



Footprints



February 2016

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Editor: Becky Medina

SCR Banquet Highlights by Wendy Garrison

The Clarion Hotel was the site of SCR's annual banquet, held Saturday, January 23, 2016. The evening began with guest speaker Hal Walter, author of *Full Tilt Boogie - A journey into autism, fatherhood, and an epic test of man & beast*. Walter spoke about his experiences and challenges in his running career, pack-burro racing and raising his autistic son, Harrison. His engaging speech brought new meaning to the term endurance and as Don Henley sang "Don't look back - you can never look back."



Author and Keynote Speaker, Hal Walter



Following Hal Walter's speech was the awards portion of the banquet. The first award of the night was the bib #261 award presented by Darryl Clark to an exceptional female runner to wear at that year's Rock Canyon Half Marathon. Bib #261 was the number worn by Katherine Switzer, the first female to enter and complete the Boston Marathon in 1967. It had been an all-male event for 70 years. Her perseverance paved the way for women marathoners. This year's recipient is Gwen Steves.

Shawn Loppnow recognized the SCR sponsored race directors and the 2015 prediction race hosts. 2015 had 5 SCR sponsored races and 13 prediction races. To win, you had run in at least 6 of the predict races and predicted your finish time the closest to your actual finish time. The top three finishers in the predict series are Robert

Lucero, Seann McGivney, and Jessie Quintana. Shirts were also awarded to participants who either ran or volunteered in at least 6 races.



The triathlon club was next with awards for the Steven Feldman Challenge and the extra ordinary mortal of the year, also known as the triathlete of the year. The Steven Feldman Challenge is to swim 4 miles in 24 hours. Jeremy Hamm not only met this challenge but swam right past it completing a 10 K (6.2 miles) thus creating a new challenge, The Hamm Challenge. The Steven Feldman Challenge finishers are: Kim Arline, Jasmine Carlson, Paul Dallaguardia, Gary Franchi, Jeremy Hamm, Ted Johnson, Marijane Martinez, Wendy Garrison, Michael Orendorff, Gwen Steves, Tim Weckx, Rae Timme and Kim Westerman.

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SCR Information

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Southern Colorado Runners

SCR Mailing Address:

P.O. Box 8026

Pueblo, CO 81008

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

“Footprints” Volume No. 346, Issue No. 2

“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,

This is our first electronic version of the newsletter. The newsletter will be distributed electronically 8 of the 12 months. The deadline for submissions will continue to be the 20th 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 pdf's**). Articles that are not in an editable format may not be in the next month's newsletter. Flyers will be distributed in January, April, July and October and should be dropped off to the SCR meeting or the Gold Dust at least two months prior to the event. Flyers for other months can be distributed electronically. Please see requirements in the advertisement policy above or on the SCR website.

Respectfully,

Becky

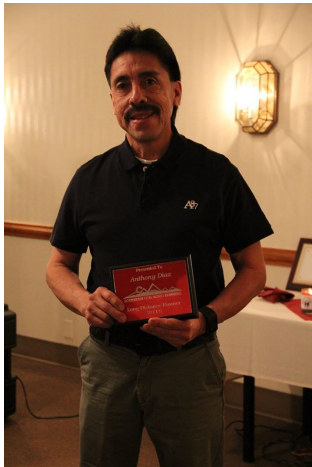
Rae Timme read her inspiring nomination for the triathlete of the year, Michael Orendorff. Rae's speech not only listed Michael's impressive community involvement and stellar performances at the national and world level, but his willingness to take time from his own training to mentor a fellow triathlete.

Female youth runner of the year was a tie this year between Lauren Kleven and Emily Lucero. Kleven was the top girl's finisher at the Pueblo City-County Championship and Lucero was the top Pueblo finisher at the girl's 4A State Championship. Kleven is a Junior at Pueblo South High School and Lucero is a Freshman also at South. South High is also the school of Benjamin Highfill winner of the male youth runner award. Highfill, a sophomore, was the top Pueblo boy's finisher in both events.

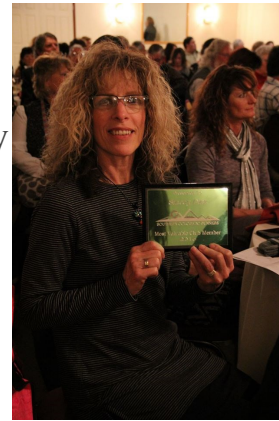
The 2015 SCR service awards were determined by a voting committee. Nominations were submitted to the committee at the end of the year. From those nominations, the committee was tasked with determining the winner. This year's winners are:



Triathlete of the Year, Michael Orendorff.



Dirty Sweat Sock Award - given to an SCR member who's volunteer efforts go above and beyond. - Anthony Diaz. Anthony also was awarded **Long Distance Runner** - given to a long standing SCR member who has consistently contributed to the club.



Most Valuable Club Member - given to a SCR member who was the club's "MVP" of the year in contributions to the club - Stacey Diaz



Male Runner of the Year - SCR member who demonstrated exceptional running throughout the year - Jason Castro



Female Runner of the Year - SCR member who demonstrated exceptional running throughout the year - Carrie Franchi



All SCR members that accumulated 50 volunteer points or more by the end of 2015 were awarded specially designed long sleeved shirts.

The evening wrapped up with a thank you to the 2015 SCR officers, President Stacey Diaz, Vice President Becky Medina, Secretary Gary Franchi and Treasurer Humberto Paredes. The 2016 SCR officers are President Gwen Steves, Vice President Paul LaBar, Secretary Becky Medina and Treasurer Humberto Paredes.



Big Thanks to the banquet committee:

Carmen Perez, Wendy Garrison, Dennis Wait and Stacey Diaz.

February

Rachel Boley	1
Janine Dodge	2
Sara Cardinal	2
Timothy Perez	7
Tony Robers	13
Jerry Lopez	13
Tiffany Dehn	15
Jenna Reed	16
Adrian Cooley	23
Chris Theis	24
Patrick Romero	27



Valentine Twosome, February 14, 2016

Photos Courtesy of Brian Verdecchia



The 38th edition of the **Pueblo Chieftain's Spring Runoff** will be held Sunday, March 6, 2016, 9 AM at Dutch Clark Stadium in Pueblo. You may have heard that Stacey and I are the new race-coordinators for this year's race. Stacey was race director for the Atlanta women's race for over 10 years and I was race director for the Rock Canyon Half Marathon for 21 years so we have some idea of what we are doing but it's still a lot of work. Thank goodness we have lots of help from the club. Gwen Steves, Dennis Wait, Paul LaBar and Paulette Arns will be doing results. Lallo Vigil is

in charge of online registration. Marilyn Vargas and Kim Arline will handle the kid's runs. Mark Koch and the Mosaic Youth group from the Amazing Grace Fellowship in PW will be course marshals while David Rael and Mosaic will handle parking. Becky Medina takes care of the waters stops, manned by the Boys and Girls Club and Centennial, South and PWest High Schools. Anthony Diaz, Ron Dehn and Gary Franchi will set up and work the finish line. Roger Giordano handles Dutch Clark Refreshments. Carrie Franchi and Peggy Oreskovich are in charge of volunteers for packet pick up who so far include Melanie Ripke, Frankie Lopez-Cepero, Marilyn Vargas, Shawn Loppnow, Wendy Garrison, Mary Porter, Robert and Lisa Lucero, and Jane Murtha. I am measuring and marking the course, while Robert Pratt will set out cones race day morning. Lisa Lucero and Melanie Ripke will pass out age group medals on raceday. Mike and Stacey Archuleta will be in charge of any medical problems. Stacey Diaz has been busy with awards and race shirts. The 2016 logo was designed by Chieftain graphic artist Jeremy Harmonson, with suggestions from Stacey. This year, all entrants will receive a hunter green, half-zip, long sleeve tech shirt, with the above logo in 2 colors. Hope I didn't leave any volunteers out. Did you know the Pueblo Community Health center pays for up to 50 employees to run the Spring Runoff. Thank you Donald Moore! Packet pick up will be at Sports Authority who will take \$10 off your \$50 purchase.

Some have asked, what happened to the 10K? To answer, you first have to understand that this year runners may choose between the 10 mile or 5K runs and walkers may choose the 3 mile walk. That's 3 races that the club must provide results for. We also offer two un-timed kids races, a 1.2 mile "Funner to be a Runner" run and a 50 yard toddler dash. There were too many events for one day and we needed to simplify in order to make a better product. Runners may choose between the 10 mile or 5K runs. I thought about dropping the 10 miler but if we want to attract out of town runners, I felt we needed a longer option. This year's 10 miler will make one lap around City park before heading to the River Trail and the turnaround will now be just west of the Nature Center. The 5K will be almost the same but we've eliminated the dog-leg by running all the way to Goodnight. The 3M walk will follow almost the same course as the 5K run and not go on the River Trail towards 4th Street.

All races begin at 9 AM and will be GUN TIMED! That means no chip timing mat at the start, only at the finish....everyone's time starts with the gun. We will have a very wide start line, with walkers in the back, so getting near the front shouldn't be a problem for runners. In case of snow, Parks and Rec will plow from City Park to Dutch Clark.

Speaking of plowing the Arkansas River trail, someone has been plowing when it snows. I assume it is

Parks and Rec and Mike Sexton but I don't know for sure. Lately, someone has plowed the trail from City Park to Main Street, It's only about 3 miles but I appreciate it, thank you very much. On the same topic, since this fall, the city has been clearing dead brush and generally making the river trail look nice, more like a park. Also, thank you to the good people of Pueblo, who I see carrying plastic bags and picking up trash on the trail. I always thank them but maybe we should make them honorary SCR members.

Prediction Series 2016: Come join us for the **2016 SCR Prediction Series**. All members and guests are welcome and the best part--- there is no charge---FREE for all. The first event of 2016 has passed and it was great. On **JANUARY 17th**, Darryl and Shari Clark hosted the Lone Tree Predict, a 5M run/ 2M walk at their Pueblo West home for 51 finishers, making it one of the largest runs of our series. It was sunny and a little breezy but otherwise a beautiful day. The run went over jeep roads and dirt trails, with fantastic views of the mountains, and best of all no cars. It was nice to see Kristie Roseman running again, after her recent knee surgery. Kristie, who was our overall winner, is training for the 2016 Boston Marathon. Also there was Emily Batson who was visiting from Colorado Springs. Emily was the original host for the Lone Tree and came up with the name because she said there was only one tree on the course. I don't know if the tree is still standing.



L-R Kristi Martel, Kris Spinuzzi, Kristie Roseman at the Lone Tree (Thanks to Lisa Lucero for the photo)
PS: that's Rick Acosta in the back

On **December 19, 2015**, Stacey and I hosted our first annual Holiday Predict Run, which Stacey named the mini-mini Marathon in honor of Jeff Arnold's Holiday Marathon that used to take place many years ago in Pueblo County. Robert Lucero was the overall winner for the last Predict of 2015 as we had 39 finishers. By the time you read this, the SCR Awards Banquet will have taken place so it's safe to congratulate our 2015 overall winners. 3rd Place Jessie Quintana, 2nd Place Sean McGivney and 1st Place Robert (Chuck) Lucero. Congratulations to all and special congratulations to the 49 SCR members who ran/walked/ or volunteered at 6 or more Predicts in 2015 and earned their shirt. Join us for 6 Predicts in 2016 and earn your shirt.

There is still plenty of time to earn your 2016 Shirt. We still have 12 Predicts left and all you have to do is run, walk or volunteer at 6 (out of 13) Predicts throughout the year to earn your shirt. We try to have at least one a month and last year we had 2 in November to make 13. I'd like to add another for 2016, but I would prefer adding a trail run as opposed to another run at someone's home, although those are great. I'll keep you posted. If you are interested in hosting a trail run, possibly at the Nature Center, up top on the dirt trails, let me know. Trail runs are a little harder to mark but worth it.

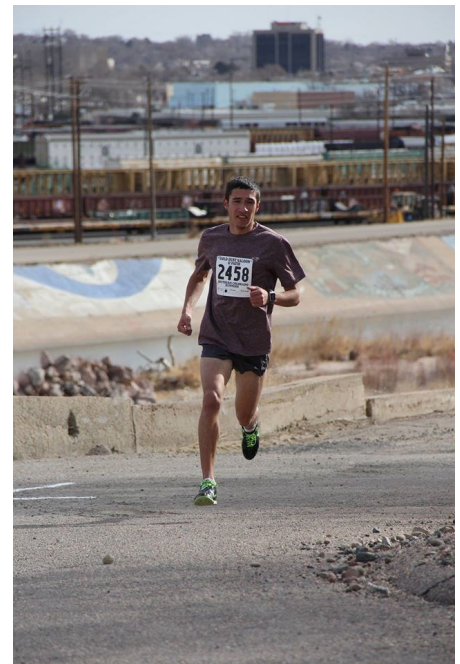
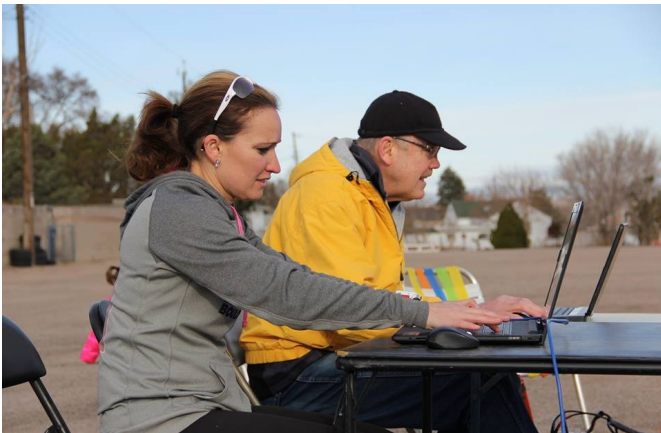


Robert Lucero 2015 Predict Champion at the December Predict Photo by Lisa Lucero

Next up for the Predict Series is the Spring Runoff Tune Up hosted by Larry Volk. This one is scheduled for Sunday, **FEBRUARY 21**, 2016, 9 AM, 10K run, 5K run/walk starting and ending in the Dutch Clark Stadi-

um parking lot. We are not going to be inside the stadium for this one and there are NO restrooms available, so be warned. There is a nearby Loaf n Jug we can use, where I stop occasionally during my longer runs. This will be a TUNE-UP in more ways than one. Our results crew (Gwen Steves, Dennis Wait, Paul LaBar and Paulette Arns) will be chip timing the event, trying to get in one more practice before the actual Spring Runoff (Sunday, Mar 6, 2016, 9 AM also at Dutch Clark). We will also set up the finish line so Anthony Diaz, Gary Franchi and Ron Dehn can practice setting up. Come join us, should be fun. On MARCH 13th join Sheri and Roger Giordano for a fun course in and around the Colorado State Fairgrounds. **APRIL 9th** brings the Ramsgate 6, a 6 miler, hosted by Dennis Wait and family and on **MAY 8th** we have one of my favorites, the Yappy Dog, a 8.6 miler hosted annually by Ross Barnhart and family. It's not fair that Shawn Loppnow works every race and then goes home to figure the results, so if you don't feel like running but would still like to get credit towards your shirt, come and volunteer, it's fun, just let me know to expect you. By the way, this series would fall apart without Shawn so next time you see him make sure and thank him. Since I'm thanking people, Lisa Lucero has done a fantastic job taking pictures throughout the year. If you were at the banquet, all of the photos were taken by Lisa. And thank you to Don and Lois Pfost who help at the finish of almost all the predicts. By next month I hope to have the rest of 2016's Predict schedule confirmed.

That's it until next time, see you at the Spring Runoff----Dave



Spring Runoff Tune up

SCR RACE CALENDAR---January-May by Dave Diaz

2016

FEBRUARY

Sun 7	10:00 AM	Super Half Marathon	13.1M/5K	Dwntwn Colo Sprgs	prrun.org
Sat 13	10:00 AM	Winter Series III	5/10M	El Pomar, CS	prrun.org
Sun 14	9:00 AM	Valentines Twosome	1.6M each	City Park	socorunners.org
		Spring Runoff Tuneup			
Sun 21	9:00 AM	Pred#2	5K/ 10K	Dutch Clark Prk Lot	socorunners.org
Sat 27	10:00 AM	Winter Series IV	10K/20K	Black Forest	prrun.org

MARCH

		Pueblo Chieftain Spring			
Sun 6	9:00 AM	Runoff	5K/10M-2M	Dutch Clark Stadium	socorunners.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	prrun.org
Sun 13	9:00 AM	Tour de Fair-Pred #3	4M	CO State Fairgrounds	socorunners.org
Sat 19	10:00 AM	Bluesky Blizzard Run	5K run/2M walk	CO State Fairgrounds	coloradobluesky.org

APRIL

Sat 9	9:00 AM	Ramsgate 6-Pred #4	6M	6 Ramsgate Place	socorunners.org
		Platte River Half Mara-			
Sun 10	8:00 AM	thon	13.1M	Littleton, CO	platteriverhalf.com
Sat ??	8:30 AM	Spank Blasing	10K/5K	CSU-Pueblo Campus	spankblasing.com
Sun 17	8:30 AM	Horsetooth Half	13.1 M	Fort Collins, CO	horsetooth-half.com
Mon 18	10:00 AM	Boston Marathon	26.2	Boston, MA	baa.org
Sun 24	7:30 AM	Cherry Creek Sneak	10M/5M/5K	Denver, CO	cherrycreeksneak.com
Sat 30	7:00 AM	Greenland Trail Runs	50K/25K	Larkspur, CO	

May

Sun 1	6:00 AM	Colorado Marathon	Mar/ Half	Fort Collins, CO	
Sat 7	7:30 AM	Blossom Day	13.1M	Canon City, CO	Canon City Parks & Rec
Sat 7	6:30 AM	Collegiate Peaks Trail Run	50M/25M	Buena Vista, CO	
Sun 8	8:00 AM	Yappy Dog-Pred #5	8.6M	South Mesa Elem School	socorunners.org
		Ordinary Mortals Sprint			
Sat 14	9:00 AM	Tri	5K/12.5M/300y	CSU-Pueblo	socorunners.org
Sun 15	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Sat 15	8:30 AM	PAWS Run for Life	5K	Union Ave, Pueblo, CO	PAWSpueblo.org
Sun 28	8:00 AM	Paddlefest Half Mar	13.1M	Buena Vista, CO	ckspaddlefest.com
Mon 30	7:00 AM	Bolder Boulder	10K	Boulder, CO	



Join the fun! Thursday fun runs at 6 p.m.—517

The Raptor Resolution Run by Ron Dehn

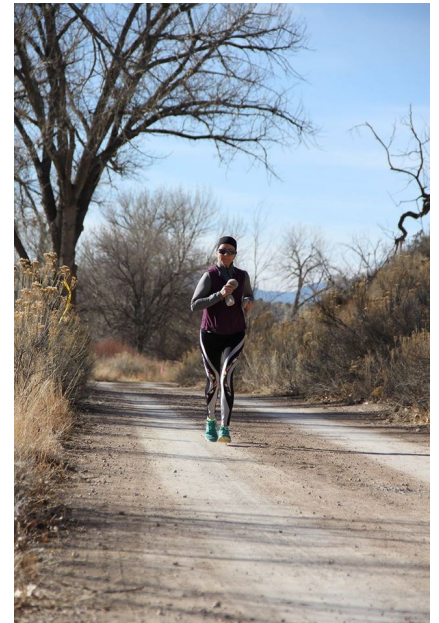
The Raptor Resolution 5 mile run / walk (2016 yards) took place at the Nature and Raptor Center on January 2. Roger Giordano was able to hold off a speedy Jason Castro for top honors among the men and Denise Flory led the women in the scenic run along the Arkansas River. Roger is a three-peat winner of this race. As a result of their first overall finish, both Roger and Denise will receive one of the most unique awards in area road racing. Each will get to release a rehabilitated raptor back to the wild. According to Roger – this is a very cool experience.

All participants were able to experience raptors up close and personal before the race. Raptor Center staff brought a falcon and two owls into the yurt and were available for Q & A.

In addition to the raptors, the run / walk, the snacks, and the camaraderie, two lucky participants (Maryjane Martinez and Ted Sillox) won a pretty neat prize in a special drawing. Jay Zarr will take Maryjane and Ted kayaking on Lake Pueblo. I've been kayaking with Jay and it is indeed a very enjoyable time.

Participants also had the opportunity to record their 2016 New Year's resolutions on a postcard. The cards will be mailed out sometime this summer as a reminder of their goals for this year. Hmmm. What was I thinking?

The next annual Raptor Resolution Run will be on New Year's Eve, so mark your calendars for December 31st at the Nature and Raptor Center.



LONE TREE PREDICT



Photos courtesy of Lisa Lucero

SCR Minutes – December 4, 2015

In attendance: Kim Arline, Paulette Arns, Danielle Capo, Jason Castro, Darryl Clark, Ron Dehn, Dave Diaz, Stacey Diaz, Gary Franchi, Roger Giordano, Sheri Giordano, Paul LaBar, Shawn Loppnow, Robert Lucero, Lisa Lucero, Nicole McHenry, Becky Medina, Humberto Paredes, Don Pfost, Robert Pratt Sr., David Rael, Gwen Steves, Dennis Wait, Marilyn Vargas, Lallo Vigil, Lisa Vigil, Larry Volk.

Officer reports & Club News

Minutes: Dave's motion to accept the November meeting minutes, with one change concerning Michelle Highfill's role in the Spring Runoff, was approved.

Treasurer's Report:

- Per Steve Eller's request that the SCR make a donation to the Nature Center in the name of the Rock Canyon champion, a check will be sent to John Gallagher there. Eller allows the gate on his property to be opened to accommodate an SCR race course.
- Club members agreed to waive the fee for timing the Raptor Run, which is held on the River Trail starting and finishing at the Nature Center. The SCR has a corporate membership with the Nature Center that provides members with a discount at its store as well as a limited number of park passes for free entry. It was suggested that we promote our corporate membership with the Nature Center.
- Dave's motion to accept the report was approved.

Newsletter:

- Becky said she has mailed the current newsletter issue after preparing it for mailing. It had no inserts.
- The SCR needs to renew its post office box so that newsletters can be returned there in cases of incorrect addresses. Using the YMCA for that purpose would cause the Y to be charged for those returns.
- There was considerable discussion about print vs. digital editions or a combination of them and/or having access to a newsletter via a membership log-on on the SCR website. No decision was made.
- Our bulk mailing permit is good through June 2016.
- Becky said the Rock Canyon's Half-Marathon will be featured in the next newsletter, and the deadline for submitting material is Dec. 20.

Membership:

- Kim noted that the SCR currently has 82 members for 2016, which includes 38 whose memberships were rolled over from last year's double membership snafu.
- She noted that in the past, the SCR has paid its RRCA insurance by household but said we now need to pay it "per member." Tri Club members are covered separately, so there is no need for them to also have SCR insurance. (*It was later learned that RRCA insurance is by household.)

Webmaster:

- Lallo said Adam continues to work on a new SCR website.
- Lallo also has updated our RS Form and the Raptor Run flyer has been added to the website.

Race Calendar:

- Dave said the next Prediction Series race will be the new Christmas Mini Mini Marathon on Dec. 19 at his and Stacey's home in the Omega Homes area. There will be a potluck afterward.
- He also confirmed some 2016 Prediction Series races: the Lone Tree on Jan. 17, the Spring Runoff Tuneup on Feb. 21, the Tour de Fair at a date to be determined, the Ramsgate 6 on April 9, and the Yappy Dog on Mother's Day in May.

So-Co Triathlon Club

- Gwen said the annual USAT swim-bike-run challenge has begun. It involves total team mileage accumulated.
- A motion was approved to allow the Tri Club to rent the CSU-P pool for one hour, two evenings per month, during the months of December, January and February. They will take place 7-8 p.m., with Gwen providing workouts and coaching. Only Tri Club members are eligible.
- A New Year's Day swim will take place for the Tri Club at the Regional Center in Pueblo West.
- Work has begun on soliciting gold sponsors for the Ordinary Mortals Triathlon. OMT registration will begin Jan. 1.
- Youth Tri Club practices will begin in January following an initial meeting on Jan. 15.
- A motion was made & approved to provide Tri Club memberships to Boys & Girls Club members.

Race Reports

- **Rock Canyon Half-Marathon:** Race Director Darryl said the Dec. 5 race has 473 entries so far, including 47 SCR/SoCo-T2 members and 40 Pikes Peak Road Runners members, both of whom receive discounts. (BTW, the SCR also will be given Winter Series discounts in 2016.) A new, tougher course will be used because of planned construction on the River Trail. Packet pickup will begin on Thursday, Dec. 3. The race shirts will have men's and women's sizing. The other swag will include a finisher medal, digital photo and instant placing.
- **Spring Runoff:** Operations are in place following a Nov. 10 committee meeting at which assignments were divided. A subsequent Runoff meeting will be held Dec. 8 at the Gold Dust.
- **Turkey Trot:** Paul said there were a many bandits in the race as well as a discrepancy between the number of bibs and chips, and about 30 chips are missing. The timing equipment worked well.

Miscellaneous / Club Business

- **Kudos:** Lisa Lucero will have a photo published in the next issue of Colorado Runner magazine.
- **SCR discount:** The Horsetooth race on April 17 in Fort Collins is offering \$10 discounts to all SCR members, using code C010.
- **Banquet:** Online registration for the Jan. 23 SCR banquet has begun.
- **Training group:** Kim said a new training group is being offered beginning with a Spring Runoff Expo and Meet & Greet to be held Jan. 13 or 14 at the Rawlings Library. The goals are to get people interested in running and/or to become a better runner. A few people have offered to help. Bike rides will be held in the spring. Gwen's motion for the club to conduct such a training activity was approved.
- **Rental equipment:** There was considerable discussion to use the established fees for a year and then to review them. It was reiterated that a minimum 90-days' notice must be given to the club by any organization wanting to use our equipment or to have the SCR provide race-timing services for their race. Gwen's motion on that was approved.
- **MOU with YMCA?:** Becky's document on a proposed MOU with the YMCA would still allow for the SCR to conduct the Corporate Cup for free. Gwen moved that we submit it to the Y, but discussion continued. Dave went on record as saying that we should not charge the Y for any services because of our long-standing relationship with the organization. Paul moved that we submit the MOU as is. The group decided that the MOU needs to be revised.
- **Porta-Potty:** Discussion on the SCR possibly sponsoring a Porta-Potty at a location to be determined was tabled because of time constraints.
- **2016 officers:** With time running out until the Y's closing, officers for the upcoming year were discussed. Stacey noted that Darryl has nominated Gwen for president, and she has agreed to serve. Paul agreed to be VP, Humberto said he would continue as Treasurer, and Becky agreed to be secretary after Gary said he no longer wanted the position and no one else offered to fill it.

Submitted by Gary Franchi, SCR Secretary

SCR Minutes – January 6, 2016

In attendance: Paulette Arns, Jason Castro, Darryl Clark, Paul DallaGuardia (briefly), Ron Dehn, Dave Diaz, Stacey Diaz, Gary Franchi, Roger Giordano, Sheri Giordano, Paul LaBar, Shawn Loppnow, Robert Lucero, Lisa Lucero, Nicole McHenry, Becky Medina, Michael Orendorff, Don Pfof, Robert Pratt Sr., David Rael, Gwen Steves, Dennis Wait, Marilyn Vargas, Lallo Vigil.

Officer reports & Club News

Member Proposal: Club member Paul DallaGuardia was given the floor to note that Dave Diaz is closing in on his 100th marathon, and he made a motion that the SCR recognize this accomplishment by paying Dave's entry fee to his 100th marathon and his travel expenses to get there. The motion was approved.

Minutes: Dave noted that the January minutes were correct but that an item concerning a discussion on needing to change how our insurance cost is figured has since been shown to be incorrect. After the procedure was clarified, Dennis' motion to accept the minutes was approved, and Gary said he would make a special note of the clarification in the December minutes.

Treasurer's Report:

With Humberto Paredes absent, there was no report to discuss and approve. Dave stated that he has the club's checkbook in case anyone needed to be compensated for expenses incurred.

Newsletter:

- Becky said she is waiting on a couple of Rock Canyon items in order to feature the race in the next newsletter.
- With club members having been surveyed concerning print vs. digital editions and having discussed it during previous meetings, Becky said it was time to make a decision. After some discussion, Shawn's motion was approved to publish print editions in January, April, July and October to coincide with major SCR races, and to have electronic editions available to club members on the SCR's website in the other 8 months.

Membership:

With Kim Arline absent, there was no membership report.

Webmaster:

- Lallo presented an electronic version of our new website that Adam has created, and it was met with much approval, including the banner header. He will have Adam proceed with creating a Joomla template, adding the SCR logo to the banner.

Race Calendar:

- Dave said the first Prediction Series race of 2016 will be the Lone Tree on Jan. 17, and it will be followed by the Spring Runoff Tuneup (5K & 10K) on Feb. 21 and the Tour de Fair in March, possibly March 13. The Valentine's Twosome will be Sunday, Feb. 14, and registration forms are at the Gold Dust. The Spring Runoff will be March 6.
- It was noted that Larry Navarro wants to host a Prediction Series run sometime this year.

So-Co Triathlon Club

- Gwen said there have been great turnouts for the swim practices at the CSU-Pueblo pool, and the pool rental will continue twice each month.
- The Tri Club is in third place in the Rocky Mountain Region of the USAT National Challenge. Jeremy Hamm amassed the most swim miles with Jasmine Carlson the top female mileage-wise.
- The USAT team membership fee has been paid, and Tri Club's insurance still needs to be renewed. The kids will meet to train every other Friday until the Ordinary Mini-Mortals Triathlon.
- The Ordinary Mortals Triathlon will be held May 14. Gwen hopes that the author of the book "Ordinary Mortals" will come out for the race as he indicated he might do if the race was not on Mother's Day, which it isn't this year.

Race Reports

- **Rock Canyon Half-Marathon:** Race Director Darryl gave an extensive post-race report and passed out a summary sheet of things that went well and noted where some improvements could be made in the 2016 race. The race had 487 entries. He paid tribute to volunteers for helpng, especially Sheri Giordano and Patti Canchola. Runners appeared to like the challenging new course. Darryl said 20% of the entries were from Pueblo. He would like to increase the number of entries by 200 if possible.
- **Holiday Mini Mini Marathon:** This Prediction Series walk/run drew 39 participants and the post-run potluck gathering was wonderful. Dave & Stacey intend to host it again this year.
- **Spring Runoff Tuneup:** Gwen will chip time this Prediction Series 5K & 10K. Gwen read Kim Arline's e-mail about the Runoff Expo that will take place Jan. 15 at the Rawlings Library beginning at 6 p.m. It will be open to the community to serve as both a running resource fair of sorts and a chance for community members to learn about the SCR and its merits.
- **Raptor Run:** It had 40 runners, but no one has seen the results yet.

Miscellaneous / Club Business

- **MOU with YMCA:** Paul LaBar presented a revised MOU draft and there was much discussion concerning changes, additions and whether it expresses what the club feels it should say. Michael suggested that maybe someone in the club just needs to talk with the YMCA about some of the issues, and several members agreed. Gwen said she would set up a meeting with Janelle at the Y. Paul offered to join Gwen at this discussion.
- **Shed:** Stacey urged everyone who returns equipment to the club's rented shed to please keep it clean and orderly. To help keep things in order, Dave bought another shelving rack for it.
- **Banquet:** Stacey asked if anyone could be the banquet emcee since Robert Pratt will be unable to attend. Darryl said he would assume that role.
- **2016 officers:** There was much discussion about the manner in which new officers were selected at the December meeting, and Gary suggested that the club's bylaws be updated to include a clear nomination and election procedure to be used in ensuing years. Robert Pratt suggested that a task force be formed to examine our bylaws and recommend changes. Agreeing to serve on the committee were Robert, Don, Paul L., Gwen, Becky and Stacey, with Robert appointed the committee chair. A motion was made and approved to permit the officers previously selected to serve those roles in 2016. They are Gwen Steves as President, Paul LaBar as Vice President, Becky Medina as Secretary and Humberto Parades as Treasurer.
- **Club awards:** The Awards Committee has received and is evaluating all of the nominations and has until Jan. 15 to select the winners.
- **Volunteer/Predict shirts:** Stacey mentioned that a few individuals are interested in purchasing either a Volunteer or Prediction Series shirt, but the members presented voted not to sell those shirts to club members since that would devalue them to those who have earned them.

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Submitted by Gary Franchi, SCR Secretary

Southern Colorado Runners

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Spring Runoff

Sunday, March 6th 2016

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