



# Footprints

Southern Colorado Runners

April/May 2015

Volume #345, Issue #4

Editor: Becky Medina

**Public Health Champion**  
*Southern Colorado Runners*

Thank You for Your Dedication and  
 Significant Contribution to Pueblo's Health

April 22, 2015

Presented by  
 Pueblo City-County Health Department

Southern Colorado Runners was awarded The Public Health Champion Award for 2015. This prestigious award was presented April 22 at a luncheon at the Pueblo City-County Health Department. We were nominated by club member Donald Moore. This is quite an honor for our club and we are very humbled and proud. Those in attendance to accept the award are pictured below. Donald Moore, Gary Franchi, Jeff Arnold, Ron Dehn, Stacey Diaz and Dave Diaz.

**In this issue:**

SCR Information	2
From the Pres	3
Globe Trotting	4
Say Hello To	6
Climb for Courage	7
Haiku/Thunder Run	8
Tour de Fair	9
Ramsgate	10
Return of Atalanta	11
Calendar Notes	12
Race Calendar	12-13
Minutes/Birthdays	14-15



# 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

Dave Diaz and 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. 4

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

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

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

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

## Join us at our next monthly meeting!

Date: First Wednesday of the month

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

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

### If you move, let us know!

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

### Visit our Web Site:

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



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

## EDITOR’S NOTE:

Dear SCR Members,

The deadline for submissions is the 15th of each month for the next month’s newsletter. 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.

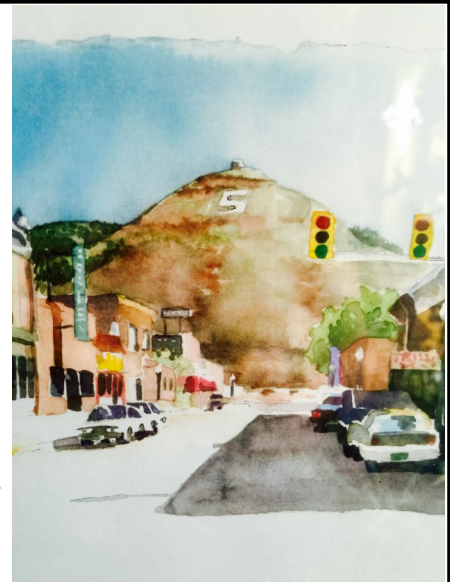
\*Please note\* this issue is April/May—Information that will be included in the June newsletter should be submitted by May 15.

Respectfully,  
Becky Medina

# From the Pres...

Stacey Diaz, President SCR  
Happy spring fellow runners.

- Next big event on the Diaz agenda is the Colorado Marathon on May 3<sup>rd</sup>. What's so great about this event for me is that several of the Diaz family members will be participating. Dave Diaz, David Diaz, Matt Diaz, Troy Diaz and myself will be competing in the marathon and Emily Diaz will be running the half marathon. This is one of the most fun bunch of individuals that I've had the pleasure of being around and running with. Yes, I am biased, but this truly is a wonderful group of people and how lucky I am to be able to share my love of running with family.
- One of the long time items on Dave's bucket list is to run the New York City Marathon. I am thrilled and excited to say that this November 1, Dave and I will be competing in the 44<sup>th</sup> annual TCS New York City Marathon. We were very lucky to get into this race and are looking forward to competing in this legendary event. A little history: The first NY City Marathon was organized in 1970 and was held entirely in Central Park. Only 127 runners entered. Winners were given inexpensive wristwatches and recycled baseball and bowling trophies. The entry fee was one dollar and the total budget was 1000.00. Now, over a hundred thousand runners apply for this event and according to Wikipedia, it is the largest marathon in the world. Now to stay healthy so we can enjoy this adventure.
- On March 14, Peggy, Dave and I traveled to the beautiful town of Salida to participate in the Run through Time Half Marathon. Other SCR members spotted there were Roger Giordano, Michael Cservenak, Stan Moore, Chris Theis and Mike Baca. This race, put on by the Chaffee County Runners Club, is run over and around Tenderfoot Mountain. It is a beautiful, challenging course run on jeep/dirt roads and narrow, hilly single track trails with fantastic views of Salida. This is one of my favorite races and I highly recommend trying it at least once.
- I recently ordered a t-shirt quilt from a company called Project Repat, [projetrepat.com](http://projetrepat.com) (see photos below). What I liked about this company is it's a Made in the USA Company and their workers earn a fair and living wage, full benefits and paid vacation and holidays. According to Project Repat, thousands of textile jobs have gone overseas and this company is helping to bring them back to the US. My quilt turned out beautifully and was delivered in less than three weeks after they received my t-shirts. If you are interested in something like this I would recommend this company.
- April is national poetry month, so in honor of this, SCR is sponsoring a Haiku contest and is giving away a beautiful Loki women's jacket. The winner of this contest will be randomly chosen from all entries. This jacket was generously donated by Bob from the Edge, Pueblo's local ski and paddle shop located at 107 N Union Ave and given to us by club member Sheri Giordano. Some of the haikus will be printed in this newsletter with the rest and the winner in next month's edition.



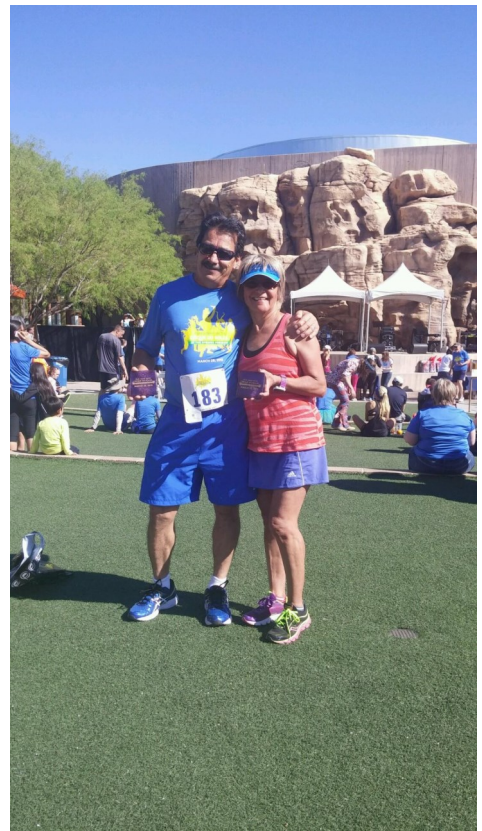
Until next month...Be happy, healthy and safe.



## Globe Trotting by Marijane Martinez

On Wednesday, March 25, Don and I headed off to Las Vegas, Nevada to visit with friends. We conveniently planned our trip on the same weekend of the Cirque du Soleil 5k and the Carlsbad 5000. The weather in Vegas was phenomenal so I was in heaven. Stella Heffron joined us on Friday. Stella was not going to run Cirque because she was running all 4 events (5ks) in Carlsbad. Saturday morning we headed off to the Springs Preserve to run the Cirque du Soleil 5k. The weather was actually a tad on the warm side, warmer than we had here in Pueblo at the time for sure. As I was walking around the grounds of the preserve prior to the race I once again saw former Raton, New Mexico runner, Johnny Rae Garcia. He told me he had mentioned to his wife that morning that he might see me there again this year. It was a great race with many of the Cirque characters there to cheer us on at the finish. The awards are quite unique and Johnny Rae told me after the race his goal had been to place first as he already had a second and third place award. He did place 1<sup>st</sup> this year and was quite pleased.

After the race, Katherine and Mac Singer, Stella, Don and I headed off to Carlsbad, California to run the 30<sup>th</sup> Annual Carlsbad 5000 the following day. Donna and Ron Pfeffer were already in Carlsbad, having left the day before. Maria Riach who had also registered was sidelined due to a very bad cold. Bernard Lagat, among others was



Johnny Rae Garcia and Marijane—  
Cirque du Soleil, Las Vegas, NV

going to run the Carlsbad elite race and was hoping to set a new Masters World Record. Watching these elite runners is a real treat. Carlsbad is a very beautiful city which is right by the beach. After the race we did go to the beach and get our feet wet but it was still a little too cool for us to actually swim. If Katherine would have had her boogie board she wouldn't have hesitated! Bernard Lagat did set a new world record that morning which was very exciting to watch. Don's comment to me after the entire event was that the race did live up to all of the hype I gave it prior to the trip. Stella competed in all four of the 5k's that morning while the remainder of us ran our one specific race and spent the remainder of the time in the beer garden dancing to a fun band in beautiful weather. I was happy to come home with a special medal given to the first 250 finishers in my event, 40 & over females, as it was the largest field in the history of the race. I believe 3<sup>rd</sup> place in my age division ran a 19+!!! Donna did place 3<sup>rd</sup> in her age division which is quite a feat! Donna entered Katherine's age division this year, thereby bumping her out of 3<sup>rd</sup>! What are friends for right?

Don and I returned from Las Vegas on Tuesday, March 31, washed our clothes, repacked and headed off to Kansas City, Missouri on Thursday, April 2<sup>nd</sup> to visit his daughter, Brittny who moved there in January of this year. I had researched races in the area and found one,



Bernad Lagat/Carlsbad 5000/Carlsbad, California

The Easter Egg 5k in Overland, Kansas which was about a half hour drive from Brittny's place. The weather in Kansas City was actually cooler than it was here in Pueblo while we visited. It wasn't cold but we did have to wear jackets the entire visit. The morning of the race the weather was ideal. I enjoy running in places I have never been with people I don't know. We runners have a tendency to place ourselves according to others in races. When you are running against the unknown you just run! We all know we shouldn't do it but we all have.....YES you have! It was a nice course and they gave great finisher medals in addition to nice medals for placing in age division. It was an enjoyable race. Don was quite happy being able to see where his daughter now lives and we were able to venture out and see quite a bit while we visited.

We returned from Kansas City on Monday, April 6. On Friday, April 10 Gloria Montoya, Martha Drake and I were on the road again, this time heading to Denver to run the Platte River Half Marathon. Diane Lopez met us in Denver where she was fresh off the plane from Las Vegas, Nevada. The morning of the race I looked out the window of our hotel and commented that the flags were blowing pretty good outside. At the start of the race the announcer mentioned that we were going to have a tail wind the entire race. Since the race changes directions so often we all knew it was going to be windy out there. I honestly can't say I noticed the wind as I ran but my time indicated it was there. We were all considerably slower than a year ago. Gloria still took first place in her division and was a whopping 22 minutes ahead of 2<sup>nd</sup> and I managed to pull out a second place finish which was quite surprising to me.

Oh did I mention that during this period my daughter, my niece and my sister and their families were all moving!!! Talk about crazy times! I managed to help as much as possible by helping to pack the family while I babysat my soon to be 3 year old twin grandsons!!! Fortunately they are very good little boys and were actually quite helpful. They helped me carry empty boxes into the house and both would say, "this is really heavy grammi"!!!

Well enough traveling for me until Don and I head off to San Francisco for the Bay to Breakers 8k in about a month. In the meantime it's time to go because I need to get ready for the Spunk Blasing 5k tomorrow!!!!

**LIVE, LAUGH & RUN!!!!**



Stella Heffron, Katherine and Mac Singer, Mj, Don, Donna and Ron Pfeffer



Gloria Montoya, MJ, Stella Heffron, Martha Drake and Diana Lopez—Platte Half

## Say Hello To ...by Wendy Garrison

Lallo Vigil

Age - 31

**Married** - 6 years to Lisa who is a runner too. I'm very proud of her because she is constantly improving and continues to set PR's

**Kids or pets** - Liam a Corgi who has short legs but loves to run too.

**Employment**- CSU Pueblo as a Web Developer for 7 years

**How long have you lived in Pueblo.? Did you attend high school here?**

I've lived in Pueblo my entire life and I attended Central High School (Bell rings blue).

**Lallo is a unique name. Is there a story behind it?**

I was named after my grandfather who's real name was Candelario which means candlelight in Spanish, but his nickname was Lallo which is my real name. I've been called everything from Lilo to Lay Low, but my name is pronounced La Low.

**You seem to be quite the CSU Pueblo Thunderwolves Football fan. Did you go to the DII College**

**Football Championship game? What was it like to follow the Thunderwolves amazing season?**

It was a lot of fun this season, especially the last couple of games. Yes, we went to Kansas City to go see them win the Championship and I still can't believe it. We came back home the next day and watched the game on DVR. I bought season tickets the inaugural year, so it was awesome seeing them win the Championship. I can't wait until fall to see them play again.

**How did you get started with running? Is there a particular race or distance you prefer? Do you prefer trails or roads?**

My dad was an awesome runner and I've always admired all his awards from his races. He suggested I run cross country in high school to keep my weight down for wrestling and I fell in love with running. I gained a lot of weight in college, so I got back into running and lost a lot



of weight. I love trail running more than road running. I love getting away from traffic and it seems a little easier on the joints too.

### **Any upcoming goals or races?**

Lisa and I are registered for the Bolder Boulder which is my favorite race. The Bolder Boulder is really special for us because it was one of the first races I ran after starting to run again. A year later, Lisa did it and we try to do it every year. I would love to do Garden of the Gods or the Ascent, but I think I'm a little late to register. I've done three half marathons, so I would love to do a full marathon some day.

### **How did you first get involved with SOCO Runners?**

I spoke to Paul LaBar at one of the races and he suggested I could help with the website.

### **For all of us non-techies, what does the Webmaster do? Any changes for the website?**

I am one of many people who maintain and update the content on the website. I have big plans for the website this year with making it more interactive, mobile friendly and easier to navigate. If you have any suggestions, please send me an email. I love hearing what people love/hate, so we know what to improve.

### **Any advice for those just starting out with running?**

Slow down, but don't stop.



Join Children's Hospital Colorado for the inaugural Climb for Courage stair climb on Saturday, June 27 when the U.S. Air Force Academy's Falcon Stadium becomes home to Colorado Springs' only stair climb race. Participants can register as individuals or as part of a team to climb more than 2,700 stairs or 2.7 Kms around Falcon Stadium. Not up for the race but want to Climb? Register for the Fun Wave to help raise money for the patients and families served by Children's Hospital Colorado in Colorado Springs and Southern Colorado.

**Participants pay an entry fee and will be asked to meet a fundraising minimum.** Check out [fundraising tips](#) to help you reach your goal.

After the Climb, stay to enjoy the free Family Festival with games, vendors, food and fun for all ages! There will also be awards presented in the following categories: overall male/female, age groups, top teams in three categories and top fundraisers. If you are unable to climb, visit the *Ability Challenge* featuring adaptive cycling, wheelchair basketball, obstacle course, guided running and more.

<http://www.childrenscoloradofoundation.org/events/climb-for-courage/>

Contact Martha Drake at [drake1072@hotmail.com](mailto:drake1072@hotmail.com) for more information.



## Thunder Run 2015-5K Trail Run/Walk-Rye, CO

If you are looking for a great family friendly 5K trail run/walk to escape the mid July heat of Pueblo, then we have the perfect race for you! Join us at 8:00 a.m. on Saturday, July 18<sup>th</sup> in the beautiful Rye Mountain Park in Rye, CO. We will be racing at 6,900 feet in elevation to benefit the Thunderbolt PTO of Rye Elementary and Craver Middle School. This year, we have moved our race from March to July, as well as moved locations. In the past, we have run our race from the Hollydot's West Golf Course. We are trying something new with the Rye Mountain Park location and are very excited about the prospects of a cooler mountain trail run in mid July!

Have fun while also supporting the Thunderbolt PTO endeavors at our schools by running or walking. This year, pre-registration will be \$20 (\$18 for SCR members). Bring along the family for \$60 pre-registration for a family of 4, and \$125 pre-registration for a family of 7. Be sure to register early, as all prices will increase \$5 if registering after July 11<sup>th</sup>. Each participant will get a tote bag and water bottle. Top three overall winners for male and female will receive awards. There will also be a 1-mile run for children ages 1-13 for \$5 each, with prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in both male and female categories. Children who participate in the 1-mile run will receive a water bottle.

Register online at <http://www.active.com/rye-co/running/trail-heads/thunder-run-walk-5k-2015>. Or call (719) 489-2143 or (719) 248-4410 for details. Hope to see you there

## **Haiku Contest**

Here are a few of the haiku's from the April contest. The rest, along with the winner, will be printed in the next newsletter.

### **Kim Arline**

Summer is coming. Have you put in all the miles? For an awesome time?

### **Peggy Oreskovich**

A bitter cold day. Who would want to run in this? Run the cold away.

### **Gary Franchi**

The feel of the shoes. The sweet sounds in the ear bud. Each run brings some joy.

### **Carrie Franchi**

Chill is in the air. Headlamps must be on to see. Morning run with friends.

### **Wendy Garrison**

New shoes in the box. Let's go out and run today. Joy comes with laces.

### **Cheri Armstrong**

Race advice haiku. First half do not be stupid. Second-don't be wimp.

### **Stacey Diaz**

Run starts in the dark. As we run the sun rises. Run ends in sunshine.

### **Maryalicia Verdecchia**

I run fast with sparkles. Later slow with glory. Always ending with bitter sweet happiness.

俳句

HAIKUS



# Tour de Fair



# Predict #4 Ramsgate!



Darryl Clark



Jessie Hanson Casarez



Lisa Vasquez-Vigil



Gwen Steves



Rick Acosta



## **Return of Atalanta**

**By Wendy Garrison**

After a five year hiatus, a group of Southern Colorado Runners plan to bring back the Classic women's 5K and 1 & 1/2 mile walk. Marijane Martinez, Gloria Montoya, Debbie Gurule, Kris Spinuzzi, Carmen Perez, Martha Drake, Diane Lopez, Becky Medina, and Wendy Garrison have set Saturday, August 1, as the date for the return of Atalanta. The group all have fond memories of the previous Atalantas and are ready to try their hand at bringing it back to Pueblo. While all of the ladies have years of experience participating in races, for some this will be a first coordinating one.

The tale of Atalanta comes from Greek Mythology. In the myth, Atalanta was a fierce huntress and gifted runner who took an oath of virginity to the goddess of the hunt, Artemis. Atalanta's father wanted her to marry but Atalanta would only agree to this if her suitor beat her in a foot race. Many failed and were killed.

A man named Hippomenes asked Aphrodite, the goddess of love, for her assistance. She gave him three golden apples to toss as Atalanta caught up in order to slow her down. Hippomenes won the race and her hand in marriage.

The 5K race and 1 & 1/2 mile walk will be held Saturday morning, August 1, at City Park. Sleeveless tech shirts will be given to all participants. Awards will be presented to the top 3 finishers in the following age divisions: 19 and under, 20 - 29, 30 - 39, 40 - 49, 50 - 59 and 60 and over. Overall winners in the walk and run will be separate from the age group winners and will also receive awards. Pricing for the race has not been confirmed at this time, but is estimated at \$20 for SCR members and \$22 for all others.

Women of all abilities are welcome and encouraged. Family, friends and future friends - come out for a great morning at City Park!

## Calendar Notes

by Dave Diaz

Hope you're as excited about the upcoming season as I am. We have several nice races coming up in Southern Colorado in May and June, you can't do them all but it's nice to have choices. As I write this, the races are weeks off, so you may need to double check the information below. I have links for most of the races below on the SCR online calendar.

**MAY:** One of my favorite local races is the **Cinco de Mayo, 5K/10K Sunday, May 3, 8AM**, starting at the Colorado State Fairgrounds. It's one of the few local races still allowed on Pueblo city streets. Proceeds benefit the Pueblo Hispanic Foundation and the Mariachi Tierra Colorado.

On Saturday, May 9 is the only triathlon held in Pueblo, the **Ordinary Mortals Tri**. It is a reverse tri, meaning the swim is last and it's a short one, so come out and support your local Tri Club.

Our next Predict, **the Yappy Dog, Sunday, May 10, 8AM** (#5 in the 2015 series) is the longest in the series with an 8.6 mile country road run or 2 mile walk. One of our oldest predicts and also one of my favorites, the Yappy Dog is hosted by Ross Barnhart and Family. Plan to stay for great pot luck on their outdoor patio. Run begins in the County in front of South Mesa Elementary School.

I love dogs; we have two and would have more, if only our yard were bigger. I am always happy to help Ruth McDonald and the Gold Dust when they host the **Celebration of Life 10K,5K, Sun, May 17, 8:30AM**, which is a fundraiser for the Pueblo Animal Welfare & Protection Society (PAWS). The run is held in the Historic Union Ave District, starting and finishing directly in front of the Gold Dust Saloon, in conjunction with the Wild West Fest, it's a fun run. It also includes a free breakfast with your entry fee. See you there.

You can jump start summer in Buena Vista on Memorial Day weekend, where you will find the PaddleFest celebration which includes kayak races and demos, bike races and new this year the inaugural **Spirit Half Marathon trail run, on Sunday, May 24**. It starts in downtown Buena Vista and winds through the trails around town. There are various activities all weekend.

On Memorial Day, Mon, May 25, 8AM, Leadership Pueblo 2015 will host the **Home of the Heroes 2K run/walk** starting near the Veterans Bridge on the Pueblo Riverwalk. It is a fundraiser to assist the Pueblo Veteran's Council.

After a 1 year absence, **The Mosaic 5K Run/ 2M walk returns on Sat, May 30, 2015**. It's a fun race and for good cause to benefit the Mosaic Youth Group who regularly help out at local races. Start and finish at the Amazing Grace Church in PW.

**JUNE:** For you bicyclists, on Sat, June 6 there is the 100M or 45M **COCO Century** bike ride in La Junta...the **Run for Rio 5K** will also be held on June 6 at Rye High School. The following day, June 7 the **Hardscrabble Trail Run 10K/5K** will be held at Bear Basin Ranch near Westcliffe CO. After the run stay for live music, beer, and lunch. Proceeds to benefit San Isabel Land Protection Trust. There will be NO 45K this year, only 10K and 5K..... on Sat, Jun 13, the Posada will bring back their **Hurry Home 5K** on the Pueblo Riverwalk. Proceeds to help shelter some of Pueblo's less fortunate.

That's it for now. Life just can't get any better for me now and running is a big part of it, but how long I can keep it up, God only knows. I plan to keep fighting as long as I can. Hope you find peace in your life and see you on the trail----Dave

## **May-September 2015 Race Calendar by Dave Diaz**

### 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>5K/12.5M/30</b>		
<b>Sat, May 9</b>	<b>9:00 AM</b>	<b>Ordinary Mortals Sprint Tri</b>	<b>0y</b>	<b>CSU-Pueblo</b>	<b>socorunners.org</b>
<b>Sun, May 10</b>	<b>8:00 AM</b>	<b>Yappy Dog-Pred #5</b>	<b>8.6M</b>	<b>South Mesa Elem School</b>	<b>socorunners.org</b>
<b>Sat, May 17</b>	<b>8:30 AM</b>	<b>Celebration of Life (PAWS)</b>	<b>5K/10K</b>	<b>Union Ave, Pueblo, CO</b>	<b>PAWSpueblo.org</b>
Sun, May 17	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Sun, May 24	8:00 AM	Paddlefest Half Mar	13.1M	Buena Vista, CO	ckspaddlefest.com
Mon, May 25	8:00 AM	Home of Heroes	2K Run/Walk	Pueblo Riverwalk	
Mon, May 25	7:00 AM	Bolder Boulder	10K	Boulder, CO	
Sat, May 30	8:00 AM	Mosaic Run	5K	Amazing Grace Church	mosaic youth.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	10:00 AM	Hardscrabble Mtn Trail Run	10K/5K	Westcliffe, CO	hardscrabblerun.com
Sat, Jun 13	9:00 AM	Posada's Hurry Home	5K	Pueblo Riverwalk	
Sat, Jun 13	7:00 AM	Half Iron Tri	1.2/56/13.1	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	gardenentmile.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	leadvilleraaceseries.com
Sun, Jun 21	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
<b>Sun, Jun 21</b>	<b>7:00 AM</b>	<b>Arroyito Lake View Trail Run6</b>	<b>5M</b>	<b>Pueblo West</b>	<b>socorunners.org</b>
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
Sat, Jun 27	9:00 AM	Climb for Courage		USAF Stadium	Childrens Hosp

**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	
Sat, Jul 18	8:00 AM	Thunder Run	5K	Rye Mtn Park	MDiMatteo@district70.org
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 25	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>Sat, Jul 25</b>	<b>6:00 PM</b>	<b>G U Rule Pred #7</b>	<b>4M</b>	<b>Pueblo</b>	<b>socorunners.org</b>

**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	2.4/112/26.2	Boulder, CO	ironman.com
Sat 08	7:00 AM	Georgetown-IdahoSprings	Half Mar	Georgetown, CO	www.gtishalf.org
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
<b>Sat 22</b>	<b>7:00 AM</b>	<b>Pray for 4....Pred #8</b>	<b>4M</b>	<b>Pueblo West</b>	<b>socorunners.org</b>

**SEPTEMBER**

Mon 7	7:00 AM	American Discovery Trail Mar	Mar & half	Colorado Springs, CO	prrun.org
Sat 12	7:00 AM	YMCA Corporate Cup	5K	YMCA	www.puebloymca.org
Sun 13	7:00 AM	YMCA Corporate Cup Bike	12.4 M	Test Track	www.puebloymca.org
Thu 17	7:00 AM	YMCA Corporate Cup Mile	1 M	YMCA	www.puebloymca.org
<b>Sat 19</b>	<b>8:00 AM</b>	<b>the Prattfall...Pred #9</b>	<b>3M</b>	<b>309 La Vista Rd, Pueblo, CO</b>	<b>socorunners.org</b>
Sat 19	7:00 AM	Hermit Pass Mar & Half	Mar & Half	Westcliffe, CO	clubamericawmv.org
Sun 20	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189
Sun 27	7:30 AM	Colo Springs Half	Half/5K	Acacia Park	prrun.org
		Hoof it for Harley	Half/5K	Colo City	

**OCTOBER**

Sat 3	7:00 AM	Beulah Challenge	Half,10,5K	Beulah, CO	Facebook page
-------	---------	------------------	------------	------------	---------------

# SCR Minutes – March. 4, 2015

**In attendance:** Kim Arline, Jeff Arnold, Paulette Arns, Todd Bush, Danielle Caro, Terry Cathcart, Ron Dehn, Dave Diaz, Stacey Diaz, Charles du Preez, Gary Franchi, Wendy Garrison, Roger Giordano, Michelle Highfill, Shawn Loppnow, Charlie Lucero, Lisa Lucero, Marijane Martinez, Becky Medina, Gloria Montoya, Humberto Paredes, Don Pfof, David Rael, Gwen Steves, Marilyn Vargas, Lallo Vigil, Larry Volk.

## Club Business

### SCR's shed

Dave noted that the shed rented for storing the club's equipment is a big mess, but he plans to start organizing it as the weather warms. A question is whether we need a bigger shed or could discarding certain items and organizing what we have solve the problem. Dave will see what he can get accomplished during the next month. Several members offered to help him.

### Predict stipends to hosts

The club's long-standing policy on giving Predict Series hosts \$25 to cover expense was discussed at length, and Shawn's motion to raise that to \$50 was seconded and approved. The new amount is retroactive to the start of the year, meaning previous hosts in 2015 will be "reimbursed" \$25.

### Spring Runoff aftermath

Michelle said everything went well with the race, but noted that the food distribution system at the end of the race isn't working because many racers did not see what was available.

There was much discussion about starting all of the running races at the same time and perhaps the walk a minute or so later, or maybe having the longer races later. Once again, the idea of eliminating the 10K was mentioned. Wendy suggested we put out a survey monkey of the members to see what they thought. It also was suggested that perhaps we need to split the racers and walkers into separate finish chutes.

Parks and Rec plowed snow off the trail but NOT from the bridge to the Nature Center.

### SCR bylaws

There was a lot of discussion about Gary's proposal to expand the bylaws. It was suggested to have online voting or mail voting to get more participation on deciding issues. Many members in attendance noted they wanted any voting of board members to be open to the membership. After lengthy discussions, the issue was tabled until next month.

## Officer reports

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

**Treasurer's Report:** Humberto isn't familiar with the Quicken accounting system that the club has used in the past, but he projected a breakdown of income and expenses on the big pull-down screen, and a motion to accept the report was eventually seconded and approved.

### Newsletter:

Becky said anyone still wanting to get an article in the next newsletter should get it to her by March 6.

### Membership:

Kim's breakdown of club members showed that the SCR portion of the club has 62 individual and 48 family members for a total of 110. The SoCo-Triathlon Club has 65 individual members, 31 family members (worth 80 family members) and 96 total memberships.

### Webmaster:

Lallo has taken the Spring Runoff off the SCR website and is working on a new website design. There was some discussion about putting past issues of **Footprints** on the website.

### Race Calendar:

**Race producers:** Dave pointed out that, with the SCR out of the race production business, several organizations are now using Race Timing and other companies to handle their races.

**Paws Run:** The date of Ruth McDonald's annual race is needed for the calendar.

**Run for Rio:** Although Nancy Martinez has thought about discontinuing this race, it will be held in Rye again this year on June 6, starting at 8 am. at Rye High School. Jeff will do the timing and take some equipment. It was mentioned that the Hardscrabble run is the next day.

**Mosaic Run:** Marilyn and David want to borrow SCR equipment for this race, with the date dependent on other races.

## So-Co Triathlon Club

Gwen said insurance for the Tri Club cost \$635, and she has the certificate of insurance.

Kim said permits are being processed for the Ordinary Mortals Triathlon to be held in May.

There will be a practice duathlon (run and bike) in April, possibly April 19, to test the timing equipment.

There will be multi-sport clinics in April starting April 6.

Our Tri Club participants took second place team-wise in the National Triathlon Fitness Challenge and fifth in our division for the nation. Individually, Mike Orendorff logged the most swim miles, and Grant Drummond the most bike and run miles. The top finishers by total mileage were Grant Drummond followed by Marshall Steves for the males and Laurel Wright and Adrian Cooley for the females.

## Good of the order

Charles du Preez told of his experiences of running across New Mexico. He is a club member whom the SCR supported with a donation for his initiative. Charlie said the ages of the runners ranged from 29 to 73. He noted that he stopped at schools throughout his journey, talking to the kids about child obesity.

==

Submitted by Gary Franchi, SCR Secretary

Patti Canchola	1-Apr
Ron Francis	1-Apr
Denise Flory	4-Apr
Lise Christofferson	6-Apr
John Reed	6-Apr
John Highfill	7-Apr
Carey Stark	9-Apr
Marilyn Vargas	10-Apr
Kevin Neal	10-Apr
Sam Brubaker	12-Apr
Mackinsie Reed	15-Apr
Haley Brownson	16-Apr
BryanDehn	18-Apr
Charity Krow	18-Apr
Stephanie Giconi	19-Apr
Bob Stuemky	20-Apr
Ken Hughes	20-Apr
Ashley Gillispie	20-Apr
Cheri Armstrong	22-Apr
Garrett Dietz	23-Apr
Marcus Ayala	23-Apr
Mark Olsen	25-Apr
Spencer Mathews	29-Apr
Sally Berryman	30-Apr

H  
A  
P  
P  
Y  
  
B  
I  
R  
T  
H  
D  
A  
Y

Anthony Mestas	1-May
Kristine Spinuzzi	2-May
Rob Urbina	3-May
Paul DallaGuardia	4-May
Troy Davenport	5-May
Makenzy Belcher	5-May
Pepper Drummond	8-May
Andrew Caro	9-May
Jagger Chambers	12-May
Mark Koch	14-May
Paul LaBar	14-May
Deborah Gurule	14-May
Bea Peulen	14-May
Edwin Flores	16-May
Brenda Austin	19-May
Diane Lopez	20-May
Erik Juno	20-May
Ana Bentz	21-May
Jitka McGivney	23-May
Reyna Ehrman	25-May
Lois Pfof	26-May
Todd Bush	28-May
Mark Peulen	28-May
Mande Mathews	31-May
Aydon Atencio	31-May

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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

Address Service Requested



**2015 Boston Marathon—Jason Castro and Roger Giordano.  
Jason's finishing time is pictured below. Roger finished in 3:16.  
Impressive! Great job Jason and Roger!**

