



Footprints

Go-2
Southern Colorado Triathlon Team

October 2016

Volume #346, Issue #8

Editor: Becky Medina



Calendar Highlights

Race Adventure

Qualifying for Boston

SCR Information

Current SCR Officers

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Vice President

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Treasurer

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Southern Colorado Runners

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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. 8 "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.

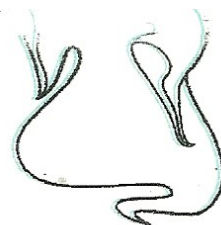
Respectfully,

Becky

2016 Newsletter schedule:

<u>MONTH</u>	<u>DEAD-LINE</u>	<u>DIGITAL/PRINT</u>	<u>STUFFING</u>
Nov	20-Oct	digital	none
Dec	20-Nov	digital	none
Jan 2017	20-Dec	Print	TBD

The Southern Colorado Runners
Proudly Present the 30th Annual



HARVEST RUN

@the Gold Dust Saloon



**3M Run/1.5M Walk
Run/Walk start at 4:30 PM
Saturday, October 22, 2016
Eat/Socialize: 5-9? PM
GOLD DUST SALOON
217 S Union Ave, Pueblo, CO**



The Southern Colorado Runners for an early Halloween Celebration on the back patio of the Gold Dust Saloon located in the heart of Pueblo's Union Ave Historic District. Visit with old friends and make new ones at the 30th annual SCR Harvest Run. The 2016 edition of this annual fall event begins in the alley behind the Gold Dust Saloon, loops around the Union Ave historic district, including Pueblo's Riverwalk and returns to the Gold Dust. The run will be about 3 miles and the walk about 1.5 miles. No pre-registration necessary, just arrive a little early to sign in on the back Patio of the Gold Dust. No cost to enter, the run is free. The SCR has reserved the Gold Dust's back patio for the evening so plan to stick around after the run for the best part ~APPETIZERS ~BEER ~SODA on the Gold Dust back Patio courtesy of your Southern Colorado Runners. It's our way of saying Thank You for being an SCR member. Not a member? Come anyway, join now and become a member until NEXT YEAR, DECEMBER 2017. Print a membership form from sacorunners.org and bring it with you.

**3M FUN RUN/ 1.5M WALK
APPETIZERS, BEER & SODA
FOR SCR MEMBERS & FAMILIES
NO SHIRT! NO AWARDS! NO CHARGE!**



**RACE DAY REGISTRATION ONLY
show up between 4:00-4:30 PM and sign in**

SEE YOU THERE!!!



SCR RACE CALENDAR---September 2016-January 2017 by Dave Diaz

OCTOBER

Sat 1	7:00 AM	Beulah Challenge 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	5K	CSU-Pueblo Bear Creek Park West, CS	pdipueblo.org pprrun.org
Sun 2	10:30 AM	Fall Series I	4.5 M	CS	pprrun.org
Sat 8	9:30 AM	Hoofit for Harley	13.1/5M	Colorado City	harliesgreenhouse.com
Sat 15	9:00 AM	Hero Run/Walk	5K/1M	Riverwalk	runsignup.com runrock- nroll.competitor.com
Sun 16	7:00 AM	Denver RnR	13.1M	Denver, CO Monument Valley Park, CS	pprrun.org
Sun 16	10:30 AM	Fall Series II	3.5 M	Park, CS	pprrun.org
Sat 22	4:30 PM	Harvest Run, Pred #10	5K	Gold Dust Saloon	socorunners.org Facebk/ MonsterDashPueblo
Sat 29	9:00 AM	Monster Dash	5K	DiSanti Farms	pprrun.org
Sun 30	10:30 AM	Fall Series III	6.5 M	Palmer Park	pprrun.org

NOVEMBER

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

DECEMBER

Sat 3	9:00 AM	Rock Canyon Half- Mrthon	13.1M	Pueblo City Park	socorunners.org
Sat ??	3:00 PM	Holiday Mini Mrthon- Pred	3M	4727 Walnutcrest Ct	socorunners.org
Sat 31	9:30 AM	Raptor Resolution Run	5M	Pueblo Nature Ctr	natureandraptor.org

JANUARY

Sun 1	9:30 AM	Rescue Run	5K/10K	Palmer Park, CS Cheyenne Mtn State Park, CS	pprrun.org
Sat 14	10:00 AM	Winter Series I	3.3M/7M	Norris Penrose Event Center, CS	pprrun.org
Sat 28	10:00 AM	Winter Series II	4M/8M		pprrun.org
TBD	6:00 PM	SCR Awards Banquet			

Calendar Notes

by Dave Diaz

In case you haven't noticed our newsletter has not been coming to your home every month. We plan to print the newsletter quarterly: Jan, April, July and Oct. The issues in between will be digital and sent by email. We would love your contributions, whether it's photo's from your races or articles you've written about your running adventures--we love to have them. Here is the upcoming newsletter schedule.

<u>DEADLINE</u>	<u>MONTH</u>	<u>TYPE</u>
Nov 20	Dec	email
Dec 20	Jan	PRINT
Jan 20	Feb	email
Feb 20	Mar	email
Mar 20	Apr	PRINT



Runners at the Prattfall Predict held Sat, Sep 17th at the home of Robert Pratt. Thank you Lisa Lucero for the great photo.

The next race in our Predict Series is our 30th Annual Harvest Run. This is an afternoon run which will start and finish on the back patio of the Gold Dust Saloon, 217 S Union Ave in the historic district. We have the patio reserved from 4 PM until ???. The 3 mile run or 1 mile walk will begin at 4:30 in the alley behind the Gold Dust. It loops around the historic district, including the "Neon Alley" then heads

to the Riverwalk. Plan to stay after the run as the SCR would like to thank you for being a member--- beer, appetizers and soda for SCR members, families and prospective members, just show up after 4 to sign up. We've got 4 more Predict Races left in 2016. The remaining predict races are below:

Oct,	Sat 22	4:30 PM	Harvest Predict Run	5K	Gold Dust Saloon
Nov,	Sat 5	9:00 AM	Nelson's Pretty Fast Pred	4.3M/1.8W	614 E Marigold Dr, PW
Nov,	Sat 26	9:00 AM	Temple Canyon	4M	Canon City
Dec,	Sat ??	3:00 PM	Holiday Mini Marathon	5K	4727 Walnutcrest Ct

Don't forget to register for the Rock Canyon Half Marathon. Registration opened Monday, September 5th, \$45 for all, \$40 for SCR members. All SCR members receive the \$5 discount with this code: SCR_ROCKS (all caps). Use it early as prices go up to \$50 on October 16th. Please contact Race Director, Darryl Clark, with any questions at dclark839@gmail.com.

Three races in three days in three states and one stinky outfit

By Eric Medina

This story starts out as many do for a runner - going to races and trying to win, but this adventure had a lot of little detours and hurts along the way. It demonstrates the dedication, heart and triumph of a real winning spirit to do what it takes to complete what my wife (Becky) had set out to finish.

This idea did not even start out about running. We planned a cross country road trip that included a college recruiting visit for our son EJ and a stop at an elite dive camp in Indiana to train with the US Olympic dive team; and then a visit in Cincinnati, Ohio. We never thought about running. Until one day Becky comes home and asks; "So what is our schedule?" I explained the 3200 mile route and dates and times and she states, "Since it is the 4th of July weekend, do you think I could run a few races?" And so it began. I am pretty good at coordinating trips and including great stops along the way...But first I reminded Becky of the "plantars fasciitis" and heel spurs and the running restrictions and.....Like so many other runners, she came back with; "It's not really racing, I just want to do a few 5K's if you can find them. Ummm, no big deal to run a 5K right?"

I then went to work researching races in the areas coordinating them into the travel schedule. It was not easy. We were traveling at least 10 to 13 hours a day in order to make our son's planned camps and visits. After hours of exhausting internet searches, and changing the travel plans and directions several times, I found a plan to get three races in three states if Becky wanted to do it. Of course, being the runner she is, she stated; "When else would I be able to do this?"

So began a family adventure that was centered around getting my wife and son to their appointed events and me (Eric-Becky's husband and support person) driving over 3200 miles. We started out on June 30th at around 5 pm from Pueblo heading to our first appointment with Iowa Lakes College in Emmetsburg, Iowa. I drove 13 hours, everyone slept, ate and was pretty happy, until the GPS went down (no cell service) and our printed map sent us in the wrong direction. The boys were sleeping and Becky and I were driving down dirt roads and through corn fields for over 30 minutes, before I got frustrated and went to a house to ask for directions. I do not use the race card very often, but here we were in a county made up of 96.9 % white and less than .02 % Hispanic and I really didn't feel comfortable going to a house early in the morning to ask for directions. Becky refused to get out of the car so the first house we came to no one would answer the door, I guess I wouldn't either after seeing what I looked like after 13 hours of driving and working all day. The next house, I went to a female came out with a cell phone in her hand ready to call the police. I guess I would have to as I looked again in the mirror. She was kind and understanding after I explained our situation and pointed us in the right direction out of the corn field and to civilization, as much as we could find in Iowa. So, thirty minutes later we pulled into Iowa, with just about 3 hours before our college visit. Yes, we had to work and we could not leave earlier, so I knew the pain of driving so long was going to be brutal, but did not anticipate being lost in the children of the corn episode.



The people of Emmetsburg, were very friendly and the hotel let us have our room at 9 am so that we could sleep for a few hours and shower, before our visit. We would feel very comfortable sending our son to the town, as they were friendly and very accommodating to strangers.



The first race for Becky was in the town of Royal, Iowa on July 2nd. It was really a small town approximately 45 minutes from Emmetsburg. The race was raising funds for a summer program for the Parks and Recreation Department. The program was started the year before by the race coordinator and teacher at the Royal Middle School, also named Becky. We arrived before anyone else, including the race coordinator. When she arrived, Becky being the helper she is, immediately asked her if she needed help and so Becky and I



Becky and Race Director, Becky



started setting up registration tables, handing out shirts and just doing whatever needed done.

Becky was feeling “racey”, I know that is not a word, but it describes her on that morning. Becky states she is going to take it easy, until the start of the race and

she has picked her targets. She ends up coming in 3rd overall in the females and about 10th overall in the race, but she is racing a younger lady to the finish line. She is disappointed with her time and place, but after only a few minutes of standing she can barely walk. If you have ever had plantars, you can attest this is not a good start to a racing weekend. At the end of the day, Becky took first in her age group (she could have walked; she was the only one in her age group.) But unfortunately you can never tell until the results are in.

After a mandatory shower, we traveled the 10 hours to Bloomington, Indiana. Every time we stopped and got out of the car Becky looked like a lame horse that needed to be put down. The boys made fun of her and her walking, but with three comedians in the car, we all had a great time. We rolled into Bloomington at midnight on July 3rd. We needed to leave for the race in 5 ½ hours to make it on time and Becky, tried to talk me out of taking her to the race. I advised her we already paid for the race, and we could just go get her shirt and not run. I told her I would wake her



up when it was time to go and she could decide then after a few hours of sleep.

The runner in Becky got up and so did the stinky Southern Colorado runner's shirt and she stated; "Okay, I will try and run." She was really in bad shape and could barely walk. We drove through a downpour to the race, which was raising money for Autism. Becky steps out of the car, rain was just pouring down and she states; "I can't feel my foot." I told her to go get her shirt and we would go.

Then she sees the finisher medals...a puzzle piece in the baby blue Autism color and she wants to try and run. Becky and I see older gentleman in his 80's that is preparing to run the

race and Becky states, this guy is even going to beat me. The race starts and Becky is off at nearly a slow jog, and 100 yards into the race, I see for the first

time in 30 years, Becky stop. I stand there waiting for her to quit. And then she starts to jog, very slowly and then I wait, and wait until she disappears along the course. Soon the first runner starts to come in and who is it, but the 83 year old male that Becky and I stated was going to beat her. He did beat her and everyone else. Come to find out he is a world champion runner, go figure.

I look up and see Becky coming in way faster than I thought she would. And no surprise she is trying to beat two females in front of her. Becky gets her finishers' medal and now is really disappointed as she finds out the two females before her have taken 2nd and 3rd in her age group. The time in the race the day before would have taken first in her age group in this race. She limps to the car wet, hurt, and disappointed with her finish, even though I reminded her she is injured. We drive back to Bloomington pick up the boys from the hotel and drop EJ off to dive camp with the Olympic Dive team at Indiana University.



We then drive three hours to Blue Ash, Ohio where Becky's brother now lives and enjoyed a solid eight hours of sleep before her final race. We wake up on the 4th of July and head out to a race in Loveland, Ohio about 20 minutes away from her brother's house. Yes, it took me several days to work out the logistics and timing of these races. It is a down pour of rain and when we get there, people are dressed like it is snowing and stating how cold it is. We are from Colorado and this is not cold. We are wearing shorts and wondering why these people are so cold. The announcer states, they were thinking about shutting down the race due to severe rain and flooding, but the race went on. Becky's feet are feeling a little better



than yesterday's race and she once again has on her stinky Southern Colorado Runner's shirt on. She starts the race and once again is running way too fast for her feet, and once again is trying to run down her competition. In the end she is sad to have finished 4th in her age group and finding out her first race time, would have won her age group at this race too. I reminded her of the injury again, even though she is hobbling like a lame duck now, but still she is not satisfied.

So that is the Becky's great running adventure - 3 races in 3 states in 3 days and I really stinky shirt. We did wash it when we got back to her brother's house. If you're wondering, Becky did get lectured by her podiatrist when we got back into town and took a solid six weeks off of running. Oh, by the way he is also a runner and knows how you people are.

I would like to conclude this by saying that I have never been prouder of my wife (Becky) as she pushed herself in trying to complete this feat. Even if our boys will never admit it to their mom, they were proud of their mom, even though they think she was crazy for running injured.

They got to see that their mother does not give up on a challenge. Becky doesn't get a lot of thanks for being not only a great mother, co-worker, volunteer and of course wife. So this is my way of saying "YOU ARE A GREAT RUNNER, HONEY AND I LOVE YOU"

Eric Medina –Running Support



EJ(17), Becky and Brayden (13)

Qualifying for Boston

by **Dave Diaz**



David and Matt Diaz on a training run trying to qualify for Boston

It seems as though my kids are always giving me something of which to be proud. This year, my two sons David and Matt both qualified for the Boston Marathon. David ran a 2:58:38. He's 44 years old and has been trying to go under 3 hours for a couple of years. His Boston Qualifying time is 3:15 while Matt ran 3:03:45 and being younger, his BQ is 3:05.

I have 3 grown children, Judi, David and Matt. All were good athletes and students at Pueblo South High many years ago and all are college graduates. My daughter, Judi, who was a very good runner, is not running much these days as she focuses on work, family and pursuing

a PHD. She's worn several hats in her life from civil engineer to assoc VP at Metro State University in Denver. She is currently Vice President at Community College of Denver. Both my sons, David and Matt, played college baseball, but this is a running newsletter and so here is our running story. David was always a good athlete and ran cross country in high school. In 2012 he and I qualified and ran the Boston Marathon together. Matt came along to watch. In 2015 Matt ran 4 marathons and decided to try to qualify for Boston. Matt was then 33 years old and would have to run a 3:05, which would be very hard for him, since in 2015, he ran the Denver Rock n Roll in 5:24 and the ADT in 4:57. David was always a talented runner, having run in high school and has qualified for Boston several times. He had several offers to run in college but chose baseball instead.

Matt was always athletic, in high school he wrestled and played football and baseball (state champs in 2001) but didn't run. Matt played ball at Mines but gave it up to concentrate on school. Matt is tough and smart and not afraid to try new things. As a college student he spent a year in Spain as an exchange student and after graduating from Mines with a degree in Electrical Engineering, he and his future wife, Emily, back-packed across Europe.

Ten years out of college, in 2015, Matt decided to try to qualify for Boston. His plan was to do it at the 2016 Colorado Marathon in Fort Collins. Matt was lucky to have David to train with him, as David is now a personal trainer and owns Fitness Together of Denver, and they trained hard all winter. We are fortunate to have a nephew who has a big home in Fort Collin and lets us

stay with him when we are in Fort Collins. On the day of the race, the weather was horrible, cold blowing snow/ sleet. I got up early and drove them to the busses then went back to my nephew's. Stacey and I didn't run this race as we had just run Boston 2 weeks before. Later we went back to Old Town in Fort Collins where the Marathon finish line is, We saw Matt Drake finish in 2:46 and easily qualify for Boston. (Martha Drake, Matt's mom, ran the half-marathon and said if Matt ever catches her she's going to retire, I know how she feels). My boys were running together so we figured we had about 15-20 minutes until we would see them finish. The conditions were terrible for spectators, very cold and windy but I'm not sure how it was for running. We waited and waited but Matt didn't come. 3:05 came and passed and no Matt. Matt finally came looking strong and finished in 3:09, David had a hamstring problem and finished in 3:12. David, being older, qualified, as he needed to run 3:15 but not Matt. I was proud and Matt was upbeat as he had given it his best shot but didn't make it, he missed by 4 minutes. Many would have given up but Matt decided to try one more time and would run the Revel Marathon in Denver in June. So Matt and David continued training, and



Matt and David Qualifying for Boston at Revel Rockies in Denver

kept us posted on their progress. I knew they were prepared and I had a feeling they were going to do great but was worried because sometimes Matt goes too hard at the start and suffers at the end. I want my kids to succeed but I have a hard time watching them suffer. I wanted to be a part of it and signed up to run the marathon as well, even though I hadn't run in Jan, Feb and March due to an injury. I wanted to somehow share the experience. I wanted to ride the bus to the start with my sons and be with

them at the start line, even though I would be more than an hour behind at the finish. The morning of the race we boarded the buses at 3:30 AM and rode to the start in the dark. It was cool and dark and we stood around talking and mentally preparing for the run. Good friend Peggy Oreskovich, who was also doing the marathon as training for the Boulder Ironman, was with us. Stacey and Matt's wife Emily did the half-marathon along with Carrie Fran-

chi, Jane Murtha and her daughter Savannah.

Matt and David ran together for most of the way, hitting halfway in 1:25:12. David pulled ahead towards the end, setting a PR and winning his age (14th Overall) and finally running a sub 3 hour marathon, finishing in 2:58:38 and Matt not too far behind in 3:03:45 (27th Overall), not what he hoped for but a Boston Qualifier by 1 minute and 15 seconds. It would have been a perfect day if I had qualified but I ran 4:20 (my 93rd marathon BTW), at 68 years old it 10 minutes slower than my BQ time. I was OK with that; I did the best I could. It was about 42 minutes slower than last year but still faster than my 2016 Boston time.

Later in the year, in September I ran a 3:48 at the Big Cottonwood in Salt Lake City and qualified by 22 minutes.

You may not know this but just because you qualify for Boston doesn't mean you will be accepted into the race. It depends on how many applicants there are. Boston saves room for about 24,000 qualifiers and say, like last year, that 29,000 qualified entrants apply. That means 5000 runners who qualified will not be accepted. They do this by upping the qualifying times until 5000 are cut. So even though Matt qualified by 1 minute and 15 seconds, it may not be enough. For the 2016 race, runners needed to better their age and gender standard by at least 2:28. For the 2015 marathon, there were 1,947 more time-qualifier applicants than spots available. That year, the cut-off time wound up being 1:02 under a runner's age and gender standard. As I write this, we don't know if Matt is in or not (the deadline for this Oct newsletter was Sep 20), we are hoping he makes it as David and I have already been accepted but if not he will try again next year, as he will move up an age group and will "only" have to do a 3:10. I don't agree with the way Boston handles entries, I think qualifying times for older runners are much too lenient. Also, the BAA sets aside a few thousand numbers for runners affiliated with one of the marathon's official charities. These runners do not have to run a qualifying marathon. But it's their race and they make the rules.

Until registration closes, there is no way of knowing whether some time qualifiers will be shut out and, if so, how much faster than one's standard it will be necessary to run to ensure gaining entry. But I know in my heart we all qualified and hopefully are headed to Boston in 2017.



The 30th Annual Rock Canyon Half Marathon

Race Date: Saturday, December 3rd, 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 or socorunners.org and like us on Facebook



October

Clive Hallam	2	Rosalinda Vargas	19
Michael Atlas-Acuna	6	Lynn Dietz	20
Katie Laughlin	6	Esia Minjarez	21
JJ Cardinal	7	Filomeno "Meno" Vargas	22
Denise Crepeau	12	Kari Kirkpatrick	25
Peggy Oreskovich	13	Laura Wehrwein	25
Kim Reed	14	Kristie Roseman	25
Terri Tibbs	16	William Highfill	25
Melanie Steves	16	David Marmolejo	26
Sheri	17	David Linkowski	27
Jane Chess	19	Marvin	28
Denny Stangier	19	Eileen Baracz	28
DeShawn Butcher	19	Mikey Amella	29
Raelene	19	David Rael	31

Happy
Birthday

SCR Minutes – August 3, 2016

In attendance: Gwen Steves, Humberto Paredes, Becky Medina, Dennis Wait, Don Pfost, Lallo Vigil, Marilyn Vargas, Dave Rael, Jason Castro, Roger Giordano, Sheri Giordano, Ron Dehn, Barbara Jean Gonzales

Guest: Rob Archuleta, Addict2Athlete

Officer reports

Minutes:

There were no minutes to present.

Treasurer's Report:

Humberto gave the treasurer's report. Dennis made a motion to accept the treasurer's report, Don seconded the motion and the treasurer's report was accepted.

Humberto asked who would be giving the Atalanta Race report and Marijane said she would. The Atalanta committee reminded the group that 20% of the profit would be donated to ACOVA.

Newsletter:

There were few articles. The deadline for September is August 20.

Membership:

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

Webmaster:

Lallo had website training. The Lucero's attended as well as Paulette. Lallo will be setting up another training and will set up a separate Mailchimp training.

There are some issues with Joomla concerning registration that Lallo had been working on.

Race Calendar:

Upcoming dates: August 27 – Pray 4 Predict, September 3 – State Fair Run

So-Co Triathlon Club

Many are training for the upcoming Boulder IM.

Michael O, Jasmine Carlson, Laurel Wright and Curt Wright all qualified for nationals.

Recent Races/Events

GURule Predict – great event, perfect weather and outstanding after party.

Upcoming SCR races

Atalanta – August 6 – Numbers were good and looking similar to last year and all seems to be in place. Gwen has volunteered to chip time the event. There was some discussion about using the email lists of past participants to advertise other SCR races. A suggestion was made to create a waiver that included use of email address information. As some members were not present, it was agreed to table to discussion for the next meeting.

Ongoing Club Business

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

Health Day 5K – State Fair – 9/3/2016 - SCR will chip time – Sheri reported that they needed lots of volunteers and there were about 20 participants signed up. SCR will be sending out a flyer to the membership promoting the event.

Middle School Cross Country – a request was made by Marilyn Vargas and David Rael to use the 2 seikos and time clock for the season – Sept 1 – Oct 15. Don made a motion to let them use the equipment and Becky seconded the motion. All were in favor

Addict2Athlete – Rob Archuleta requested to use clock and request a date for the run. It was discussed that October 15 would be a good date. Gwen asked Rob to complete a formal request for equipment and Becky offered to help with the clock if the equipment request was approved.

Other:

Submitted by Becky Medina, SCR Secretary

Southern Colorado Runners

P.O. Box 8026
Pueblo, CO 81008

Address Service Requested



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



SCR represents at the 2016 Beulah Challenge. A scenic but tough race held Saturday, October 1st, in Beulah. L to R Wendy Garrison, Carmen Perez, Stacey Diaz, Carrie Franchi, Peggy Oreskovich, Kris Spinuzzi, Sheri Giordano, Martha Drake, Becky Medina, Gloria Montoya, Deb Gurule, Stella Heffron-Hinrichs, Haley Brownson. Katie Fox and Jesse Quintana