



Footprints

Southern Colorado Runners

October 2014

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Editor: Becky Medina

World Champion Triathlete amongst us!

By Kim Arline



Michael Orendorff of Pueblo became a world champion triathlete on Friday, August 29th placing first in his age group at the ITU World Sprint Distance championship in Edmonton, Canada. This was incredible achievement considering the injury he sustained earlier in the season.

- **July 26th:** Orendorff fell and dislocated his shoulder not once, not twice but three times in the **Aspen Xterra triathlon** on July 26th. He was awarded a bottle of home brew for being the muddiest, bloodiest finisher with the worst injury.
- **August 9-10th:** Two weeks later he was at **USAT Age Group Nationals** and told Kim Arline in the transition zone he wasn't sure he could pull his wetsuit over his shoulder let alone race. He could, he did and went on to place 3rd in his age group for Olympic Distance race out of 155 in his age group! He "doubled" the following day by also competing in the Sprint Distance race and came in 1st in the 60-64 year old age group becoming a National Champion again. Both races qualify him for the 2015 Team USA for the ITU World Championship in Chicago next year.
- **August 29th:** Three weeks later Michael won the **ITU World Sprint Championship** he qualified for at 2013 Nationals in Milwaukee.
- **September 7th:** He had one week to rest, recover and travel to the opposite side of Canada for the **World Championship Ironman 70.3** in Mount Tremblant near Toronto. He qualified for this race at St. George Ironman 70.3 this past spring placing 1st in his age group. He finished a very challenging 1/2 Ironman course with a bike course with 24% grades and cobblestone streets to run in 4:58:30 placing 2nd in his age group! SoCoT2 member, Dr. Laurel Wright, also qualified and competed in Mount Tremblant Ironman 70.3 World Championship. We truly have some incredible athletes in our club!

Michael Orendorff has been a highly competitive triathlete for over 30 years competing and placing in the top few places in many national and world level championship events over the years. He excels at both off-road triathlons (Xterra mountain bike, trail running) as well as USA Triathlon (USAT) road triathlons. Since 2008, Orendorff has placed in the top three places at USAT National Championships and Xterra rankings and championship events all but one year. Other highlights of his 2014 season include:

- Xterra Rocky Mountain Xterra regionals: 1st in age group on July 20, 2014 to compete at Xterra Nationals September 20th
- USAT road triathlon ranking based on race points: 3rd in the nation
- Xterra off-road triathlon ranking based on race points: 1st in age group, Regional Champion

At 63 years of age, Orendorff's race times are faster than almost all local triathletes 15-30 years younger who look up to him for training tips and advice. Many club members look forward to training bicycle rides with him to first, see if they can keep up and second, maybe learn a new piece of information on performance, nutrition or recovery. He is a wealth of information for the local triathlon club athletes.

CONGRATULATIONS, Michael!

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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. 6

“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,

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.

Respectfully,
Becky Medina



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The 2015 fall club membership drive is starting! Any renewal or new membership will be good through December 31, 2015. Prices are the same as last year for family or individual memberships for SCR (running club alone) or SCR+SoCoT2 (running plus tri club together).

The online registration system we started last year will be sending automatic renewal emails with your log in information, what membership level you signed up for last year and a link to click to easily renew your membership. If you want to change your membership level, I think it allows that fairly easily but we haven't tested the system much. Here are a few tips to make it easier:

Have your credit card ready for pay pal so the order doesn't get hung up.

You will need to log in (email will tell you your user name, if you forgot your password, you can click the "forgot password" link to the left)

Please verify and update your family information, address, email, etc.

Please pay careful attention to birthdays and try to make all birthdays the format MM/DD/YYYY because many were entered in different formats and we might be celebrating your birthday the wrong month if the day and month and both 12 or less if a different format was used last year.

Please try to renew by 12/31/14 to remain a "member" in the system and easily reached via group emails and on the address list for the monthly newsletter!

If you run into problems online or just want to print a hard copy registration form, fill it out and mail a check, you can print out the membership form on socorunners.org under "Membership" tab. Please feel free to bring those to predict runs or your check book to a predict run and fill out a membership form there.

Kim Arline, Membership Chair

Are you ready for some football? How about a 7K? By Wendy Garison

When two of your favorite pastimes occur in the same event you know it was meant for you. The Back to Football 7K held at Sports Authority Field on August 31st was that event. While there have been previous races which have gone through the stadium this was the first year for the 7K. The run celebrated the beginning of the NFL season and benefitted the National Sports Center for the Disabled (NSCD). The course began at the stadium and headed west to Sloan's Lake then back to and around the stadium and through the southwest entrance. The finale was entering the stadium through the team tunnel and inflatable Bronco head, just like the players and finishing at the 50 yard line. In addition to several thousand fellow fans, the 7K had alumni players, current players, cheerleaders and Miles the Mascot. This was enough for anyone who bleeds orange and blue to feel like they died and went to NFL heaven.



The weather was perfect and approximately 7,000 runners and walkers turned out - a sea of orange and blue. At least 65 Puebloans were a part of this inaugural run. I wonder if Raider fans could top that?

Being the first year, there were a few rookie mistakes. Eager participants were still signing up until the race started. The starting chute did not take into account how popular the event would be and many participants did not understand the general rule of thumb, faster runners to the front and walkers, children and strollers to the back. This was indeed a fun run so weaving around strollers (both the wheeled and sneakered type) was the norm. I imagine the sight was spectacular for those enjoying Sloan's lake to see a mile long procession of orange and blue clad runners and walkers celebrating the day. Congratulations to those runners who were fast enough to cut through the crowds and show wide receiver worthy speed.



Wendy and her daughter Ashley.

In the women's 60 through 69 age group, SOCO runners Marijane Martinez, Gloria Montoya, and Martha Drake placed first, second and third - sweeping the category.

Post race festivities did not disappoint. The concourse was turned into the Mile High Mountain Village with numerous kiosks, a band and a free beer for those of us slightly over age 21. My family and I were lucky enough to get a picture with Broncos linebackers Brandon Marshall and Nate Irving. The behind the scenes tour of the visitor's locker room, cheerleaders' locker room and VIP seating capped off a Broncos dream day.

The last time I was at Sports Authority Field at Mile High I was one of 70,000 screaming fans cheering the Broncos on to the AFC Championship over the New England Patriots. Seven months later, several thousand Bronco runners and walkers and I were once again United in Orange.

Go Broncos!



Wendy, Ashley and Lewayne Garison with Brandon Marshal and Nate Irving.

Ramblin' by Ron Dehn

R-T-R-T-R (Ron's Twenty Rules of Trail Running)

Before discussing the “rules” for trail running, we should talk about the reasons for trail running. There are two primary reasons, the first relating to health. Several years ago I had the good fortune to attend a lecture given by Bill Rodgers, a 1976 Olympic marathoner and four time winner of both the Boston and NY City marathons.

In his lecture, he stated “the single most important thing a runner can do to extend their running career is to run on dirt.” I have been fortunate in this regard and would guess that 80% of my running for the last 33 years has been on dirt trails. The surface is so much more forgiving than asphalt. The back, hips, knees, ankles, and feet appreciate that forgiveness. The second important reason to run trails is that it provides the runner an opportunity to more fully experience fresh air and nature. Depending on the streets, traffic, and time of day, think about the pollution (air, noise, and visual) that is affecting you when running streets. When I am on a trail away from man-made structures, pollution, and noises, I transform from an observer of nature to being a part of it. Wow! All my senses become more alive.

Trail running is different than street running and requires a different approach. You are almost certainly further from assistance should you have a problem. The surface and surroundings are also different. If you haven't tried running trails – Try it a half dozen times. Your body will thank you and so will your spirit. To make your experience safer and more pleasurable, I have developed the following set of “rules”. Feel free to add, correct, or delete as you see fit.



Sundance Trail, Black Hills National Park

Rule #1: Run for health, fitness and fun. This is actually a principle more than a rule and nearly all the rules that follow are simply an expansion of Rule #1. Running simply must be a healthy activity. Done properly it will enhance your life. Trail running certainly has more variables than running circles on a track so adequate preparation and attitude are necessary for a pleasant and healthy experience.

Rule #2: Run with a friend. You can encounter something unfriendly (dog, snake, etc) or you can twist an ankle. It just makes sense to have a buddy on the trail with you whenever possible. Besides, this is a great time to enhance friendships. It doesn't get much better than spending time on a trail with a friend.

Rule #3: Communicate your plans. If you must run alone, which is how I run much of the time, let somebody know when you left, where you are going, and when you expect to return. Write it down or text it. Don't count on someone's memory. Was he leaving or returning at 2pm? Hiker Aaron Ralston broke this basic rule several years ago in the Canyonlands of Utah and was fortunate to escape with the loss of one arm.

Rule #4: Use technology. Most of us have cell phones. Take your (fully charged) cell phone with you. You may not have reception in some locations, but these days, cell coverage is pretty good. If you twist an ankle, you may need to call for assistance. Many cell phones have a GPS. With some cell phone apps, you can share your routes, thus providing fairly accurate information as to your locale if you have a problem. And, as a fringe benefit – most cell phones have a camera. Take a photo of that deer in the meadow or that prickly pear cactus in bloom.

Rule #5: Get your bearings. Trail Running would not be fun or rewarding if you get lost. Pay attention to landmarks like a stream, road, or rock formation. Pay very close attention when you come to a fork in the road and realize that you will be seeing things from a 180 degree different perspective on your way back. All those right turns and left turns seem to blur together after a few miles. Make a small stone carin (pile of rocks) here and there if it helps.

Rule #6: Take water. This is a good idea year round but an absolute no brainer in warm weather. Even in cooler weather, your body requires hydration. I have a hydration pack for long outings, but usually use my 2-bottle hydration belt. Some of my more common routes go through camping areas so I can re-fill my bottles at faucets. Stick a couple band aids in your hydration pack or belt. If necessary, you can rinse a scrape with your water then cover it with a band aid.

Rule #7: Take food. It may be just a package of energy gel in your pocket. A little nourishment can give you a boost if you start to get tired or maybe run for longer than you originally planned. A little bit of food is an insurance plan.

Rule #8: Take protection and be ready to use it. I advise you do this on the streets as well. There are a range of items you can use. I carry pepper spray. It is small and lightweight. On a trail you can meet up with an unfriendly human or critter. I have never met an unfriendly human on a trail. How can you be un-friendly, un-happy, or un-social when out in nature? But, there is always the exception. Remember the Central Park Jogger? Yes I know that was in New York City and we don't live there. But NYC doesn't have a monopoly on kooks. I have run into several unfriendly dogs both on trails and on streets. Some were loose and some were with their owners. I almost learned the "be ready to use it" portion of this rule the hard way a few months back. A man and his (approximately) 11 year old son were walking 4 dogs on leashes. I gave a wide (20 feet) berth, but apparently 20 feet was too close for the German Shepherd the boy was walking. The Shepherd suddenly charged me and the boy struggled to hold his dog back. My pepper spray was in my hand, but still on lock and I didn't expect the dog to charge so I simply wasn't ready. A close call.

Rule #9: Use your head when nearing critters. This applies to human critters as well and to both street and trail running. Announce your presence to another human. A simple "on your left" or "hello" well ahead of time usually works. People get startled easily if they don't see or hear you coming. Give a wide berth to any critter whenever possible and let whatever you encounter know that you are not a threat. If you feel threatened by a dog or other animal - don't run. An animal will almost always chase you if you do, and you won't win that race. Remain calm and assertive because the animal will likely detect your fear. Stand still and make no sudden moves. Looking into an animal's eyes or showing your teeth (don't smile) are signs of aggression. Some experts tell you to talk softly, and stand sideways if possible. Others recommend the firmer approach where you make yourself look large and yell a single sharp word like KIA or GO HOME. I have had better luck with the soft approach. In either case, when possible, slowly slowly back away. If an attack is imminent, have your pepper spray ready and yell for help. Try to hit the animal's mouth and eyes. Protect your face and neck.

Some experts advise you to kick the ribs or throat, others advise you to fight back as a last resort, thinking that the dog will bite only once. I've been threatened many times but bitten only once and it was a "stealth" attack. I didn't see the dog until he nipped my leg once then backed away. I was able to track down the owner and get contact information.



Rule #10: Don't believe dog owners. Think about it. Dogs are domesticated wolves albeit a few generations removed. Their instinct is to protect their territory and owners but owners always think their dog is friendly. I have heard "my dog is friendly" and "you can pet my dog" on multiple occasions. No thanks. I have seen too many teeth and heard the accompanying low steady growl. As a corollary - If you take your dog be responsible. Yes you are running in the "wild" and the undomesticated critters are leaving their "deposits" at will. Does a little more of nature's fertilizer matter? I vote yes. Your dog is likely to leave his contribution right on the trail where I step. Also - no matter how well behaved your dog is - carry a leash and use it when getting close to another human. It just helps avoid problems.

Rule #11: Leave your music at home. This rule also applies to street running and yes, this is easily the most controversial rule; and I will take flak on this one. To me, this is a huge safety issue. I want to be totally aware of my surroundings. I want to know about other humans, animals, bicycles, motor bikes, four wheelers, dogs, rattlesnakes, thunder, rock slides, and any other potential danger as early as possible. Twice I have heard rattlers before I saw them. They rattle to warn you to stay away and I totally get it. Secondly, I want to hear the sounds of nature. I want to be immersed in nature. People tell me they run with music to take their mind off their pain. Open all your senses for nature's own remedy. You can't focus on pain if you are focusing on the world of nature around you. Take a deep breath and be present. The top 40 can't hold a candle to the mountains, rocks, plants, streams, gullies, birds, and all the other sights that surround you. Open yourself to the wonders around you and be filled with awe.

Rule #12: Listen to your body and watch the sky. As always, pay attention to your energy level, the amount of water you

have left, your sore or not so sore muscles, knees, etc. In short be flexible. Shorten or lengthen your outing depending on how you feel and what is in the sky. Rain is generally ok, flash floods or lightning are not. Neither is darkness especially if you are on unfamiliar trails. Not rocket science - just pay attention and be smart. I don't ever want to be the reason for a search party.

Rule #13: Protect yourself from the elements and insects. Think about sunscreen and a hat or visor when appropriate. If the forecast is for 95 degrees at noon, run at 7am. On the other extreme, think about carrying another layer when the temperature is dipping. If mosquitoes are a possibility, spray yourself with Deet. West Nile has the potential to change your life and not in a good way.

Rule #14: Wear the right shoes. I loved the book "Born to Run" and understand that the Tarahumara run long rugged trails in homemade sandals. I admire that, but I want something with a little more support and a fairly aggressive tread. The point being that your "asphalt shoes" may not be your "trail shoes". But don't go out and spend \$120 before hitting the trail several times. Get some experience with your regular shoes before laying out cash. There is no "right" answer except do what works for you.

Rule #15: Walk when it makes sense. You might walk simply because you are tired. That works. But you might also walk because the trail is rocky or very steep (up or down). One of my more frequent trails has a steep downhill section I call Rocky Road. I always walk down Rocky Road. One misstep could result in a broken wrist or a bloodied face. Why risk it to save 15 seconds?

Rule #16: Don't focus on times. You might be a competitive runner in your age bracket in road races, but your 6 mile trail time will be considerably slower than your 10k on the streets. Who cares? I repeat – who cares? I sometimes compare my current time on a specific trail to my previous times just to get an idea of my general conditioning, but my focus is not to cut 20 seconds off my previous time. I may stop to take a photo of a cactus in bloom and that might take 30 seconds to get the angle just right. As a corollary, don't focus too much on distance. Four miles on a demanding trail may require more effort than seven miles on asphalt.

Rule #17: Leave only footprints. This rule is nothing original but applies just the same. Stay on trail and respect the plant and animal life that you encounter. Take out whatever you bring in and don't remove anything. Stay off private property unless you have permission. An unhappy landowner could ruin an otherwise really nice morning.

Rule #18: Have gratitude. Trail running is something that the majority of people don't have the opportunity to do because of health, time and a myriad of other reasons. If you are doing it, you truly have good fortune. I have spent a lot of time around people in wheelchairs and hospital beds, many of them younger than me. I don't take the ability to walk for granted let alone an activity such as trail running. Be grateful and you will be amazed at the domino effect on your life. Gratitude spills over.

Rule #19: Enjoy and be present. Trail running is not just going for a run, it is going for an experience. Focus on where you are in relation to your surroundings and be present. It is so easy to look past the wonders of life. "Stop and smell the roses" has become a cliché. The problem with clichés is that we become so familiar with them we don't pay attention to their meaning. While you are admiring nature, keep one eye on the trail. Watch out for rocks, roots, and other surprises. As a friend of mine says, "Keep the rubber side down."

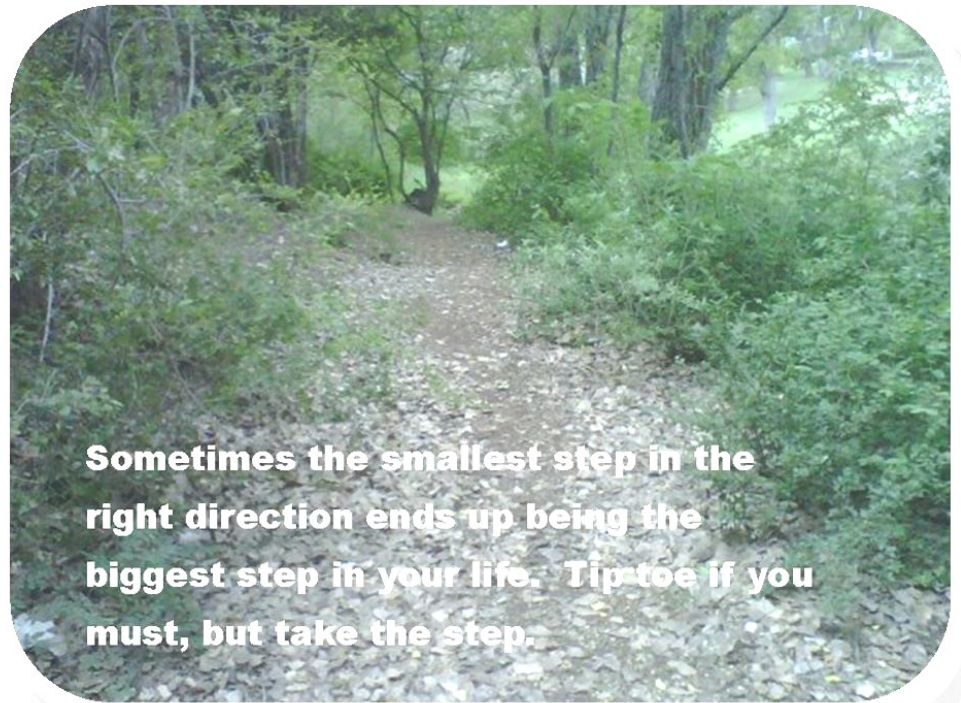
Rule #20: Repeat Rule #1. Repeat the rule and remember that trail running not only provides nourishment for your body but for your mind and spirit as well.

In case you want to cut this out and put it on your refrigerator, here is the concise version.



R-T-R-T-R

- Run for health, fitness and fun.
- Run with a friend.
- Communicate your plans.
- Use technology.
- Get your bearings.
- Take water.
- Take food.
- Take protection and be ready to use it.
- Use your head when nearing critters.
- Don't believe dog owners.
- Leave your music at home.
- Listen to your body and watch the sky.
- Protect yourself from the elements and insects.
- Wear the right shoes.
- Walk when it makes sense.
- Don't focus on times.
- Leave only footprints.
- Have gratitude.
- Enjoy and be present.
- Repeat Rule #1.



Happy Trails



Volunteering for the Color Dash, September 27.

Right to Left: Deb Gurule, Martijane Martinez, Gloria Montoya, Wendy Garison, and Carmen Perez

My Comeback Ride – Buffalo Creek Xterra

August 2014

By Kim Arline

Four years ago I fell in my first and last mountain bike race, ruining my elbow and entire summer. It was 18 months before I could even do a push up against a wall! It took completing an Ironman in March to summon the courage to really get back to mountain biking and try an Xterra off-road triathlon as my ultimate summer challenge.

On Sunday, August 24th I competed in Buffalo Creek Xterra Triathlon and truly felt like I had come full circle to someone I thought I had lost. To the girl whose fondest memories growing up were riding motor bikes and bicycles on mountain trails with my dad!

My dad and I explored Colorado on trail motorbikes since I was that kid in the egg head helmet to the right. I rode in front of him on the gas tank and would point out where we should ride. I learned how to handle the motorcycle and how to read a trail long before I could reach the ground. I eventually grew to ride the red Honda 70 my brother and sister got for Easter one year. I loved the high bar my dad set for me! He'd take me on technical trails but I never doubted my abilities if he thought I could handle it. I've always been little for my age but dad never treated me like I was too small or too weak to do anything. He just believed in me and so did I!



Kim and her sister Melanie riding with their dad—1972

By the time I was eleven, the little 70 couldn't keep up with the trails we liked so dad put me on the Yamaha TY 250 – now that thing had power! I couldn't reach the ground so I started it on the kickstand, stood beside it to kick up the stand, put my left foot on the peg and accelerated away as threw my right leg over the bike (all great skills I could use in triathlon!) I had to stop near a tree, cabin, rock or person to keep me from dropping the bike. I eventually could touch on that motorcycle and boy did we explore Southern Colorado and Utah together! I could spend hours telling stories of our adventures together! I learned a lot about life and really got to know an amazing man on those rides!



Vacation kids bicycle ride with Grandpa Jack—2006

Each year there seemed to be fewer places to motorcycle and mountain biking was getting more popular so I made the switch first and dad followed soon after. After he retired he really started riding and sometimes I struggled to keep up. He and I always got the kids out riding on our summer trips (right). In his later years he was frustrated getting old and the last time I talked to him he was bummed he only rode 22

new bike several times but always wondered if that rock or tree root would ruin my summer, so my bike collected dust for a couple years. I sure wished dad was here to push me to get back on the bike and past the fear.

But instead Gwen Steves formed the Southern Colorado Triathlon Team where I have met some extraordinary athletes and friends who gave me the push I needed. First they pushed me to learn to swim, compete in the Boulder Series last year and then an Ironman this spring. After my IM, I needed a new goal so I set my sights on the Buffalo Creek Xterra and asked my brother and Michael Orendorff to help me. My brother Jeff (right) registered for the race and went on quite a few training rides with me and he looks so much like dad, it was a bit like having him there.



Kim and her brother, Jeff Baker, at Buffalo Creek Xterra finish line 8/24/14

But Michael Orendorff was my true mentor. He is an amazing triathlete both on and off road but he is also an incredible teacher willing to give pointers to those interested in his non-conformist ideas and experience. He helped me focus my eyes down the trail instead of right in front of my tire and how to lean into turns instead of turning the handlebars much. I knew that intuitively as a kid but lost it when I crashed and got hurt. He was patient with me as I tried sections of trail over until I got it right.



Kim and Michael Orendorff at USAT Nationals Olympic distance race in Milwaukee, WI 8/9/14

He is a lot like my dad, often spare with words but when he has something to say, it's worth listening to! He also likes to give me crap about my poor bike maintenance skills which I totally deserve. Sometimes I leave obvious problems just so Michael says something I know could have come out of my dad's mouth.

After I completed my race and drove into Woodland Park with cell service, Michael was the first person I texted with the good news! Like my dad, he never doubted me - he even knew I could place in my age group with his nice wheels! Thank you Michael!

Thanks to my husband Al for picking me up off the highway for a trip to the ER and surgeon and helping me heal four years ago. But especially for letting me do my crazy thing again and again even though he worries about my safety and probably my sanity. And thanks to Kim Dodds and Jason Castro for tagging along on rides off the beaten path so I didn't have to train alone this summer. I hope many more are to come as more people in the club join the off-road fun this coming year! SoCoT2 should show up in numbers like they did at Boulder IM and show our stuff at an Xterra!

As for the race, I had a blast on a beautiful, sunny day swimming in a mountain lake with 66 degree water and nothing but mountain views with every breath. The mountain bike course was 22 miles of just pure fun and hills, up and down and all around, about equal dirt road for easier passing and kick butt, fun single track! And then a 5 mile trail run around Lake Wellington up in the trees, lots of shade, gnarly fun roots and easy cruising sections. But like everything in life, these races are always more about the journey than the destination!

The Truth:
Even a "bad"
run is better
than no run.

Let's face it, running is hard and not all runs are that great. That's what makes it interesting and sets us apart. We keep going despite the bad runs.

Top 10 signs...

You might be in for a bad run ...

After deciding to proceed down the trail after seeing bear poo, you nearly step on a rattle snake.

You realize that motorist wasn't giving you a friendly wave.

You didn't get the text the start of the run moved and you left your phone at home.

Although you left from the same place, one of the members of the running group isn't at the start and won't answer her phone, so you decide to form a search party.

You trip and fall while running up a hill.

The woman insists that her dog is friendly despite the fact that it just nipped your inner thigh.

You lose your keys immediately after getting to the start of your long run and decide to lock the car and hope your husband will rescue you later. (You realize after your husband rescues you, you had the keys in your running bra the entire time).

You find out the construction project with the porta pot you have been relying on has been completed.

You realize that when the dog owner is saying "LEAVE IT", he is referring to you.

You ate two jalapeno burgers the night before.



Seven SCR representatives placed in their respective age groups in the Royal Gorge Rim to Rim. From left to right. Paul Dallaguardia, Kindra Hardy-Johnson, Danny Hardy, Katie Cook, Jason Castro, Roberto Thomas and Kim Arline



Dave & Stacey Diaz both placed in their age groups in this year's American Discovery Marathon.



Left to right. All age group placers: Diane Lopez, Wendy Garison, Becky Medina, Stella Heffron (overall female 10K), Kris Spinuzzi, Martha Drake, Deb Gurule, Marijane Martinez, and Carmen Perez.

Race Calendar October —December 2014

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
Sat 11	8:30 AM	Not on our Watch	5K	Riverwalk	Facebook/ Pueblo Suicide Prev
Sat 18	9:00 AM	Monster Dash	5K	DiSanti Farms	Facebook/MonsterDashPueblo
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	Rock Canyon Half Marathon	13.1M	Pueblo City Park	socorunners.org
Sat 13	9:00 AM	Nelson's Pretty Fast Run-Predict	4.3M	614 E. Marigold Drive, PW	socorunners.org

H O T T O T R O T



SCR Minutes – Sept. 3, 2014

In attendance: Kim Arline, Paulette Arns, Ron Dehn, Dave Diaz, Stacey Diaz, Gary Franchi, Don Pfof, Gwen Steves, Dennis Wait.

Club Business

So-Co Triathlon Team

Gwen Steves reported that the SoCo-T2 had a great turnout of 27 members at the inaugural Ironman Boulder in August and everyone did well. The massages made available to the participants were excellent and very much appreciated. It was a nice course that included a lot of shade on the run.

Gwen noted that club member Michael Orendorff became a world age-group champion by winning his age division at the ITU Sprint Distance Championships in Edmonton, Canada, on August 29. Mike, she added, would be trying to score back-to-back world titles by competing in the Half-Ironman championships in Quebec, Canada.

Gwen also noted that a group of club members would be doing the Harvest Moon Half-Ironman in the upcoming weekend, and a group will be doing a 70-mile ride that will take them from Breckenridge up to Vail Pass, lunch in Vail, and the return to Breckenridge.

Gwen mentioned how awesome it was that Dave Diaz was able to do the Pikes Peak Ascent just two weeks after finishing the Boulder Ironman, and it was pointed out that he also would be doing the Discovery Trail Marathon on Labor Day weekend.

Use of SCR equipment

Ron Dehn asked if the SCR's race clock and finish line equipment could be used for the Raptor Resolution Run on Dec. 27. The club approved the request, and Don Pfof offered to work a Time Machine at the race. The club also waived the SCR fee for the race.

But this topic caused much discussion about who could use SCR equipment and what determines the cost charged to groups. It was decided that only those who had been club members for at least 2 years could use equipment, and they had to have proven experience operating the equipment in question. Members suggested charging (or waiving the fee) on a case-by-case basis decided by the board.

It was mentioned that Marilyn & Dave want to use the hand-held timers (Seiko clocks) and finisher clock for their Skyview Middle School cross country runners' meet Oct. 8. The club agreed to waive the fee charged and also offered to help with race support.

Also brought up was that Jeff Arnold asked to use a printing timer and race bibs for a race to benefit troubled kids, with Kyle Reno putting it on in October in Colorado Springs. Motion was approved.

Officer reports

Minutes: The minutes that appeared in the SCR newsletter were approved.

Newsletter: Although Becky Medina wasn't in attendance, it was mentioned that there will be a newsletter stuffing at the Gold Dust at 6 p.m. Tuesday, Sept. 9. It was noted that Becky is doing an awesome job as newsletter editor.

Treasurer's Report: Paulette's report included mention that the Ordinary Mortals Triathlon raised \$5,751.01 less 25% that will be donated to the Pueblo Optimists per prerogative of the race director. Motion to approve the report was accepted.

Membership: Kim Arline said the SCR has 62 individual and 54 family memberships for a total of 116 members. The SoCo-T2 has 58 individual and 37 family memberships for a total of 95 memberships. There will be a "renew" membership option on the SCR website, and the board will be used as a trial group to check whether the online function works properly. A 2015 membership will be included in the October newsletter.

Webmaster: Paul LaBar was not present.

Race Calendar:

Dave said manual results will be done for the Hot to Trot race. Help would be appreciated for Ruth McDonald's Hot to Trot 5K & 10K, and volunteers will get a free breakfast as will the participants. The old course that started and finished in front of the Gold Dust will be used.

The walk won't be timed. Tags will be pulled at the finish line.

The Pray 4 prediction race had a great turnout.

Carlos Rodriguez is putting on a Home of Heroes 5K on Nov. 2 at CSU-Pueblo, with an 8 a.m. start. The university's Student Veterans Club will handle the timing, and Medal of Honor recipient Drew Dix will give out the medals.

Registration will open next Tuesday for the Dec. 6 Rock Canyon. Racing Underground will handle registration and results. Imprinted Sportswear is the race sponsor.

Dave will bring the finish line and banners to the Corporate Cup 5K and there will be chip timing for it, with Paul providing the results from that.

General Business meeting

Carlos Rodriguez, Garrett Bragg of the YMCA and Ruth McDonald of the Gold Dust verified information discussed on their respective events and expressed appreciation to the club for its support.

Southern Colorado Runners

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Spirit Store Rock Canyon Half Marathon is

Saturday, December 6th, 2014 at 9 a.m.

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