



Footprints

Southern Colorado Runners

January 2015

Volume #345, Issue #1

Editor: Becky Medina

Colorado Bluesky Blizzard Run

By Michael F. Atlas-Acuña & Erica Adamson

On March 21, 2015 Colorado Bluesky Enterprises will hold its 3rd annual Bluesky Blizzard 5k run/2 mile walk at the Colorado State Fair Grounds. The race will start at 10 a.m. at the Agriculture Place.

Who is Colorado Bluesky Enterprises? We are a 501 (c) (3) non-profit organization providing services to people from Birth to death with Intellectual & Developmental Disabilities. Colorado Bluesky Enterprises (CBE) was founded on March 24, 1964 as a Community Centered Board (CCB) for Pueblo County. CBE is one of 20 CCB's in the State but Bluesky is one of 5 celebrating its 50th year anniversary of providing services to the citizens of this community.

In this Issue

SCR Information	2
Birthdays/Membership Renewal	3
SCR Rock Canyon	4
Youth Tri Club	5
23rd 1/2 Ascent	6
You might not have a tri bike	7-8
Predict Calendar	8-9
Race Notes	10
Race Calendar	11
Steve Feldman	12-13
Challenge	
In Loving Memory	14
SCR Minutes	15

As a non-profit it is necessary to raise money to help support the organization's programs, so the Blizzard run was established in 2013 to raise funds, but more importantly to bring awareness of our presence in the community and to our mission. The first year we held the run it was called the Bluesky Family run/walk, but we got hit with a Blizzard with only 25 runners and walkers showing up to the event. After that experience Bluesky Blizzard Run was created and we stuck with this name. We decided to embrace the weather and continued to hold the race in March of each year on the third Saturday.

Funds raised go to the Bluesky Foundation which is used to support families, children, and adults. During Christmas time the funds are used to purchase Christmas gifts for the people we support.

We encourage the community to embrace Colorado Bluesky's mission and register to run this very flat and fast course. Registration is now open at www.coloradobluesky.org

SCR Information

Current SCR Officers

President

Dennis Wait president@socorunners.org

Vice President

Dave Diaz

Secretary

Gary Franchi secretary@socorunners.org

Treasurer

Paulette Arns treasurer@socorunners.org

Non-Elected Officers

Membership Chair

Kim Arline membership@socorunners.org

Newsletter Editor

newsletter@socorunners.org

Web Master

Paul LaBar webmaster@socorunners.org

Calendar Keeper

Dave Diaz calendar@socorunners.org

Prediction Run Coordinator and Results

Dave Diaz and Don Pfost predict@socorunners.org



Southern Colorado Runners

SCR Mailing Address:

P.O. Box 8026

Pueblo, CO 81008

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

“Footprints” Volume No. 345, Issue No. 1

“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

Last Reminder. Don't Miss Out! Renew Today

The 2015 fall club membership drive is well underway. 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).

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

D E C M B E R B I R T H D A Y S	Chris Porter	1
	Isobel McGivney	1
	Rosina Sontag	2
	Humberto Paredes	2
	Lauren Kleven	2
	Martha Drake	2
	Benjamin Highfill	3
	Pat Berndt	4
	Luke Dehn	5
	Annabelle Corboy	6
	Lisa Heckel	6
	Lori Cothran	6
	Ryan Bentz	6
	Janette Reed	9
	Dave Dehn	11
	Molly Steves	11
	Anthony Diaz	12
	Adonis Reynolds	13
	Carrie Franchi	13
	Lallo Vigil	13
Laurel Wright	13	
Karissa Dietz	14	
Michael Cuppy	14	
Steven Wehrwein	14	
David J Marmolejo	15	
Tyler Austin	16	
Matt Guy	18	
Terry Cathcart	19	
Gavin Lopez-Cepero	24	
Rich Hadley	24	
Donna Musso	25	
Karl Wisthoff	28	
Karl Wistoff	28	
Duncan Sharp	28	
Melanie Nelson	28	
Taylor Henderson	28	
Karl Wisthoff	28	
Shelby Austin	30	
Roger Giordano	31	

J A N U A R Y B I R T H D A Y S	Andrea Burrows	1
	Gwen Steves	1
	Marshal Steves	4
	Wendy Garrison	5
	Meghan Arana	6
	Shad Pate	6
	Alex Gillispie	9
	Porter Sontag	11
	EJ Medina	11
	David Wehrwein	11
	Mark Chorak	12
	Susan Montez	13
	Chris Kirkpatrick	15
	Richelle Nava	17
	Rob Pratt	17
	Gloria J Montoya	18
	Andrew Hackler	19
	Romana Brubaker	19
	Matthew Kiselevach	20
	Jessica Kleven	21
Cathy Dehn	22	
Justin Steves	23	
David Reyes	25	
Roberta Reyes	25	
Cheryl Higdon-Holloway	26	
Gabrielle Wall	27	
John Vigil	27	
Mark Nicholas Chorak	27	
Nicholas Contreras	27	
Amy Clark	28	
Jonathan Dehn	29	
Tanner Armstrong	29	
Dan Nelson	31	

SCR ROCKS! Rock Canyon 1/2 Marathon!



Overall Male
Tyler Dimson 1:16:41

Overall Female
Stephanie Wurtz 1:27:48

Congratulations to all of the runners!

Special Thanks to Race Director Darryl Clark.

You Rock Darryl!



***Southern Colorado Triathlon Team
SoCo-T2
Youth Triathlon Training Program***

Meet every other Friday and train with other area youth to compete in the Mini Mortals Triathlon at CSU-Pueblo on May 9th.

Coaches: Gwen Steves, Kim Arline, Ken Sharp, Paul Dallaguardia, Mike Orendorff, John Highfill.

All coaches have competed in multiple triathlons and volunteer their time to open the world of triathlon to more people!

Cost:

Training program is free to any youth member of the Southern Colorado Triathlon Team which is part of the Southern Colorado Runners Club.

- Individual 2015 membership: \$25
- Family 2015 membership: \$45 for family in same household.
- Register for membership online at www.socorunners.org or complete form and mail in. Must have an email address!
- Also email Gwen Steves soco-triclub@gmail.com the names of children and their age that want to join the Youth Tri Training program to reserve a spot!
- Youth cannot participate in February unless their membership and payment is received and their names submitted for liability insurance coverage.

Meet every other **Friday 5-6 pm** until **Mini Mortals Triathlon** at CSU-P on Saturday, May 9th!

*Location subject to change (email will be sent prior to workout)

Jan 30th: Meet & Triathlon overview

Location: Boys & Girls Club
2601 Sprague Ave between Prairie & Acero

Feb 13th: Swim *5:15-6:15 pm

Pueblo West Regional Center pool
270 W John Powell Blvd.

Feb. 27th: *5:15-6:15 pm

Pueblo West Regional Center pool
270 W John Powell Blvd.

March 13th: Bike Skills and Ride

Location: Lake Minnequa at park on north side along Lake Ave near Corwin School

March 27th: Run workout

Location: South High School track

April 10th: Run-Bike brick

Pueblo Blvd & 11th St trailhead to River trail

April 24th: Run-Bike brick on CSU-P

Practice on the actual run and bike race course for Mini Mortals!

May 9th: Mini Mortals Triathlon!

CSU-Pueblo Recreation Center

Entry is \$25 and includes shirt

Details at www.ordinary-mortals.org

5-8 yrs: Run 0.5 mi, Bike 1.6 mi, Swim 25 yds

9-11 yrs: Run 1 mi, Bike 4.4 mi, Swim 150 yds

12-15 yrs: Run 2 mi, Bike 7.2 mi, Swim 300 yds



OFFICIAL CLUB

Our 23 1/3rd Ascent by Ron Dehn

The 2014 Ascent marked the Dehn family's 23 1/3rd official time up the mountain. My brother Dave was the family pioneer back in 1985 when finishers were shuttled down the Pikes Peak Highway after the race in the back of pickup trucks. That doesn't sound very inviting or safe. There was a long break and in 1997 I joined the "club". Since then our kids Jonathan, Tiffany, Bryan, and Melissa have earned finisher medals. Last year six of us, and this year five of the Dehn Clan proudly crossed the finish line.

None of our five trained more than a couple times on the mountain this year. We did a long run in Beulah one morning and did a few more runs at altitude but mostly below 10,000 feet. I don't recommend that portion of our training regimen. If you have never run or attempted to run at altitude, things get very different above 12,000 feet especially going uphill. However I personally did a fair amount of weight training and I definitely think that is a good idea. Maybe next time I will combine both. Duh!

Hydration at altitude is essential and we have always used a hydration backpack, but based on the water I used, I think it is sufficient to carry refillable water bottles on a belt if you drink enough at each water station. I always carry gel packs, sport beans, and other easy to consume food. I also eat and drink something at every aid station.

I have had some challenging experiences due to weather on the Peak through the years, so I carry a stocking cap, gloves, a long sleeved shirt and a light windbreaker. I know that the competitive runners opt for lightweight, but one year several people were suffering from hypothermic symptoms, so I take extra. I wear trail shoes and wool blend socks in case my feet get wet, compression sleeves on my calves, running shorts, a short sleeve shirt, sunglasses, and a running hat with a bill. I also have compression sleeves for my arms. I start with them gathered on my wrists and pull them up when things start to get a little cool. The temperature at the top can be 30 to 45 degrees colder than the temperature at the bottom. There is often a slight breeze above timberline, so it is nice to be able pull up the compression sleeves and instantly have a "long sleeved shirt". Conservation of energy is quite important at that point.

Our family has gotten smarter or lazier (depending on how you look at it) in our approach to the Ascent. For the last 3 years, the more "senior" members of the clan (Dave, Ron and wives Cathy and Chris) have stayed at an RV park a half mile away from the starting line. We settle in the afternoon before, then on race morning we walk to the start line. After the race, our wives host a picnic lunch at our trailers for the runners and our support team of assorted family members. Then we relax and enjoy the evening and drive home the next day. That is way better than getting up at 0 dark thirty, driving, parking, ascending, getting back to your vehicle, then driving home.

This year we had a bonus during our picnic lunch. Jonathan and Tiffany announced that there would be a new member of the Dehn family next spring. That would put Tiffany in her first trimester hence the 23 1/3rd Dehn family member up the mountain. And yes Tiffany got her physician's OK to run the race. They waited to make their announcement until after the race so both Mom and Mother-In-Law would not be able to object to the idea of running up a mountain while pregnant.

The future of Dehn Ascenders is uncertain. We have talked about doing something else next year, but who knows? One of us may get the "bug" and then the arm twisting will begin and before you know it several of us have "signed on the dotted line". That is what happened this year.

Hats off to SCR members who have numerous INDIVIDUAL Ascent/Marathon finishes. Those include Jessie Quintana – 25, Mark Koch - 25, Jeff Arnold – 22, Dave Diaz – 19 and probably others I am not aware of. Congrats to the Pueblo area 2014 finishers: Ascent: Jason Castro, Roger A Giordano, Andrew Hackler II, Mark Koch, Dave Diaz, Robert Pratt, Humberto Paredes, Levi Turner, Joseph Loretto, Chester Haddan, Tiffany Dehn, Bryan Dehn, Jonathan Dehn, Dave Dehn, Ron Dehn, Modesto Atilano, Laurice Lopez-Cepero, Peggy Oreskovich, Stacey Diaz, Sarah Blackwell, Jenny Harper, Jill Rothenberg, Paula McCabe, Jessica Casarez, Joanna McIntyre, Sarah Ley, Marcy Epperson, Mary Yang, Jeremy Ley, Davey Ferguson, and Carla Schnakenberg. Marathon: Roger Giordano, Sarah Rebenitsch, Sheri Giordano, Paulette Arns, Jim Coulson, Chris McIntyre, Brian Tate, and Marcy Epperson, My apologies if I missed your name in this year's results.



January's Tri Club focus is the bike. So as you head out, check those components, it might be time for a new set of wheels.

Ten signs that your bike may not quite be a tri bike...
By Wendy Garrison

1. It has 3 wheels
2. It is pink and has Barbie's face on it
3. Ignition switch
4. White wicker basket in front
5. Sales person says "Tri - sure you can try it"
6. Wheels resemble snow tires
7. It can mow lawns
8. Comes with a card you can put in the spokes
9. Comes with its own bell and streamers out the handlebars
- 10 Two words - banana seat

I am proud to say my bike has none of the above features although I'm rethinking the whole card in the spokes thing.



TENTATIVE PREDICT SCHEDULE 2015

The schedule below is confirmed until May, after that some dates may change if conflicts arise. This is a tentative schedule, check the SCR online calendar and Facebook page for updated information as the runs get closer. A couple of **minor changes** for 2015. There will be 12 runs in 2015 and we will still score your five best times for awards, however, to earn a shirt in **2015 YOU MUST RUN, WALK, or VOLUNTEER at SIX or more** races. Last year you had to do five. WE ALWAYS NEED VOLUNTEERS and since I would like to run some of the Predicts myself in 2015, I am asking each Predict Host to come up with at least 2 finish line volunteers. Shirts for 2014 will be given out at the Annual SCR Awards Banquet on January 24, 2015. If you are not there I will save it for you. We had about 50 SCR members earning shirts in 2014. People often ask me how to get the SCR shirt with the Colorado Flag logo. You can't buy them, you have to earn them. Start 2015 out right and plan to attend our first Predict of 2015, the Lone Tree on January 18, 2015.---Dave

JANUARY 18, 2015. Sunday. - The Lone Tree Predict 5M. 9:00am SCR Prediction race #1. 5-mile run on nice flat trail skirting the Walker Ranch with great views of the mountains. Please don't try to feed the coyotes or chase the ranch's antelope. Originally given its name because there is only one tree in the area, it could also be called the race of a million sagebrush. Everyone is welcome and as always it's FREE for SCR members. It may be snowy or muddy so bring an extra pair of shoes for the drive home. **Host:** Darryl & Shari Clark dclark839@gmail.com,

FEBRUARY 15, 2015. Sunday. -Spring Runoff Tune-5Krun/ walk or 10K run. 9:00am SCR Prediction race #2. Free practice run on the Spring Runoff 10K or 5K course. We will start at Dutch Clark Stadium parking lot, run through the Aberdeen neighborhood, down Reservoir Drive to reach the River trail. The 10K turns west (upstream) on the river trail, while the 3 mile heads east back to Dutch Clark. The turnaround for the 10K is about half way between Pueblo Blvd and the Nature Center, then heads back to Dutch Clark on the river trail. This tune up will finish in the parking lot and not inside Dutch Clark Stadium. Afterwards there will be light refreshments but no potluck at this one. **Host:** Larry Volk lrvolk@yahoo.com

MARCH 15, 2015. Sunday – Tour de Fair – 4 mile. 9:00am SCR Prediction race #3. This run will start near the V.I.P. Clubhouse, located inside the fairgrounds. It is directly east of the Palace of Agriculture. This is accessible via either Prairie Ave. or Beulah Ave. gates. The run will consist of one lap around the outside of the fairgrounds, mostly on sidewalks with the exception of Small Ave. The last two miles will be inside the fair grounds. We will have a pot luck in the Clubhouse following the run. Prizes will be awarded for the prediction time winner as well as door prizes during the pot luck brunch. **Hosts:** Roger & Sheri Giordano sherigiordano@gmail.com

APRIL 11, 2015. Saturday- Ramsgate 6—6 mile run or 2 mile walk. 9:00am SCR Prediction race #4. Join us for a 6 mile run or a 2M walk in the Belmont area of Pueblo. The run begins at 6 Ramsgate, home of Dennis Wait. The run will go to Troy avenue from Ramsgate, then head to the CSU-P football field and continue north up to the prairie and over to the water towers. This is a very interesting, fun run which is part street and part trail. There will be a pot luck following the run. **Host:** Dennis Wait and family denniswait@gmx.com

MAY 10, 2015. Sunday- Yappy Dog 8.63 mile run or 2 mile walk. 8:00am SCR Prediction race #5. Here is a great opportunity to run where you may have never run before. The run takes place East of Pueblo in the rural area generally referred to as the MESA. After a long straight, paved, and mostly downhill stretch on South Road, the run winds and twists on dirt roads that disguise the uphill portions of the course. It is a beautiful and challenging run on paved and dirt roads and a dirt trail that runs beside an irrigation canal. 2 water stops so you don't have to carry water. After the run, stick around for a pot luck brunch hosted by Ross Barnhart and his family. The race begins and ends at South Mesa Elementary School, 23701 Preston Road. The run starts in the middle of the block in front of the school. **Host:** Ross Barnhart and family barnhartaccount@gmail.com

JUNE 21, 2015. Sunday - Arroyito-Lake View in Pueblo West - 5 mile. 7:00am SCR Prediction race #6. A beautiful Trail run on the Lake Pueblo North Shore area which starts at the Pueblo West home of Humberto Parades, 1253 Calle Arroyito Drive, Pueblo West CO. The run will be two blocks of running in the street to reach the trailhead on the north side of Pueblo Reservoir. You will be treated to stunning views of Lake Pueblo as you run on the single track, dirt trails above the reservoir. There will be one water stop but you may want to carry water. Humberto and his family will host a pot luck on his patio after this run, so bring your favorite pot luck brunch to share. **Host:** Humberto Parades hparedes@msn.com This email address is being protected from spambots. You need JavaScript enabled to view it.

JULY 25, 2015. Saturday Evening – G U Rule - 4 mile. 6:00 pm SCR Prediction race #7. Join SCR for an evening run and backyard pot luck on Pueblo's southside at the beautiful home of Deb and Mark Gurule. 23 Barrington Ct. Come for the run stay for the fun. Race will be a 4 mile dirt trail out and back with some slightly challenging rolling hills. There will be one water stop along the route (at 1.75 m & 2.25 m) that runners will pass twice. Race will start at 6pm with a backyard potluck immediately following. **Hosts:** Deb and Mark Gurule gurule23@comcast.net

AUGUST 9, 2015, Sunday– Pray 4... - 4 mile run-2 mile walk. 7:00 am SCR Prediction race #8. Join Dave and Marilyn as they host the August Prediction Series Run. The predict is a 4 mile run and 2 mile walk, which will take place on the Pueblo West paved trail. It is located right behind our home, 519 South Pin High Court, Pueblo West. This one has a 7:00 a.m. start, since it warms up so quickly in August. We will follow up after with a potluck. There will be course marshals on the trail and of course a

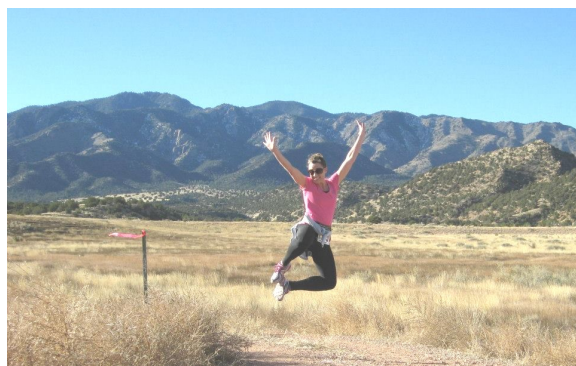
water stop..... Yes, I know it's only 4 miles, but everyone in the family has to have a job. **Hosts:** Marilyn Vargas & David Rael and family. vargas719@msn.com

SEPTEMBER 19, 2015. Sunday - Prattfall – 3 mile run. 8:00 am SCR Prediction race #9. Come join the fun as Robert Pratt and Family host the 3 mile "Prattfall" around the neighborhoods of Pueblo's far southside. Stay for a pot luck PLUS, which may include horseshoes, basketball, croquet, pet the horses and feed the chickens. **Address:** 309 La Vista Rd, Pueblo, CO **Host:** Robert Pratt and family. prattfamilychiropractic@netzero.net

OCTOBER 25, 2015. Saturday Evening - Harvest Run – 5Km run or 2 mile walk. 4:30 pm
SCR Prediction race #10. Lake Minnequa trail 5-km on south side of Pueblo near St Mary Corwin Hospital. Starts and ends at the back patio of Felice's Pizzeria (1725 W Pueblo Blvd) and does one clockwise lap around Lake Minnequa and returns to the patio for the 3.1 mile run.. [Map](#) Immediately after the race ends, the fun begins. FREE Pizza, beer and soda on the patio of Felice's Pizzeria, courtesy of the Southern Colorado Runners. All club members welcome, runners, walkers, kids too (it's kid friendly pizza place with lots of video games although the dirt trail might be tough to push a stroller).
We will have a small Bonfire but it may still get a get a little cool so bring some warm clothes. You can also go inside Felice's if it gets too cold. Felice's is located on South Pueblo Blvd across the street from Pueblo Blvd Discount Liquors, or Energy Alternatives--Wood Stoves, it's the old Silver Saddle.
Hosts: SCR and Dave and Stacey Diaz diazsd@aol.com

NOVEMBER 29, 2015. Saturday- Temple Canyon - 4 mile. 9:00 am
SCR Prediction race #11. This run has traditionally had one of our largest turnouts, thanks to the runners from Canon City who show up for this one. A truly beautiful run this is a challenging four mile romp through the canyon lands south of Canon City. This is your chance to traverse rocky single track and ford icy streams in late November. The scenery is stunning, so watch the trail, and you will be fine. The hilly trail winds around the junipers and through the stream twice. There will be light snacks after the run but No pot luck. Afterwards we usually have breakfast in Canon City at a local eatery. If you have Thanksgiving company from out of town bring them!
Hosts: Jason Castro and Roger Giordano rogeragiordano@gmail.com,

DECEMBER 12, 2015. Saturday – Nelson’s Pretty Fast Run - 4.3 mile. 9:00 am
SCR Prediction race #12. Do your Christmas shopping early so you can be at the last Prediction run of the year at the Pueblo West home of Nelson Brentlinger, 6140 E Marigold Dr. A 4.3 mile run in the dirt roads near his home. Join the potluck afterwards and bring your favorite Christmas brunch dish to share. Spread some Holiday cheer with fellow runners. **Host:** Nelson Brentlinger nelsonbrentlinger@gmail.com



Temple Canyon Predict

Calendar Notes January 2015

I'd like to congratulate Darryl Clark for doing an outstanding job with the **2014 Rock Canyon Half Marathon**. From what I saw, everything went perfect and Darryl's attention to detail was evident as even the weather cooperated. I thought Racing Underground did an excellent job with results and the finish line arches were a nice touch. Especially nice were the finish line computers, where you could type in your bib number and receive a print out with your time and place. It is so nice to run a quality race without having to leave town. Thank you Darryl.

Speaking of Darryl, the first Predict race of 2015 will be the **Lone Tree 5 mile run**, Sunday, January 18, 2015, 9 am hosted by Darryl and Shari Clark. There will be 12 Predict Runs in 2015 and runners will need to complete 6 races this year to earn their shirt. That's 6 out of 12, 50%, only half, and you too may own an SCR shirt. If you volunteer at a Predict, that counts too as one of your 6. We need help. We always need help. Nothing difficult, just run a clock or pull tags so others get a chance to run. For details and directions visit socorunners.org. Somewhere in this newsletter is the complete Predict schedule for 2015. If you plan to run the **Pueblo Chieftain Spring Runoff** this year, Sunday, March 1, 2015, 9 am, we will hold a practice run, 2 weeks before the actual race, Predict Series race #2, **the Spring Runoff Tune-Up**, Sunday, Feb 15, 9 am. Runners may choose between the 5K and the 10K distance.

Celebrate Valentine's Day with your significant other at the SCR's **Valentine's Twosome**, Sat, Feb 14, 9 am, which is a 2-person relay in City Park. Each relay partner runs 1.6 miles around the Park carrying a baton then hands off to their partner who then runs around the park again. The Male or Female runs first, you decide, but the second runner wears the bib. Costumes are encouraged and prizes for the Biggest, Most Romantic, Most Creative and Ugliest Batons. Hopefully, entry forms are in this newsletter.

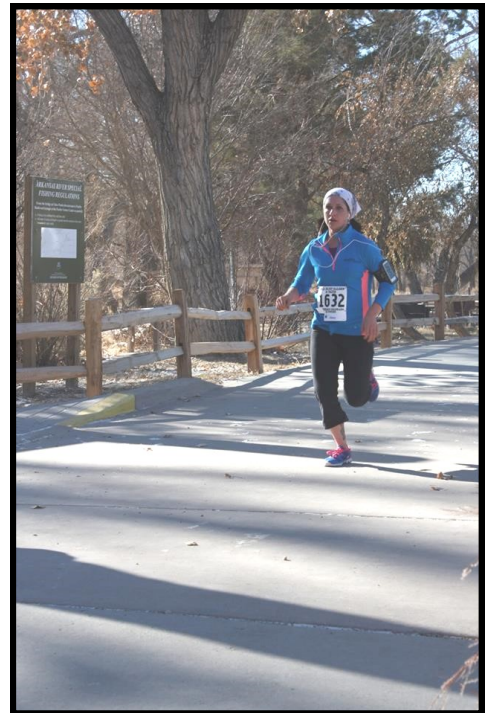
That's it, until next month, see you on the trail--Dave

Overall male winner Roger Giordano

Raptor Resolution Run!



Overall female winner Charity Krow



Photos courtesy of Kristi Roseman. To view more photos from the Raptor Run. Check out the Southern Colorado Road Runners' Facebook page.

January—June 2015 Calendar

JANUARY

Thu, Jan 1	10:00 AM	Rescue Run	5K/10K	Palmer Park, CS	prrun.org
Sat, Jan 10	10:00 AM	Winter Series I	3.3M/7M	Cheyenne Mtn State Park, CS	prrun.org
Sun, Jan 18	9:00 AM	Lone Tree Predict #1	5M	Pueblo West	socorunners.org
Sat, Jan 24	10:00 AM	Winter Series II	4M/8M	Norris Penrose Events Center, CS	prrun.org
Sat Jan 24	6:00 PM	SCR Awards Banquet	River's Edge Banquet Hall---	102 S Oneida, Pueblo	

FEBRUARY

Sun, Feb 1	10:00 AM	Super Half Marathon	13.1M/5K	Dwntwn Colo Sprgs	prrun.org
Sat, Feb 14	10:00 AM	Winter Series III	5/10M	El Pomar Sports Park, CS	prrun.org
Sat, Feb 14	9:00 AM	Valentines Twosome	1.6M each	City Park	
Sun, Feb 15	9:00 AM	Spring Runoff Tuneup Pred#2	10K	Dutch Clark Prk Lot	socorunners.org
Sat, Feb 28	10:00 AM	Winter Series IV	10/20K	Black Forest	prrun.org

MARCH

<u>Sun, Mar 1</u>	<u>9:00 AM</u>	<u>Pueblo Chieftain Spring Runoff</u>	<u>10M/10K/5K</u>	<u>Dutch Clark Stadium</u>	<u>socorunners.org</u>
Sat, Mar 14	8:00 AM	Run Through Time	Mar & Half	Salida, CO	salidarec.com/
Sat, Mar 14	10:00 AM	St Pat's	5K	Dwntwn Colo Sprgs	prrun.org
<u>Sun, Mar 15</u>	<u>9:00 AM</u>	<u>Tour de Fair-Pred #3</u>	<u>4M</u>	<u>CO State Fairgrounds</u>	<u>socorunners.org</u>
Sat, Mar 21	9:00 AM	Blizzard Run	5K run/2M walk	CO State Fairgrounds	coloradobluesky.org

APRIL

Sat, Apr 11	9:00 AM	Ramsgate 6-Pred #4	6M	6 Ramsgate Place	socorunners.org
Sun, Apr 12	8:00 AM	Platte River Half Marathon	13.1M	Littleton, CO	platteriverhalf.com
Sat, Apr 18	9:00 AM	Spank Blasing	10K/5K	CSU-Pueblo Campus	spankblasing.com
Mon, Apr 20	10:00 AM	Boston Marathon	26.2	Boston, MA	

MAY

Sat, May 2	6:30 AM	Collegiate Peaks Trail Run	50M/25M	Buena Vista, CO	
Sat, May 2	7:00 AM	Greenland Trail Runs	50K/25K	Larkspur, CO	
Sat, May 2	7:30 AM	Blossom Day	13.1M	Canon City, CO	Canon City Parks & Rec
Sat, May 2	8:00 AM	Take 5 in the Garden	5K/5M	Manitou Springs, CO	csgrandprix.com
Sun, May 3	8:00 AM	Cinco de Mayo	5K/10K	State Fairgrounds, Pueblo CO	
Sun, May 3	6:00 AM	Colorado Marathon	Mar/ Half	Fort Collins, CO	
Sat, May 9	9:00 AM	Ordinary Mortals Sprint Tri	5K/12.5M/300y	CSU-Pueblo	socorunners.org
Sun, May 10	8:00 AM	Yappy Dog-Pred #5	8.6M	South Mesa Elem School	socorunners.org
Sun, May 17	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Mon, May 25	7:00 AM	Bolder Boulder	10K	Boulder, CO	
	8:30 AM	Celebration of Life (PAWS)	5K/10K	Union Ave, Pueblo, CO	PAWSpueblo.org

JUNE

Sun, Jun 07	7:00 AM	Hardscrabble Mtn Trail Run	10K/5K	Westcliffe, CO	hardscrabblerun.com
Sat, Jun 13		Half Iron Tri	Half iron	Boulder, CO	ironman.com
Sat, Jun 13	7:30 AM	Mt Evans Ascent	14.5M	Idaho Springs, CO	racingunderground
Sun, Jun 14	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	gardentemile.com
<u>Sun, Jun 21</u>	<u>7:00 AM</u>	<u>Arroyito Lake View Trail Run6</u>	<u>5M</u>	<u>Pueblo West</u>	<u>socorunners.org</u>

The Steven Feldman Challenge

By Kim Arline, trouble maker

In December 2013 the SoCoT2 club participated in the National Club Challenge of USAT tri clubs for the second year. The online results are immediately updated as you enter your miles and you are able to see the leader board of clubs and individuals in your region, similar size clubs or nationwide. I was checking out the top swimmers last December and was blown away by the nation's leader, Steven Feldman, who seemed to swim 4 miles EVERY day! I asked on Facebook who Steven Feldman was, I figured he must be a well-known pro or something. Well, nobody knows him and he isn't even in the challenge this year. But Michael Orendorff challenged club members last year to do a 4 mile swim day to join the Steven Feldman club. The 2013 members were Michael O, Gary Franchi, Molly Steves, Kim Westerman-Bechtold.

We issued the challenge again this year and over a dozen club members accepted and completed the challenge! If you didn't see the excitement on the SoCoT2 Facebook page, you can catch up on the highlights here! We are looking forward to the January 29th annual club banquet to give some special awards to SFC members and others participating in the NCC!

Made it to the Feldman Club this morning!

Tim Weckx, December 4 at 9:22am

Joined the Steven Feldman club last night. Hardest 4 mile swim ever! Even with the hot pool, sore arms, goggle headache, Cottonmouth, Extreme thirst, and one song "take me to church" stuck in my head the whole time, it really wasn't that bad! Don't think I'll ever do it again.....this year!!! - **Gwen Steves**, December 12th

Pueblo, CO I did the 7000 yard swim and I am proud because I did it after my FIRST encounter with the cross fit - with soreness and pain in those muscles that I never knew may exist. Based on this pain, I think Cross fit may complement nicely the triathlon training. I think I would like to enroll in a Cross fit program (at REPS) . Any suggestions? - **Irina Vancea**, December 19 at 7:43am

It took two swim sessions at CSU-P today but I swam my 4 miles for the Steven Feldman Challenge! Prizes from the club for members doing the challenge this month. It is sooo hard! We deserve prizes! Need a Paul Dallaguardia donut right now too.

Kim Arline, December 11 at 2:42pm

I guess the ol' geezer in the club (me) is easy to forget, as he merited neither a mention as a possible 4M candidate nor a smiley face. But the geezer cranked out his 4Mer tonight - at the PAC pool, which is worth bonus points, right Paul? And all in 1 session, which also should be worth bonus points. - **Gary Franchi**, December 19th

Success isn't just about what you accomplish in your life it's about what you inspire others to do.

I actually did it!!! 4 miles. I broke it up into 2 sessions of 2 miles each and it took a while but WOW! - **Wendy Barone Garrison**, December 18 at 10:22pm

We started our quest at 5am this morning, County HS, in hopes of joining the 4 mile Steve Feldman club. Jeremy Hamm thought that we could get it done in one session, he would be able to but not I. At 7am the swim team showed up for practice, PRACTICE... Since we couldn't finish, we chose the next best thing and that was Bacon from Mussos with Cecil Townsend. We agreed to meet at the college for the noon session and get our Steve Feldman stripes. Not quite sure what happened ...next, must have been the Bacon. We took a wrong turn or got in the wrong lane at the college. Really don't know?? Maybe just plain, out right stupid. We ended up joining, maybe creating, the 5 mile Marty Feldman club, Steve Feldman's goofy uncle. Thanks J Hamm it was a hoot . You were done first so you are the official President of said Marty Feldman 5 mile swim club. Merry Christmas everyone! - **Paul Dallaguardia**, December 23 at 4:06pm

4 mile swim . . . Done! - **Ted Johnson**, December 22 at 1:42pm

I donned my new pink princess cap and goggles and set in to attempt a feat I really didn't think was possible for me. In fact I only tried because Wendy had already completed the task. So in fear that I would not return for a 2nd set I slowly completed 4 miles of swimming this morning. Thank you Wendy! You are truly my hero and have inspired me to push myself to do things I never thought possible. Happy New Year! - **Becky Medina**, December 29 at 12:16pm

Can't believe I'm actually saying this, but I just got home from my 4 mile swim at PAC. Jason Castro planted the seed a couple of weeks ago when he asked me if I was going to do it. As I told him, I hadn't actually been paying that much attention to the details of the challenge because I didn't think I could do it and to tell the truth wasn't very motivated to try. I've been watching the posts since trying to decide, then yesterday Becky Medina 's spoke to me. One of the ...things I love most about the triathlete family is the inspiration and motivation I get from all of you, to include those that I've not met in person yet. Becky's thoughts pre-4 mile were exactly the same as mine. I had originally planned on giving it a try yesterday, and wimped out about 3:30 am. It was the excitement and pride in her words that got me to the pool at 5:00 this morning. Thanks!! - **Rae Timme**, December 30 at 9:12 am

Little over 4.5 miles in the pool today. Long day and did not think I would be able to do the 4 mile challenge again but managed to squeak it in the last day of the month. Happy New Year! - **John Reed**, December 31st

One more thing to add, although not posted to Facebook, **Michael Orendorff** completed two 4 mile swims during December (both completed in one session each); first on Dec 13th then the second on Dec 24th.

In Loving Memory by Dave Diaz



You may have read that Sidney Arnold passed away in December at the age of 70. Sidney is the brother of longtime club member, Jeff Arnold. Sid was famous throughout Pueblo, as he could be seen riding his bicycle in any weather and at any time of day. He was a regular at almost every high school sporting event. I last saw Sidney at the Harvest Run in October and when it finished he rode his bicycle home. When Sidney was younger and before his hip went out, he was a talented runner. In 1987 when he was 43 years old he ran the Bolder Boulder 10K in 41:11 and he ran the YMCA Pueblo River Trail Marathon in 3 hours 25 minutes. It seems everyone has a Sidney story but I remember giving Sid a ride home from the Garden of the Gods in Colorado Springs. It was a very hot day and they passed out sponges at the water stations. Sidney collected a trash bag full of the used sponges and brought them home with us. I don't know why. If you could name a Colorado Mountain Peak, Sid could tell you its elevation. In 1967, he and his father, Wilbur, ran the Pikes Peak Marathon together. He ran the Pikes Peak Ascent 6 times and the Pikes Peak Marathon 5 times in his life time. His best Ascent was 3:35 when he was 44 and his best Marathon was 6:05

when he was 23. He and his father climbed all the 14'ers in Colorado before Sid turned 30. I knew Sid a long time, since we were young men, and the next time I'm at the Gold Dust I'll be expecting him to walk in. Sidney led a good life and attended church regularly at Park Hill Baptist. His Pastor said he could quote scripture with the best. I picture Sid running and riding his bike in heaven. Goodbye Sid. You will be missed.

A lesson in courtesy and consideration.

Robert Pratt

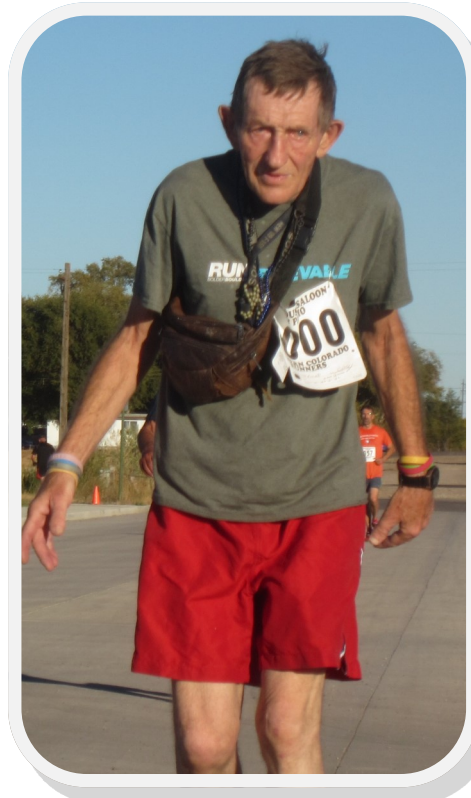
During the Harvest Run predict meal, our dear Sidney Arnold burped. He laughed to himself and said a number and said that it should be a World record. I chuckled a little and didn't think much more about it. He hovered near me, which I interpreted as his asking me for a ride home.

I rode my bike to the event and my wife had already left with a vehicle. I asked Sidney if he would like to ride bikes home with me. He agreed and yet continued to hover near me acting anxiously. As the sun was setting, we departed.

I talked about the crescent moon shining bright, a nice sunset and how the trees without leaves made a nice frame for our view. He spoke only of the route we needed to take to make it home safely. Upon arriving at his apartment, he startled me with a comment I did not expect. "Are you going to be alright?"

Here I was thinking that I was serving him, and he thought of me as a friend and was concerned about my welfare. I rode home pondering this singular event, arriving safely. When what to my wondering ears should appear, but a phone call. In his awkward way, he somehow stammered out a question. "Did I arrive home safely?"

I was humbled by his courtesy and consideration of my welfare. Here's to you Sidney, and the life lessons you taught us all. Rest in peace.



SCR Minutes – Nov. 5, 2014

In attendance: Kim Arline, Jeff Arnold, Paulette Arns, Dave Diaz, Stacey Diaz, Gary Franchi, Shawn Loppnow, Becky Medina, Don Pfof, Robert Pratt, Dennis Wait.

Club Business

Officer reports

Minutes: A motion to accept the minutes from the October meeting was approved.

Treasurer's Report: Paulette's report showed that SCR has assets of \$35,904.84, comprised of checking, savings and PayPal accounts. A motion to approve the report was approved.

Newsletter: Becky said she has almost completed the newsletter and expects to take it to the printer on Friday or Monday and anticipated getting the printed copies in about a week. Newsletter stuffing for mailing was set for 6 p.m. Tuesday, Nov. 18.

Membership: Kim said she is having some issues with the online membership procedure. Two individuals tried to renew but were unable to. Shawn said he had a problem but clicked on another link and got it to work. Two people renewed during the past week. Memberships will expire on Dec. 31 and members needed to renew by then or the program will automatically remove them from the system. There will be both a reminder to renew and a membership in the next newsletter.

Webmaster: Paul LaBar was not present and there was no report.

Race Calendar:

Dave said he would send some information on Nelson's Dec. 13 Prediction Series run to Kim so that she can update the website to include that run and delete Peggy's former Predict.

Some race dates are confirmed for 2015, including the Valentine's Twosome on Feb. 14.

So-Co Triathlon Team

Team members are encouraged to participate in the National Challenge Competition, a friendly training competition aimed at encouraging triathletes to stay motivated during the off-season, the SoCo-T2 will award participation prize drawings of \$200 per month from December - February. There also will be another "Steve Feldman 4-Mile Challenge" that encourages SoCo-T2 members to swim 4 miles in 1 day.

The 2015 Ordinary Mortals Triathlon will be held May 9.

The club is planning to resurrect its request to swim at Lake Pueblo, in a cove near the South Marina.

There was some discussion about having the club defray the cost of tri suits and/or other items of merchandise, with team jackets mentioned.

Running races

Dennis said he would be working on the Y's **Turkey Trot**, and Dave will bring the SCR's equipment. Paulette will help get the entries into the system. First-place finishers will get free turkeys, with second-place finishers getting pies.

The **Raptor Run** will indeed be held again in late December, and Jay Zarr will have entry forms to the Gold Dust next week.

Darryl has been doing a lot of preparations for the **Rock Canyon Half-Marathon**, including removing a big tree that was on the course and planning the packet stuffing (6 p.m. Thursday, Dec. 4, at Imprinted Sportswear) and various pre-race-day packet pickup times (both at Imprinted).

SCR Banquet, Awards & Officers

Jeff said the usual procedure in the past has been to take the top city finishers in the state cross country meet and make them the SCR's Youth Runners of the Year, and \$100 gift cards to given to their parents. Michael Duran and Emily Perez were the city champions.

Names were written down as possible 2015 club officers and to be recognized as candidates for 2014's Most Valuable Club Members, Long Distance Award and Dirty Sock Award. The club will solicit the SCR membership for nominations for officer positions and 2014 club awards. There was discussion to create new Outstanding Service Award presentations that could or could not be annual awards. It was discussed that those awards this year should go to Michelle Highfill and Darryl Clark.

==

Cheerfully submitted by Gary Franchi, SCR Secretary.

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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

Address Service Requested



You know you're a runner, when you start New Year's Day with a run.

New Year's Neon just for fun run

2015 is looking BRIGTH!

