



Footprints



May 2016

Volume #346, Issue #4

Editor: Becky Medina



All in the family



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This mother-daughter-granddaughter team lit up the course with all the fun they had together. This was Melinda Larson's first triathlon and she placed first in the 65-69 age group! She emailed before the race asking if a snorkel would be allowed as she's still working on her swim. We checked the USAT rules and no rule against it so the three generations of Melinda, Sasha and Adalyn all competed and finished.

****Since the time of this race USAT has changed the rules and snorkels are now not allowed****



SCR Information

Current SCR Officers

President

Gwen Steves president@socorunners.org

Vice President

Paul LaBar

Secretary

Becky Medina 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. 346, Issue No. 4

“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: **Arc Of Pueblo, 2705 Vinewood Ln, Pueblo, CO 81005.**

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



Three generations. Adam Deter and his parents, his dad just turned 65 and has competed in all triathlon distances from sprint to Ironman, his mom is 61 and has competed in sprint and Olympic distances. Also pictured are Adam's oldest son who is 9, his 7 year old, 4 year old, and 3 year old. The 9, 7, and 4 year old (will be 5 by the end of year) all started racing at the age of 4. The 3 year old is anxious to be like his brothers! There is one more not pictured who is one and just started walking and is itching to be a mini mortal like his brothers.



Conner Steves (above left) races, while mom, Gwen is hard at work as co-race director.

Marijane Martinez and her granddaughter, Emery. This was Emery's 2nd triathlon. They both placed 2nd in their respective age groups.

Check out all of the great photos at <https://www.facebook.com/OrdinaryMortals/?fref=ts>

Great Job to this year's co-race directors Kim Arline and Gwen Steves!

Cooper River Bridge Run

by Martha Drake



When I go on a trip either for business or pleasure I always pack my running shoes. At least once I get up early and go for a 4-5 mile run. It allows me to experience the location.....smell and breathe the air, greet the people who live there on their early morning walks and runs, and get a sense of the layout of the area. On a recent trip to Charleston, South Carolina, I not only ran on the beach along the Atlantic Ocean, I also ran the Cooper River Bridge Run. It is the third largest 10K in the country (behind the AJC Peachtree Road Race in Atlanta and the Bolder Boulder). It started in Mount Pleasant, went across the two mile Cooper River Bridge and ended up in downtown Charleston. It was incredible!

A heavy rain was predicted but we lucked out with only a light mist at the beginning of the run. The event has a large purse so many world class runners participated. The overall male winner ran a 29:01 and female a 32:57. In my age division (60-64), the winner ran a 46:33 (7:29 pace)! I was 12th in my age group of 618 women with a time of 57:54.

The purpose of the trip to Charleston was a reunion of five college friends. Two of my friends live in the area so it was the perfect place to get together. We were all Delta Gammas at the University of Iowa a long time ago. Coming from small farming communities in Iowa, our college educations opened many doors for us. Two pharmacists, a nurse, a dental hygienist and a speech-language pathologist (me) made up the group of women. Husbands also tagged along. We talked nonstop about college memories, books, trips, our families and, because of our age, ailments. The food was amazing.....grits, hush-puppies, fried green tomatoes, she crab soup, crab cakes and a lot of steamed shellfish.

We are so fortunate that we run. It makes everything in life better!



Honored by Press Club

By Gary Franchi

SCR webmaster Lallo Vigil (right) and new SCR website developer Adam Pocius make for a talented team at CSU-Pueblo, where they work in the Instructional Technology and Web Development Department. Lallo and Adam are instrumental in the multiple uses of innovative technology to enhance teaching and learning at the university. On April 7, they were honored with the Electronic Media award by the Southern Colorado Press Club at the SCPC's 37th annual Sheep Dip Awards Dinner held at the Sangre de Cristo Art Center's conference ballroom. Lallo does an exceptional job as the club's webmaster and is quite a talented runner too. He recruited his co-worker, Adam, when the SCR began exploring new website design options.



New SCR Meeting location

Join us at our next monthly meeting!

Date: First Wednesday of the month

Time: 6 pm (SCR Club business), 7 pm (General business)

Location: **Arc Of Pueblo, 2705 Vinewood Ln, Pueblo, CO 81005**

Calendar Notes

by Dave Diaz

I just found out one of my favorite races is not happening this year. The Sailin' Shoes 5K, 10K held every June for as long as I can remember will take a break for 2016 but it hopes to be back in 2017. Sorry Bill Veges and Anthony Diaz. You may not know this but Bill has won this race many times. No, not the foot race but the race for the free beer afterwards on the patio of Jose Muldoon's. Lots of good memories there. Here's to you Sam McClure.

The next Predict Run is the Arroyito Lake View Run to be held on Sunday, June 19, 7AM, at the Pueblo West home of Humberto and Zarela Parades, 1253 Calle Arroyito Drive, Pueblo West CO. The run will be two blocks of running in the street to reach the trailhead on the north side of Pueblo Reservoir. You will be treated to stunning views of Lake Pueblo as you run on the single track, dirt trails above the reservoir. Humberto and his family will host pot luck on his patio after this run, so bring your favourite pot luck brunch to share. Hope we have a good turnout for this one as Humberto did a lot of work last year, even trimming weeds on the trail.

More good news, as the GURule 4M evening predict run returns on Sat, July 23rd. Mark your calendar now for this evening run and backyard BBQ at the southside home of Deb and Mark Gurule. Details on the online calendar or more on this next month.

I planned to run the American Discovery Trail Marathon in Colorado Springs on Labor Day but just found out that Penrose-St Francis Hospital is putting on the "Colorado Springs Marathon" on Sunday, Sep 25, 2016. This one really sounds nice. This is the 3rd year for their run but the first with a marathon. According to their webpage there will be a marathon, half and 5K "...beginning & ending at Acacia Park in downtown Colorado Springs. The course will showcase the city of Colorado Springs by taking runners on Wood Ave, Cascade Ave, Platte Ave, past the Fallen Fire Fighter Memorial, through America the Beautiful Park, Monument Valley Park, around Memorial Park, by the Olympic Training Center & through downtown. This family friendly race is a premiere endurance running event, attracting people from 26 different states. For the event's third year, organizers have introduced a full marathon distance for our more ambitious runners!" Looks like I have a decision to make.

According to Darryl Clark the Hoof it for Harley Half Marathon/5K will move to Oct 8th.

The State Fair is interested in bringing back the State Fair Run; it is a 5K and is scheduled for Sep 3rd. Sponsored by Kaiser, entrants will get a free pass to the Fair.

Ben Wiley from Walsenburg attended our May club meeting and said they will again have their Marathon Relay. Scheduled for August 28, he was hoping someone in our club with Walsenburg roots would be willing to help out. He's also looking for more teams.

The Franchi's and the Diaz' are headed to the Detroit Free Press Marathon in October. Hope it's safe to drink the water. Until next time, see you on the trail, Dave

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

May

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	hardscrabblerrun.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	gardenenmile.com
Sat 18	7:00 AM	Sailin' Shoes	CANCELED FOR 2016		
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	leadvillerraceseries.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
Sat 25	9:00 AM	Climb for Courage	Stairs	USAF Academy Veterans Park, Canon City,	
Sat 25	11:00 AM	Whitewater Adv Race	Obstacle Course	CO	

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 23	6:00 PM	G U Rule Pred #7	4M	Pueblo	socorunners.org
Sat 30	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com

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

AUGUST

Sat 06	7:00 AM	Atalanta 5K	City Park, Pueblo	socorunners.org
Sun 07	7:00 AM	Ironman Tri	Boulder, CO	ironman.com
Sat 13	7:00 AM	Geotwn to Idaho Sprgs 13.1M 500yd/14M/5	Georgetown, CO	gtishalf.com/
Sat 20	7:00 AM	Tinman Tri	Lamar, CO	ci.lamar.co.us pikespeakmarathon.org
Sat 20	7:00 AM	Pikes Peak Ascent	Manitou Springs, CO	13.3M
Sat 20	7:00 AM	Melon Run	Rocky Ford, CO	10K arkvalleyfair.com pikespeakmarathon.org
Sun 21	7:00 AM	Pikes Peak Marathon	Manitou Springs, CO	26.2M pikespeakmarathon.org
Sat 27	7:00 AM	Pray for 4....Pred #8 4M	Pueblo West	socorunners.org

SEPTEMBER

Mon 5	7:00 AM	American Discovery Trail Mar Mar & half	Colorado Springs, CO	prrun.org
Sat 10	7:00 AM	YMCA Corporate Cup 5K YMCA Corporate Cup	YMCA	www.puebloymca.org
Sun 11	7:00 AM	Bike 12.4 M YMCA Corporate Cup	Test Track	www.puebloymca.org
Thu 15	7:00 AM	Mile 1 M	YMCA	www.puebloymca.org
Sat 17	8:00 AM	the Prattfall...Pred #9	309 La Vista Rd, Pueblo,	socorunners.org
Sat 17	8:00 AM	Mt Carmel Half Mar 1/2, 10K, 5K	Trinidad CO	runsignup.com
Sat 17	7:00 AM	Hermit Pass Mar & Half Mar & Half	Westcliffe, CO	clubamericawmv.org
Sun 18	8:00 AM	Hot to Trot	Gold Dust Saloon	Ruth 719-251-3189
Sun 18	8:00 AM	Pony Express 15 M	Rampart Reservoir	prrun.org
Sun 25	7:00 AM	Colo Springs Marathon Mar/Half/5K	Acacia Park	eventbrite.com

OCTOBER

Sat 22	4:30 PM	Harvest Predict Run 5K	Gold Dust Saloon	socorunners.org
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Kristine Spinuzzi	2	Amy Nelson	18
Nicole Jarman	2	Diane Lopez	20
Katie Fox	3	Erik Juno	20
Paul DallaGuardia	4	Callista Maestas	20
Jeremy Hamm	4	Jitka McGivney	23
Mark Steves	9	Reyna Quintana	25
Andrew Caro	9	Stephanie Gonzales	26
Mindy Chapman	12	Lois Pfof	26
Paul LaBar	14	Samantha Hernandez	27
Debbie Gurule	14	Lucas Cservenak	27
Bea Jones	14	Lisa Linn	28
Angela Kleven	17	Todd Bush	28
Mark Koch	18	Nicholas Krasovic	29
Larry Navarro	18	Elizabeth Laughlin	30

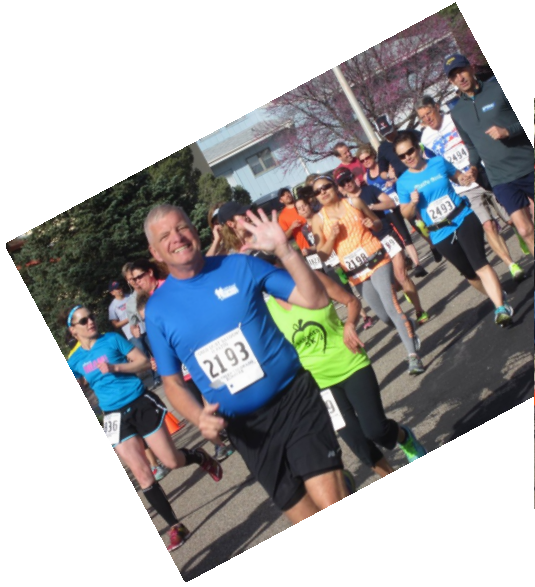
Happy
 Birthday

Yappy Dog Predict

Photos by Ross Barnhart



Ramsgate 6 Predict



SCR Minutes – March 2, 2016

In attendance: Gwen Steves, Kim Arline, Humberto Paredes, Paulette Arns, Gary Franchi, Jason Castro, Dave Diaz, Stacey Diaz, Roger Giordano, Shawn Loppnow, Robert Lucero, Lisa Lucero, Becky Medina, David Rael, Dennis Wait, Marilyn Vargas, Don Pfost, Larry Volk

Officer reports

Minutes:

- Becky presented the minutes and after review Don Pfost made a motion to approve the minutes with changes to the date and attendees as mentioned. Stacey Diaz made the second and the minutes were approved.

Treasurer's Report:

- Humberto gave the treasure's report. There had been a large influx of income for OMT and SRO registrations. Becky Medina made a motion to accept the treasurer's report, Dennis Wait seconded the motion and the treasurer's report was accepted.

Newsletter:

- Becky said the online newsletter was well received. The deadline would continue to be the 20th of each month.

Membership:

- Kim shared that there were 170 members to date.

Webmaster:

- Lallo was not present. Not sure what the status is for the new website launch.
- Kim then mentioned that rsforms costs approximately \$1500. This year all of the Funner to be a Runner submissions were lost and Kim suggested we look into a backup system.

Race Calendar:

- Dave shared upcoming dates: March 6 – SRO, March 13 - Tour de Fair Predict, March 19 – Bluesky Blizzard, April 2 – Spank Blasing, May 8 – Yappy Dog Predict, May 28 – Mosaic Run,

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 still in 2nd place.
- Gwen also reported that the youth tri club practice was going well. They had already had two swim practices and were looking forward to biking and running in March.

Recent Races/Events

- Valentine Twosome was well attended
- SRO Tuneup - Larry Volk reported that it went well. The 10K was a little long. The chip timing started well but the battery died on the first computer and the backup was 45 sec off. Shawn was calculating all the times for accuracy.

Upcoming SCR races

- SRO – Dave and Stacey reported the shirts were very nice and Dave felt everything was ready to go. He was concerned about running out of shirts, but said that everyone that wanted a shirt would get one after a reorder. There was a problem with rsforms. Pending registrants looked like double entries. Several had signed up this week and continued to sign up. Gwen thanked Dave for all of the pre planning meetings. Kim suggested getting all the 1st time racers together for a photo at 8:45 before the start.
- Tour de Fair – no updates. Gwen asked to chip time the event.
- Ramsgate – Dennis reported it will be the same as last year.
- OMT – planning is going well. Made contact with the new Sheriff's Dept representative. The event was not been sanctioned yet, but the \$305 fee has been paid. Dominos pizza is sponsoring the food.

Ongoing Club Business

- **MOU/YMCA** – Gwen and Paul met with Janelle Lockhart, Garret Bragg and Colleen from the YMCA. They met and agreed there should be an MOU and felt everything should be itemized. The group will review the proposed itemized MOU and give input at the next meeting. The group seemed favorable to continue timing the corporate cup.
- **Timing equipment** – Shawn shared that the battery on one of the timing machines needed replaced. Dave made a motion to get a new battery and Don seconded the motion.
- **Annual recurring club expenses** – Humberto introduced the daft of the recurring club expenses.

- **Cards/Flowers**-A proposal to make a donation to the Kramer family was made, due to a sudden loss in their family. Stacey made a motion to donate \$100 and Don seconded the motion. There was then some general discussion about sending Club members cards/flowers in times of crises/loss.
- **Champions of Health Award**-this item was not on the agenda, but Kim asked if anyone could sit on the selection committee on behalf of SCR. Dave Rael agreed to represent SCR and to help choose the Champion of Health.

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

- PSAS Spiral Color Splash – Melanie Ripke, equipment rental –April 23rd event. Approved February 2016.
- Hardscrabble Mtn Trail run/chip time – Hal Walter/Gwen Steves
- The event is set for June 5th. Dennis, Humberto, Paul L. and Gwen are available to help time the event.
- Cinco De Mayo –Beverly Duran. Event will be held April 30th and they are looking to have chip timing.

Submitted by Becky Medina, SCR Secretary



Ladies - Mark your calendars for August 6

The 1.5 mile walk starts at 7:45 and the 5K run begins at 8:00. Both events will be at City Park at the community pavilion.

Atalanta will provide women runners and walkers an event to get out and just have fun regardless of size, shape or ability.

Registration fees for the event are \$25. SCR members receive a \$3 discount. Race day registration will be \$30. Online is highly encouraged. Registrants will receive a sleeveless, women's cut technical shirt. Early registration helps the organizers order the correct number and size of shirts. Online registration can be completed through the Southern Colorado Runners website: socorunners.org.

Questions regarding Atalanta can be directed to
 Marijane Martinez at Marijane.martinez@comcast.net

Wendy Garrison at scoonerwendy@gmail.com

Becky Medina at medxpress1@msn.com.

SCR Minutes – April, 2016

In attendance: Gwen Steves, Humberto Paredes, Paulette Arns, Dave Diaz, Stacey Diaz, Robert Lucero, Lisa Lucero, Becky Medina, Dennis Wait, Don Pfof, Lallo Vigil, Marijane Martinez

Officer reports

Minutes:

- Becky presented the minutes and after review Don Pfof made a motion to approve the minutes and Paulette made the second. The minutes were approved as presented.

Treasurer's Report:

- Humberto gave the treasure's report. There were a few adjustments made. Paulette agreed to file the 990 if given the information needed. Becky Medina made a motion to accept the treasurer's report, Paulette seconded the motion and the treasurer's report was accepted.

Newsletter:

- Tentative date for the stuffing was made for 4/12 if it was able to be printed on time. Becky would not be available, but Dave and Stacey offered to coordinate the stuffing. There was some talk of sending an email version as well. Dave made a motion to send both a email and print version. Don seconded the motion.

Membership:

- Kim was not present to give a report.

Webmaster:

Lallo brought up the new site which was ready for a "soft launch." He has been troubleshooting a few issues and links. The group complimented Lallo on the site and the new improvements and look. Gwen suggested a meeting just for the website be scheduled.

Race Calendar:

- Dave shared upcoming dates: April 2 – Spank Blasing, April 9 - Ramsgate Predict, April 20 – Trash Trot, April 23 – PSAS Spiral Run, April 24 – OMT Duathlon Practice, May 8 – Yappy Dog Predict, May 14 – OMT and Mini Mortals Tri, May 21 – PAWS run, May 28 – Mosaic Run, June 5 – Hardscrabble, June 19th – Parades Predict, July – GuRULE predict (bigger and better then ever)

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.
- Will be ordering new uniforms and requested deposit.

Recent Races/Events

- SRO – Dave and Stacey reported that a recap meeting had occurred to get information about how the race went from all perspectives. All in all, the race was a great success. At the time of the meeting it was believed that the net profit was approximately \$10,000.
- Tour de Fair – Went very well, photographer was a great add on.

Upcoming SCR races

- Ramsgate –April 9– Dennis reported it will be run backwards.
- OMT & Mini Mortals – May 14– planning is going well.
- Atalanta – August 6 – Marijane reported the group had already met to start planning the race and requested deposit for the park pavilion and Becky asked for volunteers for timing. Gwen volunteered to chip time the event.
- **Ongoing Club Business**
- **MOU/YMCA** – After much discuss and review of the itemized MOU, the group decided that SCR would accept the invitation by the ARC to meet in their meeting space. The group agreed to offer our assistance for the YMCA corporate cup for the fee outlined in our race assistance agreement. Gwen offered to correspond with the YMCA representatives to notify them of the change. Becky offered to forward any mail being sent to the YMCA to the club's PO Box.
- **Timing equipment** – Shawn was not present and no one was sure if the battery had been purchased for the timing machine.

- **MOU** – Many in the group had been busy and could not meet. Becky offered to try to get the group together after the Boston Marathon.

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

- iShare - Kim Arline –had info for the new promotion
- PSAS Spiral Color Splash – Melanie Ripke, equipment rental –April 23rd event. Approved February 2016. No update
- Hardscrabble Mtn Trail run/chip time – Hal Walter/Gwen Steves
- The event is set for June 5th. Dennis, Humberto, Paul L. and Gwen are available to help time the event.
- Cinco De Mayo –Beverly Duran. Event will be held April 30th and they are looking to have chip timing. No Update
- Hoof it for Harley – needed hand timers. They are not available for the event
- Get Well Cards/Sympathy Cards – Stacey offered to purchase cards for members that can be given in times of need.



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.

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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

Address Service Requested



Atalanta 2016

All Women's 5K run and 1.5 mile walk

August 6, 2016

Register at socorunners.org