



# Footprints



August/September 2016

Volume #346, Issue #7

Editor: Becky Medina



## Revived Atalanta completes 2nd year *By Wendy Garrison*

The morning of Saturday, August 6, welcomed beautiful weather, 110 athletic women walkers and runners, a group of toga clad women and one Greek God to City Park. The reason for this mix of characters and athletes? - The Atalanta 5K run and 1.5 mile walk.

The Atalanta race just finished its second season under the direction of a group of SCR members known as the

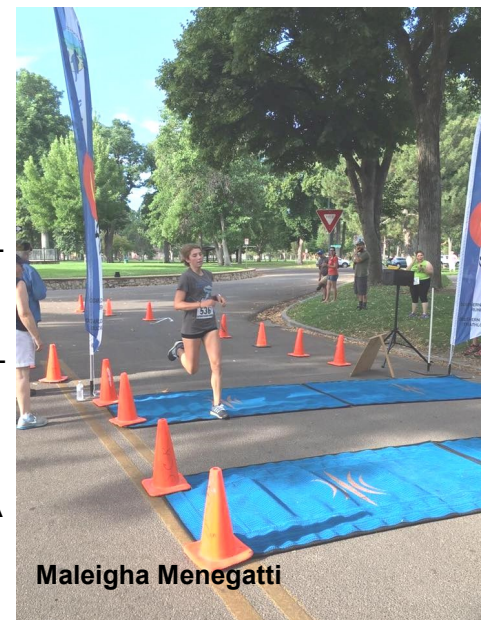
Big Dog Runners. This group included: Gloria Montoya, Diane Lopez, Martha Drake, Debbie Gurule, Becky Medina, Kris Spinuzzi, Carmen Perez, Marijane Martinez, Barbara Jean Gonzales, Kristie Roseman and Wendy Garrison. It is actually a revival of an old well known race of the same name dating back over 30 years. The race was discontinued for about 5 years before the group decided to bring it back to the Pueblo racing scene. In recognition of the race's beginnings, Barb Hadley - one of the founding sponsors - was honored at the race. The togas and trademark apples represent the story of Atalanta from Greek Mythology. In the myth, Atalanta was a huntress and gifted runner who did not want to marry. Only a suitor who could beat her in a foot race would win her hand in marriage. A man named Hippomenes placed 3 golden apples in her path to slow her down allowing him to win both the race and a wife.

Much like Atalanta, many of Saturday's women were quite swift. Donna Hickman from Pueblo West topped the 1.5 mile walk with a finish time of 17:08. The runners were led by 13 year old Shayana Holcomb from Skyview Middle School. Her winning time was a blistering 21:09. The 5 K field was a very talented group. The top 11 times were under 26 minutes. Rounding out the top five finishers were: Maleigha Menegatti (21:48), Rita Vigil (22:31), Madison Newbauer(23:10) and Stacey Diaz (24:09).

While the Atalanta race was a celebration of women's running, the volunteers were men with the notable exception of Gwen Steves. A big thank you goes to: Roberto Thomas, Roger Giordano, Lallo



Shayana Holcomb



Maleigha Menegatti

# 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. 7 "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

## 2016 Newsletter schedule:

<u>MONTH</u>	<u>DEAD-LINE</u>	<u>DIGITAL/PRINT</u>	<u>STUFFING</u>
Sep	20-Aug	digital	none
Oct	20-Sep	PRINT	tbd
Nov	20-Oct	digital	none
Dec	20-Nov	digital	none

Vigil, Dennis Wait, Don Pfost, Dave Diaz, Mark Gure, Humberto Parades, Danny Nelson, John Gonzales, Herb Brockman, Jerry Montoya, Paul DallaGuardia, Bob Quintana, Mac Singer, Jim Hadley, Ron Dehn, Sean McGivney, Eric Medina, Lou Fox, Don Thompson and this year's Greek God - Darryl Clark. As every race committee knows - it's the volunteers that make a race.

This year's race also benefitted from the generous donations of Dr. Cheryl Cavalli, Mark Gregory, Dr. Robert Pratt, Dr. Sharon Kessler, John Ribal, Bonny Cosyleon, Jerry & Diane Lopez and family, and Sandy Reinsch. These donations not only helped cover race expenses but they also helped purchase some great door prizes and give a little to Desiree DallaGuardia for her masterful massages.



**Committee members with guest of honor, Barb Hadley (middle in blue) and Greek God, Darryl Clark.**

Plans for a 2017 Atalanta race are already underway. We hope to see all the wonderful women walkers and runners at next summer's toga party!



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

## SEPTEMBER

Sat 10	7:00 AM	YMCA Corporate Cup	5K	YMCA	www.puebloymca.org
		YMCA Corporate Cup			
Sun 11	7:00 AM	Bike	12.4 M	Test Track	www.puebloymca.org
		YMCA Corporate Cup			
Thu 15	7:00 AM	Mile	1 M	YMCA	www.puebloymca.org
<b>Sat 17</b>	<b>8:00 AM</b>	<b>the Prattfall...Pred #9</b>	<b>3M</b>	<b>309 La Vista Rd</b>	<b>socorunners.org</b>
			1/2, 10K,		
Sat 17	8:00 AM	Mt Carmel Half Mar	5K	Trinidad CO	runsignup.com
		Hermit Pass Mar &	Mar &		
Sat 17	7:30 AM	Half	Half	Westcliffe, CO	clubamericawmv.org
Sun 18	8:00 AM	Pony Express	15 M	Rampart Reservoir	prrun.org
Sun 25	8:00 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth 719-251-3189
		Colo Springs Mara-	Mar/		
Sun 25	7:00 AM	thon	Half/5K	Acacia Park	eventbrite.com
		Child Advocacy Bike &			
Sun 25	8:00 AM	5K	38M/5K	Industrial Park/Airport	pueblocac.org/

## OCTOBER

		Beulah Challenge			
Sat 1	7:00 AM	13.1M,10K,5K		Beulah, CO	Facebook page
Sat 1	8:00 AM	Rim to Rim	10K/5K	Royal Gorge	rimtorim.org
Sat 1	8:30 AM	La Veta Oktoberfest	5K	La Veta, CO	twopeaksfitness.org
Sat 1	10:00 AM	PDI Walk	??	CSU-Pueblo	pdipueblo.org
				Bear Creek Park West,	
Sun 2	10:30 AM	Fall Series I	4.5 M	CS	prrun.org
Sat 8	9:30 AM	Hoofit for Harley	13.1/5M	Colorado City	harliesgreenhouse.com
					runrock-
Sun 16	7:00 AM	Denver RnR	13.1M	Denver, CO	nroll.competitor.com
				Monument Valley	
Sun 16	10:30 AM	Fall Series II	3.5 M	Park, CS	prrun.org
		<b>Harvest Run, Pred</b>			
<b>Sat 22</b>	<b>4:30 PM</b>	<b>#10</b>	<b>5K</b>	<b>Gold Dust Saloon</b>	<b>socorunners.org</b>
					Facebk/
Sat 29	9:00 AM	Monster Dash	5K	DiSanti Farms	MonsterDashPueblo
Sun 30	10:30 AM	Fall Series III	6.5 M	Palmer Park	prrun.org

## NOVEMBER

		<b>Nelson's Pretty Fast</b>	<b>4.3M/1.8</b>	<b>614 E Marigold Dr,</b>	
<b>Sat 5</b>	<b>9:00 AM</b>	<b>Pred</b>	<b>W</b>	<b>PW</b>	<b>socorunners.org</b>
Sun 13	10:30 AM	Fall Series IV	5.5 M	Ute Valley Park	prrun.org
		Canon City Turkey			
Sat 19	10:00 AM	Trot	5K	Pathfinder Park	ccrec.org
Thu 24	9:00 AM	YMCA Turkey Trot	5K	Pueblo YMCA	puebloymca.org
		<b>Temple Canyon 4M-</b>		<b>Temple Canyon-</b>	
<b>Sat 26</b>	<b>9:00 AM</b>	<b>Pred</b>	<b>4M</b>	<b>Canon City</b>	<b>socorunners.org</b>

## DECEMBER

		<b>Rock Canyon Half-</b>			
<b>Sat 3</b>	<b>9:00 AM</b>	<b>Mrthon</b>	<b>13.1M</b>	<b>Pueblo City Park</b>	<b>socorunners.org</b>
		<b>SCR Christmas Pre-</b>			
<b>Sat ??</b>	<b>3:00 PM</b>	<b>dict #13</b>	<b>3M</b>	<b>4727 Walnutcrest Ct</b>	<b>socorunners.org</b>

# Pikes Peak Proposal

Melanie Steves set out to finish the Pikes Peak marathon and at the top, Eric Castellano is there with quite the surprise—a marriage proposal.

***Congratulations  
Eric & Melanie***



## ***SKYVIEW SUMMER RUNNING CLUB...WHY?***

***By Marilyn Vargas, Youth Running Coach***

Well, it started with a new idea: “a youth summer running club”. 6:00 a.m. in the morning, 5 days a week program to begin the Monday after school let out for the summer. Coach David said, “We probably won’t even get one person to come join a running club that starts at 6:00 am in the morning, it’s way too early for kids.”

It’s Monday morning, 6:00 a.m. and I drive up to the school. There are cars in the parking lot. It has only been the weekend since school let out, which led me to say to myself, “These cars belong to employees of the school.” I walk into the school gym area to meet 17 young athletes and 6 parents ready to run! Skyview Summer Running Club became a reality!



Moms and dads ran with their daughters and sons. They trained hard, running hills on one day, running stairs on another day, and running a long run on yet another day. Oh yes, and let us not forget the strength training and speed work.

Of course, there was complaining about the stair workout, when they did not get enough sleep the night before. A slow starts to the long run, as they cleared the sleep out of their eyes. However, these young middle school athletes and six adults, showed up at 6:00 a.m. in the morning for the early morning workout five days a week ...and why?

As the summer unfolded, the answers to the “why?” came into clarity. Yes, there were the usual rewards evident in one who is training such as, running further, running faster, hill work is easier, and getting stronger... but there was even more.

There was Zach, with a smile, challenging his mom to a sprint run during the speed workout, Shay reaching the top of the Pikes Peak Incline in 32 minutes, and Jacob embracing the sport of running when only discovering his talent this past May 2016, and so on and so on. However, there is one very important “answer” that cannot go unnoticed, and it is that of “community support”.

First, a big “thank you” to Southern Colorado Runners Club, sponsored “Jacob”, who recently discovered his running abilities and talent in the sport of running, to a week of summer track camp at CSU-P. “With your sponsorship, you have supported and nourished the continue development of a new “youth runner” in the community.”





Second, to the Gold Dust Tuesday night running group who opened their 5k run to Skyview Youth Summer Running Club, “our heartfelt thanks for your warm welcome and kindness.” These advanced runners marked the course, talked with the young athletes offering advice and encouragement. They also ran side by side the youth athletes to ensure a safe run. One youth athlete commented, “It was an awesome time”. To the Gold Dust Tuesday night, running group, “Your role modeling, kind gestures, and memories you helped to create, will stay with these young athletes enhancing the steps that will help mold them into “advanced runners” Many Thanks”. These youth runners can also now “pass it on”.

Then the e-mail, “Atalanta Organizers would like to offer 5 scholarships to 5 female youth runners from “Skyview Summer Running Club”. “The Atalanta 5k” rewards this newly developed, seven week old summer running club. What an awesome gift for five female youth runners!

Amelia Marmolejo, Megan Kaspari, Shayanna Holcolmb, Eden Thompson, and Alex Krenz all stepped up to the challenge.



In their own words, this is what they had to say, about their Atalanta 5K experience...



*"I had a great experience running with these amazing women. One thing that really inspired me was the variety of ages from young girls to women in their seventies. It is inspiring me to run longer and hopefully become as successful as these women. I really thought this was a great experience and had a wonderful time."*

***Shayana Holcolmb***

***Skyview Middle School 8<sup>th</sup> Grade***

***Cross Country Team Captain***

***Atalanta 5K, 2016 Overall Winner***

*"I absolutely loved running the Atalanta 5K Run. I had so much fun and it was such a happy environment. I have never been to a girl's only race so it was a very unique and exciting experience for me. I especially liked the togas that the staff were wearing!"*

***Eden Thompson***

***Skyview Middle School 8<sup>th</sup> Grade***

***Cross Country Team Captain***



*"I liked that the run was only for women. I think it was cool that they named the run after a goddess. I loved that the run was in the park because of the scenery. Also, it was fun to run with friends."*

***Amelia Marmolejo***

***Skyview Middle School 6<sup>th</sup> grade***



***Atalanta 5K, 2016 1<sup>st</sup> Place***

***Age Group Winner***





*“When we first arrived, a Women’s Only run seemed daunting. As a first time participant this type of run was different, yet my doubt was for nothing. The run was fun and easy. It, in the end seemed a different, but amazing experience.”*

**Alex Krenz**

**Skyview Middle School 7<sup>th</sup> grade**



*“I saw women running in their eighties and I hope to be one of them someone.”*

**Megan Kaspari**

**Skyview Middle School 8<sup>th</sup> grade**

*(Megan’s mom added, “This was a first time Megan ran alongside other women. It was an inspirational race. It just felt different. This race was very inspiring for her.”)*

Why 6:00 a.m. five days a week???? These athletes have a love and passion for the sport of running. They formed strong bonds and relationships with their running club family, and have started a new beginning with the community running family.

As Coaches, both Coach David and I can only say, *“Thank you God for allowing us these Beautiful Blessings to experience”*.

As for the Skyview Youth Summer Running Club, I think we will be in full swing following Cross County Season, and Track Season for years to come, becoming simply “The Skyview Youth Running Club”.

Thanks to all, especially the athletes, parents, Skyview Middle School Administrators, and The Pueblo/Pueblo West Communities.



# thank you!

Thank you for giving me a scholarship to the camp at CSU-P. While I was there I learned a lot of things that will benefit my running. One thing that I learned was proper running form. The camp instructors said when we run we need to stay tall and run on the balls of our feet to make sure our foot hits the ground under us. Since I learned that I have been working on it and have been using less energy and I am able to run farther. Another reason why I can run farther is because they taught us how to pace ourselves. In order to pace ourselves we have to run diagonal from the person in front. This helps because you do not want to get trapped in the middle with other runners. The last thing they taught me that helped with my running is by teaching us what to eat. The instructors told us that we do not want to eat too much of sweets because it will slow you down. I will incorporate this into my life because I love to eat a lot of cookies and now I know that it will affect my running.

Thank you for the opportunity,

Jacob Rodriguez

# Northwest Passage

By Gary Franchi

Having traveled 1,172 miles from Pueblo to Coeur d'Alene, Idaho in late June, SCR and SoCo-T2 member Carrie Franchi wasn't going to let some frozen fingers, leg cramping and then back spasms keep her from finishing 70.3 more miles. With robust cheers from viewers lining the final two blocks of the run, Carrie crossed the finish line with a time of 6 hours, 54 minutes in the Ironman Coeur d'Alene 70.3 that was held June 26. Momentarily forgotten in the glow of accomplishment were the numbed fingers caused by the 61-degree lake water during the swim, leg cramps on the hilly bike course and back spasms that had her leaning to one side in the final half-mile of the run.

It was the third Half-Ironman distance that Carrie, who competes in the 60-64 age division, has conquered, and it came in a field that included 3,000 participants. She also is registered for the Harvest Moon long-distance triathlon (70.3 distance) in September and hopes to run her first marathon in 26 years at the Detroit Free Press Marathon & Half-Marathon in October.



# Ramblin'

by Ron Dehn

## Running Away From Home



I like running at home. I like running in Pueblo West and in Pueblo. But since retirement, my wife Chris and I hitch up the travel trailer and head out on the road whenever the opportunity presents itself. Here are some thoughts about running away from home.

Those who know me or who have read some of my articles probably know that I preach that the Number 1 reason to run is for health. If you run at the Olympic level or are shooting for a college scholarship, I will concede that some other motivators are high on the list. Still when it is all said and done – health is still Number 1.

That being said, when traveling if you have the opportunity to exercise, think before you run. Sure there is always even a small element of risk any time you go out your front door, but at least these are familiar surroundings. When you are somewhere new, familiarize yourself with the environment. Try to ascertain if you are in a safe area with respect to people, animals, terrain, and weather. Ask a local if you have the opportunity. Perhaps someone in a store, at a hotel desk, a park ranger, or a campground host. Sometimes during our trailer travels we will take advantage of an overnight parking spot at a local Wal-Mart. One time we asked the Greeter about taking a walk to a nearby movie theater after dark. He advised us not to even spend the night in that parking lot and gave us directions to

another Wal-Mart in town. We figured he knew something that wasn't obvious to us and took his advice.

Additional tips, when running in unfamiliar surroundings:

1. Run with a partner if possible.
2. Carry your cell phone.
3. Make a copy of your driver's license and carry it with you.
4. If you have special medical needs, wear a bracelet, necklace, or some documentation with emergency information. (you should do this all the time anyway)
5. Carry pepper spray and be ready to use it.
6. If in a city, run on the major roads, i.e. a populated area.
7. Don't get lost (duh). Pay attention to landmarks. You can even take photos of landmarks / street signs for future reference. Believe me, I can get lost going around the block.
8. Carry water.
9. If you are going very far, carry some GU an energy bar, or some light snack.

In my 34 years of running, I have had very few incidents. Once while running at night, someone in a car threw a beer bottle at me. Fortunately he missed. I did get the license number and reported it to the police who told me not much would happen since I was not injured. A dog in Telluride nipped my leg enough to break the skin. I did chat with the owner and asked about shots but should have gotten his name and contact information. Several other times, dogs have made it clear that I was unwanted and in a handful of cases, I felt that an attack was likely. After a rather scary incident, I began carrying pepper spray. While running or hiking, I have run into wildlife many times, including deer, elk, coyote, foxes, and of course snakes. Never get too close to a young animal. If Momma or Papa are near, they will consider you a threat and that could mean trouble.

Note: I am a glass-is-half-full kind of guy, so I am not trying to suggest that your approach to running or life should include a heavy dose of paranoia. I am just suggesting that you pay attention to your surroundings. Think before you run.

Now for the fun part – Racing Away From Home. When we are on a trip, especially off season, we will often meander which we consider part of the fun. However, I usually look to see what cities or towns we will be near on the weekends.

I love to get into organized races away from home. In Pueblo, I am a middle-of-the-pack racer. If there are 10 people in my age division, I will usually finish somewhere around 5<sup>th</sup>. I wish I was faster, but I'm usually in the central part of the bell curve.

For some reason, when I get away from home, I get more competitive. Maybe I feel that I am representing my club, my town, or the state of Colorado. I convince myself that I have an advantage coming from (usually) a higher altitude. When racing out of town I almost always wear an SCR shirt. Secondly, before the race I start scanning the field of runners for “The Grays” These are the guys potentially in my age bracket (with gray hair). When the race starts, I try to keep ahead of as many “Grays” as possible. Sometimes this works, sometimes not. At a 10k in Henderson, Nevada – “The Grays” ran circles around me. My “altitude advantage” was clearly overshadowed by their “used to running in heat” advantage.

I have found races simply by asking a local, but the Internet is usually the best bet. Start with: <http://www.runningintheusa.com/Race/> or <http://www.rrca.org/calendar/find-event/> or <http://www.runnersworld.com/race-finder> or <http://www.active.com/> and there is always Google.

My most recent out of state run was in De Pere, Wisconsin at St. Norbert College. I even got a photo with Norby, the mascot of the mighty Green Knights. Fun!

Until next time, *“Go fast enough to get there, but slow enough to see.” Jimmy Buffett*



Dave Diaz, Stacey Diaz, Peggy Oreskovich and Matt Diaz Saturday, August 20. On top of the mountain right after completing the Pikes Peak Ascent.



Marijane Martinez and Stacey Diaz Sunday August 14 at the Lake Union 10k in Seattle WA.



# August

# September

Rae Timme	2	Blaine Kirkpatrick	12
Steve Hernandez	2	James Jarman	13
Tom Ratzlaff	3	Ryan Moran	13
Janique Rizer	5	Frank Lopez-Cepero	14
Gayle Perez	5	Jeff Arnold	16
Connor A Steves	5	Darrian Fritzen	16
Melanie Ripke	6	Cooper Cook	17
Michael Cservenak	6	Melanie Hughes	18
Matthew Krasovic	6	Mark Kleven	19
Chad Campbell	7	Emily Lucero	19
Johnathan Gonzales	7	Charles Lucero	21
Dave Diaz	9	Ellianna Highfill	23
Emily Perez	9	Paula McCabe	24
Julie Moran	10	Char Taylor	25
Ron Dehn	11	Aimee Atencio	25
Ross Westley	12	Taylor Lopez-Cepero	25
David Martinez	12	Rochelle Stringer	26
Jen Hallam	12	Rylee Fox	28

Steve Fox	1	Stacey Diaz	21
Barbara Gonzales	2	Barbara Sutton	21
Diego Hernandez	3	Ronald Olsen	22
Jane Murtha	4	Curt Wright	23
Sheridan Reed	8	Gary	23
Edmund Vallejo	10	Katie Teisher	23
Rowan Moran	12	Manuel Alcala	24
Jack Stangier	12	Greg Arline	25
Rebecca DeHerrera	13	Kim Dodds	25
Ted Johnson	13	Kerry Roman	25
Michelle Pratt	14	Siria Aguilar	26
Victor Boley	14	Cassie Pate	27
Amber Arline	15	Deb Hadley	27
Cory Rose	15	Jasmine Jarman	28
Marcos Ortega Keshmiri	20	Rylan Dehn	29
Kathy Nelson	20	Helen Whitener	30

Happy Birthday

## SCR Minutes – June 1, 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, Gary Franchi, Shawn Loppnow, Robert Pratt, Marilyn Vargas, Dave Rael, Jason Castro, Ron Dehn, Paul Labar, Kim Arline

**Guests:** Crime Stoppers, Paul Montez

### Officer reports

#### Minutes:

- Gary presented the minutes and after review Ron Dehn made a motion to approve the minutes and Don made the second. The minutes were approved as presented.

#### Treasurer's Report:

- Humberto gave the treasurer's report. Paul Labar made a motion to accept the treasurer's report, Ron seconded the motion and the treasurer's report was accepted.

#### Newsletter:

- There was some discussion as to the lack of articles and material for the upcoming June edition, as the May 20 deadline had past. It was suggested to just include the calendar and a few pictures and save any incoming articles for the July print version. The deadline for the July print version is June 20.

#### Membership:

- Kim was not present to give a report and it was tabled, as she was expected to attend.

#### Webmaster:

- Lallo had cleaned up the site and it seems to be working well. He is exploring posting interactive maps of predict race courses. Lallo will schedule separate website training.

#### Race Calendar:

- Dave shared upcoming dates: June 5 – Hardscrabble, June 11 – Stroll for Stroke, June 19<sup>th</sup> – Parades Predict, July – GuRULE predict, August 27 – Pray 4 Predict, September 3 – State Fair Run
- He also mentioned he hadn't purchased the shelf yet for the shed storage

#### So-Co Triathlon Club

- Everyone is busy with race season
- Michael O is keeping stats on races and posting results.

### Recent Races/Events

- Ordinary Mortals – Great Race – made approximately \$5100. They coordinated a debrief for next year and got a lot of good feedback from participants. Next year they will use another system for registration besides RS forms. Paul will explore fees for other systems and will make sure that whatever system they use has USAT verification.
- Yappy Dog – Good turnout, very nice event
- Mosaic 5K – went really well
- Paws for Life – small turnout

### Upcoming SCR races

- Arroyito Lake View Predict – Humberto, 6/19. Probably the same course. Gwen suggested assigning chip bibs for reuse for predicts. Shawn need race director on the computer he uses. SCR owns 5 computers, but one does not work.
- Atalanta – August 6 – Becky reported all is well so far. Gwen has volunteered to chip time the event.

### Ongoing Club Business

- **Time Machines** – Don sent the machine to the manufacturer and it was fixed within days.
- **Timing equipment** – Paul discussed a deal on purchasing an additional chip system with a mat. Gwen added that we will need to purchase new shoe tags.

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

- Boys & Girls Clubs UV Splash 6/24 – Becky requested use of water jugs, trash tots and tables for the event – it was approved
- iShare - Kim Arline – had info for the new promotion and encouraged people to share on the web.
- Hardscrabble Mtn Trail run/chip time – Hal Walter/Gwen Steves
- The event is set for June 5<sup>th</sup>. Dennis, Humberto, Paul L. and Gwen are available to help time the event.
- Health Day 5K – State Fair – 9/3/2016 - SCR will chip time. There was some discussion that the fees/contract need clarified.
- Crime Stoppers – Paul Montez shared the mission of Crime Stoppers and that they were looking to put on a run in the next year. Becky and Gwen agreed to meet with them to discuss what they want to do and what they might need from SCR.
- Raptor Run – 1/1/2017 – Ron Dehn requested use of the timing equipment and finish line. It was approved. There was a motion to grandfather the Raptor Run into races that will not have a fee for race support. After some discussion the motion was passed with one not in favor.

### Other:

- Marilyn Vargas had requested a scholarship for an incoming Pueblo West freshman to attend an upcoming camp at CSU Pueblo. It was approved to give a scholarship for the camp.



## The 30<sup>th</sup> Annual Rock Canyon Half Marathon

**Race Date: Saturday, December 3<sup>rd</sup>, 2016**

**Early Entries Open: September 5th, 2016**

**SCR members will receive early entry discounted  
rate of \$40 with code**

**(\$45 after Oct 16)**

**(discount code will be distributed by SCR club  
e-mail)**

**LIMIT: 750 entries**

**Enter at [imathlete.com](http://imathlete.com) or [socorunners.org](http://socorunners.org)  
and like us on Facebook**