



Footprints

Southern Colorado Runners

March 2015

Volume #345, Issue #3

Editor: Becky Medina



According to the CDC, childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years. At the present time, 12.5 million children, ages 6-19 in the United States are obese. Many more are overweight. Starting

January 16, 2015, an international team of athletes will begin a 4 1/2 month journey, running the equivalent of 117 back-to-back marathons across the United States with the goal of inspiring a healthier generation. Join us as we run across the country.

In February of this year, SOCO-T2 Club member, Charles DuPreez, joined the cause in the Race Across New Mexico.

After eight days of running, the participants took "a break" to visit local schools, telling students about the journey and also inviting them to join the 100 Mile Club®. Below are some excerpts and pictures from Charles' blog:

Totals (12 stages) Begin February 15th 2015. Finish March 2nd 2015.
 Distance - 319.42 Time - 58:49:06 Pace - 11:04 Calories - 23981 Elevation Gain - 10284
 Elevation Loss - 12427 Elevation Change - 22711
 HR Avg - 139 HR Max - 180
 Minimum Elevation - 5286 Maximum Elevation - 6202

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Race Across New Mexico, Stage 1

The RANM began at the Arizona/New Mexico border on US Highway 60. Even though I was little bit nervous for the start of the event, I managed to sleep really good the night before the start.

The weather for Stage 1 was pretty good, but with all the sun beating down on the participants, it seemed almost too hot.

Race Across New Mexico, Stage 2

RANM, Stage 2 began near the town of Quemado, NM. I was feeling pretty good on this day, except for the fact that the camber of the road (the slope of the shoulder) aggravated my left leg. It seemed as if the slant was putting more impact on my left side, as well as trying to force the tibia (shin) to externally rotate more than it should.

Continued page 5

SCR Information

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Southern Colorado Runners

SCR Mailing Address:

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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. 345, Issue No. 3

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

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

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

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

Join us at our next monthly meeting!

Date: First Wednesday of the month

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

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

If you move, let us know!

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

Visit our Web Site:

www.socorunners.org
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

From the Pres...

I've discovered one of the perks of being president of SCR is that I receive e-mails sent to president@socorunners.org. The first week of my presidency I received an e-mail from a woman named Vicci from Cincinnati. She was in town for a week visiting her daughter and was looking for someone to run with. I contacted her and Peggy Oreskovich and I met her the next morning at 5:30am. Surprisingly she was okay with the early time because she said she was on Ohio time. We met her at City Park and took her for an eight mile run around the neighborhood and on the river trail. Vicci was funny, outgoing and so talkative. We all had so much in common and it was as if we had all known each other forever. She said her husband wasn't at all happy about his wife contacting strangers to run with but he and Vicci were relieved to find out that neither Peg nor I were serial killers. Vicci told us that she had run the Boston Marathon, Chicago Marathon and New York. She talked about her running group in Cincinnati and we told her all about SCR. We were even lucky enough to spot a blue heron on the river. I thoroughly enjoyed our run and enjoyed meeting Vicci. I find it interesting how our love of running connects us to others, making friends of strangers. I hope our paths cross again someday.



We have been working/discussing adding an official board of directors to our SCR club. We've never had an official board and it's something I want to accomplish during my presidency. Most other running clubs have this and I'm not sure why SCR does not. It is being unofficially headed by long time club member and club secretary Gary Franchi who has been investigating other club's boards. More to come as it develops.

It was nice to see one of our long time races receive some press from our local newspaper. The Valentines Twosome which is directed by long time club member Jeff Arnold. This race has been around as long as I can remember. It is a fun, family friendly relay involving costumes, baton contests and chocolate, yum.

Our annual awards banquet which was held January 28th was a big success. Many thanks to our two speakers, Dr George Dallam and Ron Cothran. Dr Dallam is a professor in the Exercise Science Dept at CSU-Pueblo. He spoke about his functional movement study. Ron Cothran, a Fit Nation member, spoke about his journey toward fitness and health. If you haven't attended our annual banquet I urge you to do so. It is a fun event and it is nice to see everyone dressed up. If anyone is interested in volunteering for the banquet committee please contact me. I had two members volunteer, Carmen Perez and Wendy Garrison. I look forward to working with them and seeing what ideas they have for this next year's event.

Many thanks to our Spring Runoff race director, Michelle Highfill who did an amazing job with a very difficult event. Having many races to organize makes this job much more difficult. This year adverse weather conditions added to the stress. Michelle's attention to detail, extraordinary organizational skills, calmness and her hard work showed in this year's event. Congratulations to Michelle on a job very well done. The SRO was a huge success.

Just a few odds and ends, see you next month.
Stacey Diaz,
President SCR



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Race Across New Mexico, Stage 3

This stage was very scenic and exciting!

First of all, we went through this town called "Pie Town." The pie tasted okay, but to tell you the truth, there is this place in Florence, Colorado that makes the best pie in the world (so you should go there!)

A couple miles later, I saw two animals cross the road, probably 300 meters



up the road. They were very low to the ground, and a smaller size, so I knew they weren't mountain lions. They could have been, however, wolves! A lady had talked to us about wolves being in the area...the person in front of me was probably 5 minutes up the road, and the person behind me was 3 minutes behind, so I was all alone. Sort of unsettling, but I hoped my bright green jacket would frighten any wild animals away as I ran by.

Next, I passed over the continental divide! I thought it would be the highest point on the course, but it actually was about 300 feet lower than the highest point a couple miles down the road.

Race Across New Mexico, Stage 4 After having a very sore pes anserine area with the three days of consecutive marathons, on cement, with a slant on the shoulder, my legs felt like they deserved a bit of a break. I put on some rocktape on my leg, and decided to walk the 4th stage. Little did I know, this would actually be more difficult than running the 26+ miles. I noticed during the walking that the long head of my left gastrocnemius became sore. I wasn't used to walking more than 4 miles, so by the time I got to 24 miles (which took about six and a half hours!), I was almost limping and just decided to jog it in.

This stage was neat because we passed by the Very Large Array (VLA), an array of 27 or so massive satellites. You may have seen these in the movie Contact and also in Transformers 2. It was very extraordinary and surreal to run by the VLA, which you could see from 5 miles away.

Here is a sweet photo of me standing in front of some of the 30m diameter satellites. The VLA is built at the bottom of an old lake. Now it is called the Plains of San Augustin:

Race Across New Mexico, Stage 5 and 6 Due to a lot of pain and stiffness in my left knee area, I decided it best to not run Stage 5. Immediately after finishing Stage 4 (walking 24 miles and jogging 2), the place behind the left knee where the long head of the gastrocnemius inserts was very sore and prevented me from fully extending my my left knee. This was a bad sign, and I played it smartly by deciding not to run.



Instead, we went on to the next hotel in Socorro, where the amazing Jose Peres worked on my legs a bit. After taking a nice soak in some epsom salt and essential oils, he performed moxibustion on my calf, and then massaged my legs out. Needless to say, this all felt amazing!



Race Across New Mexico, Stage 7 - Birthday Run!

Stage 7 marked the day when I was able to run a marathon to celebrate my birthday!

Here I am, pictured at the race start, wearing an incredible shirt that Christine Lanza made for me for this occasion! The weather was lovely, in the mid 40s, and it got up into the 60s during the run. I also put some rocktape on the medial left knee, as well as along the long head of the left gastrocnemius.

Because it hurt more to walk (there is more knee extension in walking, it seems), I just trotted along the entire time at an 11:30-12:00 min/mile pace. This was actually very difficult...and even though the pace was slower, I was running constantly for the 5 hours and 20 minutes.

To further celebrate my birthday, I listened to the entire recording of LaMonte Young's "[The Well-Tuned Piano](#)." I have had this recording for almost a year, but have never listened to it because I wanted to listen to it in one setting. A 5+ hour run was perfect for this occasion.

Race Across New Mexico, Stage 8 Stage 8 came the day before the first scheduled day off. Therefore, I was in a bit higher of spirits. My legs were

feeling pretty good, too, for the most part, although there still was a bit of limping involved. No big deal. The left hip was hurting a bit, so I put some rocktape on the sore spot and that seemed to help. This run took us from the middle of nowhere, north of the White Sands Missile Range, to the town of Carrizozo, NM. There were some really cool views of mountains off in the distance, but the most memorable part of the run was the fact that snow came in and the temperatures dropped...and the wind picked up! Some said that the windchill was around 15 degrees. But, no problem! I put on Christine's awesome Gore-Tex jacket and that kept out all the wind, snow, and cold.

Less than a mile into the run, the snow started coming down. They were big, wet drops. I traded my regular jacket for the Gore-Tex jacket, and also put a pair of running pants over my tights:

The last 10 miles or so had no precipitation, but the wind picked up, gusting to 30 mph. A grey day, but feeling very happy:

Race Across New Mexico, Stage 10

February 25, 2015

Stage 10 was a pretty good day! The weather was really nice, for the most part. We we started at 8:15 am, the temperature was about 40 degrees and a slight wind was coming out of the northeast.

The first 6 mile went by pretty quickly, and there was this mean looking dog that tried to get us. Fortunately, the woman I was running with had a high-pitched whistle that evidently hurt the dog's ears, so the beast stayed away. The beast did, however, nip one of the runners in the butt! Newton Baker, who is 73 and is running across the entire US, was all alone in the back of all of us, and the dog ran at him and actually bit him! It did not puncture the skin, however.

This will be a reminder for all of us to have precautions when running! I will invest in a high-pitched whistle and

some pepper spray as soon as I can, and strap it to my hydration pack!

The highlight of the day was running through the town of Lincoln, NM. All kinds of crazy action went down in this town back in the day. This was also the historical home of Billy the Kid. Pretty cool!

Race Across New Mexico, Stage 11 Stage 11 was definitely a day to remember! With the temperatures hovering around freezing when we began, a light rain/snow started falling upon us. I am never worried about snow, because you can just bundle up, but when it is rain and makes you wet, then the precipitation becomes a problem. Over the next miles, the temperature continued to drop, and the wind seemed to pick up even more. At mile 19, I asked one of the volunteers what the temperature was like, and he said that the windchill was somewhere in the mid-teens. Fun!



Have you ever looked outside and wondered if it is too cold to run? That was basically what today was like, except we had to run. When there is a threat of frostbite, that's when you know the real fun starts! :)

Despite these fun conditions (which some may call miserable), I maintained a low heart rate average of 136 and a max of 165. I just took it easy and didn't stress the system too much.

The weather at start re-

mind me of the weather prior to the Boston Marathon in 2007...cold, windy, and gross. Perfect for a real good 26 miles!



the

Running through Roswell. I haven't run in an urban environment since 2012! And, I didn't like it.

Race Across New Mexico, Stage 14

Monday, March 2, 2015

I awoke on the morning of Stage 15 ready to get out there and run the last 30 miles to Texas! My legs felt really good, despite the "quick" 30 miles the day before. Max and I had to drive an hour to the start, as Roswell was where we decided to stay. The hotel in Tatum (near the start of Stage 15) was not exactly the most inviting place to stay, and we made the decision to stay in Roswell because of the hospitality and comfort offered there :)

The last stage went really good. My legs felt like they had an extra spring in them, propelling me towards Texas. I was also glad that this would be my last day running on pavement for a very, very long time! As I said in an earlier post, pavement is unnatural, and the slope of the shoulder (even if it is barely visible) will cause injury and muscle imbalances to the leg taking more of the impact.

Anyway, I finished out the 30.4 miles in just under five hours, at a 9:46 min/mile pace. I always made sure to take a bit of a walking break at each mile throughout each stage of the run, and this method worked great!



Say Hello To ...

Michelle Highfill

Age 47

Married - since 1992 to John

4 Children - Benjamin (15), Rachel (13), Will (11), Elli (9)



Name one phrase that best describes you?

Easy going with a touch of sarcasm

How many years have you been the Spring Runoff (SRO) director and how did you get started?

I've been director for 2 years now. I was approached late in 2013 by Kim Arline to direct the SRO. There was no one taking the lead and the race was in danger of ending. Darryl Clark had done a great job but work commitments prevented him from continuing. The Pueblo Chieftain also said it might no longer support the race if it didn't run that year. I came on in December 2013 and luckily SOCO runners had much of the groundwork already in place.

Have you ever managed other races?

Yes, the Beulah Challenge which we brought back in 2012 after it was discontinued for so many years. We ran the race as a fundraiser for the Beulah School. Initially we had just the 5K and 10K. But in 2013, we added the half marathon.

How did this year's SRO compare to last year's?

Well the weather was rough on both. This one was much smoother thanks to Racing Underground which had the results out so quickly. So far only one complaint this year about timing where last year there were lots since the final results took nearly a month and medals went out to wrong people in some cases.

Weirdest thing to happen during a race?

This year, definitely the key breaking off in the lock when Becky Medina was trying to open a gate to set up water stops. Last year we had a woman have a seizure in the women's bathroom and freezing water jugs.

So what do you do for fun?

With 4 kids I am very active in their lives. Most of my free time is spent making sure they're all where they need to be. All of my kids swim and I volunteer as President of the Pueblo Swim Club and the Corwin PTO. I'm becoming quite proficient as a fundraiser! Now that the SRO is finished I hope to spend more time running and cycling.

Do you have any advice to anyone planning on managing a race?

Have tough skin. People will get mad and they are not always nice. Runners tend to have pretty big egos---after all we're constantly pushing ourselves to extremes. I'm kind of amazed at how smoothly races go when you consider that there are 800 or so people either trying to win or just survive a run. Most importantly, be open to advice from those who have done this before. Darryl Clark has been a great mentor and listens to my petty whining!

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 any 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.

The Joy of Defeat by Sean P. McGivney

Sportsmanship has always been more important to me than being competitive. I'd rather lose and have a good time doing it than win while feeling stressed about it. Don't get me wrong; I'd rather win than lose (all other things being equal), and generally speaking, the more you win, the more you get to play.

I've tried to pass along this same attitude to my children, to varying degrees of success. To tell the truth, I've never let them win anything when directly competing with them (some of you may think I am the worst parent in the world because of this, but please keep reading). They've had plenty of opportunities to win, or feel similar accomplishment, while I've assisted, coached, or quizzed them, however. In my experience, losing builds character. Then when you win fair and square, you appreciate it more. Losing helps you develop thick skin: you need that for certain jobs (like mine), and you become anesthetized to receiving news which could be disappointing. Ironically, I think it helps build confidence; it helped me build up the strength to ask my wife for her telephone number the first time I met her, and I couldn't be happier with how things turned out.

I have led a relatively active lifestyle for my entire life. I've never been a star athlete, or gifted at any particular athletic endeavor, but I can hold my own doing a variety of different things. As a runner, I've had some small time success, but there are plenty of others much faster and more talented in our Club. I take pleasure in small victories, like a good showing in a predict run, or passing a rival (you know who you are!). Yet there is one great pleasure I've not yet experienced, and it could be years until I do. But it is inevitable and every day I get closer to it. Ready? Here it is: I genuinely look forward to the day that I lose a race to my daughter (either one). Weird, huh?

Losing a race to my daughter will be a goal accomplished for her, and believe me, we will celebrate. It means that, in my strange way, I've taught her how to be competitive and set her sights on a focused goal (I know that she would love to beat me someday). It will help me, too, as I will need to step up my performance next time in order to avoid a recurrence. It will give each of us a training partner to push each other even more. Our relationship will grow, rather than be strained by, this new competition.

Once it becomes a regular, expected outcome, she can set her next goal, and I will be satisfied with a respectable showing each time we race (she better not let me win!). Like her first words, first steps, first successful toilet session (sorry, Pumpkin), first day of school, etc., the first time my daughter beats me in a race will be a proud moment for me. Maybe she should buy me breakfast that day...

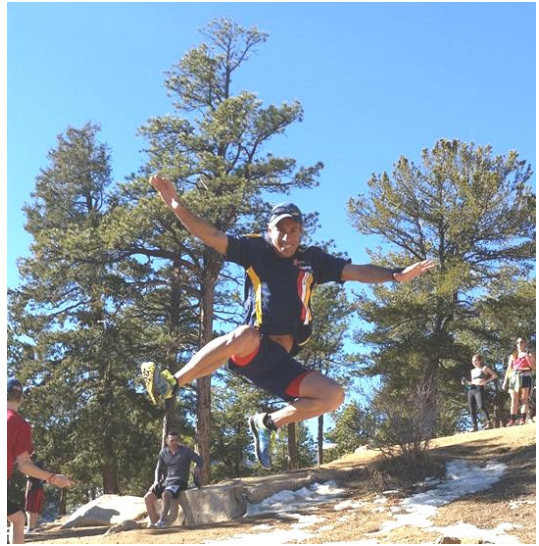


"Barr Camp Beckoning." - by Roger Giordano

Recently I traveled north to Manitou Springs with my wife, Sheri, and a few friends for a firsthand experience of the newly refurbished Incline. The weather was as good as it gets for February so we had plenty of company on our trek up the most menacing eighth of a mile known to man.

Despite the heavy traffic – or maybe because of all the fun loving people – it was a terrific experience! We took group photos at the top, including some showing off our acrobatic skills by using a half buried boulder to launch ourselves into the air as high as possible. Sometimes you have to be there for full appreciation, but silliness definitely adds to the fun! My evaluation of the Incline's fresh new look is a resounding thumbs up!

Sheri, Andrew and Marisa turned and headed back to town while Jason, Rob and I continued up the mountain toward Barr Camp. Here is where this story begins. I love Barr Camp. I love the people currently working there; I love the setting, the people who pass through, the squirrels and birds, the coffee... You get the picture. Barr Camp is a happy, fun and beautiful place to be.



In the event that you may be unfamiliar with this little oasis located half way up Pikes Peak, let me tell you a bit about it. A man named Fred Barr built the trail bearing his name during the years of 1914-1918. As well as Barr Trail, Mr. Barr built other trails on Pikes Peak. He built Barr Camp in the years 1922-1924 to use as an overnight stop for burro trips to the summit of the peak and his other burro trails. After Barr's death in 1940 the burro concession continued until 1959 when the camp was abandoned. During a nearly five year vacancy the camp suffered vandalism until the Mennonite Church took control of the lease in 1964. For several summers the Mennonite Community worked to rebuild the cabin and grounds but was thwarted by the continued vandalism when caretakers left camp after the summer months. When they finally gave up the fight to preserve the camp in the late 1970's, the forest service prepared to raze the buildings. At this time, a couple of seasoned hiking enthusiasts stepped in with an effort to maintain the camp year round. Through hard work and the donations of people over-nighting and eating at the camp, they were able to revive the camp as a way station on Pikes Peak.

Thanks, in large part to donations, Barr Camp underwent a major upgrade in 2000 with the addition of a solar power system and composting toilets. Despite the modern upgrades, it can still be a rugged experience to a remote location.

Speaking of rugged, my buddies and I now faced over five more miles of running from the top of the Incline to get to Barr Camp. On this unseasonably warm day we wore shorts and short sleeves but we all carried extra gear. The going got tougher as the snow became deeper but we were able to keep a decent pace. I have lost count of the number of times I have run up this trail and no two trips are ever the same. The snow and the fact that this was Rob's first time on the Incline, as well as his first trip to BC made this a memorable day. I have had many such days on this mountain but none have influenced my life like one particular run last year.

Having registered for both the Pikes Peak Ascent and Marathon last year I spent a lot of time training on the mountain. Consequently, I passed through BC often and became acquainted with the caretakers there. Renee Labor and Anthony Duricy are two of the most charismatic and downright likable people one could ever hope to encounter anywhere, let alone in the middle of the wilderness. They are so uniquely suited to be hosts at BC that there must have been some sort of divine involvement to bring them there.

As I passed through camp on my way down from one of those runs last year I was joined by Anthony as he was running to town for supplies. Topics of conversation varied from diet and training, physiology and athletics to philosophy and human existence. I learned that he had a background in sports nutrition, was a standout college basketball player and served as a mentor and life coach. Anthony has a way of drawing you in. So, when he told me that he and Renee would be vacationing in Hawaii later that year and asked that Sheri and I consider "filling in" for them at Barr Camp, I was immediately under a spell!



Not that I needed coaxing. I've already said how much I love the BC atmosphere. It's just that the task itself seemed daunting. Technically, Barr Camp is a bed and breakfast. As such, the caretakers are required to take reservations, clean and maintain the cabins and toilets, sell goods to visitors (snacks, drinks, t-shirts and such), chop wood and a multitude of other tasks including the most intimidating of all; prepare dinner and breakfast for all the overnight guests! The excitement and flattery of being asked was tempered by fear. Sheri had no such trepidation and promptly sent out an email confirming dates for volunteer training and, ultimately, hosting at BC.

Our weekend of education began with an early season snow storm. Fortunately, Renee had arranged for us to catch a ride up on the Cog Railway so we didn't have to trudge for miles through 10 inches of wet snow. From the train stop at Mountain View to BC it is a 1.5 mile hike. Upon arrival at camp we learned that 28 tough boy scouts were, in fact, making that trudge and would be staying with us that night, along with three others. 31 guests! Now I began to worry!

Early afternoon was calm and we spent that part of the day getting familiar with the sur-



roundings and location of products, pots and pans, etc. Anthony and Renee gave instruction on the workings of the solar panel (and the need to sometimes brush the snow off), water pump, lights and other such necessities to keep the status quo. Soon things were about to change.

The scouts started showing up in late afternoon. We began serving coffee and gallons of hot chocolate. It was also time to start making bread. Sheri pulled an apron over her head and sprang into action. Baking at 10,000 ft. elevation is interesting in itself but making everything from scratch seemed like the real challenge for me. Luckily, Sheri was not fazed by any of this and took on the bulk of the cooking.

Barr Camp lodging accommodations include a bunkhouse attached to the main cabin, a second cabin with bunks, three lean-tos and several tent sites. Breakfast is included with overnight stays and dinner can be purchased for an additional \$8. Spaghetti with homemade sauce and freshly baked homemade bread are served nightly followed the next morning with freshly prepared pancakes. Included is all you can drink coffee, tea or hot chocolate.

I am quite used to running at a fast pace but have never known the exhilaration of feeding 31 hungry people! It was a night to remember. Part of the action included selling bag after bag of Skittles to a cluster of poker playing scouts using the candy as currency. We celebrated a birthday with mountain guide, Pete Lardy, by placing a single candle in a peanut butter cup and singing. We laughed and shared stories and the task of catering to so many didn't feel like work.

Soon after dawn the next day our guests began to filter into the cabin after surviving the bitter cold night. Those scouts are some tough hombres! We served up warm pancakes and steaming hot drinks and every-

one seemed satisfied. With the help of Renee and Anthony, we had pulled it off! In two weeks we would return to try it on our own.

The adventure of going solo turned out to be a walk in the park compared to the training weekend. One of the semi-permanent residents, Layne, came to camp while we were there and he helped guide us along throughout our stay. We still had to cook, clean and serve but the guest list was smaller and Layne took care of reservations and other technical stuff.

I have given quite a few details in this story but have only scratched the surface of all the tales and fond memories that came out of this summer of Barr Camp encounters. Sheri and I have become close friends with Anthony and Renee. They came to stay with us for the Rock Canyon half marathon and we will rendezvous again in Salida for A Run Through Time marathon and half marathon. We will also be attending their wedding later this year! Congratulations, guys! Renee, Anthony, Layne and Anthony's nephew, Tim (another BC resident) make the mountain hideaway a warm, welcoming place to stop at during a hike or run up Pikes Peak. 25, 000 people pass through Barr Camp annually but a stranger never passes through twice. On my run down the trail with Anthony he greeted every single person we met and knew the names of at least two thirds of them. Renee runs down the mountain on Sundays so that she can drive beyond Woodland Park to teach Sunday school, only to run back up to her mountain home later. That's the kind of people they are.

As I approached Barr Camp on this unbelievably perfect February day with my running partners Jason and Rob I was thankful for a unique opportunity to visit during this winter season. Seeing Renee, Tim and Layne was fuel for my spirit and Jason and I were both happy to share this place with Rob. The first of many trips we will take in this direction before the summer is gone. Anthony was up at the yurt sleeping off some illness but I'll see him soon.

I know some of you reading this have been to Barr Camp numerous times and feel the same connection to it that I feel. If you have been there and think I am crazy, I urge you to go back and try again. Sit and drink coffee on the porch as the squirrels and chipmunks run across your lap and steal your trail mix. Put some bird food in your palm and watch as the chickadees land on your fingers to eat it. Breathe the air, listen to the wind, and talk to Anthony. These things are good for the soul. If you have not yet been to Barr Camp, what are you waiting for?



CHIEFTAIN **SPRING RUNOFF**

Presented by Southern Colorado Runners Club

Overall and Master's Winners

5K

David Luna Emily Lucero

5K Master

Robert Lucero Renee Renn

10K

Charlie Lucero ShanaThorson

10K Master

Paul Koch Kris Spinuzzi

10 mile

Eric Stephan Faith Stephan

10 mile master

Gerald Romero Ami Chamberlain

3 mile Walk

Mike Bauserman Amber Clark

3 mile Walk Master

George Robeda Melanie Hughes



Shawn Loppnow, Roger Giordano, Stanley Moore, Jason Castro, Nelson Brentlinger and Roberto Thomas - Photo courtesy of Shari Giordano



Funner to be a Runner youth race had exactly 200 kids run in the cold this morning! Sierra Vista Elementary had 77 runners and took home the trophy and Morton Elementary came in 2nd with 32 runners! Great to see so many kids and parents braving the cold again this year!



Many thanks to race director, Michelle Highfill, for all of your hard work with the 37th annual Spring Runoff What a fantastic race today. We all appreciate your hard work.



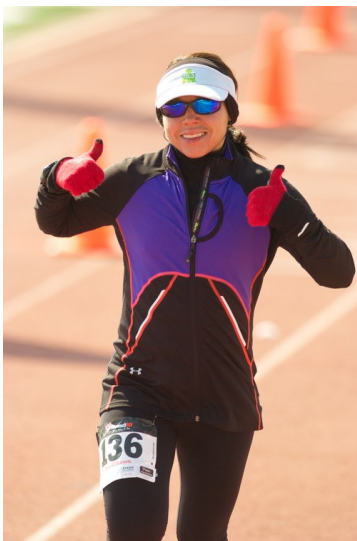
Amber Clark, Photo courtesy of Shari Giordano



Kris Sprinuzzi, Photo courtesy of Shari Giordano



Roberto Thomas, Marisa Farro-Miro, Roger Giordano, Stanley Moore, Adrian Cooley, Kris Pryor Spinuzzi, Jason Castro and Amber Clark—Photo courtesy of Shari Giordano



Check out all of the great race photos at:



<http://www.volkphoto.com/>



National Challenge Competition

The USA Triathlon National Challenge Competition was designed with one idea in mind: keeping triathletes motivated and active during the off-season. Triathlon clubs from around the country go head-to-head from December to February by logging training miles in all three disciplines.

There were three sessions: Swim (December), Bike (January) and Run (February). During each session everyone trains in all 3 disciplines, but awards are given for the team and athletes

with the most mileage for that month's discipline and again for the overall competition. Swim and Run Miles are weighted (3miles for every 1mile run and 10miles for every 1mile swim)

Clubs compete in Divisions according to club size, so even smaller clubs have a chance to win prizes. There are also prizes awarded to individual athletes in each session and overall.

Southern Colorado Triathlon Club competed in the Rocky Mountain Region for the nation and with our club size, we were placed into division 4.

After 3 months of training, with a total of 39 athletes participating, SoCOT2 has racked up a total of 41667 miles.... 7982mi Swim, 16345mi Bike and 17340mi Run.

Finishing 5th in Division 4, SoCOT2 was competing against teams that had more than double the athletes. Southern Colorado Triathlon Club proved to be one of the best teams in the Rocky Mountain Region, placing 2nd.

Top Performers in Southern Colorado Triathlon Club are as follows and awards listed:

1st and 2nd Overall Male (Prize=Entry paid to Ordinary Mortals Triathlon)

Grant Drummond – Total weighted 2732.9mi (swim-150.30mi, bike-1289.30mi, run-1293.30mi)

Marshal Steves – Total weighted 2243.65mi (swim-390.30mi, bike-962.89mi, run-890.46mi)

1st and 2nd Overall Female (Prize= Entry paid to Ordinary Mortals Triathlon)

Laruel Wright – Total weighted 1912.29mi (swim-222.90mi, bike-501.30mi, run-1188.09mi)

Adrian Cooley - Total weighted 1797.17 (swim-318.4mi, bike-778.3mi, run-700.47mi)

Swim Session- December Swim miles(non weighted) Top 3 win \$20 gift Certificate to Sports Authority

1st Michael Orendorff (33.90mi) 2nd Tim Weckx (27mi) 3rd Jeremy Hamm (26.94mi)

Random Swim drawing winners (Prize=\$15 Tri club apparel certificate)

1.Irina Vancea 2.Chris Theis 3.Kim Arline

Bike Session- January Bike Miles (Prize= \$20 Gift certificate to Nicks Bikes)

1st Grant Drummond (600miles) 2nd Cory Rose (418.5miles) 3rd James Wright (372.63mi)

Random Bike month winners (Prize=\$15 Tri club apparel certificate)

Bryce Hiigel 2.Paul Dallaguardia 3.Gregory Berryman

Run Session- Feburary Run Miles(non weighted) (Prize= \$20 Gift Certificate to Ad-
vertrous Sole)

1st Grant Drummond (184.3mi) 2nd James Wright (170.53mi) 3rd Roger Giordano
(147.43mi)

Random Run month winners (Prize=\$15 Tri club apparel certificate)

Gina Drummond 2.Gary Franchi 3. Michael Orendorff



illustrations of.com #1109650

New feature in our club newsletter:

Reporting Volunteer Activity

A new feature on the socorunners.org web site is an area to report your volunteer activities. Many activities are being missed meaning points are not always being awarded. Now you can go to the web site and enter your own volunteer activities. Go to Socorunners.org and then click on SCR Club then click on Volunteer then on Report your volunteer time. This great feature, thanks Kim Arline, will be so helpful in tracking volunteer activity.

If you read the book "Born to Run" by Christopher McDougall then you know the story of Micah True, the ultra marathoner, better known as Caballo Blanco (white horse) who was the main character in the 2009 bestselling book. It's the story of the Tarahumara Indians of northern Mexico, who are some of the best long-distance runners in the world. The Pikes Peak Road Runners of Colorado Springs will sponsor a one night only, feature length documentary titled "Run Free: The True Story of Caballo Blanco." It will be shown on Thursday evening, April 30 at 7:30 pm at Stargazers Theatre and Events Center. Tickets for the event are \$11 in advance at www.imathlete.com/events/runfree or \$15 at the door the night of the show. The Stargazers Theatre and Events Center is located at 10 South Parkside Drive in Colorado Springs. I'll be there.

Congratulations to Ruth MacDonald who is the President-elect for PAWS for Life which is Pueblo's Animal Welfare and Protection Society and is a nonprofit, no-kill animal shelter in Pueblo. Ruth and the Gold Dust will once again host the Celebration of Life 10K and 5K which is a fund raiser for PAWS. I believe the runs will be Sat, May 31, 2015. Details soon...

I would like to add my congratulations and deepest Thank You to Michelle Highfill for all she did as race director of the Spring Runoff. There is a huge amount of work and stress involved with this race and Michelle handles everything with grace, dignity, and class. We are so lucky to have her. Thank you, thank you, thank you!

Part of the mission of our club is to promote running and fitness. Years ago we had groups of runners, who would meet every Sunday and run various distances. Sometimes we'd have between 10 and 15 runners. Sadly, that doesn't happen anymore and now, I run so slowly anyway, that I'd rather run by myself than have people wait for me. But my point here is it would be nice if more people would share their group runs. Doesn't have to be elaborate, you could post on the SCR Facebook page...like, "My friends and I are running 10 miles on Sunday, join us if you like"....just a thought.

That reminds me, there are already group runs in Pueblo, although not part of SCR and all runners/ walkers in Pueblo are welcome. Every Thursday evening runners meet at 5:30 at the Adventurous Sole, 517 W 5th Street in downtown Pueblo. They run about 3 miles, up Union, down Main and around the Riverwalk and back. According to their Facebook page... "Don't forget we are stroller, dog, kid, cat, guinea pig, neighbors kid, neighbors dog, brother, sister, and cousin friendly. Bring everybody except sharks we don't want sharks on our run."

On Wednesday nights, the Pueblo Downtown Social Shuffle meets at 6:30 near J Michael's on Union Ave. A 5K run or a 2 mile walk around the Riverwalk, I personally never liked running in the evening but I do like to drink beer, so I may have to check this one out when it warms up. If you'd like more information about either of these runs, just search for them on Facebook.

Our Predict Race for April is the Ramsgate 6, which is a 6 mile run or 2 mile walk, beginning at the home of former SCR President Dennis Wait, 6 Ramsgate Pl. It's scheduled for Saturday, April 12, 2015, 9 am and is pot luck. It's a fun course, running in the dirt areas around CSU-Pueblo, then follows the bike path behind New Horizons Thrift Store (my favorite) then returns. Remember it's free.

Finally, the club has recently decided to stop timing races for other organizations. Several different reasons involved here but mainly a dwindling volunteer pool led to the decision. That's not necessarily a bad thing as at least 3 local races have hired Colorado Race Timing to do their results. Hopefully that leads to a higher quality of races in the Pueblo area.

That'll do it for this month---see you at the movies. -Dave

April-August 2015 Race Calendar by Dave Diaz

APRIL					
Sat, Apr 4	9:30 AM	Baylon Michael Meyer	5k	Lovell Park, PW	play4bay.com/index.html
Sat, Apr 4	9:00 AM	Brooklyn the Brave	3M	State Fair Grounds	
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	baa.org
Sat, Apr 25	9:00 AM	PSAS Fun Run	5K	Lake Minnequa	
Sun, Apr 26	8:00 AM	Cherry Creek Sneak	10M/5M	Denver, CO	cherrycreeksneak.com
Thu, Apr 30	7:30 PM	Movie: Story of Caballo Blanco		Stargazers, CS	pprrun.org
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	
Sat, May 30	8:30 AM	Celebration of Life (PAWS)	5K/10K	Union Ave, Pueblo, CO	PAWSpueblo.org
Sat, May 30	8:00 AM	Mosaic Run	5K	Amazing Grace Church	mosaicyouth.com
JUNE					
Sat, Jun 06	6:00 AM	COCO Century Bike Ride	100M/45M	La Junta, CO	
Sat, Jun 06	8:00 AM	Run for Rio	5K	Rye High School, Rye CO	Jeff Arnold 719-947-3682
Sun, Jun 07	7:00 AM	Hardscrabble Mtn Trail Run	10K/5K	Westcliffe, CO	hardscrabblerun.com
Sat, Jun 13	7:00 AM	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	gardentenmile.com
Sat, Jun 20	7:00 AM	Sailin' Shoes	5K/10K	Dwntwn Colo Sprgs	pprrun.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
Sun, Jun 21	7:00 AM	Arroyito Lake View Trail Run	5M	Pueblo West	socorunners.org
Sat, Jun 27	3:00 PM	Whitewater Adv Race	5K	Canon City, CO	Canon City Rec
Sat, Jun 27	9:00 AM	Stroll for Stroke	5K Run/Walk	PCC Campus	EZRegister.com
JULY					
Sat, Jul 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	
Sat, Jul 4	7:00 AM	Half on the 4th	1/2 Mar	Monument Valley Park, 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
Sat, Jul 25	6:00 PM	G U Rule Pred #7	4M	Pueblo	socorunners.org
AUGUST					
Sat 01	8:00 AM	Fowler Sprint Triathlon	525 yd/8M/4M	Fowler, CO	Facebook page
Sat 01	8:00 AM	Danapalooza	5K	Canon City, CO	danapalooza.com
Sun 02	7:00 AM	Ironman Tri	Iron	Boulder, CO	ironman.com
Sat 15	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	pikespeakmarathon.org
Sat 15	7:00 AM	Tinman Tri	500yd/14M/5K	Lamar, CO	ci.lamar.co.us
Sun 15	7:00 AM	Pikes Peak Marathon	26.2M	Manitou Springs, CO	pikespeakmarathon.org
Sat 22	7:00 AM	Pray for 4....Pred #8	4M	Pueblo West	

SCR Minutes – Feb. 4, 2015

In attendance: Kim Arline, Paulette Arns, Todd Bush, Danielle Caro, Terry Cathcart, Dave Diaz, Stacey Diaz, Martha Drake, Gary Franchi, Wendy Garrison, Michelle Highfill, Aaron Levinson, Shawn Loppnow, Charlie Lucero, Lisa Lucero, Marijane Martinez, Becky Medina, Carmen Perez, Don Pfost, Gwen Steves, Lallo Vigil, Larry Volk, Dennis Wait.

Club Business

SCR Banquet

Stacey reported that 110 people attended the banquet in January. Carmen and Wendy have graciously stepped up to serve on the committee this year.

Discretionary purchases

The issue of being able to purchase flowers or send a card for deceased parents/children of long-time members was discussed. Becky motioned that if such a situation occurred between meetings, the president would have the discretion of making such a purchase, and the motion was seconded and passed.

Spring Runoff update

Michelle said everything is in order with the exception of a segment of the trail under maintenance, and she expected to hear from the city in a day or two if the situation will be resolved prior to the race.

SCR bylaws

Gary proposed expanding the board of directors and it created a lot of discussion about whom it would include. It was decided to wait until the next meeting to give individuals an opportunity to send thoughts to Gary and for him to research other clubs and come up with a more definitive suggestion.

Equipment rental

Dave suggested it was time to revisit the club's equipment charges to others because we are way underestimating its replacement value and how much we have invested. He also mentioned that our storage shed is a mess and needs to be re-organized. He proposed that we update the policy that is now in effect to read:

The SCR will not rent equipment to any organization unless requested by a qualified SCR member.

The member requesting the equipment should be an SCR member for a minimum of 2 years and have knowledge of race organization, how a finish line works and is proficient in operating requested equipment.

Advance notice of at least 90 days must be given for any request to rent SCR equipment.

Fees must be paid 30 days in advance

\$100 fee for finish line equipment, including the big digital clock and hand-held Seikos

\$50 fee per Time Machine used

\$30 minimum fee for chip timing equipment, plus \$1 per entrant

If equipment is damaged while in possession of renter, that person or will pay for all repairs or replacement costs.

SCR reserves the right to refuse any request.

A motion was made to accept Dave's proposal along with the addition that users of electronic equipment pay a \$200 refundable damage deposit payable before pickup. Such an organization also must show proof of insurance. Motion was seconded and approved.

Dave offered to be the club's equipment manager.

Equipment usage requests

Becky asked to use the big clock, Seikos and finish line equipment for a small PSAS race April 25 at Lake Minnequa. The request was approved.

A Mike Archuleta request to use the big clock and two Time Machines for a St. Mary-Corwin race on June 27 was relayed and approved with appropriate SCR fees applying.

Lone Tree Predict wrapup

Other than the brutal wind, this was a great event with an exquisite post-run feedfest. Shawn did a great job with his first experience of creating the results. The next Predict race will be the Runoff Tuneup.

Climb for Courage

Martha reported on the inaugural Climb for Courage stair climb race that will be held on June 27 in Falcon Stadium at the Air Force Academy as a major fundraiser. She asked to insert its flyer in our newsletter when it is available in March, and Dave's motion to waive the club's normal insertion fee was seconded and approved.

Author to speak

Martha also noted that Westcliffe resident Hall Walter, a running and burro racing competitor, will speak to the Pueblo West Book Club about his new book – "Full Tilt Boogie -- on April 13 at the White Branch Library in Pueblo West. An article on Hal and his book will

appear in Competitor magazine. She also mentioned that Hal might be a good SCR banquet speaker next year.

Officer reports

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

Treasurer's Report: In Humberto Paredes' absence, Paulette said Ordinary Mortals Triathlon entry fees are beginning to arrive, gave a monetary wrapup of the banquet (minus checks written tonight) and Rock Canyon Half-Marathon, provided a 2014 summary that showed we are still solvent and financially stable, and said the necessary 990 EZ form was filed with the IRS. A motion to approve the report was approved.

Newsletter:

Becky said she needs a couple of things to wrap up the newsletter, and possible stuffing dates to prepare the newsletter for mailing were discussed. Todd offered to have his employees prepare the newsletter down their down time at his Adventurous Sole business, drawing the appreciation of those present.

Membership:

Kim said the club has a total of 172 memberships broken down this way: 59 SCR individual, 40 SCR family, 49 SoCo-T2 individual and 24 SoCo-T2 family (plus 55 additional members). We will get the triathlon insurance for 100 since the current SoCo-T2 membership number will rise and we also will include the Boys & Girls Club kids.

Webmaster:

Lallo said the CMS membership recurring charge function has been turned off. Members charged twice for their memberships have been contacted and were given either an extra year's membership or had the amount refunded.

A problem with SPAM e-mails has been fixed. He will start updating the website to make them more relevant, and he'd like people to provide photos. PDFs of old newsletters also be added.

The Runoff starting time needs to be changed on the website to reflect a switch in race starting times to show the walk and 5K at 9 a.m. and the 10M and 10K at 9:15.

Lallo wants to make races interactive using Google maps. It was noted there is a need to make new officers Facebook administrators.

Race Calendar:

Dave didn't have any updates from last month's report.

So-Co Triathlon Team

Gwen said the youth tri team started Jan. 30 with 19 kids. They were given training calendars to fill in.

In April, the community room at the YMCA will be used for triathlon clinics.

The Ordinary Mortals Triathlon has 2 sponsors, and Domino's will provide post-race pizza. The duathlon has been dropped this year.

Entries are beginning to come in. Run and bike course coordinators are needed.

Inquiries into Tri Club apparel like hoodies or jackets are taking place to see what's available and if other companies have cheaper prices.

Races

Hurry Home: Dennis said the organization putting on this March 29 race has asked for his assistance. He helped them last year but isn't available this year.

Ramsgate 6: Dennis said he is considering doing this annual Prediction run in the opposite direction this year.

Spring Runoff:

Approval is needed from the respective school districts to leave race flyers at their schools.

Packet stuffing will take place 6 p.m. Thursday, Feb. 26, at Sports Authority. Pizza will be provided to volunteers. The Funner to be a Run ner packets get stuffed on race day. Racing Underground is handling the race timing and results. Early registration ends on Feb. 14.

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.

Submitted by Gary Franchi, SCR Secretary

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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"That's the thing about running: your greatest runs are rarely measured by racing success. They are moments in time when running allows you to see how wonderful your life is." - Kara Goucher