



Footprints

Southern Colorado Runners

August 2015

Volume #345, Issue #6

Editor: Becky Medina

Celebrating my 50th Half Marathon

by Maryalicia Verdecchia

During June of 2010, I ran a charitable 'fun 5k' and loved it. It was my very first 5k, and I fell in love with the runner's high, the social atmosphere, and the possibility of a fun way to lose the weight I had gained before and after the birth of my daughter



Katie. That night, still on my runner's

high, I decided to run my first 10K in July, which was about 3 weeks later.

However, before I even made it to my 10k, I decided to go big! I decided to run a half marathon. Little did I know then, how it would change my life, and that I would become a half fanatic as well as run my 50th half marathon less than five years later.

If you think about it, 50 halves in five years equates to about 10 half marathons a year. You have to love running, or have a special reason to run so many races of that distance. For me, it was the joy, the journey, and the social energy that drove me. I can be fast (my fastest was a year ago at 1:50) but I tended to enjoy the journey more as a 'middle of the pack' runner (coming in about 2:15 to 2:30). I can wear costumes, chat, and walk if needed with no worries. Sure there may be less swag at the end, but I was there for the journey, not the destination. Lately, due to a recent move to Pueblo and lack of training miles, I found myself running with the 'back of the pack' (coming in about 2:40+). Even races I lacked training in, I could find a way to have a good time and I was determined, despite my lack of miles, I would find joy in this 50th race.

With 49 previous half marathons completed, I had found a lot of joy along the way. I enjoyed halves that were scenic, run well, and/or had great swag. I had a few not so good too; where I went out too fast, cramped, and/or ate the wrong foods. I ran races that I loved despite the fact it rained almost the whole race! I ran several in costume and several as an ambassador for a

In this issue:

SCR Information	2
My 50th 1/2 con.	3
From the Pres	4
Walk/Run/Ride	5
Steamboat Tri	6
Say Hello To	7
Calendar Notes	8
Race Calendar	9
Tour de Ladies	10-11
Qualifying for New York	12-13
Meeting Minutes	14-15
Birthdays	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. 6

“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

brand. I ran with friends and family, and some pushing my daughter Katie. So few with bad memories that I was resolute, this 50th half was not going to be one of those great ones!

On June 21st, I ran the Vancouver USA Half Marathon. A wonderful race located in Vancouver, WA on the border of Portland, OR that I had run several times. For this race, I was able to go home and visit with family and friends in addition to commemorating this significant event. I even bought a special celebratory outfit to wear too! Not quite a costume, but an outfit with flair indeed, and guaranteed to be seen along the course. My outfit consisted of a skirt with balloons on it, a sash that said 'Ms 50th Half Marathon', and curling ribbons for my hair. I also bought balloons to run with and asked my brother to take pictures along the way.

On the day of the event, the weather was gorgeous. I met with so many running friends I have missed terribly, and it was awesome to get so many pictures with them. I visited, hugged, and made promises to meet up with folks afterwards for a cider. Soon it was time for the half runners to line up at the start. I lined up at the back of the pack with the 2:45 pacer (I wanted to start off slow and build speed if necessary). This race has hills throughout, with the two largest hills at miles 9 and 11, so I needed to take it easier than normal. Towards the end of a race, those hills can hurt. At 9:00am, the race began.

I am happy to report that my race started and ended wonderfully! I started slow, interspersing walk breaks along the way. Dancing, singing, and laughing along the way. Thanking those who shouted out for me, even when they were wishing me a happy birthday or some unknown crazy reason. Towards the end, about mile 10, I picked up another fellow half fanatic running her 75th half! She was struggling, so joined me for my run/walk to the finish. I had no cramping, no heat issues, internal issues (if you know what I mean) and I was smiling with joy as I crossed the finish line and Bart Yasso (from runner's World) announced my name and my 50th Half Marathon!

It seems unreal....how far I have come in five years. Many people never even run a half marathon, let alone 50, so it was a big deal for me. A culmination of joy, determination, and doing what didn't seem possible. It changed me, as I realize that these races, these journeys, have changed my life. Opening up my world to new possibilities and realities. I found the Run Oregon Blog, ran my first half marathon, and I met friends that have been true. Running helped me integrate into Pueblo faster by giving me new frontiers to explore and new people to meet that are true gems of Pueblo. Running is a part of who I am now and I love that my 50th half marathon helped me find a way to celebrate my new life as well as the joy in the journey.



From the Pres...by Stacey Diaz, SCR President.

- I have always enjoyed taking part in SCR's Predict series, in fact, the predicts are my favorite part of SCR. This series of runs, usually one a month, is where the winner is the runner/walker that finishes the distance closest to their predicted finish time. This is a fun, low key event which most often includes a pot luck and takes place in various club member's homes. The host gets to pick the distance, the course and name the run. This is an excellent event for folks to meet other runners/club members. This year we will be adding a new predict in December. This will be a holiday predict which will take place in the early evening at the Diaz abode with a pot-luck to follow. Nelson's predict, which usually takes place during that time will move to the first part of November and the Tunnel Drive predict will keep its date after Thanksgiving. Thanks Nelson for agreeing to move your event. So come run and share the holiday season with us at this newest predict.



- We've spent most of our summer training for the ADT Marathon which takes place on Labor Day in Colorado Springs. We recently found out that there will be route changes due to security issues with the course going through the AFA and some trail damage. This is very disappointing as I loved this course/race last year. If it's changed to an out and back we may have to look elsewhere for a fall marathon. We are keeping our fingers crossed
- In my first *From the Pres* column I wrote about Vicci Jaffe from Cincinnati. She was in town for a week visiting her daughter and was looking for someone to run with her. She found me through SCR's web page and we were able to meet for an enjoyable 8 mile run. Vicci returned to Pueblo this past weekend and we were lucky enough to be able to meet up with her again for another run. This time we took her for a ten mile run along the river trail and thoroughly enjoyed running with her. Meeting up with Vicci is like meeting up with an old friend; it's as though we've known her forever. Funny how running has a way of doing that to folks.
- Dave's niece, Alexandria Romero, has recently caught the running bug and is a new member of SCR. Alex has participated in several 5k's, I think eleven so far, and her goal is to run longer races in the future, possibly the Rock Canyon in December. I just wanted to welcome Alexandria and her husband Patrick to SCR. We will be looking for you at the next predict and welcome to the wonderful world of running!
- Until next month, be happy, healthy and safe.

WALK/RUN/RIDE by Samantha Rothschild



This year is the 10th annual WalkRUNRide hosted by the Pueblo Child Advocacy Center. Unbelievable! A whole decade of partnering with different members and organizations in the community to help children: life's most precious gift.

For those that don't know, the PCAC was founded in the late 1980's with the goal of streamlining and improving the interview process that child abuse victims must go through. The WalkRUN-Ride is in part responsible for past funds that helped build the center on 13th and Court. Its home-like atmosphere helps keep children calm and feeling safe through some tough times. Child Advocacy Centers across the nation are developed so that children do not have to relive their testimony more than is necessary. CAC's also focus on helping from start to finish: from prevention which is so crucial to counseling to help children heal. Child abuse is so devastating and while we all wish it did not exist, it does. Children here in Pueblo have a fighting chance for healing and justice because the work of many Pueblo organizations, including the PCAC.

The WalkRUNRide was started in 2006 and it has taken many shapes over the years. With this being our 10th year, we would love to see participation blow past years out of the water! One thing is certain, it is a fantastic cause and we have been extremely grateful for the Southern Colorado Runner's Club sponsorship of this event over the years.

This year, like last, the event will begin in the overflow parking lot for the Pueblo Memorial Airport. Whether you want to walk, participate in a 5K run, or ride your bicycle up to 38 miles, the WalkRUNRide has something for everyone to do! If you are up for a competition and want to race others or you want to beat your own run time, join our 5K run! The walk and bicycle rides are self-paced events (not timed). Either way, we would love to see Individuals, families and children participate! Here are the details: **7:00am Registration/Breakfast - 8:00am Race begins - 11:15am Lunch will be provided - Pueblo Airport 21201 Bryan Circle**

Tri the Boat Triathlon held on June 27th in Steamboat Springs. Left to right Carrie Franchi, Gary Franchi, Melanie Steves, Peggy Oreskovich, Paula McCabe, Stacey Diaz, Dave Diaz, Gwen Steves and Kim Arline.



THE ADVENTUROUS SOLE

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

Say hello to Becky Medina by Wendy Garrison

Age: 45
Married to Eric
Children: Kayla (18), EJ (16), and Brayden (13)
Employment: Vice President of Operations - Boys & Girls Clubs of Pueblo County

How did you get started with running?

I started running while I was in college at CU Boulder. My brother in law ran the Pikes Peak Marathon, so he got me started running trails and trail races. I ran my first Ascent when I was 21. I took a break after my first (Kayla) and second (EJ) child. After having Brayden in 2002, I decided I wanted to start running again. My goal was once again, the Pikes Peak Ascent.

Working full time and raising 3 children must leave you very little time to train. What does a typical training week look like?

I'm totally inconsistent! I'm lucky that my work schedule is fairly flexible in the morning, so once the kids are off to school I try to run or workout. People might be surprised to know that I probably only run 3 to 4 times a week. I run 3 to 6 miles on weekdays. Long runs on the weekend are 8 to 14 miles depending on what I'm training for. Running with "the big dogs" (Wendy, Kris, Deb, Carmen, DLo, Gloria, Martha & Marijane) has helped me stay the course this many years – probably because we have so much fun together. Thanks to Wendy, about the only consistent run I do is on Thursday! I also have learned to like biking and swimming.

What is the most challenging race you've done?

The last Pikes Peak Ascent I did, around 3 years ago. It's just that stark reality at the top. The land of the walking dead I call it. It is a tough run. I'm not sure I want to do it anymore.

What race was the most fun?

I've had fun at all of them! I most appreciate that Eric is along the courses; encouraging, coaching and giving me whatever I might need. The most memorable was my first marathon in Oklahoma City, although it may not have qualified as most fun. Up until mile 14, the race was fantastic. The race changed course then and I battled severe headwinds the rest of the way. There were tornado warnings the night before as well as throughout the day. For me, the greatest sense of pride was knowing I finished after seeing the large number of DNF's in the results. The number was around 30%. I finished when so many dropped out – that's pretty amazing.

In addition to running, you have been very active in SCR with races, the newsletter, and as Vice President. How did that happen?

The Boys & Girls Club decided to put on a race so I started attending the meetings, initially just the public sessions. At that time, SCR was assisting a lot of outside races. It was required that every organization had to have a SCR member liaison. It's in my nature to step up and help, so when other organizations were coming to SCR for assistance I volunteered to be their liaison. I enjoy marking courses and organizing races.

The newsletter happened much the same way. The previous editor could not continue so I agreed to do one copy. A little over a year and a half later, I'm still here. I really enjoy putting the newsletter together. I don't craft, so this is my way of being creative. I'm always open to suggestions on ways to improve it.

As far as being Vice President, I just wanted to utilize my leadership skills. I have experience in nonprofit management that I thought would be helpful to the organization.

What races are in your future?

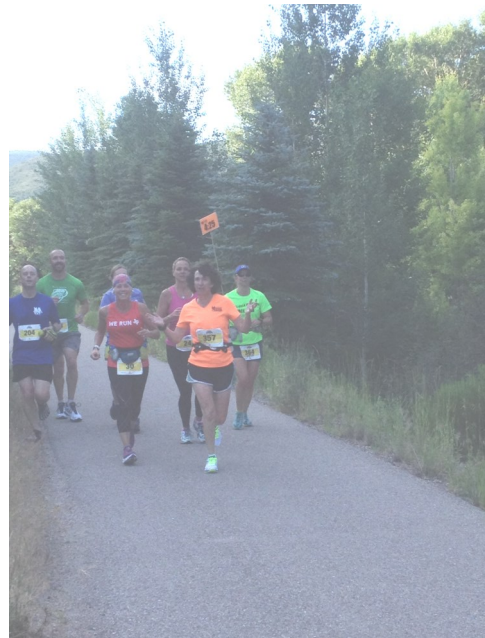
I'm running the Aspen Valley marathon this Saturday, July 18. From there, I'm considering ADA. I also want to do the Canon City bikes and brews and the Royal Gorge Rim to Rim. Although it's not an easy marathon the Redwood forest marathon is on my bucket list.

What is one thing very few people know about you?

I can play piano, trumpet, baritone, and trombone. In high school I was chosen as one of four euphonium players for the National Sousa honor band in Washington DC.

Any advice for others trying to juggle a crazy schedule?

My advice would be to take it at your own pace and don't get obsessed with what others are doing or what you read in Runner's World or the hundred other online articles you can get a hold of. Embrace your own pace and your own schedule.



Calendar Notes

by Dave Diaz

We have some fun runs coming up. If you're not doing the Pikes Peak Ascent this year, you might consider the annual St Jude 5K run which takes place in Florence Co at Pioneer Park, on Sat Aug 15. All proceeds to St Jude's Children's Hospital. The run is only \$10 with no shirt or awards but, I believe, a free pancake breakfast. For more information contact sponsor Fremont Motor Sports in Florence. The following weekend, on Sat, Aug 22, the Custer County Cross Country team is hosting the Bobcat 5K starting at 9 AM. Sat, Aug 22. That is also the date of our next Predict #8, the Pray 4...., hosted by Marilyn Vargas and David Rael at their beautiful Pueblo West home, 519 South Pin High Court. If you missed this one last year, you missed a fun one. Living on a cul-de-sac, Marilyn and Dave set up canopy's in their drive way and invited the neighbours for a truly memorable run around their neighbourhood. It's always nice to see new faces. The 4 mile run or 2 mile walk begins at 7 AM to beat the heat. This is a pot luck, hope to see you there.

The same day, Aug 22, is the annual Rocky Ford Melon Run, held in conjunction with the Arkansas Valley Fair. Years ago, I remember club member Helen Robinson winning the watermelon spitting contest at the fair. I wonder if she could still defend her title. Visit the arkvalleyfair.com for more info about the race and the fair.

On Labor Day, September 7, the Pikes Peak Road Runners will put on the American Discovery Trail Marathon and Half Marathon. I did it last year and plan to do it again this year, however, last year it started at Palmer Lake north of Monument and ran south and downhill to America the Beautiful Park which is south of downtown Colorado Springs. This year, due to security issues at the Air Force Academy, they are not allowing anyone on their property, so the run will start and finish at America the Beautiful Park. I assume it will be an out and back like the half-marathon but haven't heard for sure. Too bad, the Academy has some beautiful scenery but the river trail through town, not so much. The YMCA Corporate Cup will return with the 5K on Sat, Sep 12th, the 12.4 mile bike on Sun, the 13th and the 1 mile run on Thu the 17th. The SCR has agreed to help with the finish line and results. Thank you Dennis Wait for offering to do results. The Child Advocacy Bike Ride and 5K run will be held Sun, Sep 27 at Pueblo Industrial Park. This one includes a free lunch, plus a \$5 discount for SCR members.

Congratulations to Renee Renn who qualified for Boston at the Revel Rockies Marathon. Renee ran a 3:40:49 and needed a 3:45. Great job. Other club members completing the Revel Marathon were Denise Flory (4:27) and Aaron Levinson (4:42), congratulations. There may have been others but those are the people I saw and you can't search the results by city. Hate that. Speaking of the Revel, I feel so bad for SCR members Mary Porter and Mindy Urdiales (below) and everyone else who entered the Revel Half Marathon but didn't get the chance to run, since there was a bussing mix-up and only a couple of half marathon buses made it to the start. One of the lucky ones, who made it to the start was SCR member Danielle Caro (pictured here), who finished her first half-marathon in 2:13. Nice job! Only about 300 half-marathoners finished and 1700 runners never made it to the start line. The marathon was not as impacted as the half, since they used most of the available busses. Two marathon busses, were stopped in Evergreen and weren't allowed to continue to the start because they were so late, so about 100 marathoners didn't make it to the start, either. I probably wouldn't be so forgiving if I was one of those that didn't get to run but from what I saw the Revel people put on an excellent race with the things they could control. I hope they can survive because it was a great course but there are a lot of angry runners out there and I'm sure the race lost a ton of money since they refunded fees.



I am putting a lot of LSD lately and I don't usually wear head phones when I run, except when I'm really tired or run very long. I tend to zone out and get lost in my thoughts but lately I find myself getting so angry at the bicyclists on the Pueblo River Trail System who pass me without any warning. It just startles me and snaps me out of wherever I was....Is it so hard to say "on your left"...

Finally congratulations to Matthew Drake, son of Martha and Bob who was the overall winner at the recent Aspen Valley Marathon held July 18th in Aspen. His winning time was 2:49:57. High fives from your friends at SCR.

Until next time, may all the busses in your life show up on time.---Dave

September-December 2015 Race Calendar by Dave Diaz

SEPTEMBER

		American Discovery Trail			
Mon 7	7:00 AM	Marathon	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
Sat 12	9:30 AM	Alzheimer's Walk	3M	Swim Beach, Rock Canyon	act.alz.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	3Mrun/1Mwk	<u>309 La Vista Rd, Pueblo, CO</u>	<u>socorunners.org</u>
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	
Sat 19	8:00 AM	Autumn Color Run	1/2 M 5K10K	Buena Vista, CO	bvautumncolorrn.org
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	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
Sun 27	8:00 AM	Child Advocacy Bike(36M) & 5K		Pueblo Industrial Park	pueblocac.org

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 4	10:30 AM	Fall Series I	4.5 M	Bear Creek Park, CS	prrun.org
Sat 10	9:00 AM	PDI Dash	5K	CSU-Pueblo	pdipueblo.org
Sun 18	7:00 AM	Denver RnR	Mar	Denver, CO	
Sun 18	8:30 AM	Fall Series II	3.5 M	Monument Valley Park, CS	prrun.org
Sat 24	4:30 PM	Harvest Run, Pred #10	5K	<u>Gold Dust Saloon</u>	<u>socorunners.org</u>
Sat 31	9:00 AM	Monster Dash	5K	DiSanti Farms	Facebook/MonsterDash

NOVEMBER

Sun 1	10:30 AM	Fall Series III	7 M	Palmer Park	prrun.org
Sat 7	9:00 AM	Nelson's Pretty Fast Predict	4.3M	<u>614 E. Marigold Drive, PW</u>	<u>socorunners.org</u>
Sun 15	10:30 AM	Fall Series IV	5.5 M	Ute Valley Park	prrun.org
Sat 21	10:00 AM	Canon City Turkey Trot	5K	Pathfinder Park	ccrec.org
Thu 26	9:00 AM	YMCA Turkey Trot	5K	Pueblo YMCA	puebloymca.org
Sat 28	9:00 AM	Temple Canyon 4M-Pred	4M	<u>Temple Canyon-Canon City</u>	<u>socorunners.org</u>

DECEMBER

Sat 5	9:00 AM	Rock Canyon Half Marathon	13.1M	<u>Pueblo City Park</u>	<u>socorunners.org</u>
--------------	----------------	----------------------------------	--------------	--------------------------------	-------------------------------

Tour de Ladies, Parker, CO

By Marijane Martinez

A few months ago Wendy sent out a text message to those of us who ride bikes inviting us to join her on Saturday, July 11 ride an all women's event called "Tour de Ladies". With a name like that who could say no!

Wendy was just coming back from a week in the Riviera Maya, Mexico. I was just coming back from a week in Orlando, Florida so making the choice between the 60 mile ride and the 30 mile ride was easy. SHORT! Kris would have loved to do the 60 but she was a good sport and went along with the majority.

I flew into Denver the afternoon before the ride. Don picked me up at the airport and brought with him everything I would need for the ride. That night we went to the Rockies game. It was the second fireworks show after the game. We also went to the first one but it was raining and it didn't look like it was going to stop any time soon. We finally left because we knew we still had to make the drive back to Pueblo. Well lo and behold, guess what? Yup, it rained again at the second fireworks game!!! We didn't have to make the drive back to Pueblo but I was a little jet-lagged because we had stayed up until 1:30 a.m. at Disneyworld the previous night and I had to be up early the next day for the ride so once again we left early. There is another fireworks game in September and I believe we are going to try to go again. The third time is a charm for us; after all it worked with marriages for both of us!

Wendy, Kris, Debbie and a new girl, Haley left Saturday morning and we met up where the ride started. Haley is 38 years old and a teacher with Kris. She and her husband moved here from Oregon. She is not only a respectable cyclist but she can change a flat! She is a keeper!! It was a beautiful day and a great yet somewhat challenging ride. There were approximately 400 women and it was extremely well organized and well marked. We rode pretty much as a group for the majority of the ride and took our time at the two aid stations, eating and drinking more than we probably needed. Being the competitive women we tend to be someone decided to make the last 2 miles a race. That "person's name" varies depending on who you ask. Since I am the writer I have the liberty to say who I think was responsible and



to

that would be Debbie! However, others may not agree. As a result of our little “race” we managed to pass the turn to the finish! Don remembers seeing us coming and then watching us fly by and wondering where we were headed. We realized the error of our ways and turned back to find the finish.

This was our first ride only traveling event and we all loved it so no doubt there will be more in our futures. Hopefully we won't miss the finish line again! Having a group of ladies who do a variety of events is definitely a plus and having spouses and partners who support our endeavors is GOLDEN!

P.S. The course was marked with two different colored arrows which we inquired about after the ride. They come on a roll and peel off and stick to the ground. The best part is they are biodegradable! SCR may want to explore the possibility of purchasing them.

Marijane
Love, Laugh, Run



Pueblo Downtown Social Shuffle

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

Qualifying for the New York Marathon at the Revel Rockies Marathon

By Dave Diaz

I ran the Revel Rockies Marathon in Morrison, CO on July 19 and its 3 days later and I still can't walk downstairs without screaming. It's one of those downhill marathons that are becoming popular as runners try to qualify for races like Boston and New York. The marathon ends in Morrison CO, which is west of Denver off C-470, just south of Red Rocks so it's not very far from Pueblo. They bus you west, up the mountain towards Evergreen, 26 miles uphill, then you run back through some of the most beautiful country you'll ever see.

I've always thought you shouldn't be allowed to use downhill courses to qualify for Boston, courses like this one or St George, Utah, (net elevation loss of -2600 feet), because it just didn't seem fair. I mean, if an elite runner ran a World's Record time on one of these courses it wouldn't count, but we're not talking world records here, just ordinary people trying to reach a goal and the older I get the more help I need. In Colorado there are several downhill Marathons. To name a few: The Colorado Marathon in Fort Collins (-1100 ft), the Aspen Valley in Aspen (-1418), the Loveland Fall Classic in Loveland (-1400), the American Discovery Trail in Colorado Springs (-1280 ft) and I'm sure there are others but none of these races compare to the Revel Rockies. The Revel descends almost a vertical mile as it starts at 10,297 feet and drops to 5,759 feet at the finish. That's about 4,500 feet of elevation loss. Compare that to the Colorado Marathon in Fort Collins which starts at about 6,100 feet and finishes at 5000 feet for a net loss of about 1,100 feet. The bad thing about the Colorado is there are some pretty nasty hills near the finish and then it levels off and after running 16-18 miles of downhill, running flat can be pretty tough. Also, when you come out of the Poudre Canyon in Fort Collins, the scenery gets ugly, and there is lots of traffic, then you run on the river trail to the finish in Old Town. Not a pretty finish. The Revel Rockies Marathon is different, the entire course is beautiful. It has some uphill, too, but it comes in the middle of the course at about 13 miles in Evergreen, and the hills actually feel good, and after that, it's almost completely downhill all the way to the finish, including the last few miles, when you appreciate it the most. I don't think I saw one car the first 13 miles and unlike the Colorado, where you run on the shoulder, we had an entire coned off lane, in fact, I used the entire road, cutting all the tangents, since there was almost zero traffic.

After I ran the Fort Collins Colorado Marathon in May, I had some serious doubts about my marathon running future. When I run a marathon these days, I try to keep it under 4 hours but I ran a 4:02 in Fort Collins and when the 4 hour pace group passed me at 22 miles, there was nothing I could do. I let them go and I suffered home, for me, it ranks as one of the hardest marathons I've ever done. I began to think my days of 4 hour marathons were over. But I'm getting ahead of myself, the reason I suffered so bad in Fort Collins is because I tried to qualify for the New York Marathon, tried and failed. Because it's downhill, I started out too fast and couldn't hold it. You see, Stacey and I are doing the New York Marathon in October, we didn't qualify, we got in through a Marathon Tours, a company we used when we did the Rome Marathon, but still, I wanted to qualify. At my age (66 years, but by the time you read this I'll be 67) I needed to run a 3:45 QT for NY compared to the relatively easy 4:10 for Boston. I wanted to prove to myself that I belonged there. I tried in Fort Collins, didn't make it and I suffered. It was a miserable run for me. So at the Revel I started much more conservatively, starting with the 4 hour pace group. As I try to do in a Marathon, I used the first 5 miles to warm up, then settle in at a comfortable pace and hold back until 18 miles (which I consider half way) then finish with whatever I have left, sometimes I feel great at 18, sometimes not. I don't use a heart rate monitor, or really look at my watch much, instead I run how I feel. Even though I was holding back at the Revel, running with the 4 hour pace seemed too slow for me that day, so I left them and just enjoyed the beautiful course. I knew as long as I kept that pace group behind me I would break 4 hours, which was my goal for the day. I could see the 3:50 pace group just ahead but they were running faster than I wanted to and they quickly disappeared. At 10 miles I looked at my watch and was surprised to see 1:23, to put that in perspective, in June I ran the Garden of the Gods 10 mile run in 1:25 and I ran that as hard as I could, today I was just cruising and felt great. At the half marathon point, 13.1 miles, I looked again, it was 1:49—in April I did the Platte River Half Marathon in 1:49, again as hard as I could. I started to think, if I can just run the 2nd half in 2 hours, I can break 3:50. Somewhere around 16 miles, I caught the 3:50 pace group, at first I ran behind them, afraid to pass, because I hadn't run under 3:50 in years, plus they were blocking the whole road, but then I figured if it was just another runner I would pass and not think twice, so I passed the group and kept going. It didn't seem like much further down the road when I caught the 3:40 group and that really freaked me. I haven't run under 3:40 in over 10 years and here I was with a chance to do it again, plus I still felt pretty good. I passed them too. I didn't run any faster the rest of the way as it was all I could do to not slow down but knowing I had a chance to go under 3:40 really pushed me.

As it turned out, I ran the 2nd half faster than the first and finished first in my age in 3:37:35. Something really neat about the results is it shows your age group place at the splits. At the 8 mile split, I was in 5th place over 10 minutes behind the first place guy in my age group, who was running 7:05 miles, while I ran 8:21 miles. He finished second, 4 minutes behind me. Somewhere I passed him and everyone else in my age group, I don't know where, but I'm sure it's because they went out too hard. The second half of the race wasn't easy, but it was still downhill and I just tried to keep moving. I kept passing runners, some barely running, some were walking, many looking like zombies and that's exactly how I felt at the Colorado Marathon. You could just tell all the runners who went out too fast and were suffering now. No doubt, running down hill is easier than a flat marathon but it's still a marathon and it still got hard at the end. I could never do a 3:37 at the Rock N Roll in Denver but that's OK, it was still a wonderful day. I haven't felt that good running in years and may never feel that good again. I won't forget this one.

I didn't find out until later that they canceled the half marathon because there weren't enough busses to take everyone to the start. They contracted for 52 busses but only 20 showed up race day morning. We boarded the marathon busses at 3:30 AM (the race started at 6AM) and the half wasn't scheduled to board until 4:15 so I wasn't aware there was a problem. They are refunding everyone's entry fee that didn't get to run. I hope that's enough and the race can survive this mess, as it was a first class race and the mistake wasn't their fault, although they took responsibility. I loved this race and plan to be back but next year and next time I'll bring along my family. It was a little expensive, I registered at the Colorado Marathon Expo and got a discount and still paid \$120 but if you're looking for a Boston Qualifying time, there just isn't a better race in Colorado, maybe in the nation, than the Revel Rockies. I beat my BQ time by over half an hour but more important, this time, I qualified for New York.

	BOSTON		NEW YORK	
AGE	MEN	WOMEN	MEN	WOMEN
18-34	3:05	3:35	2:53	3:13
35-39	3:10	3:40	2:55	3:15
40-44	3:15	3:45	2:58	3:26
45-49	3:25	3:55	3:05	3:38
50-54	3:30	4:00	3:14	3:51
55-59	3:40	4:10	3:23	4:10
60-64	3:55	4:25	3:34	4:27
65-69	4:10	4:40	3:45	4:50
70-74	4:25	4:55	4:10	5:30
75-79	4:40	5:10	4:30	6:00
80+	4:55	5:25	4:55	6:35

As you can see from the table, Stacey's New York Qualifying time and Boston QT are exactly the same time, 4:10, while my NY QT is 25 minutes faster than Boston. Not fair, but good for Stacey. Stacey qualified for Boston at last year's Denver Rock N Roll Marathon, and although she didn't know it at the time, she also qualified for New York. According to the NY Marathon webpage, "About the Time Standards: In reviewing entries from nearly a decade of New York City Marathon history, we found that the percentage of time qualifiers has been inconsistent across the different age categories; qualifying by time was tougher for runners in certain age groups. We intend for our new standards to offer equal access to our most competitive applicants across all age categories and to allow the highest possible percentage of runners from each category to earn guaranteed entry into the TCS New York City Marathon. "

So I guess too many old guys were getting in, whatever the reason, we're both going, we both qualified and we can scratch one more race off our bucket list.

Run on in to the

GOLD DUST SALOON

In the HEART of the Union Avenue Historic District

217 South Union in Pueblo

SCR Minutes – June 3, 2015

In attendance: Kim Arline, Jeff Arnold, Danielle Caro, Dave Diaz, Stacey Diaz, Gary Franchi, Wendy Garrison, Shawn Loppnow, Robert Lucero, Lisa Lucero, Marijane Martinez, Becky Medina, Don Pfof, David Rael, Gwen Steves, Marilyn Vargas, Lallo Vigil, Dennis Wait. **Guest:** Jason Belcher.

Officer reports & Club News

Minutes: Don's motion to accept the May meeting minutes was approved with a change noted on the misspelling of Humberto's name.

Treasurer's Report:

Dave said he is writing SCR checks in Humberto's absence. Dave also volunteered to help Humberto with the Treasurer position however possible.

Newsletter:

Becky said the deadline for the next newsletter is the 15th, and henceforth she will be sticking to that timetable. She said we may need a new printer if our printing rate increases with a change in the current printer's personnel. Should that happen, some possible suggestions were to go bi-monthly or quarterly, produce an online newsletter for members, or to e-mail it to members.

Membership:

Kim found an old check in the SCR box at the YMCA that was sent to our Post Office number.

Webmaster:

Lallo said the Atalanta race online form has been added to the website.

He confirmed that the Ordinary Mortals Tri registration was handled via PayPal.

He has invited some board folks to try the **Slack** communication system –

Need to log in to see messages unless you get a direct message. But you do get phone notification of e-mails.

The "personal" channel is for club chatting. The "general" channel is for announcements.

Race Calendar:

Dave had several Prediction Series updates:

Humberto's will be at 7 a.m. June 21.

Deb & Mark Gurule's is scheduled for 6 p.m. July 25.

Marilyn's will be on Aug. 22.

Robert Pratt's will be in September.

The Harvest Run in October may move to the Gold Dust since the back patio is large, nice and can accommodate a good-size crowd.

So-Co Triathlon Club

Kim and Gwen gave a summary of the Ordinary Mortals Triathlon:

It had a net profit of \$4,697.87. (Then 2 more checks were received for \$600 & \$500.)

Nine scholarships were given to Boys & Girls Club kids.

Thanks to many volunteers and to Lt. Brown for getting weather report updates.

The event needs a team of board and other members to help operate this event.

The timing system went pretty well, although the wireless reader got disconnected at one point and the times of the backup timers were needed. Also, the race had some bandits.

A no-refund policy needs to be on the electronic waivers.

The National Bike Challenge for SoCo-T2 started in May and runs to September. PACE is giving prizes each month.

Gwen mentioned that she had contacted Steamboat's "Tri the Boat Triathlon" officials ahead of time and got the SoCo-T2 a 20% discount. She also secured a 20% discount for members doing the Silverthorne Tri on Aug. 7. If Gwen knows in advance that a lot of members will be participating in a certain triathlon, she will try to get us a discount.

There is a large group going to the Coeur d'Alene Ironman the same weekend as Steamboat Springs (June 27-28).

Race Reports

Paws Run: Some miscommunication between race director Ruth McDonald and another party contributed to a relatively low turnout of 33 runners. The event had a great meal afterward as part of the registration fee. The race will be scheduled away from the Wild Wild West Fest next year. There was good volunteer help.

Mosaic: The race had 52 registrants and 48 participants. Ran smoothly. Good job by volunteers.

Run for Rio: Jeff isn't sure if race director Nancy Martinez will continue this race since she lives in the Trinidad area. Also, the race may have lost its significance for the Rye community.

Hardscrabble: Approximately 160 have signed up so far and about 300 are expected for this June 7 event. Gwen will handle the computer setup. A generator and finish line equipment are needed.

Posada Run: Becky will need the timing and finish line equipment for this June 13 race. She will try to show the race officials how to conduct these functions themselves.

Atalanta: Flyers will be in the upcoming newsletter. There is online registration, but no race-day registration. Organizers are in the promotional phase. Gary mentioned that he has referred a Chieftain reporter to Wendy, Becky and Marijane for informational purposes. He also suggested that the reporter write an article on Jessie Quintana as a regular past Atalanta participant. Don and Shawn said they would time the race with our chip-timing system.

Miscellaneous

Gwen again mentioned that she would like to conduct training of our **chip-timing system**.

Jason Belcher noted he is looking for runners, riders and supporters to be Guardian Angels on the **Ainsley's Angels** disabled awareness project. Jason has a disabled daughter.

The club agreed to handle the computer timing for the **Pueblo YMCA's Corporate Cup** 1-Mile, 5K and bike events. Dennis said he will be the SCR's contact person.

Don said he has the 2015 update for our **Race Director** program. He had written a manual for the 2009 version. He passed around a sheet to take the names of those interested in learning the system.

Becky's proposed **strategic planning session** was discussed at length with both support and non-support expressed. The issue was tabled until the next SCR meeting.

Good of the Order

A motion was approved to give a free membership to long-time member Donna Nicholas-Griesel since her Jan. 9 membership renewable check was just discovered.

The SCR will make a donation to the Koch family since their mother died on June 1.

The death of Martin Ottersberg was mentioned but it wasn't clear if he was still an SCR member.

==

Submitted by Gary Franchi, SCR Secretary



Rae Timme	2	William Sontag	18
Tom Ratzlaff	3	541-720-6867	19
Grant Drummond	5	Emily Lucero	19
Melanie Ripke	6	Charlie Lucero	21
Michael Cservenak	6	Michael Pratt	22
Chad Campbell	7	Juan Valentine	23
Dave Diaz	9	Cheryl Cook-McCoy	24
Ross Westley	12	Paula McCabe	24
Elizabeth Henderson	12	Hope Stark	24
Blaine kirkpatrick	12	Aimee Atencio	25
Kayla Medina	13	Taylor Lopez-Cepero	25
Martin Appenzeller	14	Richard Emond	27
Frank Lopez-Cepero	14	Ellianna Highfill	27
Darrian Fritzen	16		

H
A
P
P
Y

B
I
R
T
H
D
A
Y

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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

Address Service Requested



The only disability in life is a bad attitude.—Scott Hamilton

Pictured above Ainsley's Angels runners and riders participating in the Liberty Point 5K on July 4.