



Footprints



March/April 2016

Volume #346, Issue #3

Editor: Becky Medina



ORDINARY MORTALS



TRIATHLON

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May 14, 2016

**Colorado State University-
Pueblo campus**

To register or volunteer go to

<http://socorunners.org/>

SCR Information

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Vice President

Paul LaBar

Secretary

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Newsletter Editor

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Web Master

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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. 346, Issue No. 3

“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 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 pdfs**). 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

A SPRING RUNOFF WRAP UP

BY Stacey and Dave Diaz



Erin Stratton flies to victory

This year's Spring Runoff had one of the most exciting finishes in years as Steve Chu from Colorado Springs passed his running partner, Ken Foster, also from Colorado Springs, in the last mile to win the 10 mile race. Steve's time was 53:03 and Ken was only 50 yards behind in 53:16. If you were at the Rock Canyon half marathon in December, you may remember Ken, as he won the overall race in 1:12:43. The weekend after the Spring Runoff, Ken ran in the 15K USATF National Championship, in Jacksonville, Fl. Our female 10 mile winner was Ana DeVries, in a time of 1:04:16. She ran cross country for the University of Florida but recently moved to Manitou where she is a middle school teacher.

In the 5K, Erin Stratton, also a former collegiate runner and now a physician's assistant at Pueblo Community Health Center (one of our sponsors,) was the female winner in a time of 19:06. Eight time winner Adam Rich won the 5K in 15:30. He is the cross country coach at Vanguard School in Colorado Springs. The walk was dominated, by Donna Hickman of Pueblo, who was the first of all walkers, followed by male winner, Mike Bauserman of Swink.

On behalf of our club, Stacey and I would like to thank everyone who helped make the 2016 Pueblo Chieftain Spring Runoff a success.

Thank you to all who ran and thank you to those who volunteered their time so that others could run. When Michelle Highfill stepped down as race director last year, Stacey and I decided to help out, but only as race- coordinators, meaning we expected lots of help from the club. We would try to assign jobs to volunteers and keep track of the details involved with putting on this race but we didn't want to do all the work ourselves. There is more involved than you might think. Parade Permits from the Police, permission from Parks and Rec, the Nature Center, and Pueblo City Schools. Stacey took care of the shirts, awards and packet pick up and I measured and marked the courses, took care of, permissions, porta-potties and entry forms. For the first time, we hired A-I Baricades to cone off the course. This year the club decided to time the race ourselves, instead of hiring an outside timing company. Thank you to SCR Pres Gwen Steves for the many hours she spent teaching herself the chip timing system, practicing at home and then using the SRO Tune Up Predict as her final practice. Thanks to Dennis Wait and Paul LaBar for helping with results and to Lallo Vigil for the webpage and online registration. Paulette Arns handled the paper entries and ordered bibs.

One of the biggest jobs is the water stops and the club owes a giant thank you to Becky Medina, who lines up the volunteers and delivers the water jugs, cups, and tables. No one from our club gets paid, we are all volunteers, but we do donate \$250 to each youth group that helps us. Thank you to South High Cross Country, Boys and Girls Club, Centennial Swim, Mosaic Youth group and Pueblo West

High School.

Coordinating packet pick up at Sports Authority were Carrie Franchi and Peggy Oreskovich with plenty of help from Lisa, Robert and Emily Lucero, Paulette Arns, Gary Franchi, Shawn Loppnow, Jane Murtha and Humberto Paredes. Race day packet pick up helpers were, Robert Pratt, Mary Porter, Helen Whitener and Kristi Roseman along with many who also helped at Sports Authority.

Race day morning, Emily White, Promotions Manager at the Chieftain and our new liaison brought the Chieftain's PA system where Nicole Taibi sang the National Anthem. Thank you to Ken Hughes, David Rael and the Mosaic Youth Group for handling parking on race morning. Ken then drove to City Park and was a course marshal on the west end of City Park. The Mosaic kids moved on to help with packet pick up and then helped with the kids runs. Thank You!! Speaking of course marshals, once again Mark and Brenda Koch were in charge of course marshals and did a great job, putting Stan Hren at the 10 mile turn and Phil Quattlebaum below Dutch Clark. Roger Giordano bought and delivered the granola bars and bottled water to the stadium, while Sheri Giordano and Pueblo West HS passed the snacks to the runners as they finished

Thank you to lead bikes, Kim Arline, Larry Volk and Mike Archuletta and to Stacey Archuletta for manning (womanning) the medical tent. Fortunately nothing serious happened. Anthony Diaz brought the finish line equipment and set it up. Helping set up and working the finish line were Ron Dehn, Don and Lois Pfost, Gary Franchi, Paulette Arns and Michael Orendorff.

The Funner to be a Runner and the Toddler race add so much to our race but they are also a lot of work. Thank you to Kim Arline and Marilyn Vargas for doing everything for these races. Without their efforts

these races wouldn't happen.



Jane Murtha, Michael Orendorff & Gary and Carrie Franchi

There are also some community members who need to be thanked. Thank you to Sgt Jackson and the Pueblo Police Dept, who allowed us to run in the streets and even provided two patrol cars for our protection. Thank you to Parks and Rec, especially Mike Sexton and Lisa Sonnefeld, who did everything they could to accommodate us, even providing a Park Ranger at the entrance to City park for traffic control.

Thank you to Scott Richards from PCC who brought about 8-9 students to work the cameras

and to Rick Macias (a former collegiate runner) who is now the Pueblo City Schools Athletic director and was responsible for allowing us to use the giant scoreboard for videos. Finally, of course, to the Pueblo Chieftain, who has supported this race for 38 years, especially the Rawling's family, Brad Slater, General Manager, Emily White for all the ads and promotions in the newspaper,

Thank you so much to Lisa and Emily Lucero for all the great photos they took before during and after the race. They then posted them to our Facebook page. It was a lot of work but it added a nice touch. Thank

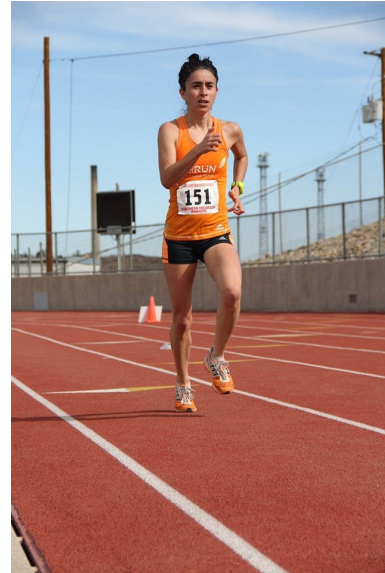
you Lisa and Emily — <https://www.facebook.com/SoCoRunners/>.

Larry Lopez for the great articles and to Jeremy Harmonson, graphic artist who designed the logo.

This was our first year as race co-ordinators and some mistakes were made. We hope to learn from them and make next year's race even better. This was truly a team effort, and we are grateful for everyone's help. I think Mike Sexton from Parks and Rec said it best, "this is a community event and we are happy to help." See you again next year. ----Stacey and Dave Diaz



Steve Chu



Ana De Vries



1st time racers



Adam Rich



Funner to be a Runner kids race



Robert Pratt

Calendar Notes

by Dave Diaz

You've probably heard by now, but no 10K at the Spank Blasing this year (Sat, April 16). Not sure why maybe the 10K just isn't as popular as it was....I haven't heard anything about the Cinco de Mayo race at the Fairgrounds in early May, hope they're still having it....thanks to Gwen Steves and Dennis Wait who have agreed to time this year's Hardscrabble Mtn Trail Run in Westcliffe (Sun, June 5).....I just found out about the Tunnels Ten Mile run to be held Sunday, April 17 in Buena Vista. It begins about 9 miles north of Buena Vista and runs downhill along the Arkansas River, most of it on a gravel road and goes through a series of old railroad tunnels. There is also a 5K. Sounds like fun to me. More information at tunnelstenmile.com.

.....Melanie Ripke and the Pueblo School for the Arts and Sciences will again host the PSAS Spiral Run (Sat April 23) at Minnequa Lake. For the first time, this year's run will be a Color Run. Come out and support PSAS Marching Band. More information at psas.ws.....I've never run the half-marathon on Blossom Day (Sat, May7) in Canon City but might do it this year. There is also a 5K and a 5 miler. More info at runblossom.com.

By the time you read this, I assume the April Predict, the Ramsgate 6, will have passed and everyone had a great time and no one got lost. That means the May Predict is the next one and it's longer than most but it is also one of my favorites. The Yappy Dog (8.6M run and 5K walk) will take place on Sunday, May 8. Yes, that's Mother's Day but that's the way our hosts, the Barnhart family, like it. Hope to see you there. Directions and details on the SCR online calendar.

There will be no Wild West Fest this year, but the PAWS 5K run / 2 mile walk will still be held. The date is Sat, May 21, and will run around the Riverwalk. Due to construction on I-25, the trail from Faye's Crossing to Runyon Lake may be closed, so we may need to come up with an alternate course. Mark your calendars and plan to come out and support Pueblo's only No-Kill animal shelter. Hosted by the Gold Dust Saloon, and Ruth McDonald, this run is a fun one. Ruth, BTW, is the President of the Board at PAWS and all proceeds go to PAWS. If you'd like to help but don't want to run, we can always use volunteers.

Don't forget to support your local Tri, the Ordinary Mortals Triathlon, and (Sat, May 14). It starts on the CSU-Pueblo Campus. If you can't do it, consider volunteering. There is also a sprint triathlon in Rocky Ford on Sat, June 4. Last year the triathlon in Fowler was cancelled because they didn't get enough entries, not sure if it will return in 2016.

Finally, for you crazies out there, there's the 200 mile Endurance Run and Relay to be held this summer, July 20-24 in the Gunnison National Forest. In order to qualify you must have completed at least one 100 miler in the last 3 years. You have 96 hours to finish the 206 miles. I love this quote from their webpage: **"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." ~ Martin Luther King Jr.**

I've felt that before, I just couldn't put it into words. Until next time, keep moving forward.--Dave

SCR RACE CALENDAR---April-June by Dave Diaz

APRIL

Sat 2	9:30 AM	Baylon Michael Meyer	5k	Lovell Park, PW	play4bay.com/index.html
Sat 9	9:00 AM	Ramsgate 6-Pred #4	6M	6 Ramsgate Place	socorunners.org
Sun 10	8:00 AM	Platte River Half Marathon	13.1M	Littleton, CO	platteriverhalf.com
Sun 10	9:00 AM	Run With the Saints	5K	Pueblo City Park	
Sat 16	8:30 AM	Spank Blasing	5K	CSU-Pueblo Campus	spankblasing.com
Sun 17	8:30 AM	Horsetooth Half	13.1 M	Fort Collins, CO	horsetooth-half.com
Sun 17	9:00 AM	Tunnels Ten Mile	10M/5K	Buena Vista, CO	
Mon 18	10:00 AM	Boston Marathon	26.2	Boston, MA	baa.org
Sat 23	10:00 AM	PSAS Spiral Color Dash	2.5M	Lake Minnequa	psas.ws
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	8:00 AM	Take 5 in the Garden	5K/5M	Manitou Springs, CO	csgrandprix.com
Sat 7	6:30 AM	Collegiate Peaks Trl Run	50M/25M	Buena Vista, CO	
Sun 8	8:00 AM	Yappy Dog-Pred #5	8.6M	South Mesa Elem School	socorunners.org
Sat 14	9:00 AM	Ordinary Mortals Sprint Tri	5K/12.5M/300y	CSU-Pueblo	socorunners.org
Sun 15	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Sat 21	8:00 AM	PAWS Run for Life	5K	Union Ave, Pueblo, CO	PAWSpueblo.org
Sat 21	7:30 AM	Spring Sprint	10K/5K	Lamar, CO	Lamar Pks&Rec
Sat 28	8:00 AM	Mosaic	5K	Amazing Grace Church	mosaic youth.com
Sun 29	8:15 AM	Spirit Half Mar	13.1M	Buena Vista, CO	ckspaddlefest.com
Mon 30	7:00 AM	Bolder Boulder	10K	Boulder, CO	

JUNE

Sat 4	8:00 AM	Rocky Ford Tri	Sprint	Rocky Ford, CO	
Sun 5	10:00 AM	Hardscrabble Mtn Trail Run	10K/5K	Westcliffe, CO	hardscrabblerun.com
Sat 11	8:00 AM	Stroll for Stroke	5K Run/Walk	Lake Minnequa	stmarycorwin.org
Sat 11	6:00 AM	COCO Century Bike Ride	100M/45M	La Junta, CO	Facebook
Sat 11	7:00 AM	Boulder Half Iron Tri	Half iron	Boulder, CO	ironman.com
Sun 12	6:00 AM	Revel Marathon	26.2/13.1	Denver, CO	runrevel.com
Sun 12	7:30 AM	Mt Evans Ascent	14.5M	Idaho Springs, CO	racingunderground
Sun 12	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	gardententmile.com
Sat 18	7:00 AM	Sailin' Shoes	5K/10K	Dwntwn Colo Sprgs	pprrun.org
Sat 18	8:00 AM	FIBArk Road Race	5K, 10K	Salida, CO	fibark.net
Sat 18	8:00 AM	Leadville Trail Marathon	Mar, 1/2 Mar	Leadville, CO	leadvilleraceseries.com
Sun 19	7:00 AM	Arroyito Lake View P#6	5M	Pueblo West	socorunners.org
Sun 19	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
Sat 25	8:30 AM	Big Dog Brag Run	5K Mud Run	East of CSU-P	bigdogbrag.com

SCR RACE CALENDAR---July-August by Dave Diaz

JULY

Mon 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	
Mon 4	7:00 AM	Half on the 4th	1/2 Mar	Monument Valley Park, CS	spreeracing.com
Mon 4	7:00 AM	Gothic Run	1/3 Mar	Crested Butte, CO	
Sun 10	7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
Sun 10	7:00 AM	Boulder Peak Tri	Olympic	Boulder, CO Res	
Sun 17	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	runpikespeak.com
Sat 23	7:00 AM	State Games Tri	750M,20K,5K	Prospect Lake, CS	coloradospringssports.org
Sat 30	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
???	6:00 PM	G U Rule Pred #7	4M	Pueblo	<u>socorunners.org</u>

AUGUST

Sun 07	7:00 AM	Ironman Tri	Iron	Boulder, CO	ironman.com
Sat 13	7:00 AM	Geotwn to Idaho Sprgs	13.1M	Georgetown, CO	gtishalf.com/
Sat 20	7:00 AM	Tinman Tri	500yd/14M/5K	Lamar, CO	ci.lamar.co.us
Sat 20	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	pikespeakmarathon.org



Join the fun! Thursday fun runs

Did you miss the February newsletter?

If you missed the last newsletter, we may not have the correct email for you. Please contact Kim Arline, Membership Chair, at membership@socorunners.org. Newsletters will only be mailed in January, April, July and October.

Earth Day Trash Trot!

Wednesday, April 20th at 5:30 pm

Celebrate Earth Day this year with a fun run or walk with the Southern Colorado Runners collecting trash along the trail around Lake Minnequa on Wednesday, April 20th at 5:30 pm.

Bring a couple grocery bags to fill and gloves if you would like. We will break in two groups running each side of the lake picking up trash along the way. We will do final sweep for the other group as we make the full 2.5 mile run around Lake Minnequa. Special photo contest on Facebook for the best collectors, most trash, most unique find, etc.

What is a Trash Run?

We have all heard of long runs, short runs, hard or easy runs, interval or tempo runs, hill runs, beer runs, now it is time to learn about Trash Runs! A Trash Run is any run you decide to bend over to pick up a piece of trash and make the world a bit better looking. Don't wait for our club Trash Trots, feel free to grab a piece of trash on ANY run and drop it in the next trash can you find. It really isn't limited to running, you can also do this on a dog walk, a bike ride or any way you move around. You might make some extra cash for your next pair of running shoes if you hang onto the aluminum cans and turn them in for some cha-ching!

Enjoy some shots from a previous SCR Trash Trot on the Arkansas River Trail. Parks and Recreation was asked where they need help this year and they suggested Lake Minnequa!



Trash Talk: As you dive into this new field of running there are some terms you should be aware of courtesy of <https://www.atayne.com/impact/trash-runners/>

Trashlek: much like its "cleaner" cousin the Fartlek, the Trashlek is a great aerobic training technique. It involves a light jog to a piece of trash and then a hard-paced sprint to put the trash in the appropriate receptacle. A moving retrofitted trash collecting jog stroller or stationary trashcan does the trick. This is a great substitute for boring and less environmentally beneficial track workouts.

Trash-cavating: some pieces of trash have been on the ground for years and they often become part of the landscape. Time to get dirty and do some trash-cavating by digging deep into the ground.

Drafting or Drafter (or Tailgating, Tailgater): a true trash runner NEVER drafts or wants to be called a drafter...although it can happen easily if you're not paying attention. It happens when one trash runner follows right behind another trash runner, drafting off his hard work and not having to pick up trash. Not only is this inefficient (less ground covered) but it's dangerous as seen in the next definition.

Rear-Ended: this is self-explanatory, but occurs when someone is drafting or tailgating and the drafted trash runner stops quickly to pick up trash – not pretty – someone could get *trashed* (see next definition). The most skilled trash runner could employ a leap-frog move to avoid the collision, but it's best to prevent it altogether by NOT DRAFTING.

Getting Trashed: any injury that occurs while trash running, especially one that involves hand, arm or knee contact with the ground.

GU-dar: a trash runner's internal beacon for finding GU packets. Having a great GU-dar is essential to being a great trash runner.

Buckner or Bucknered: the art of picking up a piece of trash without breaking stride is an invaluable skill to the trash runner. BUT, even the most experienced trash runner has a Buckner moment or is Bucknered on occasion. Basically, it's when you reach for a piece of trash while running and miss it. This most often results from not committing your hand long enough to the pickup and pulling your hand up too soon – much like Bill Buckner did in the 1986 World Series.

Trashhole: formerly known as a litterbug, a trashhole is someone who throws his or her trash on the ground for the rest of us to see and ultimately pick-up. Also, anyone who ruins the fun for others on a trash run.

Rubber Necking: missing trash due to taking in the scenery, watching other trash runners, or simply not paying attention. A drafting, rubbernecker is a recipe for disaster.

TIVO Moment: this happens to every good trash runner. It's when a piece of trash is noticed at the last moment as you run by – maybe it's slightly off the beaten path. Your good conscience requires you to backtrack and pick it up.

Sloppy Seconds: this is when someone misses a piece of trash and you pick it up. Nasty, but necessary.

Spell Check: even the best trash runner occasionally needs to be spell checked. When someone is ahead of you and keeps missing pieces of trash, it is important to run behind them (but not too close) to pick up their mistakes. When you find yourself with little to pick up, the person being 'spell checked' is back on track and in the zone again – yup, you can get into a trash running zone.

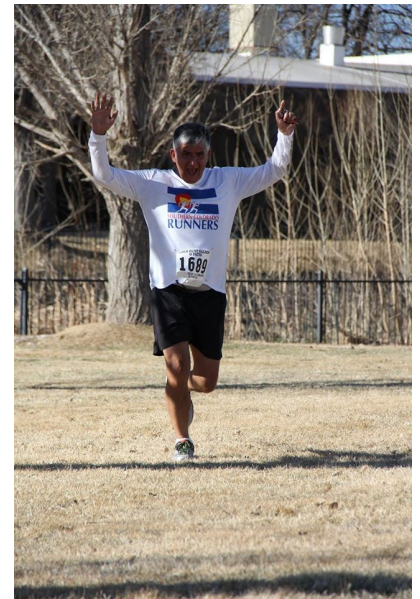
Baited: while trash running along a body of water, you bend down to pick up that piece of trash. But instead you find it is a natural gift from the sea, lake or river. Might be a bit more aromatic than regular trash but still needs to go if it looks like trash.

Butt Stroll: when you intend to go for a vigorous trash run, but find yourself in a stroll due to an over abundance of littered cigarette butts!

Dumpster Break or Dumping a Load: explanation not really needed but involves either a bathroom break while trash running or dumping trash collected in a perfectly placed trash receptacle.

Going Mechanic: once you get into the zone, it is tough to pass even the hardest to reach piece of trash. This includes those underneath a parked vehicle. Hard core trash runners go mechanic and crawl under the vehicle. WARNING: DO NOT ATTEMPT ON A MOVING VEHICLE!!!

Tour de Fair predict



Photos courtesy of Lisa Lucero

March



Aaron Levinson	3	Angela Nelson	4
Lisa Vigil	3	Sam Brubaker	12
Anna Neal	5	Kirk Calhoun	13
Shawn Lopnow	6	Mackinsie Reed	15
Maryalicia Verdecchia	7	Sophia Dehn	15
Jeanette Cortez	8	Haley Brownson	16
Taylor Vigil	8	Jordan Moran	16
Rick Acosta	11	Van Jarman	16
Dennis Krall	13	Bob Stuemky	20
Mindy Urdiales	13	Jacob Gonzales	21
Bryce Hiigel	15	Garrett Dietz	23
Chester Haddan	15	Regina Enciso	24
Nelson Brentlinger	15	Baxter Springer	24
Patrice McGivney	17	Braden Springer	24
Kim Westerman	20	Mark Gurule	25
Lisa Lucero	20	Triton Roman	27
Kristin Johnson	22	Kate Stangier	27
Marcus Gurule	23	Alexandria Romero	28
Rebecca Medina	25	Sally Berryman	30
Marv Bradley	26		

*Happy
Birthday*

STAIR CLIMB RACE AND FAMIY FESTIVAL



June 25, 2016

Join us for Colorado Springs' only stair climb race at U.S. Air Force Academy's Falcon Stadium. With each step, you play a role in transforming healthcare for kids by helping us build the region's only comprehensive children's hospital, expanding Children's Hospital Colorado's network of pediatric services across Southern Colorado.

Please contact Martha Drake at drake1072@hotmail.com if interested in forming a Pueblo team.

4th annual Colorado Bluesky Blizzard Run Overall Male - Danny Nelson Overall Female - Barbara Gonzalez



Pictured Above—Carmen Perez, Martha Drake, Debbie Gurule, Becky Medina, Marijane Martinez, Barbara Gonzalez, Diane Lopez, Wendy Garrison

Pictured Above—Wendy Garrison and daughter Ashley.

SCR Minutes – February 3, 2016

In attendance: Gwen Steves, Kim Arline, Humberto Paredes, Paulette Arns, Gary Franchi, Jason Castro, Dave Diaz, Stacey Diaz, Roger Giordano, Paul LaBar, Shawn Loppnow, Robert Lucero, Lisa Lucero, Nicole McHenry, Becky Medina, Michael Orendorff, Robert Pratt Sr., David Rael, Gwen Steves, Dennis Wait, Marilyn Vargas, Lallo Vigil, Beverly Duran, Carmen Perez, Don Pfost

Gwen welcomed everyone and gave a synopsis of her style and commitment to keeping the meeting on time and on task. Gwen also recognized that Adventurous Sole had sent cookies and coffee as a thank you for the Club's support.

Officer reports

Minutes:

- Gary presented the minutes and after review Robert Pratt made a motion to approve the minutes with no changes. Dennis Wait made the second and the minutes were approved.

Treasurer's Report:

- Humberto gave the treasurer's report and explained recent transaction fees that occurred in his absence for balance transfers from savings to checking. It was suggested to keep a balance of \$10,000 in checking and after some discussion it was agreed that this would be the practice.
- There was also some discussion of the cost of outsourcing race timing companies.
- After review of the Rock Canyon income/expenses the race generated approximately \$2,600 in profit.
- We also discussed expenses incurred for the SCR banquet. Everyone was in general agreement that this is a great benefit to the membership and a budget line item should be created for the event.
- This led to some discussion that we should have a general budget for the year to anticipate expenses and income. Kim volunteered to look into making some suggestions for a budget.
- Paulette reminded the group that the 990 is due by May 15th.
- Robert Pratt then made a motion to accept the treasurer's report, Dave Diaz seconded the motion and the treasurer's report was accepted.

Newsletter:

- Becky said the next newsletter would be a digital version and the deadline would continue to be the 20th of each month.

Membership:

- Kim shared that there were 172 members to date. 60 individual SCR, 45 family SCR and 50 SCRT2 and 17 family. We have 192 individual emails and 75 tri club emails. Kim reported that we had received \$2800 in dues minus the pay pal fees. These dues cover just some of the many benefits and basically covers the cost of the newsletter.
- Kim also requested we investigate a new member management system.

Webmaster:

- Lallo presented the updated version of our new website that Adam has created, and it was met with much approval, including the banner header. Lallo also demonstrated the mobile view of the site. He anticipated the site being ready to go live by the next meeting in March

Race Calendar:

- Dave shared upcoming dates: February 21st -SRO Tune Up, March 13 - Tour de Fair Predict, April 2 – Spank Blasing, May 8 – Yappy Dog Predict, May 28 – Mosaic Run, March 19- Bluesky Blizzard.

So-Co Triathlon Club

- Gwen said that there continues to be a great turnout for the swim practices at the CSU-Pueblo pool, and the pool rental will continue twice each month.
- She gave a report for the Triathlon National Challenge. SoCoT2 was currently in 2nd place.
- Gwen also reported that the youth tri club had had their first meeting and they anticipate 20 youth participating. Coaches this year are Sally Berryman, Paul D., Gwen, Kim and Marijane Martinez.

Non-SCR races/business: (Race date April or after)

- PSAS Spiral Color Splash – equipment rental – Melanie Ripke requested the use of the clock, chalker, timers and cones for their April 23rd event. Melanie is a current trained members and Dave agreed to meet Melanie to get items. Kim made a motion to allow them to use the equipment and Gary made a 2nd. All were in favor.
- Trail Builders – Nicole McHenry gave an update of the group's progress and explained the process of having trails recognized as official. She also summarized the group's strategic plan. Both the Trail Builders and biologists will be assessing trail use and environmental impact. Boundary lines between the wildlife and state parks will also be defined. Nicole informed the group that Trail Builders is having a membership drive on Feb 28 from 10 a.m. – 1 p.m. with a cookout to follow. This will be a run/ride event. She also invited us to their monthly meetings which occur on the first Monday of every month at Angelos. She anticipated the by June 16th all of the river trail would be concrete and to call representatives if runners would like to advocate for any trail to be built in next to the concrete.
- Hardscrabble Mtn Trail run/chip time – Hal Walter/Gwen Steves
- The event is set for June 5th. They are requesting chip timing. Dennis, Humberto, Paul L. and Gwen are available to help time the event. Kim made a motion to support the run.
- Uniforms – Sean McGivney – Sean has requested that SCR make a contribution or support purchasing uniforms for Risley Middle school. Sean was not present and it was requested we find out how much the uniforms would cost.
- Cinco De Mayo – Andrea Martinez/Beverly Duran. The group is requesting race assistance (time, finish line, course, etc). The event will

either be Saturday, April 30 or Sunday, May 1st. Gwen asked Beverly to call her and they would discuss what their needs are and if they need assistance they will return to request it.

- Run with the Saints – Diane requested race assistance for Run with the Saints which they have scheduled for April 3. Ken Hughes is a member and they are requesting to rent the timing and finish line equipment.

Recent Races/Events

- **Lone Tree Predict:** Great event hosted by the Clarks. 52 runners/walkers attended **SCR/SoCoT2 Expo** – Great turnout at the January 14th event. 107 people attended 6 new people signed up for membership at the event. Group runs were also promoted at the event and on the new group runs facebook page. Runs have been well attended and new people are coming out to all of them.
- **Caballo Blanco** – Monday, April 4. SCR was approached to help benefit from a local showing of Caballo Blanco at Pueblo Community College's Hoag Theater. The Club will receive some of the proceeds and will help promote the event.
- **Awards Banquet** – All went well. The group was happy with the event in general. The process for selecting the youth runner of the year will change to be more clear and consistent.

Upcoming SCR races:

- **Valentine Twosome** – no update
- **SRO Tune Up** – Larry Volk is hosting this predict on February 21st and 9 a.m. There will be a 5K and 10K. There is no potluck and the SRO group will be chip timing the event to prepare for SRO. An SRO meeting will follow at 11 a.m. at the Gold Dust.
- **SRO:** Dave and Stacey reported that Emily White is the new liaison from the Pueblo Chieftain. Dave presented the new courses for the 5K run/walk and 10 mile run. Kim discussed the youth race, Funner to Be a Runner.
- **Tour de Fair** – Roger G. reported that it will be March 13th and the potluck and drawings will move the Colorado Room.

Ongoing Club Business

- **MOU/YMCA** – Janelle Lockhart is the new CEO. A meeting will be scheduled in February to discuss the partnership and our ability to time YMCA events.
- This lead to a discussion about the possible need for a timing committee. Gwen explained that having a timing committee could stream line requests from groups. She feels that if a liaison can meet with groups and help them figure out what they really need it will help shorten time in meetings and help the organizations putting on runs.
- **SCR mission and By-Laws** - a meeting had not been scheduled. Becky committed to email the bylaws and coordinate a meeting with the group that showed interest in January (Becky, Gwen, Stacey, Robert Pratt and Paul L.)
- **Annual recurring club expenses and proposed budget for races** – the group discussed the benefit of having a budget to work from to anticipate income generated from SCR events as well as expenses. Paulette and Humberto agreed to put together a draft budget.

Submitted by Becky Medina, SCR Secretary



Pueblo Downtown Social Shuffle

Weekly Meetup Wednesdays @ 6:30 p.m. at J Michael's on Union St. 5K run/jog route,

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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Low Fox and Meg Scarlett representing SCR in Reno NV at Reno's Biggest Half Marathon race which took place on Saturday, March 19. Meg did the half and Lew took second in his age in the 5K. Looking sharp in their SCR predict shirts.