



# Footprints

Southern Colorado Runners

October/November 2015

Volume #345, Issue #8

Editor: Becky Medina

## Classic SCR by Ron Dehn

“If I have seen further than others, it is by standing upon the shoulders of giants.” - Isaac Newton

I believe that all we do in life is a continuum of something that somebody before us has already started. And those before us stand on the shoulders of those before them and so on. Likewise someone will stand on our shoulders. Hence the first in a series of articles on some of those SCR club members who happen to be the more “senior” club members on whose shoulders the rest of us stand.

The first installment of “Classic SCR” will feature longtime club member Don Pfost.



### Don the Person:

Don was born in Boise, Idaho on July 2, 1940. During WWII his father worked at the Naval Shipyard in Bremerton, WA. After the war the family moved to eastern Montana then Coeur d' Alene, Idaho where he grew up. Don served in the US Army from 1959 – 1961. He said it was “soft duty” because he was a trumpet player in the 389<sup>th</sup> Army Band, Ft. Monmouth, NJ. Although he claimed he didn't learn much about the “real” army, the small town kid from Idaho learned what life was like on the urban east coast.

Don met Lois in high school and they were married in December, 1963. They celebrated their 50<sup>th</sup> anniversary a couple years ago by taking their family to Hawaii. They have two daughters Kathy and Michelle and a grandson Travis.

Don is an academian. He received his bachelor's degree from University of Idaho in 1964 and earned both his master's and Ph.D. in sociology in 1972 from CU Boulder. He continued in academics as a sociology professor at WCU (Western Carolina University) from 1972-1987, and later taught as an adjunct professor at CSU-Pueblo. He is also a statistician. His other career was that of a Statistical Analyst for the Colorado Department of Labor and Employment. He also served as a mediator while working for the state of Colorado.

Lois and Don moved to Pueblo first in 1964 so Lois could complete a dietetic internship at the State Hospital. During that time Don taught at Vineland Jr. High. After their 15-year stay in NC, in 1987 they decided to move back west. Lois received a job offer as a dietitian at the State Hospital, Don taught, worked as a mediator, then got on with the State of Colorado. He retired in 2004.

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# 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. 8

“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

Don has a wide variety of other interests including wood working (though he credits Lois as being the true artisan when it comes to woodturning), photography, reading, and music. He has taken classes in web-design and does volunteer work as a web designer and clerk at Books Again.

Given his background in sociology, Don has been involved in social issues for most of his adult life, including nuclear weapons proliferation and peace movements early in his academic career, making three trips to Nicaragua in the '80s and '90s, and is currently focused on health care and climate change. He encourages all citizens to be well informed, especially about the latter issue.

Don the Runner:

Don began running in 1983 at age 43 thanks to the help and encouragement of a colleague at WCU, Finn Esbensen who ran cross country as an undergraduate. Don ran consistently until 2010 when he began treatment for prostate cancer. Since then, he keeps in shape by walking at least two miles a day with his dogs and uses a Bowflex regularly. He has also mixed in swimming, Nordic track, and biking, but has always preferred running.

Don is incredibly meticulous when it comes to record keeping. His friend Finn bought him his first Sports Tech Training Log and Don continues to buy one each year. He makes a detailed daily entry including the date, course, distance, time, pace, mile splits, and conditions (course, weather, surface, and his physical and mental condition). His PR's are: 5k – 18:29 in 1985, 10k – 36:24 in 1986, Half Marathon – 1:23:25 in 1986, and Marathon – 3:16:23 in 1987. One of his amazing accomplishments is that he completed the equivalent of running around the entire earth at the equator (24,903 miles) on November 9, 2002.

His favorite races include the Indian Summer Mesa Verde – Cortez Half Marathon and the SCR Predict Races especially those on the south side of the reservoir, the Tunnel Drive, and Temple Canyon.

Don has served SCR through the years in various capacities. He has held office as President, Membership Chair, and Predict Series Coordinator. He has written many articles for the newsletter and has worked (in my estimation) at least a couple hundred finish lines. He and Lois hosted the Ramsgate 8 Predict Run for 16 years.

He sees running as a way of staying healthy and fit and has “always found training either by myself or with others to be a real “high”.” He enjoys the social aspects of running and enjoys SCR activities both as a participant and as a worker.

I asked for Don for his advice to new runner and he replied, “My advice is to stick with it, you'll soon get “high” from the run, and during your first few years of running, you'll see remarkable improvement in your running and set many of your PR's.”

Don has a great sense of humor. When I asked him how he and Lois met, he told me the following story. They were in band together and sat opposite each other at a distance. His eyesight was poor and he looked straight ahead but didn't see Lois. Because he was looking in her direction, Lois thought he was looking at her and began to chat with him more and nudge him in the hallways. This was the beginning of their relationship and as Don put it, “It's been the blind leading the blind ever since.”

When asked what else he wished to share about himself, Don said, “I am curmudgeon-like on occasion, usually in situations that I find stressful, like working the finish line.” I have personally had the pleasure of working with Don at a few dozen finish lines, and as a writer / contributor to the newsletter during my tenure as editor. I don't see him as a curmudgeon and think Don may be a little hard on himself. He is intense and definitely a perfectionist. He does an excellent and incredibly thorough job on any task he undertakes. His contributions to the club have been and continue to be amazing.

Thank you Don for your many and continued contributions to SCR!

## Des Moines, Iowa Marathon/Half Marathon

By Marijane Martinez

Love, Laugh, Run

On Friday, October 16, Martha Drake, Gloria Montoya, D-Lo (aka Diane Lopez) and I met Stella Heffron and Martha's son Matt at DIA. We were heading to Des Moines, Iowa to run the half marathon with the exception of Matt who was going to run the full marathon. Martha's sister Anita and her husband Tom live in Ankeny, Iowa which is a suburb of Des Moines and they invited us to stay with them for the weekend. The half was on Sunday so we were staying 3 nights with the family. Isn't it amazing how someone who has never met some of us would offer to open up their home to us? Martha comes from a large family like me so I guess that is where the willingness comes. I've always felt a home filled with family and friends is a much warmer home. We arrived late afternoon Friday. Martha's husband Bob and daughter, Michelle had already been in Iowa since the beginning of the week. Bob also has family there.



On Saturday we went to the expo and picked up our packets. The shirts we received for the marathon and half marathon rank in the top 3 of shirts I have ever received for a race. Katherine Switzer was going to be a speaker at the expo but we were not able to be there when she was scheduled so I was hopeful that I would be able to see her at the race. Katherine was the first female to run the Boston Marathon even though she registered with only her first initial because women were not allowed to run the marathon at that time. Thanks to Katherine women are now allowed to run Boston. GIRL POWER!!

Anita drove us through the race course and pointed out some of the landmarks. We went back home and had a delicious spaghetti dinner that Anita made with homemade sauce from vegetables and spices from their garden. Race morning we were up bright and early and Anita and Tom had set up a very nice assortment of food and drink for us. Off to the race!

Race day was beautiful. The weather was ideal, the course was well marked, and overall it was a very enjoyable course. I must say this is the first half marathon I have run where the course was always packed with people from beginning to end. We ran through the downtown area and then through a couple of parks and back to the finish in the downtown area. The morning of the race Katherine Switzer was making prerace announcements so I quickly borrowed a pen from someone and walked up and asked her to autograph my bib number. I handed her a pen and she pulled out a sharpie and wrote on my bib upside down. She told me she was doing that so I could pull it up and read it for inspiration during my race if I felt the need. She wrote **"Be Fearless"**. That bib has been laminated and is hanging in our garage! I ran a sub 2 hour half which I was extremely pleased with so I will say she did inspire me. Martha and I also placed 3<sup>rd</sup> and 2<sup>nd</sup> respectively in our age groups so that was a plus! Matt ran the marathon in a phenomenal time of 2:47:36, Stella ran her half in an impressive 1:38:16, Martha had a PR and D-Lo ran a time she hadn't run for quite some time. We were all happy campers. Gloria is coming back from an injury and was our cheerleader along with Martha's family. Gloria better not get too used to that role because she still has course records to continue breaking! The Broncos were playing that afternoon so we went



home, showered and headed to a local pub to eat and watch the game. A great time was had by all and the Broncos won which was an added plus.

Staying with Anita and Tom was amazing. We felt at home from the minute they opened their doors to us. They have a lovely home with a massive back yard full of beautiful trees and grass. The day after the race we rented bikes and rode on High Trestle Trail which is a 25 mile paved trail that runs through 4 counties in Iowa. The ride took us over The Kate Shelley High Bridge which is 2,685' long and 184' high. The ride was great for taking out any soreness we may have had, with the exception of Matt. Marathon soreness takes a tad longer recovery time. I felt very honored when I saw that Matt runs with two different colored running shoes like I do. It started with my running socks when I copied my granddaughters. I then decided to take it a step further and do it with my shoes. To have someone the caliber of Matt "copy" me is quite flattering.

This is the second trip Martha has taken us with her to stay with friends or family to run a race. The last one was the Portland Marathon. You would think after the first time she would have learned her lesson! Going to run events in places we've never been is an adventure but when you have someone there who is familiar with the environment it just makes the trip even more pleasurable. Thanks Martha! I just found out from Martha that Anita is already making plans for our return trip next year! I guess I was on my "best behavior" like Martha told me I better be!

I have a map of the U.S. in our garage and my plan is to mark with pins all the states I have run in to date. I think I am going to be surprised at how many will be marked. However, I need to stay home long enough to do that and I truly do love to travel so for now it will remain on my "to do list". So far I've been fortunate enough to run on Pre's Trail in Oregon, I've gotten Katherine Switzer 's autograph on my race bib, and Bill Rodgers' autograph on my Boston Marathon poster. I am quite sure there are many more memories to come and I will have my different colored running shoes and socks ready for that next adventure, that you can be sure of.....



## From The Pres....by Stacey Diaz, SCR President

- Dave and I recently had the pleasure of volunteering at a few middle school track meets and I must say it really was a pleasure.



We were asked to help by SCR members Marilyn Vargas and David Rael who both coach at Skyview Middle School in Pueblo West. Over the past couple of years Marilyn has reported that the middle school athletes get short changed by not receiving basic finish line equipment such as a finish chute, flagging, clocks etc. that the high school runners receive. At the first meet in which we volunteered, we noticed that the finish line was just a line drawn across the dirt with chalk. This bare bones finish line sure did not stop these kids though, who pushed and gave the race everything they had. They were amazing and tough, we were impressed and wanted to help. At the next meet we set up a proper finish line with cones, flagging and our SCR banner. I'm not sure if the runners really cared but we did. We enjoyed being able to provide a proper finish line to these fine young runners and I believe their coaches and parents enjoyed it as well. We hope to volunteer at more of these events and I encourage others to come on out and volunteer. I guarantee that you will thoroughly enjoy yourself.

- Registration opened September 14, for the 2016 Boston Marathon which takes place in April on Patriots Day. Registration is based on your qualifying time in another marathon with the fastest qualifiers, in relation to their age and gender, being accepted first until the race is full. Qualifiers from Pueblo are Dave and myself as well as Jason Castro, Greg Barryman, Roger Giordano, Shawn Loppnow, Kristie Roseman and Robert Pratt. Congrats to all.

- I've learned a few things this past year during marathon training. I've learned, for me, that upping my mileage isn't really the hardest part of marathon training, it's staying healthy and injury free during the training. It seems the moment you become confident about your running and training you will get injured. I often hear about the ten percent rule which states that you should never increase your weekly mileage by more than ten percent over the previous week. Although this is good advice, it's not one that I've ever really followed. Not because I don't believe it but mostly because my energy and enthusiasm always seems to get in the way. I plunge into the training but my body doesn't always follow, especially as I've gotten older. It seems to believe more in the principle of gradual adaption to stress. Bend the rule and you usually end up with an injury or an illness but follow the rule and become a stronger, fitter runner. Good advice, I'll try to follow it.

- Dave and I had the honor of participating in the 2015 NYC Marathon which was held on Sunday, November 1<sup>st</sup>. This was truly a dream come true for both of us to qualify for this great race as it has been on our bucket list for quite some time. There were over 50 thousand runners competing in this race which took us through all five boroughs of New York City. The race starts on Staten Island and winds through Brooklyn. At 13 miles runners cross into Queens then eventually run across the Queensboro Bridge into Manhattan. Runners then head into the Bronx before proceeding through Harlem and into Central Park where it finally finishes. I believe that the entire city of NY was out on the



course cheering us on. People lined almost the entire length of the course yelling, cheering, holding signs and high fiving the runners. From the moment we crossed the Verrazano Bridge to the grandstands in Central Park the people of NYC were cheering us on. I was so happy to cross the finish line of this amazing marathon. I was tired but so proud to have completed this great race.

- If you follow SCR on Facebook, and I can't imagine why you wouldn't, then I'm sure that you've noticed all the professional looking picture's that are posted of SCR events. These beautiful shots are all taken by SCR member Lisa Lucero. Lisa does this out of the goodness of her heart and our computer guru, Lallo Vigil, posts them for the rest of us to enjoy. Thanks Lisa for all your amazing photos.
- We will be adding a new predict race to the calendar for December. It will be held on Saturday, December 19<sup>th</sup> at our home on Pueblo's south side and will be called The Holiday Mini Mini Marathon AKA Running Amuck. We took the name from Pueblo's first marathon called the Holiday Marathon and was held sometime in the 70's. For more info about this historic marathon, speak with SCR's Jeff Arnold who is, in my opinion, a walking history book and so interesting to listen to. This predict will be an afternoon run with a potluck/BYOB to follow. We hope fellow SCR members and their families come out to this newest predict and help us celebrate the holidays.
- Until next month, be happy, healthy and safe.



### **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.



Congratulations to Jessie Casarez who competed in the Rocky Mountain State games, her first ever triathlon! Jessie is (pictured left) with Tara Crowe on the left. Jessie credits her friends and the Addict to Athlete (A2A) group (pictured right) who encouraged her to participate and signed her up.



### ***The SCR Traveling Running Club Shirt went to.....***

Wear your SoCo Runners shirt wherever you travel and submit your photos to the ***Traveling Running Club Shirt*** section of the newsletter! You get plenty of comments wearing the cool shirt and lots of shout outs to Colorado wherever you go. Email your photos to [newsletter@socorunners.org](mailto:newsletter@socorunners.org) or post on the SCR Facebook page.

Dave Diaz, creator of the actual shirt, prior to running the New York City marathon with his wife Stacey on November 1st.

Kim Arline competed at the Xterra World Championship triathlon in Maui on November 1st. She wore her traveling running club shirt the following day to toss her finish line lei into the Pacific Ocean from the Dragon's Teeth geological formation created by high waves and winds during a lava flow.





## Say hello to Dennis Wait

By Wendy Garrison

Age 61

Married to Sherry Levinson

Children: Aaron, 26 and Jason, 21

Born and raised in Pueblo

**You have been a member of Southern Colorado Runners for several years and have been the organization's President for 2 years, yet you do not run. How did you get involved?**

Aaron is the runner in the family. For Aaron running is fun. He was one of the top runners when he ran cross country and track for East High School. He has just completed his fifth marathon. I wanted to be a part of something that Aaron loves to do, and that is his love for running.

**Aaron and Jason's last name is Levinson, I heard there's a story behind the name.**

When Sherry and I got married we decided we would let the kids keep Sherry's last name. Sherry's side of the family has a limited number of relatives unlike my side of the family with numerous relatives. Hopefully both family names will be able to continue.

**Although running is not your sport, you have been very successful in another sport, roller skating. Tell us about that sport.**

Sherry and I met at a skating rink. We competed in artistic skating which included figures, dance, and free dance. In 1988 and 1989 I placed first in figure skating in my region, (North Central Regionals), which includes 9 states. It is so much fun to be up on the podium in a large stadium, and a medal is being placed around your neck. Placing in Regionals in figure skating qualified me to compete at Nationals. I competed in Nationals in figures and dance skating. I sometimes spent up to 5 hours training each day 3 to 4 times per week.

**You also have a very unique job with St Mary Corwin--- Nuclear Medicine.**

I have been employed at St Mary Corwin Medical Center since 1977. In 1995 I started in the field of Nuclear Medicine. To work in Nuclear Medicine you need to like physics and math because you use a lot of it. Nuclear Medicine, and PET/CT use a small amount of radioactive material attached to a carrier that the body absorbs. It is administered mostly through an IV that is started in your vein in your arm. For some tests you may inhale a radioactive mist, while in other tests you eat radioactive eggs and toast to check for gastric emptying. Then we take pictures to see what happens in your body.

**With SCR, you were President for 2 years and now you are a specialist at timing races. Tell us about these experiences.**

I was President for 2 years between Paul Labar and our current President Stacey Diaz. My tenure was marked by a shift from timing other organization's races, (moving away from being a race production company), to just timing our own events. I learned a lot from Paul Labar and Paulette Arns becoming more interested in timing events with each race I helped with. I was always helping with the time machines, spindling, and finish line set up. It's just another way for me to stay active in the club. I learned Race Director this year just in time for the Corporate Cup 2015. Gwen was a tremendous help with setting up the computers for chip timing. I want to especially thank Gwen and Don for teaching Race Director to the club members. Corporate Cup had about 740 5k runners, 250 cyclists, and 640 mile runners and walkers. My next timing event will be the YMCA's Turkey Trot.

**Any funny /odd finish line stories you'd like to share?**

All eyes are on you as if to say, "come on --- where's my time?" When you go to a race as a timing person you mostly have the race already set, even though there's always little problems that pop up. You never go into a race unprepared.



# Calendar Notes

by Dave Diaz

**Congratulations** to Chris Theis, Mike Baca, Shawn Bell, Karl Wisthoff and Marshall Steves for completing the Lake Tahoe Ironman held Sep 20 in California. It was a two year journey for these guys, as they were ready to do it last year, but the race was cancelled due to forest fires and smoke in the area. Nicely done. Also, high fives to SCR members Shawn Lopnow, Patti Canchola and Melanie Ripke who all completed the American Discovery Trail Marathon, held Sep 7 in Colorado Springs. My youngest son, Matt, who now lives in Denver, and I also did the ADT Marathon. It was harder than last year as they changed the course. SCR members completing the ADT half marathon were Kris Spinuzzi, Jessie Quintana (who won her age) and Nelson Brentlinger, who was a pace group leader. Also congratulations to all the Harvest Moon Half-Iron Triathlon finishers held in September in Aurora. Nice job, Jasmine Carlson, Adam Strunk, Laurice Lopez, Eric Castellano, Kristin Tristano, Katherine Goyette and Melanie Steves .



**IRONMEN Karl Wisthoff, Shawn Bell, Chris Theis and Mike Baca**



**Reyna and Robert Quintana at the 2015 Corporate Cup Bike Ride**

**Corporate Cup** Since part of our mission is to promote health and fitness in Southern Colorado, your SCR is happy to assist the Pueblo YMCA with the Corporate Cup. In case you didn't know, the Corporate Cup is a community competition between 32 local organizations and businesses, promoting fitness, health, and wellness in the workplace. It lists 20+ events but the SCR only helps with the finish line and results in the two running events (5K and 1 mile run) and the 12.5 bike race. We owe the Y much as they have supported us over the years, plus they allow us to use their conference room for our monthly meetings. We can only continue to help them as long as we have volunteers who are willing to help and we deeply appreciate everyone who helped this year, especially Dennis Wait and Gwen Steves who did most of the results and spent many hours preparing for the chip timed events. Robert and Lisa Lucero and Wendy Garrison also helped with the race day results. Thank you Marilyn Vargas, David Rael, and children, Jaylen, Rosalinda and Meno, and Jason Belcher for helping at the finish line. As I write this, David and Marilyn are preparing to do the computer results for the Hot to Trot. Hopefully we can help the YMCA at their annual Turkey Trot but unless someone, who is trained to do results, steps forward we may not be able to help. It wouldn't be fair to ask Dennis and Gwen to do it again.

On Halloween, Parkview Medical Center teamed up with Ascension Church to offer a healthy way to start your Halloween day. A 5k run or walk is scheduled on Halloween morning through historic downtown and Mineral Palace Park. Costumes are encouraged, and awards will be given for the best costumes. Proceeds from the event will be split between Ascension Church and School and Posada.

The 3<sup>rd</sup> annual Monster Dash 5K run/walk was also held on Halloween at Disanti Farms in Pueblo County. Participants are encouraged to dress in costumes as they run through a challenging course filled with ghosts and goblins.

**Predict Series** Thank you very much to Robert Pratt and family for hosting the September Predict, The Pratfall, as 34 runners and walkers were treated to a flat, fast 3 miler around the La Vista Hills neighborhood. When we finished running, some of the younger kids helped Robert feed the chickens while the rest of us stuffed our faces. So much food, we should have run a 10 miler.

Thanks for those that came out to celebrate an early Halloween at the Southern Colorado Runners 29<sup>th</sup> (I know because I was at the first) annual Harvest Run, part of the 2015 Predict Series. This year the event moved to the Gold Dust Saloon on Union Ave. The run was about 3 miles (the walk about 1.5M) in and around Pueblo's Historic district, including the Riverwalk. We'll have to be careful, as there will be traffic and runners should obey traffic signals, similar to the Social Shufflers. Whether you ran or walked, the best part was the complimentary beverages and appetizers on the back patio of the Gold Dust Saloon, for SCR/ SOCOT2 members, courtesy of your favorite running club. Many of our newer members don't know the relationship SCR has had with the Gold Dust Saloon but for years they were our unofficial headquarters, as they handled our race registrations and packet pick-ups. They distributed shirts and bibs for the Rock Canyon Half for over 20 years and even offer their place for our Newsletter Stuffing. When the Gold Dust was on the corner of Union and D Street (the Gold Dust Building, where Irby's is now) they were more of a pub than a 10 restaurant. We would hold our SCR Awards Banquet in their adjacent banquet room. I never sat in the "Barbers Chair", where they

mixed Margaritas in your mouth but I did enjoy my share of the “Pig” –a small plastic keg, which they would refill with beer for a considerable Runners Discount. The YMCA River Trail Marathon would give out their awards there and it would get a little crazy all afternoon.

In November we have 2 predicts. Nelson’s Predict in Pueblo West moves from its usual December date to Nov 7 and the Temple Canyon will be held the Saturday after Thanksgiving, Nov 28, at Temple Canyon in Canon City. It’s a beautiful trail run hosted by Roger Giordano and Jason Castro. The reason Nelson changed his date is because we’ve added a 13<sup>th</sup> Predict for 2015. A yet to be named Christmas/Holiday afternoon 3 mile run/walk at the south side home of yours truly, Stacey and Dave Diaz. We live in the Omega area of Pueblo and plan to run a little in our neighborhood then head to Red Creek Springs Road and head west, then return. I’d rather run in the open space behind Regency Park but since they banned dirt bikes, the trails are covered with weeds, a case of be careful what you wish for. We are having the run in the afternoon so we can socialize after the run. Do your Christmas shopping early and plan to stick around for a Pot Luck and BYOB Holiday celebration. I’m planning a beer tasting, if you like beer, bring a six pack to share, I’ll have some smaller glasses and we can sample different brews. If beer, or alcohol, isn’t your thing, then bring whatever you like, just come....we are hoping for a full house. Your family is welcome but we don’t have chickens to feed, like the Pratts.

**REVEL Rockies:** Last month I wrote about the Revel Marathon in Morrison, CO. I’m happy to say the race survived the fiasco with the busses and will return in 2016. I say survived because they refunded money to the half marathon runners who were unable to get to the start. I’m sure they lost a ton of money. The race has been moved up a month, however, and will take place on June 12, 2016, the same day as the Garden of the Gods and the day after the Mt Evans race. As I said before, if you’re looking for that Boston qualifier, this may be the race for you. Be warned, you need to work on your downhill running.

**Rock N Roll Denver** I’m very, very sad to hear of the passing of the Denver Rock N Roll Marathon as the 2015 race will be the last for the marathon. I’ve done all 5 RnR Denver marathons since the first in 2010 and I’m entered in the marathon this year, so hopefully, I ran all 6. I’ve always wanted Denver to have a first class, city marathon and I thought the Rock N Roll was that race. I love running through downtown Denver where the skyscrapers block the sun and make you feel like you’re in a canyon. I loved running past the Blue Bear, by the Pepsi Center, Coors Field, City Park, Wash Park, and then the long home stretch back to Civic Center with spectators partying in their front yards and screaming encouragement and making the last 3-4 miles go by just a little quicker. The Colfax Marathon in Denver is nice but it’s not the same. Maybe Denver’s altitude keeps destination runners away or maybe it’s the course, it’s not that difficult, but it’s not easy either. I think if the race had grown, the city would have been more willing to shut down streets in Denver. Ultimately the irate drivers, screaming at the traffic cops at the intersections have won out and this year’s marathon will be the last. This year’s course has no soul, as it starts about 20 miles north of Denver at the Adams County Fairgrounds and heads south, upstream (uphill) along the Platte River and farm roads back to Denver. Only the last half mile will be on city streets. It’s probably good they canceled next year as runners are pretty upset and I probably wouldn’t have done it next year anyway. I’ve run 20+ Marathons in Denver; Back in the ‘80’s I remember every year we’d run the Mayor’s Cup Marathon in the spring and the Denver Marathon in the fall, both with courses similar to the Rock n Roll. We ran down 16<sup>th</sup> Street and past where Coors Field would later be built. In various years, I’ve run Denver in the rain and heat and wind and cold, and I’m going to miss it. In May of 1985, I was lucky enough to place in my age (35-39, 2:58:43) in the Mayor’s Cup Marathon and received my medal from the young Mayor of Denver, Federico Pena. The memory is burned in my brain, I still have the medal and finisher certificate, just wish I had a picture.



**Melanie Ripke and Patti Canchola finishing last year's RnR Denver. Both completed the recent ADT Marathon in Colorado Springs**

**Smoking Ban** Did you know Boulder banned smoking on the Pearl Street Mall in 2012, while Golden’s downtown smoking ban went into effect in January. Littleton has given preliminary approval to become the third city to prohibit tobacco smokers and users of electronic cigarettes in its downtown district. I bring this up because I am tired of going for a bike ride with friends, then not being able to enjoy a cup of coffee outside on Union Ave without some idiot smoking. They may smoke if they choose but I shouldn’t be forced to breathe it.

I’ll end by saying goodbye to someone I grew up with but never met, Yogi Berra. He once said he’d rather be the Yankee catcher than the President and I agree. In another life, I thought I was a baseball player, I loved baseball. I grew up with Yogi, Mickey, Whitey, Moose and the rest. As a kid I’d score the games as I watched on TV. People remember Yogi for the things he said but I remember him as a great baseball player. I believe he may have actually said 90% of the things that got attributed to him and the other half just sound like something he would have said, in fact, he once said “I really didn’t say everything I said”. My favorite, “If you don’t know where you’re going, you might not get there.” That’s the story of my life.

See you at the Harvest Run---Dave

# SCR RACE CALENDAR---December-March by Dave Diaz

## DECEMBER

**Sat 5** 9:00 AM Rock Canyon Half Marathon 13.1M Pueblo City Park sacorunners.org

**Sat 18** 3:00 PM SCR Holiday Predict #13 3M 4727 Walnutcrest Ct sacorunners.org

## 201

## 6

## JANUARY

**Fri 1** 10:00 AM Rescue Run 5K/10K Palmer Park, CS prrrun.org

**Fri 1** 10:00 AM New Year's Day 5K 5K Salida, CO salidarec.com

**Sat 2** 10:00 AM Raptor Resolution Run 5M+2016yd walk Pueblo Nature Center natureandraptor.org/

**Sat 9** 10:00 AM Winter Series I 3.3M/7M Cheyenne Mtn State Park, CS prrrun.org

**Sun 17** 9:00 AM Lone Tree Predict #1 5M Pueblo West sacorunners.org

**Sat 23** 10:00 AM Winter Series II 4M/8M Norris Penrose Event Center, CS prrrun.org

**Sat 23** 6:00 PM SCR Awards Banquet Clarion Hotel

## FEBRUARY

**Sun 7** 10:00 AM Super Half Marathon 13.1M/5K Dwntwn Colo Sprgs prrrun.org

**Sat 13** 10:00 AM Winter Series III 5/10M El Pomar, CS prrrun.org

**Sun 14** 9:00 AM Valentines Twosome 1.6M each City Park sacorunners.org

**Sun 21** 9:00 AM Spring Runoff Tuneup 5K/ 10K Dutch Clark Prk Lot sacorunners.org

**Sat 27** 10:00 AM Winter Series IV 10K/20K Black Forest prrrun.org

## MAR

## CH

**Sun 6** 9:00 AM Pueblo Chieftain Spring Runoff 5K/10M-2M Dutch Clark Stadium sacorunners.org

**Sat 12** 8:00 AM Run Through Time Mar & Half Salida, CO salidarec.com/

**Sat 12** 10:00 AM St Pat's 5K Dwntwn Colo Sprgs prrrun.org

*Run on in to the*

## GOLD DUST SALOON

In the HEART of the Union Avenue Historic District

217 South Union in Pueblo

## The Raptor Resolution Run



Start the year off right with a brisk 5 mile run or a 2016 yard walk starting and ending at the Nature Center Yurt. This year's event takes place on Saturday January 2<sup>nd</sup> at 10am. One of the unique features for this race is that the age group awards are Nature Center Related including memberships for winners of age groups. Warm drinks and light snacks will be available in the Yurt after the race as well as a raptor presentation by the staff. You will also have the opportunity to fill out a post-card stating your 2016 resolutions. These will be mailed to you several months later to "remind" you about your goals. The event takes place on the Nature Trail winding next to the Arkansas River. Connect with nature on January 2<sup>nd</sup>. You will enjoy.



**What a way to kick off the New Year!**

**THE  
ADVENTUROUS  
SOLE**

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

## ***Important Member News!***

**2016 Membership - renew online** to support a great local organization and stay on our mailing and email list. Family or individual membership to SCR alone or SCR, running club, plus So-CoT2, the triathlon club. To renew or view current members go to [socorunners.org](http://socorunners.org) and select the link and see if your membership is paid through 2016 or just 2015.

**Annual Award Nominations** - all club members can nominate another member for any of the following awards: Male or Female Runner of the Year, Triathlete of the Year, Dirty Sweat Sock Award, Most Valuable Club member and Long Distance Award.

Please see description of each award on the online nomination form. A committee of various club volunteers will evaluate all written nominations, select a winner and will notify all award winners to attend the Annual Award Banquet on Saturday, January 23rd.

**Group Runs now on Facebook!** The membership survey spoke overwhelmingly for a group page to connect our runners in a more informal way to get together for training runs, carpools to races or Barr trail/Incline training, training tips or whatever! Join the fun at Southern Colorado Runners - Group Runs!

## ***ANNUAL BANQUET UPDATE***

Mark your calendars for the annual banquet to be held at the Clarion Inn on January 23, 2016. The Clarion Inn is located at 4100 N. Elizabeth St., Pueblo.

The Master of Ceremonies for the banquet is Dr. Robert Pratt. Thanks to the efforts of SCR member Martha Drake, the guest speaker will be Hal Walter, author of Full Tilt Boogie. Awards for male and female runner of the year, dirty sweat sock award and others will be presented along with a fabulous slide show.

The banquet will start at six with the cocktail hour and dinner will be at 6:30. The following entrees will be served - Chicken Marsala with Angel Hair Pasta or Sliced Sirloin with a Bordelaise Sauce. The vegetarian option will be a Meatless Lasagna.

Cost for the banquet is \$16 for adults and \$12 for children. Advance purchase is required so an accurate count can be given to the Clarion. Details and registration information soon to follow.

## USAT National Club Challenge is back in December!

The USA Triathlon National Challenge Competition (NCC) is back to keep us triathletes active during the off-season. Once again, SoCoT2 will join triathlon clubs from around the country from December to February logging training miles in all three disciplines in a free, friendly online competition.

There are three sessions: Swim (December), Bike (January) and Run (February). During each session everyone trains in all 3 disciplines, but awards are given for the team and athletes with the most mileage for that month's discipline and again for the overall competition.

- 1 swim mile = 10 NCC miles
- 1 bike mile = 1 NCC mile
- 1 run mile = 3 NCC miles

Clubs compete in Divisions according to club size, so even smaller clubs have a chance to win prizes. There are also prizes awarded to individual athletes in each session and overall. SoCoT2 competes with clubs nationally and in the Mountain Region. Let's give our local competition to the north a bigger challenge this year!

All stats are tracked in real time, so you can always see how our club is doing and how you are doing against others in our club, your age group and overall across the country. We can look up our standings as a club or individual by clicking different headings. More details at <http://www.racetracker.ca/usat/about.cfm>

**Who can participate?** Any SoCoT2 member that emails Gwen [socot2@socorunners.org](mailto:socot2@socorunners.org) with your name, birthdate and USAT annual membership number. Yes, you have to be an annual member but the \$50 adult membership (price increase for 2016) pays for itself avoiding one-day license fees (\$15/race in 2016) if you do three USAT sanctioned races during the year – so more motivation to keep the swim, bike, run goodness going year round!

**SoCoT2 is offering incentives for our club members to train and submit miles for a fun, friendly off-season challenge!**

### December:

- SoCoT2 adds another challenge to members – join the **“Steven Feldman Club”** by swimming 4 miles one day. It can be done over a couple sessions in one calendar day to earn a custom donut medal at the awards banquet in January!
- Join us at CSUP and Pueblo Regional center pool in December (dates and times pending approval) to log extra miles together as a team! These sessions are for SoCoT2 tri club members only and at no cost to you!
- **Drawing for Club's Xterra points (worth money toward Lava pants or wetsuit):** top 15 local participants logging data will be in drawing so you don't have to over train, just train and log data!



### January:

**Drawing for three free bike tune up gift certificates:** top 15 local participants logging data will be in drawing so you don't have to over train to be at top of leaderboard, just train and actually log your data!

### February:

**Drawing for running store gift certificate:** top 15 local participants logging data will be in drawing so you don't have to over train to be at top of leaderboard, just train and actually log your data!

### Overall Challenge:

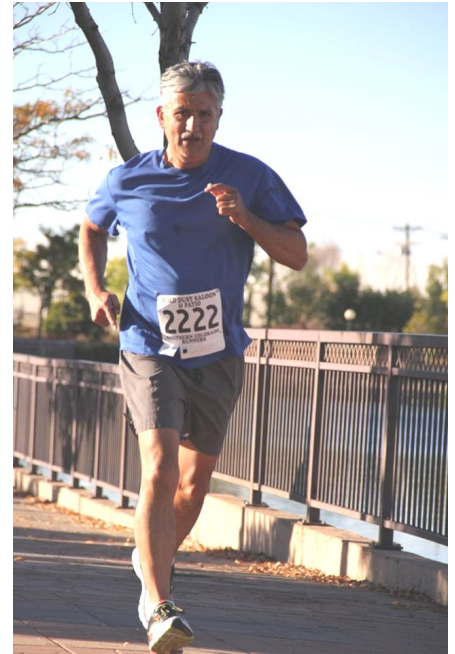
Top male and female participants get **free entry into OMT triathlon** (can be given to family or friend if you are volunteering at the race and don't get to compete).

This will be the fourth year SoCoT2 joins this fun challenge. We have really enjoyed the online competition and camaraderie experienced online and training together with friends. So join the fun with us this year!

# Happy

# October

|                       |    |                  |    |
|-----------------------|----|------------------|----|
| Kelly Nicolay         | 1  | Zach Sandoval    | 22 |
| Michelle Peulen       | 2  | Meno Vargas      | 22 |
| Michael F Atlas-Acuna | 6  | Wendy Bulow      | 23 |
| Avery Battaglia       | 7  | Laura Wehrwein   | 25 |
| Madison Bentz         | 9  | Kari Kirkpatrick | 25 |
| Peggy Oreskovich      | 13 | Kristie Roseman  | 25 |
| Terri A Tibb          | 16 | William Highfill | 25 |
| Melanie Milyard       | 16 | David Marmolejo  | 26 |
| Sheri Giordano        | 17 | Zachary Randall  | 27 |
| Jane Chess            | 19 | David Linkowski  | 27 |
| Raelene Moore         | 19 | Marvin Jones     | 28 |
| Rosalinda Vargas      | 19 | Julia Moore      | 30 |
| Sage Drummond         | 19 | David Rael       | 31 |
| Lynn Dietz            | 20 |                  |    |



# NOVEMBER



|                     |    |                   |    |
|---------------------|----|-------------------|----|
| Ross Barnhart       | 1  | Matt Cox          | 15 |
| Peter Sontag        | 1  | Robert OCallaghan | 16 |
| Jessie Quintana     | 5  | Larry Volk        | 17 |
| Paddy Calhoun       | 5  | Jana Rapetti      | 17 |
| Meghan Henderson    | 5  | Juanita Peters    | 19 |
| Ernie Aguilar       | 5  | Chris Dehn        | 23 |
| Terri Belcher       | 6  | Paulette Arns     | 24 |
| Terri Belcher       | 6  | Susie Steves      | 26 |
| Chester Mathews     | 6  | Al Arline         | 26 |
| Ann Mead            | 7  | Hunter Drummond   | 26 |
| Megaen Phillips     | 7  | Michael George    | 27 |
| Taylor              | 7  | Tim Weckx         | 27 |
| Marie Moore         | 11 | Allie Dehn        | 27 |
| Esperanza Marmolejo | 13 | Nancy Biery       | 28 |



# Birthday

## DECEMBER



|                   |    |                    |    |
|-------------------|----|--------------------|----|
| Isobel McGivney   | 1  | Lallo Vigil        | 13 |
| Martha Drake      | 2  | Laurel Wright      | 13 |
| Humberto Paredes  | 2  | Adonis Reynolds    | 14 |
| Chris Porter      | 2  | Karissa Dietz      | 14 |
| Rosina Sontag     | 2  | Steven Wehrwein    | 15 |
| Benjamin Highfill | 3  | David j Marmolejo  | 16 |
| Lisa Phillips     | 4  | Tyler Austin       | 19 |
| Luke Dehn         | 5  | Jessie Casarez     | 19 |
| Annabelle Corboy  | 6  | Terry Cathcart     | 24 |
| Lisa Heckel       | 6  | Rich Hadley        | 24 |
| Lori Cothran      | 6  | Gavin Lopez-Cepero | 28 |
| Ryan Bentz        | 6  | Karl Wisthoff      | 28 |
| Janette Reed      | 9  | Duncan Sharp       | 28 |
| Molly Steves      | 11 | Melanie Nelson     | 28 |
| Dave Dehn         | 11 | Taylor Henderson   | 30 |
| Anthony Diaz      | 12 | Shelby Austin      | 31 |



## SCR Minutes – September 2, 2015

**In attendance:** Kim Arline, Dave Diaz, Stacey Diaz, Gary Franchi, Wendy Garrison, Shawn Loppnow, Lisa Lucero, Robert Lucero, Becky Medina, Humberto Paredes, Don Pfost, Robert Pratt Sr., David Rael, Gwen Steves, Marilyn Vargas, Lallo Vigil, Larry Volk, Dennis Wait.

### Officer reports & Club News

**Minutes:** Don's motion to accept the August meeting minutes was approved with one change – to delete a line about a Wendy's Atalanta summary report.

#### Treasurer's Report:

- Humberto's thorough report showed that we spent roughly \$1,000 more than we deposited during the previous month. (While we are financially stable at this time, the total of our savings and 2 checking accounts shows that our total assets have been reduced by roughly 40% from balances that we had just a couple of years ago.)
- Becky's motion to accept the report was approved.

#### Newsletter:

- Becky said she has everything she needs for the next newsletter, and stuffing was sent for 6 p.m. Sept. 29 at the Gold Dust.
- The issue of electronic race flyers from outside groups was discussed, and Dave suggested putting them on our website and on Facebook as a free option.
- The idea of an electronic newsletter was brought up, and the members present decided to wait on the results of the membership survey before making a decision.

#### Membership:

- Kim suggested that the club consider a different online membership renewal system because of an automatic renewing problem with the system used this year. Lallo said the kinks have been worked out of the current system and switching to a new one now could be more problematic. They will try to meet and make a decision on how to proceed with online renewal.

#### Webmaster:

- Lallo has added the Hot to Trot registration flyer to the website.
- A friend of Lallo who does website designs has submitted a contract proposal to re-design our site for \$500. The club noted the need to have 3 edits of the first draft, and it was also mentioned that the design could be based on the Durango club's website which several members viewed and liked. Gwen's motion to accept the contract proposal was accepted.
- There also was some talk about updating the club's logo, perhaps using the background in the current logo and re-designing the runners.

#### Race Calendar:

- It was noted that it would be nice to get previous years' Pueblo race results and add them to the website to provide a history of races in Pueblo. Also, it would be a good feature to extract results that outside companies conduct for us and add them to our website's race results.
- Dave mentioned the need to get volunteers for the 3 Corporate Cup events that the SCR has committed to provide assistance – 5K walk/run, bike predict and IM walk/run. Volunteers stepped up on all 3 events.
- Dave noted the need for a few more helpers for the Hot to Trot race on Sept. 27, and David & Marilyn and Don said they would be there. Packet pickup for the race starts Sept. 24. The need for race bibs was mentioned, and it was thought that there are some in the shed.
- A message from Michelle Highfill was relayed. Michelle wonders if there is someone who can give a talk, including providing running tips, to help those training for the Spring Runoff, which will take place on March 6, 2016.

#### So-Co Triathlon Club

- Gwen said the Tri group is waiting to hear about when the repaired County High pool will reopen, and she is hoping it will do so on Sept. 12.

#### Race Reports

- **Pray 4 Predict:** This run had a lot of young kids among the 29 finishers, and it was a nice, fun event with great post-run food. Dave & Stacey did the results.
- **Pratfall:** This Prediction Series run/walk will take place on Sept. 19 beginning at 8 a.m. on Robert & Claudia Pratt's house on La Vista Road. A potluck breakfast will follow.
- **Harvest Run:** Dave is moving this event to the Gold Dust Saloon's back patio with a 4:30 p.m. start. He isn't sure yet if it will be a prediction run.
- **Christmas Predict:** Dave and Stacey are adding a Prediction Series run and potluck at their house on Dec. 19 to the calendar. It will be BYOB, with the starting time and distance TBA. Nelson Brentlinger has agreed to move his Predict to Nov. 7 to make way for this new event.
- **2016 Atalanta:** Because of the success of this year's renewed Atalanta Run/Walk as proved by the extremely positive participants' response in a survey, Becky said she anticipates it will be held again in 2016, and an Aug. 6 date is being planned.

#### Miscellaneous / Club Business

- **Banquet update:** The Banquet Committee has met, and the Clarion on North Elizabeth will be the site of the next SCR Banquet on Jan. 23, 2016. Hal Walter will be the speaker. The committee is working on determining the menu.
- **Flowers:** The SCR sent flowers to the family of club member and Spring Runoff Director Michelle Highfill, whose father died recently.
- **Laptops:** MS Word will need to be added to the new laptops that were purchased.
- **Survey:** Kim and the members in attendance spent a great deal of time analyzing, changing, adding and deleting items from the survey that Kim put considerable effort into creating. Kim will make the changes and put the updated survey online for the members to comment on, and the club will probably finalize the survey at the next meeting before it is distributed to the entire membership. The feedback will be used to help determine the club's future direction.

Submitted by Gary Franchi, SCR Secretary

## SCR Minutes – October 7, 2015

**In attendance:** Kim Arline, Dave Diaz, Stacey Diaz, Gary Franchi, Wendy Garrison, Stephanie Giconi, Shawn Loppnow, Robert Lucero, Lisa Lucero, Becky Medina, Olivia Medina, Humberto Paredes, Zarela Paredes, Don Pfost, Robert Pratt Sr., Gwen Steves, Dennis Wait.

### Officer reports & Club News

**Minutes:** Dave's motion to accept the September meeting minutes was approved.

### Treasurer's Report:

- Humberto said imATHLETE, an online race registration and management software company, is handling all registrations for the upcoming Rock Canyon Half-Marathon.
- He asked about whether he should issue the checks for two \$150 donations to Ainsley's Angels, and the group assured him that the club previously approved making the donations.
- His report verified that the club showed another negative income/expense balance in the previous month.
- Kim's motion to accept the report was approved.

### Newsletter:

- Becky brought up the issue of newsletter costs. One option noted was to have a bi-monthly newsletter, and it was mentioned that race flyers could be sent to the membership electronically, presumably in months in which there wasn't a newsletter. Other options mentioned would be to have newsletter pick-up locations to save on postage costs. Another would be to e-mail the member a PDF file of the newsletter. Yet another would be to make that newsletter PDF file available in a members-only tab on our website. After considerable discussion, it was decided to wait for the results of the SCR survey and then make a decision.
- The next newsletter stuffing and mailing preparation is to be announced.

### Membership:

- Kim said the total membership of the SCR and the SoCo-T2 is now 222 and noted that we already have 30 members for 2016 because of the duplication problem with last year's online membership procedure.
- Kim would rather everyone renew/sign up to be SCR members online this year, although paper forms will be made available at the Prediction Series runs.
- Kim asked if the club would consider purchasing/sponsoring a porta-potty that could be stationed at the Pueblo West High School track. Given the cost of those and the need to curtail club expenses, the members present were skeptical of the cost being prohibitive to the club, but Becky said she would check costs.

### Webmaster:

- Lallo Vigil was unavailable for the meeting and there was no report.

### Race Calendar:

- Dave said the next Prediction Series race is the Harvest Run at 4:30 pm. Saturday, Oct. 24. He noted that the site has been changed to the Gold Dust Saloon's back patio, and the distance will be in the 3-mile range. Upcoming Prediction races are Nelson's Predict Fast run on Nov. 7, Temple Canyon Predict on Nov. 28, and the Holiday Mini Marathon at the home of Dave & Stacey Diaz on Dec. 18. Members need to participate in 6 Prediction Series races this year in order to get a shirt.
- Upcoming non-club races are the Monster Run and Parkview's Trot & Treat, both on Oct. 31.

### So-Co Triathlon Club

- Gwen said the group's annual Color Ride from Cuchara will take place this Saturday beginning at 9 a.m.
- Two athletes had their Ironman events in Maryland postponed by Hurricane Juquin.
- Kim has qualified for the Xterra world triathlon in Maui on Nov. 1.
- Gwen and Michael qualified for the long-course triathlon nationals.
- Swim training has resumed now that the County High pool has reopened. Gwen is working on adding a Saturday morning practice at the Regional Center in Pueblo West.
- The 2016 Ordinary Mortals Triathlon will be on May 16, which is later than in previous years.

### Race Reports

- **Hot to Trot:** This race had a great turnout of somewhere between 100 and 120 participants followed by a great breakfast at the Gold Dust. All proceeds go to the PAWS organization. Dennis and Shawn helped with results.
- The Chieftain liaison for the Spring Runoff is unknown since Tracey Mattoon has moved away.
- **Pratfall Predict:** This was another great potluck event with great chow. The winner was given a fresh egg from one of the Pratts' chickens.
- **Corporate Cup:** Dennis and Gwen handled the 5K results. There were 600+ finishers for the 5K, 150+ for the bike and 550+ for the 1-mile run. Pulling tags helped affirm some results. All of the times were checked. Some problem with the Y's system resulted in duathlon times being unavailable.

### Miscellaneous / Club Business

- **Chip timing:** The Pikes Peak Road Runners made a proposal to purchase our system. Becky's motion NOT to see was approved.
- **Spring Runoff:** Dave mentioned we need all of the experienced club members to help conduct the Spring Runoff in March in order to make it a great race.
- **Strategic Plan survey** – The reception of results is going well.
- **Raptor Run:** Club member Ron Dehn is again involved with this run and he requested race assistance. The SCR will discuss later whether to charge the usual race-help fee.
- **Turkey Trot:** There was much discussion on whether we should charge the YMCA for our services since the event has so many participants and generates much revenue for the Y. The club hasn't charged the Y in the past. Having a 30-minute cutoff on race-day registration is a major headache for the club to enter all the names in the computer. Members present noted that we need to work on our fee schedule and decide which organizations are charged a fee and which have not been charged in the past.
- **Ashley's Angels:** Because of a previous request for club funding for this organization, Wendy did extensive research on the group and provided a wonderful, thorough report. The local chapter provides awareness for the disabled and has 7 angels and 16 riders. The SCR previously donated \$150 each to the 2 local families that participate. An SCR donation to the national organization will go into an account, and 95% would stay with the Southern Colorado branch to buy chairs and shirts and pay entry fees. The members decided not to make a club donation but to encourage members to make individual donations. It was decided that we will put a link about that on our website, Wendy will do an article for the newsletter, and Kim's motion that we donate 6 entries to the local group was approved.
- **Risley donation:** Sean McGivney has made a request the club make a donation to the Risley Middle School cross-country team, and club members decided to forward the request to Michelle Highfill and ask them to help at the Spring Runoff.

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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Permit # 41

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The 38th Annual  
**Spring Runoff**

Sunday, March 6th 2016

9:00 am: 5-km run and 3-mile walk starts

9:15 am: 10-km and 10-mile run starts

10:45: Youth ["Funner to be a Runner"](#) races start