



Footprints



June 2016

Volume #346, Issue #5

Editor: Becky Medina



Southern Colorado Runners present
2016 ATALANTA
WOMEN'S 5K RUN/WALK



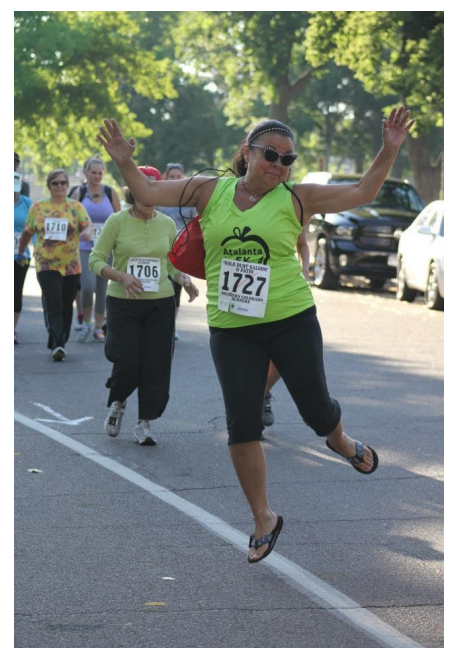
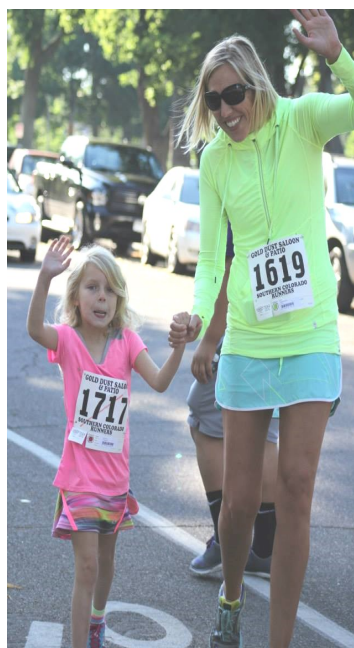
Saturday, August 6, 2016

Great Prizes and Awards

The 1.5 mile walk starts at 7:45 and the 5K run begins at 8:00.

Awards to the top 3 finishers in both the run and walk in the following age divisions: 11 and under, 12-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over.

Registration fees for the event are \$25 and \$22 for SCR members. For more information and online registration at: socorunners.org.



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. "Footprints" Volume No. 346, Issue No. 5 "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 **Arc Of Pueblo, 2705 Vinewood Ln, Pueblo, CO 81005**. 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 or emailed. (A count of 250 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

SCR RACE CALENDAR---July-October 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
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
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
Sat 23	7:00 AM	State Games Tri	750M,20K,5K	Prospect Lake, CS
Sat 23	6:00 PM	G U Rule Pred #7	4M	Pueblo
Sat 30	7:00 AM	Classic 10K	10K	Colorado Springs

AUGUST

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

SEPTEMBER

Sat 30	8:00 AM	State Fair American Discovery Trail	5K	State Fair Grounds
Mon 5	7:00 AM	Mar	Mar & half	Colorado Springs, CO
Sat 10	7:00 AM	YMCA Corporate Cup	5K	YMCA
Sun 11	7:00 AM	YMCA Corporate Cup Bike	12.4 M	Test Track
Thu 15	7:00 AM	YMCA Corporate Cup Mile	1 M	YMCA
Sat 17	8:00 AM	the Prattfall...Pred #9	3M	309 La Vista Rd, Pueblo, CO
Sat 17	8:00 AM	Mt Carmel Half Mar	1/2, 10K, 5K	Trinidad CO
Sat 17	7:00 AM	Hermit Pass Mar & Half	Mar & Half	Westcliffe, CO
Sun 18	8:00 AM	Hot to Trot	5K	Gold Dust Saloon
Sun 18	8:00 AM	Pony Express	15 M	Rampart Reservoir
Sun 25	7:00 AM	Colo Springs Marathon	Mar/Half/5K	Acacia Park
Sun 25	8:00 AM	Child Advocacy Bike & 5K	38M/5K	Industrial Park/Airport

OCTOBER

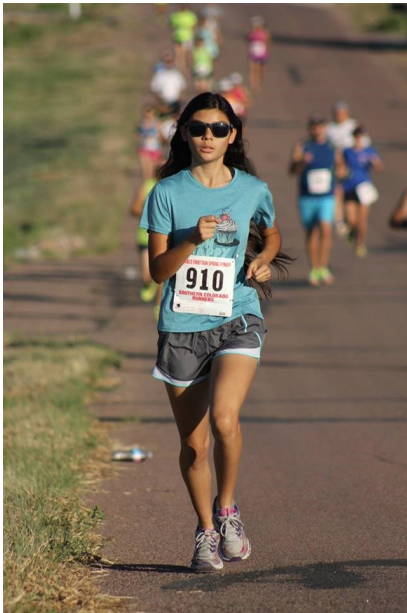
Sat 22	4:30 PM	Harvest Predict Run	5K	Gold Dust Saloon
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Southern Colorado Runners - Group Runs

Check it out on Facebook: <https://www.facebook.com/groups/socorunners/>



Recently Frank Lopez, Gavin Lopez and Laurice Lopez-Cepero traveled to the Olympic Time trials in February. These are pictures of Deena Kastor and Mebrahtom "Meb" Keflezighi as well as the start of the women's race.



Youth Running



Skyview Youth Summer Running Club

Open to all youth all levels July Schedule Mon, Tues, Thurs 6:00 am
Skyview Middle School

Wednesday at 6:00 am at Pueblo West High school, step'in stairs, Long
run/altitude run on Saturdays in July to be announced.

Colt Running Club

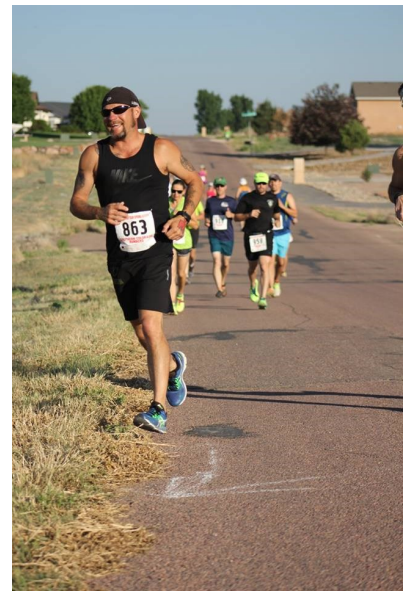
Open to grades 7 through 12 grade during the summer months. All athletes will
need to sign a waiver.

Practice Tuesday through Friday 7:30 a.m. south west corner of City Park.

Any questions contact Coach Z at clint.zundel@pueblocitieschools.us.

Predict #6 Arroyito Lake View

An early morning Father's Day run. Thank you to the Paredes family for a great event.



June

Ken Sharp	1	Ann Nelms	13
Kevin Cover	1	Rick Macias	17
Retzio Gredig	1	Donald Montoya	18
Shayne Castro	2	Shari Krasovic	18
Michelle	4	Melissa Mestas	20
Lewis Fox	5	Kira Hughes	20
Jasmine Carlson	6	Michael Parlapiano	21
Ben Reinke	7	Claudia Pratt	21
Robert Lucero	8	Carl Cook	23
Stephan Smith	9	Laurice Lopez-Cepero	24
Margaret DiMatteo	10	Michael Baca	25
Wesley Cservenak	10	Bryce Vigil	25
Jaylen Vargas	10	Kylee Giconi	25
Sean McGivney	11	Eric Castellano	27
Rahel Gredig	11	Rachel Highfill	27
Kent kleven	12	Brian Pratt	29

Happy
Birthday

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

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Pueblo, Colorado
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Hardscrabble—June 5, 2016