



# Footprints

Southern Colorado Runners

February 2015

Volume #345, Issue #2

Editor: Becky Medina

## Special Thanks!

Our club runs on volunteers. Without our wonderful volunteers there would be no Southern Colorado Runners. To earn a volunteer award you have to earn 50 points. This year's award winners for 2014 are:

Mary Porter  
 Paul Labarr  
 Michelle Highfil  
 Lallo Vigil  
 Becky Medina  
 Don Pfost  
 Aaron Levinson  
 Shawn Loppnow

Jeff Arnold  
 Ruth McDonald  
 Dennis Wait  
 Gwen Steves  
 Darryl Clark  
 Kim Arline  
 Anthony Diaz  
 Tim Kraemer

Shelly Ridock  
 Mark Gurule  
 Lois Pfost  
 Gary Franchi  
 Deb Gurule  
 Ron Dehn  
 Robert Pratt  
 Bill Veges

### In this Issue

SCR Information	2
Birthdays/From the Prez	3
Another Memorable Adventure	5-6
What Kind of Runner Are you	6
Raptor Run Thanks	7
Say Hello To	7
Calendar Notes	8
Race Calendar	9
SCR Banquet & Awards	10-13
SCR Minutes	14-17
Boston Bound	18
CSU-P Research Study	19



# SCR Information

## Current SCR Officers

### President

Stacey Diaz                      president@socorunners.org

### Vice President

Becky Medina

### Secretary

Gary Franchi                      secretary@socorunners.org

### Treasurer

Humberto Paredes                      treasurer@socorunners.org

## Non-Elected Officers

### Membership Chair

Kim Arline                      membership@socorunners.org

### Newsletter Editor

Becky Medina                      newsletter@socorunners.org

### Web Master

Lallo Vigil                      webmaster@socorunners.org

### Calendar Keeper

Dave Diaz                      calendar@socorunners.org

### Prediction Run Coordinator and Results

Shawn Loppnow                      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. 2

“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

## February Birthdays

Leroy Sandoval	5	Jenna Reed	16
LeRoy Sandoval Jr	5	Tiffany Koch	16
Richard Edmond	9	Wyatt Armstrong	18
Carmen Perez	9	Chris Theis	24
Mindy McAllister	10	Nancy Mitrick	26
Snodyn Steves	10	Brad Gillispie	27
R Kevin Hall	11	Dan Armstrong	29
Tiffany Dehn	15		

### From the Prez...

Hello SCR from your new President. I would like to start a monthly column titled *From the Pres...*

This column will include miscellaneous thoughts and ideas. Some important some not so much, some interesting some not so much. Basically just stuff.

I will start this first column by saying how honored I am to be president of SCR. I have been a runner for 25 plus years and have been involved in SCR for just as long. This is a great club with many wonderful, talented and dedicated members who share a love of running. I have made many friends and learned so much through my affiliation with SCR. We are lucky to have this club and I intend to do my best as its new President.

During my term as president I would like to continue the good work we are already doing. I would like to see more folks step up and volunteer, thank you Wendy and Carmen, our new banquet committee members and our new officers, elected and non-elected, thank you Humberto, Gary, Lallo and Becky.

We have recently cut back on race producing which was what SCR seemed to be doing most weekends. We decided we wanted to be more of a social club not a race production company. We will still produce some races but we will be very choosy. I hope to add more social events, clinics and speakers.

My e-mail is [diazsd@aol.com](mailto:diazsd@aol.com). If you need an item on the agenda or have any questions, concerns or suggestions on how to improve our club, please feel free to contact me. I am excited about this coming year and looking forward to what the year will bring.

Stacey Diaz, President, SCR



## Another Memorable Adventure by Marijane Martinez

On Saturday, January 17 Gloria Montoya, Diane Lopez and I headed to the Denver Airport to fly to Phoenix, Arizona to participate in the Arizona Rock and Roll Half Marathon. Already in Phoenix were fellow runners, Debbie and Mark Gurule, Kris Spinuzzi and Vern (Denver), Carmen Perez, Stella Heffron and Keith (Denver) and from Las Vegas, Nevada Katherine and Mac Singer and Donna and Ron Pfeffer. Kris and Carmen were doing the marathon, the Las Vegas couples were doing the half marathon relay and the remainder were doing the half. Debbie had gotten on line and found a house in Scottsdale where everyone with the exception of the Vegas couples were staying for two nights. It was a great house with plenty of room and a pool with a wonderful patio area.

Stella and Keith picked us up at the airport and drove us to the expo. It was closing early so we had to do a quick packet pick up with no time to really check out the expo. We then met everyone else at the house where the ladies had prepared a nice spaghetti dinner with all the fixings. We called it an early night as everyone had to be up early the following morning for the race. Kris and Carmen left earlier than the remainder of us. The drive to the start of the race was a bit of an adventure but we did get there with plenty of time to spare thanks to Mark's stellar driving.

The half marathon was awesome! I was so tired of the cold in Colorado that the warm temperatures in Arizona were what my body had been craving. Everyone who competed in the half did well. Stella actually participated in the 5k the day before and placed 1<sup>st</sup> in her age division. Gloria placed 3<sup>rd</sup> in her age in the half! Debbie beat me and promptly posted it on her face book page!!! The half marathon course was great in my opinion. The inspirational messages along the way are heartwarming and the signs that spectators had were hilarious! If only I could remember them. I do know they brought a smile to my face many a time.

After the half we went to the beer garden and met everyone. We then headed to the finish line to wait for Kris and Carmen. Debbie being the great person she is wanted to be sure Carmen had sustenance when she completed her marathon so was carrying around a pretty significant bag filled with food. Carmen ran the Colorado Marathon and food was anything but plentiful so her main concern was that there be some when she finished this one. Debbie made up for Colorado believe me. Kris came in and commented on the heat and the lack of scenery in the marathon. Coming from the temperatures in Colorado to those in Phoenix were appreciated by me but for those running the marathon...not so much. We then waited for Carmen and in the interim were able to see fellow Pueblo runners, Kim Arline, Gwen Steves and Laurel Wright who all ran the marathon. Congratulations to all three of them and to Laurel an additional congratulations for qualifying for Boston! Carmen came in and talked about her marathon and happened to mention that she stopped and had a beer with some guys out on the course!!!!



Melanie Steves, Gwen Steves, Laurel Wright, Kim Arline & Kris Spinuzzi



Gloria Montoya, Marijane & Diane Lopez

Carmen had injury issues prior to the marathon and wasn't certain until the week of the event if she was going to run the half or the full. Because of this she readjusted her goal time and was pleased she beat it by about 15 minutes. We did give her a bit of grief about stopping for a beer but it was all in fun.

Everyone with the exception of Debbie, Mark, Dlo, Glo and I went back to the house to clean up. The remainder of us went to downtown Tempe for chips, salsa and beer! So

much more fun than cleaning up! The weather was so beautiful I just wanted to enjoy it as much as possible. We found a place with a patio and enjoyed the weather and the company.

When we returned to the house we cleaned up and joined everyone on the patio. We ordered pizza and had a plethora of beer and proceeded to enjoy the weather and friendships. The Vegas couples joined us and we had an evening of fun! Coincidentally, Gloria and Donna share a birthday and it happened to fall on the day of the event. A cake with candles that spelled out Too Old To Count was dessert for the evening. Their two ages together would not fit on a normal size cake, probably not even a sheet cake! Not to mention the fire department would have to be called out once the candles were lit! JK..... these two women have my admiration for their running abilities. I aspire to be close to where they are when I get there, which hopefully I will.

The following morning everyone started filing out with Glo, Dlo and I being the last to go to the airport. Katherine and Mac came to the house and took us for a drive where we enjoyed a drink on the patio of a bar in downtown Scottsdale. We went to their son's house in Chandler and had leftovers from dinner the night before and they drove us to the airport.

Next to the Thelma and Louise half marathon in Moab, Utah this ranks up there with one of the best running trips I have taken with a group. Staying in one location for the event was indeed a plus and I look forward to doing it again! Traveling to run is great, traveling to run with friends is priceless!



Katherin & Mac Singer and Marijane

## What type of runner are you? by Wendy Garrison

Trail runner, adventure racer, sprinter, marathoner, road racer, jogger, triathlete. Seems like running has its own subculture. So, ever wonder what type of runner are you? No? Well for giggles here's a completely unscientific quiz to find out what type of runner you truly are

1. It's snowing. Do you...
  - A. Head for the treadmill
  - B. Head for fresh, unbroken snow
  - C. Worry that the snow might slow your pace
  - D. Look for your matching hat and gloves
2. There's a water stop at a 10 K race. Do you...
  - A. Get water but keep running
  - B. Remind others not to litter
  - C. Water? Who needs water for a 10 K?
  - D. Chat briefly with the water crew
3. Your iPod playlist consists of
  - A. A little bit of everything
  - B. I don't listen to music
  - C. Anything with a hard driving beat
  - D. The latest hits
4. A fellow runner crosses your path. Do you...
  - A. Smile, wave and keep moving
  - B. Hope he/she didn't scare off animals
  - C. Keep running - it's speed work day!
  - D. Stop and chat. I've never met a stranger!
5. You're lost. It's probably because
  - A. I was wrapped up in my music
  - B. Squirrel!
  - C. How can I be lost? I carefully measured the course
  - D. Who's lost? What an adventure!



Mostly A's? Welcome to the Average Joes. You are normal. It's ok that your running attire doubles for yard cleaning. Not a fan of sports gels or granola, you search for every day foods to refuel. Pepsi however is not an ideal choice for your water belt.

Mostly Bs? You're the nature lover. "What weather" is your motto. You have studded shoes in the winter and racing sandals for the summer. Frequently seen at the Nature Center or the trails around Lake Pueblo, you can name all the wildlife in the area. You prefer camo running attire although orange might be a wiser choice. Granola and nuts are your fuel faves not only for yourself but also for your furry friends

Mostly C's? You are The Ninja. Stealth and speed are your life. You enjoy streaking through the streets of Pueblo in the wee hours of the morning while the city sleeps. You dress in sleek, form fitting clothes like a superhero to reduce wind resistance. Sometimes the cape defeats this purpose. You tend to "fly" solo unless a trusty sidekick is willing to run that fast that early.

Mostly D's. Welcome Socialite! Every run is a party. Bright colors - check. Color coordinated down to the shoelaces - double check. You will run anywhere at anytime because you and your running buddies are the event. Your refueling secret? Coffee or beer with the gang depending on when the run ends. Group selfies before, after and even during the run are a must.

## Thank You Raptor Resolution Volunteers

SCR is a volunteer run organization. Races and events happen because people give of their time and talent. This is true for all SCR activities. As Club Liaison for the Raptor Resolution Run I planned to do lots of the work from the SCR side and help coordinate SCR volunteers. Due to a family emergency I was unable to perform most of those duties. When club members found out that I needed help, they stepped up, took over the lion's share of SCR duties and everything got done from planning and registration to results.

Thank you so much to the following individuals as well as all those who participated: Marilyn Vargas and Dave Rael: Registration and pre-race setup, Paul LaBar: Results, Don and Lois Pfof: Finish Line, Becky Medina: Finish Line, Dave Diaz: Equipment, Wendy Garrison: Finish Line, Gloria Montoya: Finish Line, Melanie Nelson: Finish Line, Jay Zarr: Race Director, Ron Dehn: Club Liaison

### The first of a new series by Wendy Garrison

#### Say Hello To ...

Stacey Diaz

Age 54

Married - 19 years

3 stepkids - Judi (Paul), David (Aomi), and Matt (Emily)

5 grandkids

1 dog - Juno, Boston Terrier



**How long have you lived in Pueblo?**

I've lived here 45 years.

**Are you currently working?**

I've been retired for 2 years, but I continue to work occasionally for the State Hospital as an RN.

**How long have you been running?**

For 27 years now. I started because I wanted to do the Dam Run with my friend Trish Ferguson. The Dam run was a run that went from the dam to the State Hospital. They don't even have it anymore. I also just quit smoking and I thought running would keep me off cigarettes.

**Do you have a favorite event?**

The Pikes Peak Ascent. I like it because it's challenging; it's hard and when you're done you feel like you've really accomplished something.

**Running 27 years is a long time. Is there anything you find that you still struggle with?**

Staying injury free although the last 2 years I've been doing pretty good with that. There for a while I was injured a lot. It has been better since I've changed my diet. I went wheat free, low carb and low sugar.

**Do you compete in any other sports?**

I've done triathlons for the past 10 years. So far, I completed 2 half ironman races and plan on doing a third in Steamboat this year. No favorites but I definitely prefer an open water swim.

**Favorite snack food?**

Popcorn - no butter

**Do you listen to music? What type?**

I have 3 iPods. One iPod has my music on it - rock. One has podcasts on it, usually nutrition or running related and the third has Dr. Laura on it because I love Dr. Laura. Sometimes I'll run with all three.

**What's on the horizon?**

A half marathon in Salida in March. A marathon in Ft. Collins in May and Dave and I are going to be doing Boston not this year but next year. We qualified in October at the Rock and Roll Marathon. I'm so thrilled about that.

## Calendar Notes March 2015 by Dave Diaz

If you haven't tried the SCR Predict Series, I encourage and invite you to run our third predict run of 2015, the **Tour de Fair** (Sunday, March 15, 2015, 9:00 AM) because it's a fun one. Run as hard or easy as you like and earn your shirt for 2015. Hosted by Roger and Shari Giordano at the Colorado State Fairgrounds, this 4 mile run or 2 mile walk will tour the inside and outside of the fair, hence the name "Tour de Fair". . . after that, join us for Predict # 4 on April 11, 2015, 9 AM, the **Ramsgate 6**, a 6 mile run near CSU-Pueblo in the Belmont area of Pueblo.

**Newsletter Stuffing:** Thank you to Todd at the Adventurous Sole, 517 W 5<sup>th</sup> Street, Pueblo's only locally owned running store, for offering to assemble and stuff this issue SCR's *Footprints Newsletter*. Todd said he and his employee's could do it during their "down" time. Thank you so very much and make sure and visit the store for your running needs. This is where we had the custom, personalized medal holder for SCR Prediction winner Dan Nelson made, as well as 2<sup>nd</sup> and 3<sup>rd</sup> place awards. Youth Runners of the Year were given gift certificates from the Adventurous Sole.

**Color Vibe:** I just found out that the Color Vibe which was scheduled for last October but was abruptly canceled has been rescheduled for Sat, May 16, 2015 at Minnequa Lake. We'll see what happens this time. Speaking of Color Runs, the Boys and Girls Club will again have the Color Dash 5K on Sat, Sep 26, 2015 at Pueblo City Park. Details soon.

**Boston Qualify:** Congratulations to SCR members Kristi Roseman and Laurel Wright who both qualified for the 2016 Boston Marathon in different marathons in January. Laurel ran the Arizona Rock n Roll Marathon on Jan 18, 2015 in 4:24:55. Laurel's Boston Qualifying time is 4:25:00, not much room to spare, but still a Boston qualifier. Kristie ran the Miami Marathon on Jan 24, 2015 in 3:33:36 with a BQ of 3:40. This was Kristie's first marathon, so the best is yet to come. Congratulations to both. Also congratulations to Gwen Steves who PR'd at the Arizona RnR in 3:44:26 and to the many SCR members who ran the Arizona RnR Marathon and Half in January.

**Father Time:** It finally happened, I checked the results for the Pikes Peak Winter Long Series II, 8 mile run and, at 66 years old, I was the only runner in my age group, but that's not the sad part, I was also the oldest runner in the entire 8 mile race. That's the first time it's happened to me but, God willing, it won't be the last. I may have been the oldest but I wasn't last. Not yet, anyway. There were a few older than me in the 4 mile run held the same day but not many. Gary Franchi, who is running the short series, knows the feeling but he's a few months younger than I am. I have an old poster of a single runner in tube socks running down a long country road and the caption says, "The race is not always to the swift, but to those who keep on running". That's me; hope to keep running as long as I can. I can't imagine my life without running and sometimes when I'm running on the river trail and the sun is shining on my face, I just have to thank god for giving me one more day. I've learned to appreciate the runs I have left and try not to take any of them for granted.

**Rock Canyon Donations:** In case you didn't know, because of the hard work of Darryl Clark, the SCR and the Rock Canyon Half Marathon were able to donate \$500 each to Pueblo West High School, Pueblo County, South, Central, Centennial, East and Rye, as well as \$1000 to the CSU-Pueblo Foundation to help with their track and cross country programs. Once again, thank you Darryl for a job well done.

**Faith Focus Finish:** You may have heard me try to explain the words I had put on the Predict Shirts this year. On Aug 8, 2012 at the London Olympics, Manteo Mitchell was running for the USA in the first leg of the 4X400 meter relay preliminaries, when he heard a POP! "It felt like somebody literally just snapped my leg in half," he said. With a half a lap to go, he had a choice to make: keep running or quit and have his team lose the race. He finished the lap (in 46.1 seconds) and few hours later, doctors confirmed what he suspected: He had run the last half-lap with a complete break of the left fibula. "Faith, focus, finish. Faith, focus, finish. That's the only thing I could say to myself," he said.

The words made quite an impression on me, because it summarizes how I've felt for years but it is much more eloquent and succinct than I could ever express. To me it's pretty simple: Faith—believe in the training you've done and believe in yourself. You must believe to achieve. Focus---concentrate on right now, stay in the moment and think of the reasons why, what you are doing is important to you. Finish--- whatever it is, see it through to the end, anyone can start, it's finishing that's tough. DOA is better than DNF.

Until next time, here's to your health and wish you happiness in your life. --Dave



## March—July 2015 Calendar

### MARCH

		<b><u>Pueblo Chieftain Spring Run-off</u></b>	<b><u>10M/10K/5K</u></b>	<b><u>Dutch Clark Stadium</u></b>	<b><u>socorunners.org</u></b>
<b><u>Sun, Mar 1</u></b>	<b><u>9:00 AM</u></b>				
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
<b><u>Sun, Mar 15</u></b>	<b><u>9:00 AM</u></b>	<b><u>Tour de Fair-Pred #3</u></b>	<b><u>4M</u></b>	<b><u>CO State Fairgrounds</u></b>	<b><u>socorunners.org</u></b>
			5K run/2M		
Sat, Mar 21	9:00 AM	Bluesky Blizzard Run	walk	CO State Fairgrounds	coloradobluesky.org

### APRIL

<b><u>Sat, Apr 11</u></b>	<b><u>9:00 AM</u></b>	<b><u>Ramsgate 6-Pred #4</u></b>	<b><u>6M</u></b>	<b><u>6 Ramsgate Place</u></b>	<b><u>socorunners.org</u></b>
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	
			<b><u>5K/12.5M/30</u></b>		
<b><u>Sat, May 9</u></b>	<b><u>9:00 AM</u></b>	<b><u>Ordinary Mortals Sprint Tri</u></b>	<b><u>0y</u></b>	<b><u>CSU-Pueblo</u></b>	<b><u>socorunners.org</u></b>
				<b><u>South Mesa Elem</u></b>	
<b><u>Sun, May 10</u></b>	<b><u>8:00 AM</u></b>	<b><u>Yappy Dog-Pred #5</u></b>	<b><u>8.6M</u></b>	<b><u>School</u></b>	<b><u>socorunners.org</u></b>
Sun, May 17	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Mon, May 25	7:00 AM	Bolder Boulder	10K	Boulder, CO	
	<b><u>8:30 AM</u></b>	<b><u>Celebration of Life (PAWS)</u></b>	<b><u>5K/10K</u></b>	<b><u>Union Ave, Pueblo, CO</u></b>	<b><u>PAWSpueblo.org</u></b>

### 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	gardentennmile.com
Sat, Jun 20	7:00 AM	Sailin' Shoes	5K/10K	Dwntwn Colo Sprgs	prrun.org
Sat, Jun 20	8:00 AM	FIBArk Road Race	5K, 10K	Salida, CO	fibark.net
Sat, Jun 20	8:00 AM	Leadville Trail Marathon	Mar/ 1/2 Mar	Leadville, CO	leadvilleraceseries.com
Sun, Jun 21	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
<b><u>Sun, Jun 21</u></b>	<b><u>7:00 AM</u></b>	<b><u>Arroyito Lake View Trail Run6</u></b>	<b><u>5M</u></b>	<b><u>Pueblo West</u></b>	<b><u>socorunners.org</u></b>
Sat, Jun 27	3:00 PM	Whitewater Adv Race	5K	Canon City, CO	Canon City Rec

### JULY

Sat, Jul 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	
				Monument Valley Park,	
Sat, Jul 4	7:00 AM	Half on the 4th	1/2 Mar	CS	spreeracing.com
Sat, Jul 4	7:00 AM	Gothic Run	1/3 Mar	Crested Butte, CO	
Sat, Jul 11	9:00 AM	Big Dog Brag Run	5K Mud Run	East of CSU-P	bigdogbrag.com
Sun, Jul 12	7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
Sun, Jul 12	7:00 AM	Boulder Peak Tri	Olympic	Boulder, CO Res	
Sun, Jul 19	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	runpikespeak.com
Sun, Jul 19	6:00 AM	Revel Marathon	26.2/13.1	Denver, CO	runrevel.com
Fri, Jul 17	8:00 PM	UV Splash	5K	Pueblo Riverwalk	
Sat, Jul 18	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
Sat, Jul 18	7:00 AM	State Games Tri	750M,20K,5K	Prospect Lake, CS	coloradospringssports.org
Sat, Jul 25	8:00 AM	State Games Color 5K	5K	Colorado Springs	coloradospringssports.org
<b><u>Sat, Jul 25</u></b>	<b><u>6:00 PM</u></b>	<b><u>G U Rule Pred #7</u></b>	<b><u>4M</u></b>	<b><u>Pueblo</u></b>	<b><u>socorunners.org</u></b>

## SCR Annual Awards Banquet

The annual event was held Saturday, Jan 24, 2015 at the Rivers Edge Banquet Hall. Special thanks to our guest speakers George Dallum and Ron Cothran and to our banquet committee, Carrie Franchi, Dennis Wait, Paul LaBar and Stacey Diaz, Chair. Several awards were also given for service to the Club and the Youth and Male and Female Runner of the Year.



Youth Runners of the Year  
Emily Perez and Michael Duran



Triathlete of the Year Kim Arline



Male Runner of the Year Roger Giordano



Female Runner of the Year Paulette Arns



Long Distance Runner Award: Jeff Arnold



Most valuable club member: Dennis Wait



Dave Diaz and Kim Arline winner of special awards from Darryl Clark/RC. Darryl Clark was also recognized taking on The Rock Canyon Half Marathon as race Director.



Our Prediction Series winners L-R 3rd Robert Lucero, 2nd Sean McGivney, and 2015 Predict Winner Dan Nelson



The Steve Feldman Club—4 mile swim challenge

## List of Firsts 2014

Marathon: Katie Cook-Las Vegas R&R, Danny Hardy-Denver R&R, Kindra Hardy-Denver R&R, Michael Baca-Denver R&R, Chris Theis-Denver R&R, LeRoy and Aime Atencio-Denver R&R, Henry Vrobek-Denver R&R, Brad Carr-Denver R&R, Julie Schaefer-Denver R&R, Carmen Perez-Colorado, Patti Canchola-Denver R&R, Melanie Ripke-Denver R&R, Melanie Nelson-Xterra Trail Run Cheyenne Mtn, Dan Nelson-Xterra Trail Run Cheyenne Mtn, Kristie Roseman-Miami, Melanie Steves-Milyard-Denver R&R, Marshall Steves-Denver R&R, Molly Steves-Denver R&R, Jason Castro-Colorado.

Ironman: Aaron Hernandez-Boulder, Irina Vancea-Louisville, John Highfil-Boulder, Kim Westerman Bechtold-Boulder, Brian Cunningham-Boulder, Jeremy Hamm-Boulder, John McCallaster-Boulder, Eric Castellano-Boulder, Adrian Cooley-Boulder, Chad Campbell-Boulder, Kim Arline-Los Cabos

Half Marathon: Mary Porter Denver R&R, Shawn Bell-Rock Canyon, Mindy Urdales-Denver R&R

Half Ironman: Peggy Oreskovich-Boulder 70.3, Laurice Cepero Lopez-Grand Junction HITS, Paula McCabe-Grand Junction HITS, Michael Baca-70.3 Silverman,

Olympic Distance Tri: Becky Medina-Loveland L2L, Benjamin Highfil-Grand Junction HITS, Shawn Bell-Loveland L2L.

Dopey Challenge: Megan Arana

World Champion Tri Silver Medalist: Michael Orendorf

Hot Chocolate 15k: Danielle Caro

Sprint Tri: Melanie Nelson-OMT, Tim Weckx-OMT

Xterra Triathlon: Kim Arline-Buffalo Creek

Doubled Pikes Peak Ascent/Pikes Peak Marathon: Roger Giordano, Paul LaBarr

Pikes Peak Marathon: Sheri Giordano

Century Ride: Irina Vancea-Elephant Rock

Boston Qualifiers: Jason Castro at Colorado Marathon, Roger Giordano at Denver R&R, Stacey Diaz at Denver R&R, Robert Pratt at NYC Marathon

## *Special Service Awards*

Michelle Highfill for saving the Spring Run Off  
Darryl Clark for saving Rock Canyon Half Marathon  
Paulette Arns for being SCR treasurer for 7 plus years.  
Dirty Sweatsock: Becky Medina



Guest speaker George Dallum



Guest speaker Ron Cothran



# SCR Minutes – Dec. 3, 2014

**In attendance:** Kim Arline, Jeff Arnold, Paulette Arns, Todd Bush, Jason Castro, Darryl Clark, Ron Dehn, Dave Diaz, Stacey Diaz, Martha Drake, Gary Franchi, Wendy Garrison, Roger Giordano, Sheri Giordano, Deb Gurule, Britney Knobbe, Shawn Loppnow, Marijane Martinez, Becky Medina, Eric Medina, Gloria Montoya, Humberto Paredes, Carmen Perez, Don Pfof, Robert Pratt, Gwen Steves, Lallo Vigil, Dennis Wait, Jay Zarr.

## Club Business

### Officer reports

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

**Treasurer's Report:** A motion to approve the report was approved.

### Newsletter:

Becky said the mailing of the last newsletter by the Post Office was very slow. There were not enough Raptor Run flyers to include them in the newsletter.

There will be no December newsletter but a combined December/January newsletter. She would like material by Dec. 15 or 20. Someone mentioned that Spring Runoff Race Director Michelle Highfill will have a Runoff article.

The plan for stuffing the next newsletter for mailing will be determined at the next club meeting.

**Membership:** Kim said there continues to be problems for members trying to renew their memberships, and every few days a renewal attempt is kicked out. To renew, you need your user name and password. Members will be deleted if they haven't renewed by the end of the year. Pay Pal has an automatic renewal function that needs to be checked off.

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

### Race Calendar:

A problem that caused an inability to access the SCR calendar on the website was fixed by Lallo.

Ever-efficient Dave continues to work on the 2015 calendar and noted several of the early ones that have been verified including the Lone Tree Predict on Jan. 18, Valentine's Twosome on Feb. 14, Spring Runoff Tuneup (with both a 5K & 10K this year) on Feb. 15, Spring Runoff on March 1, the State Fair Predict on March 15, Ordinary Mortals Triathlon on May 9, etc. There will be 12 Prediction Series races in 2015, and participants will need to run/work on a total of 6 Prediction Series races this year (instead of 5 as in past years) to get a free SCR tech shirt.

Series race descriptions have been updated on the SCR website.

Dave will have an article on races and the race schedule in the next newsletter.

### So-Co Triathlon Team

Gwen noted that the National Challenge Competition has started, and the SoCo-T2 is in division 5 for clubs that have between 50 and 100 members.

Kim said a quarter of the \$8,600 profit from the 2013 Ordinary Mortals Triathlon (yes, 2013) will be donated to the Pueblo Active Community Project to help cover the cost of developing a 2-way bike lane on Fifth Street in Downtown Pueblo. The OMT race director can choose which organization/initiative to donate one-quarter of the race's proceeds, and Kim was the 2013 OMT director.

The SoCo-T2 is again offering a youth training program to enable kids to prepare to compete in the Mini Mortals Triathlon at CSU-Pueblo on May 9. The kids will train under the guidance of club members who have competed in multiple triathlons. The training is provided free to any youth members of the SoCo-T2. They will meet 5-6 p.m. every other Friday, and there will be training in all 3 disciplines. An overview meeting will be held Jan. 30 at the Pueblo Boys & Girls Club.

A discussion was held on supporting club member Charles du Preez's 390-mile run across New Mexico to raise donations to combat childhood obesity. A motion was approved to donate \$200 to his cause if he would agree to visit local elementary schools.

After Carmen noted that several elementary schools have child obesity programs but not the personnel to conduct them, it was suggested that a Youth Outreach Committee be formed to explore the matter. Becky, Carmen and Robert volunteered to serve on the committee.

There was some discussion about a request to purchase a bike transport box (for around \$500) for use by Tri Club members who travel to distant triathlons.

Because of some SoCo-T2 equipment that has been purchased, it was noted that the club's shed is getting filled. Roger offered to check on the cost of a bigger one.

### SCR Banquet

Stacey said the annual SCR Banquet will be held Saturday, Jan. 24, and the cost to members will be \$13 for adults (\$5 for kids), with the club picking up the balance of the meals. Registration will be totally online and will begin Jan. 1.

### Running races

#### Rock Canyon:

Darryl noted that entries are down considerably this year because there is a new half-marathon in the Denver area this year on the same weekend.

There are plenty of volunteers this year.

A motion was made for the club to use race proceeds to make a \$200 donation to the Nature Center in honor of Steve Eller, who lives along the course and allows a gate to be opened on his property. It was approved.

**Temple Canyon:** This Prediction Series race in Canon City was windy but with a comfortable temperature for the 58 participants, and everything went well.

#### Raptor Run:

Ron said help is needed at the finish line, and Sheri and Becky volunteered.

There will be race-day registration until 8:30 a.m.

The website says the race starts at 10 a.m., as it did last year, but it was noted that the race start has been changed to 9 a.m. this year.

There is an entry form on the Nature Center's website, and participants can register online.

Club cones and a Time Machine will be used, and Ron will pick up the equipment from the shed.

### Voting

Voting was held for 2015 club officers and the Dirty Sock award, and the voting results will be announced, along with other award winners, at the club's banquet.

- Submitted by Gary Franchi, SCR Secretary

**A TRUE STORY**  
OF LOVE, HOPE AND DETERMINATION

**FULL TILT BOOGIE**

Struggling with the challenges of raising his autistic son, dwindling career options and advancing middle age, Hal Walter sets out with a jenny donkey to win a seventh World Championship at one of the most obscure and difficult endurance sports on the planet.

Get a signed copy!  
\$20 includes shipping  
Hal Walter  
367 Commercial Dr.  
Woodliffe, CO 81252  
Or Paypal to  
jehew@hewmail.com

Full Tilt Boogie overflows with love, conviction, fear, hope, and courage, and is a powerful tale of a man preparing himself to face the long haul.  
— Martha Guillen  
Colorado Central magazine

Hal Walter tells a gripping story that's hard to put down.  
— Betty Marston  
Writers on the Range

Also now available from **amazon.com**  
...or **The Book Haven** in Salida, Colorado

## Full Tilt Boogie by Hal Walter

### Pueblo West Book Club Discussion

When: April 13, 2015

Time: 7:00 pm

Where: White Branch Library

298 S. Joe Martinez Blvd.

Pueblo West

[www.runningcompetitor.com](http://www.runningcompetitor.com) 13 Running Books You Should Be Reading Right Now

# SCR Minutes – Jan. 7, 2015

**In attendance:** Kim Arline, Paulette Arns, Todd Bush, Danielle Caro, Terry Cathcart, Darryl Clark, Ron Dehn, Dave Diaz, Stacey Diaz, Gary Franchi, Michelle Highfill, Shawn Loppnow, Becky Medina, Humberto Paredes, Don Pfost, Robert Pratt, Gwen Steves, Lallo Vigil, Lisa Vigil, Dennis Wait.

## Club Business

### Officer reports

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

**Treasurer's Report:** Paulette said the Rock Canyon report will be given next month when all of the bills have been received and paid. A motion to approve the report was approved.

### Newsletter:

The newsletter stuffing will be at 5 p.m. Thursday (Jan. 15) at the Gold Dust, followed by the Spring Runoff meeting there. Becky said she needs material for the next newsletter and encouraged members, friends and family members to submit articles. There was some discussion about how to get members to submit articles. A "Meet the Runner" idea was presented, possibly about introducing the SCR officers. Another idea was to have historical articles. Ron said he would dig through the 102 issues that he edited to look for some good historical pieces. He also has photos dating back to 2002.

### Membership:

Kim said that because of the auto-renewal function creating duplicates, she will extend the memberships for a year for these members.

The RRCA, of which the SCR is a member, has a membership system that might be explored.

The club currently has 151 active members (we were over 200 at the end of 2014). As we historically have done for years, we will use some past not-yet-renewed members to fill out the 200 number we need to get the newsletter discount.

### Webmaster:

Lallo has updated a couple of program that are used for the website.

He has been getting several emails concerning Pay Pal items (race payments, banquet payments) and has forwarded them to Humberto.

He has some ideas for website changes that will make it responsive to different mobile devices. He hopes to demonstrate a couple of them at the next meeting.

### Race Calendar:

Dave said the dates for all 12 Prediction Series races for 2015 have been confirmed. Those dates and the descriptions of the races will be in the upcoming newsletter.

### So-Co Triathlon Team

Gwen said the club's USAT membership has been renewed.

Next will be purchasing the club's insurance, once there is an approximate number of Tri club members. She noted the cost for this was approximately \$500 last year. The names, addresses and email addresses of the members will need to be submitted with the payment.

Benefits of membership are many, from insurance coverage, clinics, swim pool times, organized rides, etc.

The club is again participating in the USAT's 3-month workout mileage challenge, and the SoCo-T2 has been moved up to Division 4, where it currently is in 6<sup>th</sup> place in the nation and second place in the region. We are ahead of the Pikes Peak Triathlon Club in the standings.

A total of 14 club members did the so-called Steve Feldman challenge by swimming 4 miles in one day, and each will be recognized with an award, which Gwen is making, at the SCR Banquet.

The Youth Tri Club workouts will begin Jan. 31, starting with a meeting at the Boys and Girls Club. Swimming will take place 5-6 p.m. Friday evenings.

A big SoCo-T2 group will be competing in the Coeur d'Alene Ironman in 2015.

### SCR Banquet

Stacey provided details of the SCR Banquet that will be held Saturday, Jan. 24, at River's Edge on Oneida. It will start with a social hour from 6 to 6:30 p.m. The cost to members will be \$13 for adults and \$5 for kids, with the club picking up the balance of the



meals. There will be 2 speakers: Ron Cothran and George Dallam. Online registration began Jan. 1 and about 19 have registered so far. Dennis related a problem with registration – he went through the process only to stop because he didn't have his credit card handy, but the registration was completed anyway.

## **Races**

### **Hardscrabble Mountain Run:**

Dennis said the club received a request to provide equipment services again this year for this race, which won't include the ultra-marathon. The event is June 7 beginning at 10 a.m.

Dennis said he would bring the finish line equipment, and Gwen said she would help with the computer tabulation – chips will be used. Hence, a motion was made and approved to provide SCR equipment for the race.

**Spank Blasing Run:** Officials from this race have relayed the question of whether there are any conflicts with their proposed April 18 date, and it was said that there didn't appear to be a problem with it.

### **Spring Runoff:**

Michelle said the ads for the race will start next week, and online registration is now open.

It was noted that we need to get the link on our website, and Lallo said he would take care of it. I'm Athlete will provide the timing for the race.

The first race meeting will be at 6 p.m. Thursday, Jan. 15, at 6 p.m. at the Gold Dust.

All the race permits have been obtained.

Packet pickup will be at the sponsoring Sports Authority.

There will be no race-day registration.

To avoid some congestion that happened last year, the starting times of the 5K run/3-mile walk and the 10K/10-mile runs will switch this year, with the 5K/3M going at 9 a.m. and the 10K/10-mile runs starting at 9:15 a.m.

We hope to have a vendor at Dutch Clark Stadium to sell hot chocolate and coffee.

### **Ordinary Mortals Triathlon:**

This year's May 9 race will have no changes from last year.

Gwen and Kim will be co-race directors, and Paul LaBar will do the results.

The permit acquisition process has started.

### **Rock Canyon Half-Marathon wrap:**

Darryl said all donations have been made and the club will net about \$2,500-\$3,000.

Participants can click on their name in the results to see their picture.

The race date will be Dec. 5 this year.

### **Lone Tree Predict:**

Darryl said the course is in good shape and all systems are "go" for this 5M run/2M walk/run.

### **Raptor Run wrap:**

Ron thanked everyone for taking over in his absence that was due to his mother's death.

Someone complained that there wasn't a sweep bike, an issue that Dave addressed. Becky suggested we have a cutoff time for races. The Runoff has a noon cutoff time for finishers.

The run will have a 10 a.m. starting time from now on.

## **Miscellaneous**

There was a request for the club to develop a policy on sending flowers to long-time club members who lose parents or close family members, without having to wait until the next club meeting. Don suggested we establish guidelines for sending either flowers, fruit baskets or making donations to organizations per obituary notice.

Becky said she would bring some recommendations to a future meeting.

Gil and Vera Cruz sent a "thank you" note to the club for sending flowers for the funeral of Gil's daughter.

Ron Dehn also said "thank you" to the club for sending flowers for the his mother's funeral.

==

Submitted by Gary Franchi, SCR Secretary

# January Boston Qualifiers



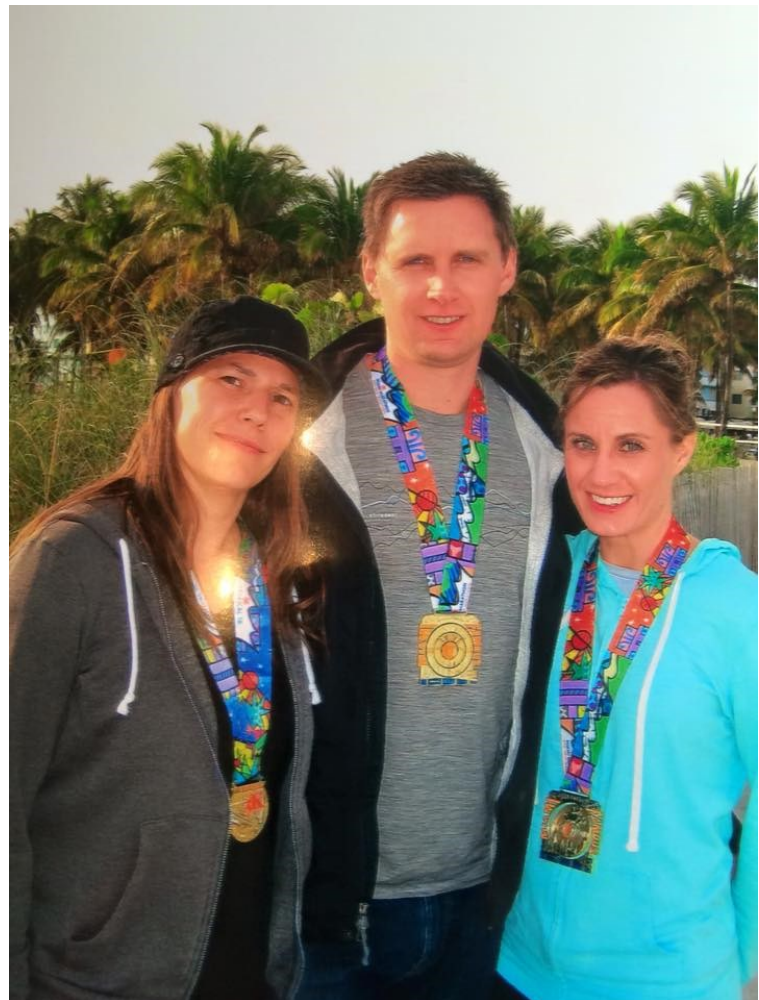
Laurel Wright

Arizona Rock and Roll

Kristi Roseman (right)

Miami Marathon.

This was Kristi's first marathon



## Looking for Adult Runners and Triathletes to Participate in a Research Study at CSU-Pueblo



**Who:** Adult recreational competitive runners and/or triathletes.

**What:** An experiment looking at the effect of two different exercise routines on functional movement ability and athletic performance conducted by faculty in EXHPR at CSU-Pueblo. The primary investigator is George M. Dallam, Ph.D. For further information Dr. Dallam may be contacted at: (719) 549-2619 or [George.Dallam@CSUPueblo.edu](mailto:George.Dallam@CSUPueblo.edu) The study was approved by the CSU-Pueblo IRB on 9/27/2014.

**When:** The study will begin on February 23, 2015 and last 9 weeks (Spring break week off). Subjects will participate in pre and post testing the 1<sup>st</sup> and 9<sup>th</sup> week and attend two evening training sessions weekly in their randomly assigned exercise intervention during the middle 7 weeks.

### **Subject Requirements:**

You must complete a ACSM health risk screening or be approved by your physician to participate.

You will be assigned an exercise intervention randomly - you will not be able to choose the intervention.

You will be required to attend the intervention twice weekly for 6 weeks in early evening.

You will be required to document your run/triathlon training during this period and maintain that in as consistent a manner as possible. Racing may occur but not on the weekends preceding pre and post testing.

You will be provided a \$100 completion incentive if all testing and training sessions are completed.

### **Testing and Training Procedures:**

#### **Functional Movement Screen™ (FMS)**

The FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries and identifies one's risk for future injury.

Test 1 - Deep Squat, Test 2 - Hurdle Step, Test 3 - Inline Lunge, Test 4 - Shoulder Mobility, Test 5 - Active Straight Leg Raise, Test 6 - Trunk Stability Push-up, Test 7 - Rotary Stability.

#### **Athletic Performance Measures**

**Standing leg press with a dynamometer** – a standing leg press pulling a t-handle to test strength.

**1600 meter Run** - a maximum effort run over 1600 meters of distance (4 laps of a 400 meter track) similar to the event used in track and field.

**T-Shuttle Run** - a test of agility over a t shaped course that includes forward, lateral, and backward running over a cumulative distance of 40 yards.

**Vertical Jump** - a jump test designed to measure the distance one can raise their center of mass from a fixed start (without prior steps).

#### **Kettlebell Routine**

A series of progressive movements or steps designed to develop the ability to perform the Turkish Get-UP.

<http://kettlebellworkouts.com/7-steps-of-the-kettlebell-turkish-get-up/>

#### **Hierarchical Functional Mobility Exercises**

A series of progressive exercises specific to each element of the FMS which are designed to improve one's functional movement ability and score on the FMS.

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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

Address Service Requested



*Spring Run Off*

*March 1, 2015*

*Sign up today at [soco-runners.org](http://soco-runners.org)*

