose, to stop other cars from running me over. I hit my head pretty good, still have some memory problems, and I tore the right side of my body up pretty good (and my favorite bike shorts), I have some pretty gnarly scars, but the worst "injury" I suffered was psychological. The physical wounds have healed, but I'm still struggling with the mental part. Every time I'm on my bike I'm scared, every time a car goes by, either direction, I'm scared. I hate downhill because of the way the wind makes my bike shake a little. And I hate how it's made me have crazy anxiety when racing, and how it has even affected my swimming, to the point I wanted to quit after the first 100 yards during the 70.3 and the Olympic. But I am working on it, and I think I've beat it for the most part. As Paul Dallaguardia called me, I'm a testaduda (hardhead for my non-Italian friends).

And so on August 3, 2014, I completed my second Ironman in Boulder. I did not panic in the water; I didn't bike as well as I know I'm capable of, but I didn't panic too many times, and I actually enjoyed most of the ride; and I had a blast during the run, even on the uphill. I loved seeing everyone from SOCO T2 and experiencing the support and encouragement from every one of them; loved being able to kiss my husband as I passed him and he was cheering; loved seeing friends who went to cheer for me. I LOVED doing this race, and this race confirmed for me, I LOVE doing triathlons. I may not be the fastest, but what I know is that I'm consistent in my performance, and that I can complete anything I put the time and effort into. Will I do another, I sure do hope so.





Paul LaBar



Roger Sheri Giordano after the Pikes



Roger Giordano doubled on Pikes Peak taking 4th in his age group for the marathon. 7th overall for doubling



Sheri Giordano completes the Pikes Peak marathon.



A couple of new races to let you know about. First, The Pueblo Suicide Prevention Center will host the **Not On Our Watch 5K** costume fun run coming Sat, Oct 11, 2014. The race starts at 9 am on the river walk near Graham's Grill. Entry Fee: \$20. All money goes to Pueblo suicide Prevention Center. Too bad it's on the same day as **PDI Dash** which is a fund raiser for Pueblo Diversified Industries. The PDI Dash will be held at CSU-P, also on Sat, Oct 11. The second new run is the **Home of Heroes 5K** also to be held at CSU-P, using the Spank Blasing course. It will be on Sun, Nov2, 2014 at 8 am. I'm happy to see the **Hot to Trot 5K & 10K** will be returning on Sunday, Sept 21 and it again includes a free breakfast after the run on the back Patio of our good friends at the Gold Dust Saloon. FYI, it's not a race but the night before is the Bruja Brew Fest, featuring Colorado craft breweries, which will be held on Saturday, September 20, 2014, 6 to 10 pm, outdoors in the garden of El Pueblo Museum. It will also be held in conjunction with the annual Chile and Frijoles Festival.

I'd like to thank our latest Predict Hosts. In July, Deb and Mark Gurule hosted a fantastic run/ party and BBQ at their southside Pueblo home. Because of a late summer shower, Mark was forced to adjust the course to stay out of the mud. After a 15 minute delay 37 finishers enjoyed a fun course. Congratulations to Brandon Ayala for his first place finish. Mark was going to have a fire truck at the finish to spray runners but after the rain he canceled the truck. Thank you Mark and Deb, we know you put a lot of effort into this run and SCR truly thanks you for all your hard work. Thanks also to Frankie Lopez-Cepero for his culinary skills. He is one with the BBQ grill.

In August, runners were treated to another great run. The husband and wife team of David Rael and Marilyn Vargas put on quite an affair at their Pueblo West home. Homemade breakfast burritos are what I remember most but I'm sure there was also a run involved. There were 34 finishers with Helen Whitener finishing first, less than 5 seconds off her predicted time.

Don Pfost released the standings for the first 8 Predict Runs of 2014 and it shows 26 runners already earning their 2014 Predict Series shirt and another 20 members, with 3 or 4 completed runs and have an excellent chance to earn their shirt. Right now our leader is Robert Lucero with 418 points. Shawn Lopnow is in 2nd place and actually has more total points than Robert but we only count your top 5 races. So Shawn's best 5 race total is 412 points. The more races you run, the better your chance of being the overall winner, as we throw out your lowest scores after 5. Third place belongs to Stacey Diaz with 405 points. Last year's Champion, Nelson Brentlinger is close by in 6th place with 356 points. We will award prizes to the top 3 overall at the Awards Banquet in January.

Speaking of Don Pfost, Don has decided to step down as the keeper of the predict points after finishing out the 2014 season, a job he has done for several years and has done quite well. Next time you see Don tell him Thank You. Also thank you to Shawn Lopnow who has volunteered to take over Don's job in 2015.

The next Predict #9 will be **the Pratt Fall**, a 3 mile run/walk at the home of Robert Pratt and family. Sat, Sep 20, 8am, 309 La Vista Rd in Pueblo. Robert promises fun and games after the run, maybe pony rides for kids. Plan to stay after the race to see what Robert has planned. If you only do one Predict in 2014 you might consider **the Harvest Run**, Predict #10. I believe it will be the 28th edition of this event. This race has a long history, too long to get into here but this year (as last year) the event will take place at Felice's Pizzeria, which is located near Minnequa Lake. It's an evening 5K run, then the fun begins. Free beer, pizza and soft drinks for SCR members and their families courtesy of your favorite running club. Details soon. We'll finish out the Predict year with

#11 Sat Nov 29 9:00 AM 4M Temple Canyon Run in Canon City Hosts: Roger Giordano and Jason Castro **#12 Sat, Dec 13 9:00 AM, Nelson's Pretty Fast Run.**
4.3 mile run/walk. Host: Nelson Brentlinger

And finally, just when you think people can't get any stupider, I read where someone spread hundreds of metal thumbtacks across a stretch of highway during the Steamboat Triathlon in August. They even spray painted the heads of the tacks so they would blend in with the road. Twenty-eight flats were reported but officials think this was only a fraction of the actual number. Moron.

That's it, hope to see you at the Prattfall (and Play) Predict on Sept 20. -Dave



Pray 4 predict

Race Calendar September —December 2014

SEPTEMBER

Mon 1	6:30 AM	American Discovery Trail Mar	Mar & half	Colorado Springs, CO	pprrun.org
Mon 1	??	Rye HS	5K	Greenhorn Park, Colo ity	719-671-7358
Sat 6	8:00 AM	Beulah Challenge	Half,10,5K	Beulah, CO	Facebook page
Sat 6	7:30 AM	Hermit Pass Mar & Half	Mar & Half	Westcliffe, CO	clubamericawmv.org
Sat 13	7:45 AM	YMCA Corporate Cup	5K	YMCA	www.puebloymca.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 <u>309 La Vista Rd, Pueblo, CO</u>	www.puebloymca.org
Sat 20	8:00 AM	<u>the Prattfall...Pred #9</u>	<u>3M</u>	<u>CO</u>	<u>socorunners.org</u>
Sat 20	8:00 AM	Autumn Color Run	1/2 M 5K10K	Buena Vista, CO	bvautumncolorrun.org
Sun 21	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189
Sun 21	8:00 AM	Pony Express	15 M	Rampart Reservoir	pprrun.org
Sat 27	8:30 AM	OJC Rattler Run	10 M/ 5K	La Junta, CO	ojc.edu/alumniEvents.aspx
Sat 27	10:30 AM	Color Dash	5K	Pueblo City Park	thecolordash5k.com
Sun 28	8:00 AM	Child Advocacy Bike(36M) & 5K		Pueblo Industrial Park	pueblocac.org
Sun 28	7:30 AM	CS Half Marathon	1/2 Mar	Acacia Park, CS	pprrun.org

OCTOBER

Sat 4	10:30 AM	RimtoRim	5K, 10K	Canon City, CO	rimtorim.net
Sun 5	8:30 AM	Fall Series I	3.5 M	Monument Valley Park, CS	pprrun.org
Sat 11	9:00 AM	PDI Dash	5K	CSU-Pueblo	pdipueblo.org Facebook/ Pueblo Suicide Prev
Sat 11	8:30 AM	Not on our Watch	5K	Riverwalk	Facebook/ MonsterDashPueblo
Sat 18	9:00 AM	Monster Dash	5K	DiSanti Farms	
Sun 19	7:15 AM	Denver Rock n Roll Marathon	Mar & half	Denver, CO	runrocknroll.competitor.com
Sun 19	10:30 AM	Fall Series II	4.5 M	Bear Creek Park, CS	pprrun.org

Sat 25

4:30 PM Harvest Run 5K-Predict #10 **5K** **Lake Minnequa** **socorunners.org**

NOVEMBER

Sun 2	8:00 AM	Home of Heroes	5K	CSU-Pueblo	
Sun 2	10:30 AM	Fall Series III	5.5 M	Ute Valley Park	pprrun.org
Sun 16	10:30 AM	Fall Series IV	7 M	Palmer Park	pprrun.org
Sat 22	10:00 AM	Canon City Turkey Trot	5K	Pathfinder Park	ccrec.org
Thu 27	9:00 AM	YMCA Turkey Trot	5K	Pueblo YMCA	puebloymca.org

Sat 29

9:00 AM Temple Canyon 4M-Pred#11 **4M** **Temple Canyon-Canon City** **socorunners.org**

DECEMBER

Sat 6	9:00 AM	<u>Rock Canyon Half Marathon</u>	<u>13.1M</u>	<u>Pueblo City Park</u>	<u>socorunners.org</u>
Sat 13	9:00 AM	<u>Nelson's Pretty Fast Run-Predict</u>	<u>4.3M</u>	<u>614 E. Marigold Drive, PW</u>	<u>socorunners.org</u>

Southern Colorado Runners

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Permit # 41

“...we stood at last on that Gate-of-Heaven summit....and gazed in wordless rapture over the far expanse of mountain ranges and the sea-like sweep of plain.” an excerpt from Katharine Lee Bates’ diary after her trip to the summit of Pikes Peak in 1893. This same trip inspired *America the Beautiful*.



Jason Castro and Roger Giordano, Pikes Peak Ascent 2014.