



Footprints

Southern Colorado Runners

July 2015

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Editor: Becky Medina

Memories of Running

By Darryl Clark

How would you respond if asked, “what are your favorite memories of running?” I’ve done a lot of running and most of it has been just the standard training miles but there have been a few instances I surely cherish. Among them are a 9 mile loop in Paris that included a ride to the top of the Eiffel Tower and quick trip in the Louvre Museum where I saw the Mona Lisa for the first time as well a time I ran beside some baboons in South Africa while running with my friend, Henning Veermark (who now owns one of my SoCo Runner predict series shirts). But, one of my very favorite memories is of a time when I raced a guy for pride, competition and friendship in a quiet place where no one else saw us.

I once managed a young sales team of four people in Canada and most of them were new to our group and not well acquainted with each other. So, in an effort to build their “Esprit de Corps”, I gave them some tasks to do together one of which was to

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race me in a 10K. They would run as a relay team and try to best me as an individual. At the time I could still run reasonable times and beat them on race day. They didn’t win but it was fun and the exercise in teamwork proved successful. However, one of the young salesmen hated to lose and challenged me to an individual 5K at a date and site to be determined. Ultimately, we decided to race in a little mountain village in western Canada. Upon arrival, we measured our course and agreed to meet at 5:30 a.m. the following morning. I hadn’t seen this salesman run in a while but figured, based on past observations, that all I had to do was run 24-25 minute time to beat him. We met in the beautiful little downtown and would run to the edge of the village and then back. It was still very dark and, predictably, no one was out and about that early. The quiet was liberating and the idea of racing under these conditions resulted in a very primal emotion that seemed to take us back to a time when people had to run to live. We had the road and, seemingly, the world to ourselves and off we went. To my surprise, my foe set a fast early pace, one that was a bit disconcerting and shook my confidence. I am not a fast starter and ran on his shoulder most of the way to the edge of town where there is a welcome sign that has a picture of a cool guy named “Wild Bill Peyto” who hunted, mapped and helped settle that wild country (he once carried a lynx into a local bar hoping it would clear things out because “I like to drink alone”). We made the turn and realized it was a slight climb back into town but that didn’t slow us down as the blood was up and we were in full race mode. No matter the race or the speed, stride for stride racing is exhilarating and ours was certainly that. As we came back into the main section of town the race was up for grabs and by this time we were side by side. We began to pass parked cars and dark houses and the only sound was the slap of our feet and the rapid breathing that was testament to the effort. Honestly, just short of 3 miles, I wasn’t sure I could beat him when, suddenly, he just stopped, totally spent. I kept running and for the next ¼ mile was all alone at race speed running past the little shops and had that perfect moment when my stride was effortless and I felt I could run forever. When I crossed the finish line I was almost sorry it was over. I looked at my watch: 22:17---not bad but who cares. It could have been 5 minutes faster or slower and it still would have been one of the best races I have ever been a part of. As for my competitor, I felt great for him because he had given everything he had; he truly wanted to win and so, by his effort, he did.

In the intervening years, I’ve wondered whether an early riser might have glanced out the window and noticed two men racing on the quiet streets with no fanfare, just the love of the race in their legs and for just a few seconds felt a part of it, the accelerated heart rate, the urgency to win, part of something deep in our DNA. Something.....yet to be fully defined which informs our need to be free, to run, to seek that moment in time when all things seem possible.

SCR Information

Current SCR Officers

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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. 5

“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. Please submit articles in an editable format (**no pdfs**). Articles that are not in an editable format may not be in the next month’s newsletter. 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



Ladies - Mark your calendars for August 1

The Atalanta run/walk is back after 5 years and promises to be fun. The 1.5 mile walk starts at 7:45 and the 5K run begins at 8:00. Both events will be at City Park at the community pavilion.

For many years, SCR sponsored two women's only events - the Women's Distance Festival and the Atalanta race. A group of SCR runners, known as the Big Dog Runners, hope that reviving Atalanta will provide women runners and walkers an event to get out and just have fun regardless of size, shape or ability.

Registration fees for the event are \$22. SCR members receive a \$2 discount. There will be no race day registration, so early registration online or by mail is highly encouraged. Registrants will receive a sleeveless, women's cut technical shirt. Early registration helps the organizers order the correct number and size of shirts. Online registration can be completed through the Southern Colorado Runners website: sacorunners.org. Mail in registration should be sent to Southern Colorado Runners, PO Box 8026, Pueblo, CO. 81008. Please make checks payable to SCR.

Questions regarding Atalanta can be directed to
Marijane Martinez at Marijane.martinez@comcast.net
Wendy Garrison at scoonerwendy@gmail.com
Becky Medina at medxpress1@msn.com.

Run on in to the

GOLD DUST SALOON

In the HEART of the Union Avenue Historic District

217 South Union in Pueblo

From The Pres ... By Stacey Diaz, SCR President

- A few more Pueblo runners have been added to the Boston qualifiers list for 2016. Roger Giordano and Jason Castro qualified (again) at the Boston Marathon this past April. Shawn Loppnow qualified on May 9th at the Grand Valley Marathon in Palisades, CO. Dave Diaz qualified (again) at the Colorado Marathon on May 3rd in Ft Collins, CO. And Peggy Oreskovich set a Boston qualifying time at the Colfax Marathon held in Denver on May 17th. I also just heard that Greg Berryman set a BQ in Florida in February at the Paradise Coast Marathon in Naples. Congratulations to all the qualifiers.



- SCR is reviving an old race from the past, a women's race, the Atalanta 5K. It is being brought back by a group of Pueblo women runners and being spearheaded by Wendy Garrison. This race was held annually in Pueblo for over 30 years. During its time, the event has had many race directors including Helen Robinson, Misti Frye, Kathryn Frank, Judy Tucker, Jacqueline Wall and myself. I was the race director for three years beginning in 1990 and ending in 1992 and then again, with the help of Jacqueline Wall, from 2004 until its end in 2011. This was a popular women's race and was known for its beautiful handmade pottery awards created by local artist and early race director Kathie Arwood. The race ceased to exist after Kathie's death in 2011. I wish this new group good luck with this race. It holds a special place in Pueblo's running history.

- Things that I really don't understand:

Runners that compete in single-sport events, such as running races, in full tri suits.

Men that run races without a shirt on. I do believe that you are required to wear a **shirt during** any USAT event. I think all races should adopt this policy.

Mean girls. Research has shown that the mean girl is fueled by fear and insecurity and is most likely threatened by a quality she sees in her targets that she feels is lacking in herself.

Marathons that don't give marathon participants their own shirt. I train for a marathon for many months and put in many miles, and when I've completed the event I don't want a shirt that says marathon, half-marathon, 10k, 5K, relay etc. Marathoners deserve their own shirts, period. Come on, race directors – listen up!

Why did the Boulder 70.3 Half Iron add a sprint distance?

Why women aren't able to always get a woman's cut shirt at all race events. We pay the same entry fee as men and deserve a woman's shirt. Again, race directors, please pay attention.

Until next month, be happy, healthy and safe.

GARDEN of the GODS TEN MILE RUN



Garden of Gods 10 Mile Race. From left to right Laurice Cepero Lopez, Denise Flory, Shawn Loppnow, Dave Diaz, Stacey Diaz, Maddie Tormoen and Marisa Farro-miro



Shawn Loppnow, Stan moore and the third-place overall winner Isaac Mwangi.

Photos courtesy of Stacey Diaz.

FOWLER, CO SPRINT TRIATHALON Saturday, August 1st @ 8:00am

Enjoy a remarkable course that begins with a 581yd (down & back ten and a half times) in Fowler pool followed by an 8.1-mile bike ride (bike helmet recommended) through the scenic Eastern Plains countryside. A 4 mile run ending at Fowler Park will conclude the race at which point we ask you to join us for breakfast and fun.

Find registration forms on their Facebook page—Fowler Sprint Triathlon.

Ramblin'

By Ron Dehn

The 2015 Hardscrabble Trail Run

“Raise your right hand and repeat after me.”

“If I get hurt.”

If I get hurt.

“If I get lost.”

If I get lost.

“If I die.”

If I die.

“It’s my own damn fault.”

It’s my own damn fault.

“Amen”

Amen



This is the oath that kicks off the Hardscrabble Trail run at Bear Basin Ranch near Westcliffe, Colorado. This year, there were 5k and 10k options with a total of 263 participants. In the last three years I have run both distances, and in my 33 years of running races, I have never run a more challenging course for each respective distance. Part of that difficulty lies in the fact that the start and finish are at 8,913 feet and there are few flat spots on the course. You are either going up or down. Much of the course is single track and in some spots the trail is so faint that it is marked by plastic flags on a wire like those used to mark the location of buried cable. It is the only race I have ever been in where the course marshals are on horseback.

On the other hand. In my 33 years of this sport, I have run in many beautiful settings. However, it would be difficult to find scenery more appealing than the snow capped Sangre de Cristos against a mostly blue sky, and a narrow trail winding up and down through cactus and sagebrush, then in and out of the pines. Spectacular!

More importantly, there is a tremendous appeal to the spirit. If you center yourself for just a minute to absorb the abundance and richness of color, the variety of terrain, the rocks, the hills, the sky, the trees, and the electricity surging through scores of runners eager to hit the trail; you will begin to taste the “runner’s high” before you take your first stride.

This year I felt too out of shape to run the 10k, so I opted for the 5. I also decided that I would run this as a trail run and not as a race. (Actually my body decides this for me before every race.) I know this is not a good way to end up on the podium but this works for me personally. Regardless, it gave me the opportunity to soak up all the energy around me and really enjoy the event. I did work hard, and the killer hill about 1.5 miles into the race kicked my butt. However, it was a tremendously enjoyable run. The miles weren’t marked and at one point a lady with a GPS in front of me was trying to encourage her friend by telling her we had less than a mile to go. I questioned her because I still had lots of energy left and was quite surprised we were that close to the finish. At that point I picked up my pace and for the last several hundred yards, I almost felt like I was gliding toward the finish. I know a 5k is too short to attain the runner’s high but I was definitely feeling some type of tremendous energy and it was GREAT!

In addition to the spectacular course, race organizers put on a delicious and healthy lunch, provide live music and give away quite a few prizes in after-race drawings. The first two years several of the Tarahumara Indians from Mexico’s Copper Canyons ran the race. (See the book “Born to Run” which is one of my favorite books of all time.) This year, Christopher McDougall the author of “Born to Run” and his new book “Natural Born Heroes”, was present for autographs, conversation, and to run the race. He was a gracious man who was continually surrounded by runners before and after the race. A few minutes before the start – I chatted with him and asked him to sign my copy of “Born to Run”. I planned to take his photo but he suggested we take a selfie.



SCR was well represented by participants and Dennis Wait’s team of SCR volunteers (sorry I don’t have all the names) chip timed the event and did results.

If you have done the Hardscrabble, 90% of you will be back. If you haven’t done trail running – you must put this on your list of races to run in 2016. Don’t let the opening paragraph intimidate you. Sixty-one people walked the 5k, so it is well within reach of even beginning runners. Just don’t expect to set a PR.

Until next time... “Running is a road to self-awareness and reliance - you can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet.” Doris Brown Heritage

Posada Mustache Dash 5K Run/Walk



Great prizes, terrific awards, cool t-shirts and of course mustaches were all found at the 2nd annual Mustache Dash 5K on June 12th. The event was nicely organized, starting and ending at the Boettcher Education Center on the Historic Riverwalk. The event benefitted Posada. Posada's overall goal is for each of its clients to become self-sufficient and able to live independently in the community. Great job to race director Christina Trujillo. Congratulations to Charity Crowe and Danny Nelson, overall female and male runners. Can't wait until next year's dash!

For more information about Posada or to get involved visit their website: <http://www.posadapueblo.org/>



Overall Female Winner—Charity Crowe



The cash drawing winners



SCR volunteers—Marilyn Vargas, Dave Rael, Rosalinda Vargas, Jaylen Vargas, Filemeno Vargas, Carmen Perez and Becky Medina.



My First Triathlon

By Sean McGivney

I've been a SOCO Runner for about 5 years now, along with my whole family. I've not joined the Tri Club because I haven't had the interest or ability. But I've always enjoyed challenging workouts, especially multiple, different ones within a short period. I ride my bike to work every day, workout at lunch, and sometimes fit in something after work, too. One thing I've never done, but always wanted to do, is run two races in a day. One Saturday two years ago, my 10 year old (at the time) daughter ran a 5K with my wife and I, then ran in a 2 mile middle school cross country race, both before noon. It was completely her choice. I will always look up to her for that, and hope to have a similar opportunity someday (I probably wouldn't qualify for a middle school race, though).

Always on the lookout for new, different events, especially in Pueblo (I enjoy seeing a good local crowd), I've run the Big Dog Brag mud run here a couple times. No, it's not for everyone, but I think it is fun. I watched part of the Ordinary Mortals triathlon in Pueblo one year. Just this year I decided that I'd like to attempt a triathlon. I'm not exactly sure what triggered it, but it may have been reading about the efforts of other SOCO members in triathlons in our newsletter. I passed on the Ordinary Mortals, partly because of the expense (I have a limited competitive race budget), but also because it is too "official" for me (it is a "USAT" race, whatever that means). I wanted something more laid back, smaller, and more affordable. I discovered the Rocky Ford Melon Man triathlon, and the more I researched, the more it sounded like just the right thing I was looking for in a first triathlon.

The Melon Man is a reverse order triathlon, like Ordinary Mortals. I think this is to thin out the crowd for the pool. If everyone started in the pool at the same time, it would be chaotic, if not dangerous. A staggered start would be too complicated, too, I suppose. Fine with me. The more room in the pool, the better, as I am officially the World's Worst Swimmer. This award is given out only to those who actually know how to swim, and it is so rare that it is awarded just once every decade. I've won the last 5 times. Good thing for me that Melon Man has only 250 yards of swimming.

Here's how I predicted things would go: I'd hold my own during the run (for which I didn't need to train), completing it in the top third. During the bike ride (I did have to get out and ride a few times for more than my 2 mile commute to work), several with much better bikes than mine (this exclusive club includes everyone on earth who owns a bike) would pass me, and so I'd be in the middle third by the end of that leg. Then at the pool, I figured that several more would pass me and I would finish the whole thing in the bottom third, ideally still alive. And that is all exactly what happened.

I took off for the 5K not knowing exactly how much energy I would need the rest of the race, so I didn't go 100%, but still worked hard. When I got to the bike exchange, there were people on the ground changing their shoes. Even though they ran faster, I snuck ahead of some of these folks by just hopping on my bike and taking off. I was passed by all of the shoe-changers in short time. I was also passed by an 11 year old girl. Rather than feel deflated, I shouted encouragement to her as she whizzed by. By the time I got to the pool, several had completed the whole race, and more than half were ahead of me. Luckily, this created a considerable gap as I entered the pool with my rubbery legs. It was a beautiful, pleasant day, and so I took my time with the swim, enjoying the sunshine. No point in drowning by futile attempts to catch anyone ahead of me. I was also passed by a couple more while in the pool, fulfilling my prophecy.

Exhausted but finished, happy, and just enjoying the opportunity made this a great experience for me. A post race meal was provided, which was unexpected and generous. I plan on doing this again next year.

Say Hello to... Melanie Ripke

by Wendy Garrison

Age: 45

Single

Employment: first/second grade teacher
Pueblo School of the Arts & Sciences

Born & raised in Pueblo. Attended East High School and CSU Pueblo

How did you get started with running?

I used to be severely overweight and had two medical conditions that would get serious if I didn't control my weight. I started walking and slowly built my way up to running. It took me 10 months to build up to strictly running. To my surprise, I liked the challenge of running. I liked that running is hard to do. I feel like I have accomplished something when I complete a hard run. I started doing races 5 years ago.



Since the beginning of the year you've competed in at least 9 races! How do you stay motivated and injury free?

Wow. I did not realize I have done that many races! I am pretty goal oriented. Training for half and full marathons keeps me motivated. I like to be constantly trying for the next big race. I always have aches and pains, but I keep on training. I don't think I run fast enough to get serious injuries!

You completed your first marathon in October, the Rock and Roll Denver. What made you decide to do a marathon?

Roger Giordano talked me into it. Roger was one of the first runners that I became friends with. After I ran my first half he started to try to get me to sign up for a marathon. I couldn't imagine going from 13 to 26 miles. At Patti Canchola's birthday dinner, Roger, Kim Arline, and Rocky Hill somehow convinced me. I went home & signed up before I could chicken out. I blame it all on her birthday dinner!

Seven months later, you ran your second marathon, the Colorado Marathon. How did the second marathon compare to the first?

I trained for the second marathon all on my own. I trained really hard and my training went better than I expected. I felt really confident. My goal was to finish in under 5 hours. Unfortunately I came down with a stomach virus about mile 13 of the race. Finishing that race was the hardest thing I've ever done. I finished in 5 hours and 5 minutes, beating my first marathon time but I don't know how. I was very proud that I did not give up, but I feel like I have unfinished business. I want to finish a marathon in under 5 hours, so I signed up for the ADT in September.

In another first, you directed your first race for PSAS. What's it like to be on the other side of a race?

It was a big responsibility, but I really enjoyed it. This was our second year for the PSAS Spiral Run. Our first year we had about 50 participants, this year we had 150 participants. All of the aspects of putting on a race was pretty much in my hands because I am the runner on staff. I kept telling my coworkers that running a race and organizing a race are two very different things. The race turned out great. I can't wait to do it again next year.

Do your students know you are a runner? What has your friends and family's reaction been?

Yes, my students know that I run. They think that I am the fastest runner and that I win every race! My family is very supportive and proud of my running accomplishments. They can't believe the transformation. My coworkers are also very supportive. They listen to all of my running stories!

Calendar Notes

by Dave Diaz

Summer is finally here and there are plenty of races to choose from but I wish races weren't so expensive. When did that happen? I know I'm an old timer but I miss the days when every race wasn't a fundraiser for something, when races were put on by volunteers and local running clubs and people ran for the love of running. The Garden of the Gods was \$45 this year and that's if you registered early. Too much money.

Speaking of the Garden, the race started 10 minutes late because there was a long line of runners still trying to pick up



their packets at 7 AM, you'd think after 40 years they'd have packet pick up down pat.... It was nice to see Garrett Bragg (right), Director of Financial Development at Pueblo's YMCA and Adam Davidson (left), race director for the Beulah Challenge at the Garden after party. They set up a booth and passed out information about the run. Looks like the Beulah race could be big this year, btw your \$25 registration fee includes your race admission, support stations on the course, and new for this year, a **Beulah Challenge long sleeve, synthetic thermal hoodie. You may also camp for free, if you desire. Looks like a good deal to me and a fun time. Mark your calendar for Sat, Oct 3, 8 AM. You may choose between 5K, 10K or half-marathon.** The 5K, 10K are \$25 and its \$35 for the half but you must register before Sep 1.

You probably read in the newspaper that local veterinarian Dr Martin Ottersberg died in May. Dr Ottersberg was a long-time Southern Colorado Runners member and competed in triathlons for as long I can remember. I wasn't a personal friend of Dr O, but our pets have been his patients for many years. He always provided the most competent and compassionate care for our pets and for that, Stacey and I would like to say thank you. He will be sadly missed. Our sincere sympathy and prayers to his family.

Usually I don't let articles in the newspaper bother me, in fact, I try to read opposing views to better understand and be more tolerant of others. If an article really bothers me, I just stop reading and go on. But a recent article headlined "Running a Marathon for the Fun of It" really upset me. In case you missed it, it told the story of a 20 year old female Puebloan who, on an "impulse decision" decided to run the Colfax Marathon in May. It wasn't the story that bothered me, it was a good human interest story, but rather how she trained for the marathon that got to me. I felt she disrespected the marathon and the sport that I love. Concerning her marathon training, she said "I didn't train at all. I just ran until I got bored and didn't want to run anymore." She also said her longest run was "Seven or eight miles, twice, maybe three times." To her credit she admitted that at 20 miles, "it hurt more to walk than to run." I just feel if you are not going to respect the distance, if you're not going to prepare and train properly, then stay home. I don't think your finish time matters, only that you do the best you can. I think of the many runners from Pueblo who sacrificed and gave months of their lives to train for their marathon, who did their best and suffered to finish and who would have been better subjects for this article. I'm thinking of runners like Melanie Ripke or Jane Murtha and the rest of you who earned your marathon finisher medal. This reminds me of the time the Chieftain wrote a feature story for the Spring Runoff about a guy who hated running. It just upsets me. I would rather read about someone who earned what they got and could be proud of finishing the marathon. It's not all about finishing the marathon, but the journey that gets you there. Setting a goal, figuring out how to get there, and then working hard to achieve it, that's where the satisfaction comes from and that's also how life works.

I'd like to offer my congratulations to several club members. First, a group hug to Reyna Ehrman and Bobby Quintana, who got married on a Saturday, June 13 and the next day ran the Garden of the Gods 10 mile run in Colorado Springs.

What a great honeymoon! Also, a hardy hand shake to Lisa Vigil and Peggy Oreskovich for earning their Masters Degrees recently from CSU Global, and finally congrats to Amber Arline, daughter of Kim and Al who recently graduated as Valedictorian at PW High School and earned a Boettcher Scholarship as well. Well done.



It was a little disappointing to see the small turnout (36 finishers) for the Celebration of Life 5K (PAWS run) held Sunday, May 17 at the Gold Dust, especially since it benefits Pueblo's no kill animal shelter. We need to do a better job of getting the word out next year. Thank you to all who came. Congratulations to our run winners, Jason Castro and Erica Adamson and also to our first walker, 8 year old, Kylee Gioconi (left) (daughter of Stephanie) who skipped across the finish. Also, belated congratulations to Regie Marquez and to SCR newsletter editor Becky Medina for winning the 10K at the recent Cinco de Mayo held at the fairgrounds on May 3. Winning the 5K were Andy Rinne and Laura Lacerte. Congratulations to Charity Crow and Danny Nelson who were the overall winners for the recent Posada "Mustache Dash 5K" held June 13 on the Riverwalk.

According to Competitor Magazine, the Revel Marathon, July 19, 2015 which finishes in Morrison CO, (just west of Denver) is one of the top 13 runs in the nation for Boston Qualifiers. It ranked number 9. "Held for the first time in 2014, this race has a dramatic downhill profile. It starts in the mountains west of Denver at an elevation of 10,297 feet and drops almost a vertical mile down to the finish line at 5,759 feet in the small foothills town of Morrison. Last year 22 percent of the field earned BQ times." I'll be doing this one in July, along with Melanie Ripke, I believe. I'll let you know how it goes but running downhill is not as easy as it sounds, I learned that in May at the Colorado Marathon in Fort Collins.

That's it, hope to see you at Mark and Deb Gurule's home on Sat evening, July 25, 2015, for our 7th Predict run of 2015, the G-U-Rule 4 mile run. The run begins at 6 pm, 23 Barrington Ct on Pueblo's southside, immediately followed by a potluck and backyard BBQ. All members and family are welcome but you may want to bring a lawn chair and a can of OFF.

Hang in there and keep fighting--Dave

THE
ADVENTUROUS
SOLE

Join the fun! Thursday fun runs at 6 p.m.—517 W. 5th St #100.

July-October 2015 Race Calendar by Dave Diaz

JULY

Sat, Jul 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	pueblounitedway.org
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	
Fri, Jul 17	9:00 PM	UV Splash	5K	Pueblo Riverwalk	Facebook page
Sat, Jul 18	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
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
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
Sat, Jul 25	6:00 PM	G U Rule Pred #7	4M	Pueblo	socorunners.org

AUGUST

Sat 01	7:45 AM	Atalanta	5K	Pueblo City Park	socorunners.org
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
Sat 22	7:00 AM	Pray for 4....Pred #8	4M	Pueblo West	socorunners.org
Sat 22	7:00 AM	Melon Run	10K	Rocky Ford, CO	arkvalleyfair.com

SEPTEMBER

Mon 7	7:00 AM	American Discovery Trail Mar	Mar & half	Colorado Springs, CO	prrun.org
Sat 12	7:00 AM	OJC Rattler Run	10 M/ 5K	La Junta, CO	ojc.edu/alumniEvents.aspx
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
Sat 19	8:00 AM	the Prattfall...Pred #9	3M	CO	socorunners.org
Sat 19	7:30 AM	Hermit Pass Mar & Half	Mar & Half	Westcliffe, CO	clubamericawmv.org
Sat 19	7:00 AM	Hoof it for Harley	Half/5K	Colo City	
Sun 20	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189
Sun 20	8:00 AM	Pony Express	15 M	Rampart Reservoir	prrun.org
Sat 26	10:30 AM	Color Dash	5K	Pueblo City Park	cd5k.com
Sun 27	7:30 AM	Colo Springs Half	Half/5K	Acacia Park	prrun.org
		Child Advocacy Bike(36M) & 5K		Pueblo Industrial Park	

OCTOBER

Sat 3	7:00 AM	Beulah Challenge	Half,10,5K	Beulah, CO	Facebook page
Sat 3	8:30 AM	Rim to Rim	10K/5K	Royal Gorge	rimentorim.org
Sun 18	7:00 AM	Denver RnR	Mar	Denver, CO	
Sat 24	4:30 PM	Harvest Run, Pred #10	5K	Site to be Determined	

Iron Cowboy came to Pueblo

By Kim Arline

I had the pleasure of meeting and running with the Iron Cowboy as he passed through Colorado completing his 9th of 50 Ironmans right here in Pueblo. James Lawrence, a 36-year old married father of five is attempting a world record of completing 50 Ironmans in 50 states in 50 days. He is called the Iron Cowboy and already has two world records under his belt. As I submit this article, he is running his 18th IM.



Pueblo is home to a few other world record holders I have had the pleasure of meeting. Cynthia Ramu, the mural artist who submitted the Pueblo Levee Mural as the longest continuous mural and Jason Lewis, a Beulah part-time resident, who came through Pueblo in 1995 on his world record attempt to circumnavigate the globe using only human power. Unfortunately Jason was hit by a drunk driver near CSU-Pueblo as he rollerbladed across the United States, spent a year recovering here before continuing on his eventual 7-year journey around the world.

Last winter I rode two days and about 40 miles with a wounded warrior Marine who lost both legs to an IED in Afghanistan. Rob Jones, a double above knee amputee (AKA), was riding from Virginia to California to raise money for the wounded warrior organizations that helped him put his life back together and find new purpose. Rob Jones doesn't hold an official world record for that feat but he should. His original prostheticist from Walter Reed now lives in Colorado and joined us that 2 degree morning and explained maybe six people with double AKA that have actually learned to ride a regular, upright bicycle. It took Rob six months to learn to ride a bicycle and a bit longer than that long to cross the country raising awareness for other wounded warriors. It was crazy to ride coast-to-coast during the winter, but especially with no hamstrings or quadriceps.



I couldn't pass up the chance to support someone doing something so huge for others. Just this past weekend another wounded Marine hand cycled through Pueblo!

Prior to meeting these individuals I imagined only an incredibly self-centered and driven person could dedicate the time and energy to such a specific task. After meeting each of these people, I was struck by how approachable and humble they are personally. They have an incredible drive for sharing their passion with others, rather than seeking the lime-light for themselves. Cynthia loves the art and the creativity the river levee provides people of all walks of life, Jason wanted to show the world we can live in a more self-sustaining way, Rob Jones wanted to help other wounded warriors find purpose after life changing injuries and James Lawrence wants to inspire others to get off the couch, get active and push yourself past your comfort zone to do the unthinkable! Whatever that means for you!

For a few people that ran in Pueblo with James Lawrence the night of June 14th, that meant running their first 5 km or in the case of SCR member, Jason Belcher, running his first marathon distance!

The unthinkable in terms of Ironman – 50-50-50! Just two years ago, completing AN Ironman was unthinkable for me. But I learned to swim (a definite “must” first step!) and started training with more volume and attention. We have dozens of people in our club that have trained for and completed an Ironman – 2.4 mile swim, 112 mile bike and 26.2 mile run. We have quite a few that are quite accomplished Ironman triathletes!

But completing 50 Ironmans in 50 days seemed way over the top and downright dangerous in my mind. And then add coordination and travel time between the states! It sounds insane and impossible. But anytime Pueblo lands on the map for someone doing something out of the ordinary, I might just be dumb enough or crazy enough to support the effort. But I’m sure glad I do! I’ve met some fascinating people and opened my eyes to other perspectives and possibilities. Some of the characters I met June 14th as the Iron Cowboy knocked out #9 are:

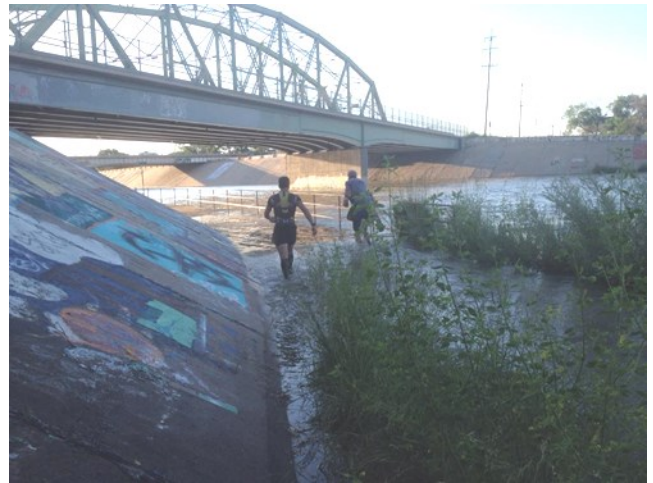
- Obviously, James Lawrence - the Iron Cowboy, who is portrayed as a high and mighty athlete on his website, but in person is very friendly, patient and personable. He answered all our questions and those asked on periscope live video feeds on Twitter. As we ran down the bike lanes on Elizabeth some school girls ran alongside on the sidewalk. He asked us to stop and he went over to them, shook their hands and encouraged them to keep running and stay active. He was excited to see his daughters and listened to all their chatter about their day as they ran the “group 5 km” with their dad that was really 4.5 miles here. When Kristie Roseman’s boys gave him pictures they colored, James wanted a picture with the kids despite the need to massage his cramping quads with a sunscreen bottle. I asked why he kept his bushy beard because it has to create drag in the water. He says the beard protects his face from sunburn, windburn, actually cools him but would shave it if he was competing at Kona. Someone asked, “Why the long shorts?” to which he answered they are lightweight, protect him from the sun and most important – they look good! He brought two road bikes and one tri bike and two bike mechanic friends for the adventure. There were times during the marathon you could see he was hurting but he always kept his smile, was at times quiet in his own thoughts but never showed an ounce of doubt or negativity.



- Sonja Wieck, a Denver Ironman triathlete, is a total bad ass in Paul Dallaguardia’s words. She rode the entire 112 miles and ran the full 26.2 miles alongside her friend she’s known for a few years. James was very thankful she pulled him the entire day and as a friend, tri coach and fellow accomplished Kona competitor (2nd in her AG last year at Kona!), she kept careful tabs on his condition, searched for the right things for him to eat from his basket of snacks. I enjoyed visiting with her about her training this summer for Norseman in Norway on August 1st. If you haven’t heard about that epic race, google it and watch the video – it will give you chills!



- Jaime Azuaga, an accomplished athlete and best friend of Garret Bragg of our local YMCA. You would never know this humble, easy going Colorado Springs guy was one of 8 humans to complete 30 Ironmans in 30 days in Italy in 2013. Jaime ran alongside James giving him tips on how to beat the standing 30 consecutive mark – the most important I think I heard was at least 6 hours of sleep a night. Jaime earned the name of Iron Mule hauling all of James' nutrition drinks and sprinting every 10 minutes up to James when Garrett's watch went off. When the group came upon the flooded Arkansas River trail near Runyon Lake, Jaime just walked right in and offered a piggyback ride to the Iron Cowboy across the 6-10 inches of standing water on 60 feet of the trail or so. The rest of us climbed the slippery mural wall, walked along the top and slid down the other side of the water feature.



- We were joined by several tall, uber-fit ultra-trail runners, one from Aspen, one from Pennsylvania, one from Iowa who just competed the day before in the Elite division at the Spartan Beast race in Breckenridge. They all plodded along the entire 26.2 mile distance with James late into the night to show solidarity and support for a man, a tremendous goal and a bond I think the ultra community and some in the tri community share that can't be described by words.



- I got to know a few of our own club members too. Jason Belcher ran the entire distance and logged his first 26.2 that night, some of those miles with his disabled daughter in a stroller as he waited for their new running chair to arrive later that week. His wife and friend and Kristie Roseman and family stayed late into the night cheering the group on as they finished the final miles in the dark around the Riverwalk. Nathan Cape, a new tri club member who recently moved back to Pueblo and will be completing his first IM in Boulder in August. And an unsung hero that works hard behind the scenes – Matthew Mascareñas. He has helped with Ordinary Mortals a few years and was the only person to answer our call for volunteers. I had to work at 6 am, the time the Iron Cowboy and crew were to arrive at the swim. I dropped by CSU-P to see who was there before heading to work and Matthew was ready for action. He held down the fort until Eric Miller, the "Colorado Ambassador" arrived from his 24 hour shift as a flight nurse in Colorado Springs. Paul Dallaguardia led James and Sonja on their first bike lap in his car. Eric and Matthew took over providing aid and support and then held down the rally point on the Riverwalk for the marathon and stayed to the very end just before midnight.



If you feel like you missed out on something really cool, you did! But the Iron Cowboy is scheduled to complete an IM event in all 50 states and is heading east but will wrap around north to come back west. You could catch him during your travels this summer! Local Eric Miller, just call him “Mr. Ambassador”, volunteered to coordinate the event in Jackson Hole, Wyoming on Thursday, July 23rd, two days before the final event in James’ home state of Utah! Eric has already volunteered me and Matt to help again but maybe you can volunteer! Michael O and I might just make a road trip out of it and do some epic little adventure in the Grand Tetons on the 24th if I can swing it with work and family!

The events are growing in momentum and interest in local communities participating in riding and running with James. Oklahoma City had over 100 people run the 5 km with him and over 20 run the entire marathon. Who knows how big they could be by next month!



Try by Becky Medina

If you have ever read *The Try* this “not gonna quit” attitude might sound a bit familiar. If you haven’t, author James P. Owen was in pursuit of the secret of success and his first interview was with Rodeo Phenom, Ty Murray. Ty shared this: “My mom always said I was born with an extra supply of Try.” In cowboy culture, Try is a quality of giving something every ounce of effort you can. It is the ultimate compliment to say that a person’s got Try. “*The Try has little to do with winning medals, trophies, or any other kind of prize. As Ty says, no matter what the endeavor, you can never guarantee the quality of your performance, and you certainly can’t guarantee the outcome. The only thing you can ever guarantee is that you’ll try your guts out. And if you do that, in his book you’re a winner already.*”

What I saw during this year’s mini mortals triathlon in seven young people was Try. It wasn’t about their shoes or outfits: they certainly didn’t compare; some running in high tops, baggy shorts and t-shirts. But they never let that get in their heads. In fact I don’t even think they paid attention. This year’s Boys & Girls Clubs group was ENERGETIC. They made it to every practice, they knew the schedule and they were excited about race day! On race day their energy was at an all-time high. I wasn’t sure we would be able to get it together enough to get set up. We looked like a hot mess for a bit. I was thankful that Gloria Montoya and Diane Lopez came to my rescue and helped get the kids’ water bottles filled, goggles passed out and things set up.

As most of you know the weather was not cooperating on race day. The OMT was able to go off without a hitch, but as MMT started some pretty menacing clouds were rolling in. The event started and the kids were off. I wrote their names on my hand so I could keep track of where each one of them were in the race. Alex, a first time 9-11 competitor did fantastic and really surprised himself. Adonis who trained last year, but didn’t compete also did very well. Some of the others struggled, and the bike seems to always be a challenge for our group. (I blame the hills). As the time went on, the weather really changed for the worse. We had two boys still out on the bike and they were given the option to cut the bike short a lap and start the swim, but they both said NO! They were determined to finish. Thank you, Sally Berryman for riding with them that last lap. They finished the bike and we weren’t sure if they would be able to finish the swim, due to the weather. They were given the go sign and off to the pool we all went. Thanks to Paul and Gwen who encouraged and pushed them to the end, as they questioned their ability. They both finished in pouring rain and didn’t even get a chance to put on their shoes, because of extreme lightening. We picked up everything and ran to the van. (I might add the lot was empty and our “hot mess” was a wet mess). I got the kids in the van and started loading the bikes. At this point we had lightening and hail. I want to give a HUGE shout out to Desiree Daulaguardia, who came out of nowhere and just started helping get the bikes and all of our stuff put away.

Thank you to Soco Triathlon Club, the youth coaches (Gwen Steves, Kim Arline, Mike Orendorff, Ken Sharp, Sally Berryman, and Paul Daulaguardia) and SCR for giving kids an opportunity that will shape their lives.

The kids are excited about next year and we are looking at adding Melon Man to our race schedule in addition to mini-mortals!



Marijane Martinez	1	Gina Drummond	15
Jennifer Arellano	1	Brian Verdecchia	15
Cooper	1	Regie Marquez	17
Don Pfof	2	Irina Vancea	17
Ron Cothran Jr	2	Dennis Wait	18
Nicole Golob	2	Jason Castro	19
Jason Belcher	2	Leroy Atencio	20
Donald Moore	4	Bill Veges	20
Jay Zarr	6	Veronika M Mar-	
Rachel Appenzeller	7	molejo	21
Alyson Austin	8	Danielle Caro	23
Zachary Mead	13	Eric Medina	23
Shawn M Bell	14	Liz Bush	26
Brenda Koch	14	Mary Porter	27
Gregory Berryman	15	Darryl Clark	29
		Katherine and	
		Malcolm Singer	31

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SCR Minutes – May 6, 2015

In attendance: Kim Arline, Paulette Arns, Danielle Caro, Ron Dehn, Dave Diaz, Stacey Diaz, Gary Franchi, Shawn Loppnow, Marijane Martinez, Becky Medina, Gloria Montoya, Humberto Paredes, Carmen Perez, Don Pfost, David Rael, Gwen Steves, Marilyn Vargas, Lallo Vigil, Dennis Wait. **Guests:** Nathan Cape, Hugh Parker.

Officer reports & Club News

Minutes: Don's motion to accept the April meeting minutes was approved with noted changes.

Treasurer's Report:

Runoff - Humberto said he is still awaiting 2 checks, but as of now the Spring Runoff shows a loss of \$900. Among the factors cited: The race number down roughly 200 entries, a chip timing expense, T-shirt order based on last year's entry number, the Pay Pal fee that we incur on each entry, etc. Among suggestions: Perhaps order shirts non-printed, include Pay Pal fee in entry fee, do our own chip timing, etc.

Having a busy schedule due to working 2 jobs, Humberto asked for a volunteer helper and for all race directors to provide him with a financial report. It was suggested that Humberto develop guidelines on providing reimbursements according to what works for him.

Becky moved to accept the report and it was approved.

Newsletter:

Becky said the May newsletters got mailed with 4 flyers. May 15 is the deadline to get items in the next newsletter. Newsletter stuffing/preparation for mailing will resume for the summer months.

Membership:

Kim said the club now has 214 memberships. For the SCR, it's 51 family & 64 individual memberships for a total of 115. For the SoCo-T2, it's 31 family & 68 individuals for a total of 99.

Webmaster:

Lallo said he has added a couple of race entry forms to the SCR website and Wendy Garrison is working on an Atlanta form that will be added as well.

Race Calendar:

- Dave said the club got a check for \$100 from **PSAS** for rental of equipment.
- The **Posada** wants to rent equipment for its race on June 13. Becky said it wants to use our finish line and timing equipment, and Gwen suggested that groups consider using the Web Scorer program that is free and available online. The group wants Becky to do the timing and results because people don't know how to use our timing equipment. Organizations need an SCR liaison who is experienced with using the equipment. Dave suggested that people with questions can always call him.
- In June, the **Stroll for Stroke** will take place and Mike Archuleta will be the liaison.
- Jeff Arnold will be using 2 of our Seiko watches to time the **Thunder Run** in Rye.
- The **Hoof it for Harley** race is scheduled for Sept. 19, with Darryl Clark the contact. This race is on the same date as Robert Pratt's Prediction Series run.
- The **Yappy Dog** Prediction Series race at Ross' mother's house is this Sunday, and a Time Machine device will be used to record times. A lead bike and finish line help is needed.
- Dave said that a problem with the calendar's listed time for the **Spank Blasing** run in April caused a few people to miss the start. Last year's starting time was changed. Dave asked everyone to let him know if they see an error on the calendar.
- The **shed** key that is normally at the YMCA is missing. It also was suggested that we pay annually for the shed rental instead of every 3 months.

So-Co Triathlon Club

Gwen said she and Kim are busy with **Ordinary Mortals Tri** final preparations. Paul LaBar will be doing chip-timed results, with Paulette and Dennis providing backup timing. They will set up from 4 to 6 p.m. on Friday at CSU-P by the Rec Center. So far 160 adults and 62 kids are registered, and there are more out-of-towners entered this year. Help will be needed setting up Saturday morning and directing kids on the course.

Race Reports

Home of Heroes walk/run: Reps Nathan Cape and Hugh Parker said this inaugural Leadership Pueblo race will take place on Memorial Day (May 25) on the Riverwalk prior to the Veterans Council's annual celebration at Veterans Bridge. Any participation support by the SCR would be appreciated.

Racewalking: Hugh Parker offered to coordinate bringing someone in for a seminar-type thing on helping people to compete as race-walkers.

Ramsgate 6 Predict: This April 11 Prediction Series run was a big success with more than 30 people. It may need to have some course marshals next year.

Mosaic Run: This May 30 race is set to go and will use our finish line and timing equipment.

Paws Run: This May 17 event will start and finish near the Gold Dust and will have just a 5K this year. Dave and Shawn will help.

Hardscrabble Run: Will need to have an SCR computer there to generate results.

Atalanta Run: Male volunteers are wanted at water stations and as course marshals for this women-only race on Aug. 1. The conducting group asked for and received permission to have a paw print on the entry form and the shirts.

Run for Rio: Jeff Arnold will again be conducting this event in Rye on June 6.

Miscellaneous

- Gwen said the **chip-timing system** is easy to use, and she's willing to do clinics to teach people. It also was noted that Don wrote a manual for it. A dummy race director can be downloaded from RaceDirector.com for practice purposes. We badly need club members to become proficient at using our equipment. It will be used at the revived Atalanta Run on Aug. 1.
- It was noted that the **ListServe's** communication value is now minimal since members can no longer sign on to it and Yahoo no longer supports it. Lallo suggested we consider using **Slack** and said he would e-mail a video to demonstrate how it works. It was termed similar to Facebook groups.
- Becky suggested we have a **strategic planning session** and said she could arrange a facilitator for either an evening or weekend time.

Good of the Order

- Stacey reported that the SCR received the annual **Pueblo Health Champion Award** for its promotion of running and fitness in the community.
- The **Haiku Contest** received several entry poems. The names of the poem submitters were placed in a basket, with Lallo drawing Gary Franchi's name as the winner of the beautiful outdoor jacket that was donated by The Edge.

==

Submitted by Gary Franchi, SCR Secretary



Pueblo Downtown Social Shuffle

Weekly Meetup Wed. @ 6:30 p.m. near J Michael's on Union St. 5K run/jog route, 2M walk/stroll/strut around the Riverwalk

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday.-

Wilma Rudolph