



Footprints

Go-2
Southern Colorado Triathlon Team

November 2016

Volume #346, Issue #9

Editor: Becky Medina

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Harvest Run Predict, Photo Courtesy of Lisa Lucero

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. 9 "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 -2017 Newsletter schedule:

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

SCR Minutes – September 7, 2016

In attendance: Gwen Steves, David Rael, Marilyn Vargas, Dave Diaz, Stacey Diaz, Shawn Loppnow, Don Pfost, Kim Arline, Dennis Wait, Paul LaBar, Zarela Paredes, Roger Giordano, Sheri Giordano, Becky Medina

Guest: Crime Stoppers – Paul Montez, Cindy, Paul Brown

Officer reports

Minutes:

- There were no minutes to present.

Treasurer's Report:

- Zarela gave the treasure's report in Humberto's absence. The treasurer's report was accepted with no changes.

Newsletter:

- There were few articles in the last print version. The deadline for the October newsletter is September 20.

Membership:

- Kim gave a brief report on membership and informed the group we had 6 new members, but waited to discuss a new system until that time on the agenda.

Webmaster:

- Lallo reported the Rock Canyon was set up on the website and he had been sending out email mailings. There will be a mailchimp training on September 26 at 6 p.m.
- There was also a brief discussion about people posting bogus information on the group run page.

Race Calendar:

- Dave shared upcoming dates: 9/17 – Pratt Fall predict, 10/22 – Harvest Predict, 9/25 – Hot to Trot, 11/5 – Nelson's Predict, 11/26 – Temple Canyon Predict and in December the Holiday Mini Marathon Predict.
- There was much discussion about help for the upcoming Hot to Trot race and who would time the event and how it would be timed. There was also a discussion about the need to inventory the Club's laptops.

So-Co Triathlon Club

- Looking to start bi-weekly swim at CSU Pueblo
- Michael O and Gwen had qualified and will be attending the long course world championships in Oklahoma.

Recent Races/Events

- Atalanta – This is an SCR event and was very successful thanks to the great volunteers. Over 100 women participated. The race profited just over \$1000. A donation of 20% of the proceeds will be donated to ACOVA
- State Fair 5K – very successful first time event for the State Fair. Sheri G. represented the fair and requested an invoice so the fee for the race support could be paid.

Upcoming SCR races

- Rock Canyon – no update.
- Spring Runoff – Stacey reported planning has started and they are looking for volunteers.

Ongoing Club Business

- Grants and Donations – There was little discussion as not everyone had reviewed the suggested form for use to allocate requests.
- Membership and Registration system – There was little time to discuss changing our membership and registration system. Kim had researched several and sent information out to the group to review. There was much debate about the cost of the system and if fees should be incurred on members. It was decided with limited time and the need to decide before December quickly approaching that a committee would meet before the next meeting with a recommendation for a system.

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

- Crime Stoppers run – The group reported that no date or venue had been selected, but they were looking at September or October in 2017. The group requested race assistance and the fee be waived in exchanged for sponsorship. There were no decisions and the group was guided to submit and request in writing.

Other:

SCR RACE CALENDAR---November 2016-March 2017 by Dave Diaz

NOVEMBER

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

DECEMBER

Sat 3	9:00 AM	<u>Rock Canyon Half-</u>	<u>13.1M</u>	<u>Pueblo City Park</u>	<u>socorunners.org</u>
		<u>Mrthon</u>			
Sat 10	3:00 PM	<u>Holiday Mini Mrthon-</u>	<u>3M</u>	<u>4727 Walnutcrest Ct</u>	<u>socorunners.org</u>
		<u>Pred</u>			
Sat 31	10:00 AM	Raptor Resolusion Run	5M	Pueblo Nature Ctr	natureandraptor.org

JANUARY

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

FEBRUARY

Sat 4	6:00 PM	<u>SCR Awards Banquet</u>		<u>River's Edge Banq Hall</u>	
Sun 5	10:00 AM	Super Half Marathon	13.1M/5K	Dwntwn Colo Sprgs	pprrun.org
Sat 11	10:00 AM	Winter Series III	5/10M	El Pomar, CS	pprrun.org
Sat 18	9:00 AM	<u>Spring Runoff Tuneup</u>	<u>5K/10K</u>	<u>Dutch Clark Prk Lot</u>	<u>socorunners.org</u>
		<u>Pueblo Marathon/</u>			
Sun 19	9:00 AM	Half	Mar/Half	Pueblo Riverwalk	madmooseevents.com
Sat 27	10:00 AM	Winter Series IV	10/20K	Black Forest	pprrun.org

MARCH

Sun 6	9:00 AM	<u>Pueblo Chieftain Spring Runoff</u>		<u>Dutch Clark Stadium</u>	<u>socorunners.org</u>
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Calendar Notes-November 2016

by Dave Diaz

Remaining Prediction Series for 2016:

Nelson's Pretty Fast Run Nov 05, Sat, 9:00AM, 4.3M/1.86W, 614 E Marigold Dr, PW. Join Nelson Brentlinger for a 4.3 mile run or 1.86 mile walk beginning at his Pueblo West home. Nelson lives in North of Purcell and the run takes place on the roads around his home. This one is pot luck so bring your favorite breakfast dish to share.



SCR members at 2015 Temple Canyon--Thanks Lisa Lucero for photo

Temple Canyon Nov 26, Sat 9:00AM, 4M in Canon City. Join Jason Castro and Roger Giordano as they continue a long time favorite. Run the hills and single track trails of Temple Canyon and cross a stream. Bring dry shoes in case you don't make it. Last year's run was a classic, it was run in deep snow on a beautiful day. Don't miss it. No pot luck but we usually go to breakfast in Canon City afterwards.

Holiday Mini Marathon Dec 10, Sat, 3:00PM, 5K run and 1.5M walk. 4727 Walnutcrest Ct. ---Stacey and Dave Diaz invite you to their South Pueblo home for an early Holiday Celebration. We start in the afternoon and hope everyone stays after the run for the 2nd annual SCR Yule time gathering. Last year several members brought their favorite craft beer and we had a mini SCR Brewfest. BYOB and potluck. Hope to see you there.

Rock Canyon Half Marathon Discount.

Make sure to get your discount for the Rock Canyon Half Marathon to be held Sat, Dec 3, 2016. All SCR members receive the \$5 discount if they register with this code: SCR_ROCKS (all caps). Don't miss this winter time tradition, which starts in City Park then goes to the base of Pueblo Dam and returns. Questions? Contact Race Director, Darryl Clark, at dclark839@gmail.com or visit socorunners.org for more information.

Pueblo Nature and Raptor Center presents the Raptor Run

Join the Nature and Raptor Center of Pueblo for a 5 mile run or a brisk 2,016 yard fun walk (Sat, Dec 31, 2016, 10AM). Awards will be given to the top three runners in each age group. A raptor release will be awarded to the top male and female finishers. SCR has been a long time supporter of the Nature Center and is hoping for a good turnout at this one. Scheduled for New Year's Eve you can say goodbye to 2016 with a run and help support a good cause. Thank you to Ron Dehn and Don Pfof for their help organizing this race.

Save the date...the SCR Awards Banquet will be held...

**Sat, Feb 4, 2017 at the River's Edge Banquet Hall. Details to come.
That's it for this time; see you on the trail--Dave**

The Final Episode

By Gary Franchi

The late John Wooden, legendary basketball coach at UCLA, once said: “To be part of something special is a privilege.”

For the past 40 years, I have had the privilege to be part of something special – the running community, as a distance runner. The adventure started back in my native Detroit in 1976. It came to a close on Oct. 16, 2016, fittingly in the town where it began, when I slogged, walked and limped through the Detroit Free Press Half-Marathon.

It wasn't pretty, as hinted by my 3:05:53 finishing time. But it was significant and glorious to me nonetheless. Helping to make it possible was a double dosage of prescription painkillers taken prior to the race and again halfway through. It also included constant prayers to the greater being up above to limit or remove my pain throughout the 13.1 miles. I'd say I got by, as both Joe Cocker and Ringo Starr with The Beatles sang, “with a little help from my friends.”

The prelude

This experience began way back in February when good friends Stacey and Dave Diaz wondered if my wife, Carrie, and I would be interested in running in the Detroit marathon or half-marathon in mid-October. Stacey had been invited to meet a sister-in-law she had never met and who lived in Chatham, Ontario about 45 minutes or so across the Detroit border into Canada. And Dave would use it to move one step closer to his goal of completing 100 marathons.

For myself, the chance to do an event in Detroit, where I grew up, was intriguing. I could see my 2 older sisters who still live in the Detroit metro area. It also would provide a great caper on my running career.

But I hadn't run that long of a distance since the 2013 Boulder Half-Ironman, which concludes with a half-marathon. And the bone-on-bone condition in my right knee had caused me to limit myself to one short jog/slog (of 3 to 6 miles) per week for the previous year or so while filling in with elliptical machine workouts. Detroit offered a more reasonable 5K the previous day, but I wanted to put a wrap on my running life with a medal from the half-marathon that was also offered the day of the marathon.

For Carrie, it was a chance to run her first marathon in 25 years. She had signed up to do the Spokane (WA) Marathon last year but injured her hip and switched to the half-marathon there. She's run extremely well the past few



years and was physically toned and mentally ready for the challenge.

Hence, we got on board by registering in February. Carrie, Stacey and Dave would run the marathon while I would try to finish the half. Unfortunately, the escalating deterioration of my knee, which has been without a medial meniscus for 45 years, caused me to quit running altogether in April because of discomfort. And my “great” idea of walking the entire 13.1 miles within the 4-hour cutoff soon blew up in pain when I discovered that rapid long-distance walking bothered me more than slogging.

The past few months have been difficult. In addition to possibly age- or distance running-related leg pains, Dave (now 68) battled through plantar foot issues that caused him to skip running for 3 months early in the year. Carrie was hit with a leg skin cancer condition that required surgery in late July, and she missed 3 weeks of training. And I was forced to resume slogging 1 day a week, switching to the elliptical for other “runs.” Each slog outside was no fun. I finally asked my doctor to prescribe me some oxycodone pills to help me get through that 1 road workout per week and the half-marathon, and I was able to get in a 9-mile jaunt as my longest training slog. I wanted that medal in my native Detroit so badly!

We arrived 2 days early to attend the race expo and enjoy the robust eateries and sites in Detroit, and visiting the Motown Museum, in particular, was a real treat. But the forecast of serious rain for race day had all of us a bit spooked, especially Carrie. I became very scared because my knee, which normally causes only minimal discomfort in everyday life, became very achy while just walking through the expo. Not good.

The day of reckoning

Race day started off cloudy and breezy but relatively warm (in the 60s). Starting waves were 2 minutes apart, and Dave and Stacey were in the 6th wave (F) and Carrie in the 8th (H). I was where I belonged – in the last wave (N), filled by participants of all shapes and sizes, some sporting leg or knee wraps, many toting smart phones to record the experience.

This course just might be the most enjoyable I have ever done. Besides covering parts of downtown Detroit and Belle Isle (marathon course), it includes going over the mile-long Ambassador Bridge into Canada, returning via the tunnel through the Detroit River, and traversing a few miles of the riverfronts in both Canada and Detroit. Spectators lined many sections of the course, and volunteers were everywhere – and vocal. I must have gotten “high fives” from at least a dozen people along the way, many of them police officers.

While I had to walk the majority of the first six-tenths of a mile because of achiness that has become common when I first start a run, I was able to lumber through most of the remainder of the course thanks to the “little help from my friends.” Notable was that, upon re-entering Detroit at mile 8 after

going through the tunnel, I knew mentally that I was going to finish. Then, the emotional feeling of crossing that finish line and being handed the finisher's medal was comparable to how I felt after completing my first marathon 35 years ago and getting through the Boulder Half-IM in 2013.

While I was fortunate to experience only a few rain drops during my half, mostly in the last half-mile, the marathoners were hit with a major downpour and got drenched but good. Fortunately, my traveling partners weren't concerned with finishing times, just completing the journey. Still, Dave finished his 95th marathon in 4:31, Stacey ran a 4:40 and Carrie a 4:37. Unbeknownst to her until later, Carrie, who will be 64 in December, bettered her Boston Marathon qualifying time, this despite losing about 2 or 3 minutes while stopping at a port-a-potty during the race.

One downer for me was getting seriously dizzy and disoriented about an hour after finishing, necessitating my first-ever visit to a medical tent, this one via wheelchair transportation. I surmised that the drugs, shivers from the post-run rainfall and general exhaustion were to blame.

It's been a grand ride

Forty years of running have provided me with more joys than I could ever have imagined. It's been a kick meeting a lot of good folks in the Southern Colorado Runners and elsewhere and making many friends. As SCR newsletter editor for 17 years, I was fortunate to win 4 regional and 2 national RRCA newsletter awards, along with 2 regional RRCA writing awards. While racing, I've visited a lot of areas that I might have never seen and have had some memorable races such as a sub-40-minute 10K at the Bolder Boulder. I've been able to experience much "life" and accumulate enough cool shirts to outfit an army battalion several times. Getting a new pair of running shoes has always been major fun and exciting. And I've grown to appreciate the volunteers who support our events while wondering why some others never give back to our sport by doing so.

Yes, I will miss running, but not the way it has felt the past couple of years. Yet we are lucky to have many physical activity options, and I love to bike, swim, lift weights and ride the elliptical machines. And while a knee replacement is probably in my future at some point, I don't intend to rust away afterward. That's because I realize, as John Wooden might have added, that it's also a privilege to be alive and well at the age of 68.



The logo for Southern Colorado Runners features a stylized landscape with a blue sky, green mountains, and a yellow sun. Two black silhouettes of runners are positioned in the foreground. The text "SOUTHERN COLORADO" is arched over the top, and "RUNNERS" is written vertically on the left side.

Southern Colorado Runners

Accepting Nominations

Annual Award Nominations - all club members can nominate another member for any of the following awards: Male or Female Runner of the Year, Triathlete of the Year, Dirty Sweat Sock Award, Most Valuable Club member and Long Distance Award. Nominations are open until January 7, 2017. To nominate a deserving member and for full descriptions of all of the awards, please use the link <http://www.socorunners.org/component/rsform/form/39-2016-award-nominations.html>

A committee of various club volunteers will evaluate all written nominations, select a winner and will notify all award winners to attend the Annual Award Banquet

2017 SCR Officer Nominees

Job description/duties of volunteer elected and non-elected officer positions for SCR and SoCoT2. All are expected to attend monthly SCR meetings or send report via email if unable to attend. Voting for officers will occur on December 3, 2016 during the monthly meeting.

Elected Officers

President - Gwen Steves (member 7 years)

Experience: Current SCR President and SoCoT2 Liaison. I have been very active with the running club for about 7 years. It all started when I wanted to bring a beloved triathlon (Ordinary Mortals) back to Pueblo. I presented the idea to the board and they began timing the race. I also formed the Southern Colorado Triathlon Club to be a sister club to the Runners club. There was a huge demand for socialized training groups for triathlon and I felt it was time to expand. The running club loved the idea of offering more to their members and so here we are. I am extremely proud of our community and the teamwork that this club offers to bring such a wonderful environment and training program to Pueblo and surrounding areas.

About Me: My background includes growing up as a competitive swimmer. I started running in college as a way to stay in shape and avoid the “freshman 15”. After finishing college and beginning work as a Laboratory Scientist at Parkview, I needed something competitive again, triathlon only made sense. I did my first, an Olympic distance in Salida, CO. in 2006 and was hooked ever since. I have completed 5 full Ironman races, many half Ironman races and many sprint and Olympic distances. I have been ranked in the top 10% of my age group for the last several seasons. I love this sport and the mental game that is required to finish the long distances races. I also love Pueblo and am very happy to serve as President of the Running Club.

Vice President – Roger Giordano (member 6 years)

Experience: I am a long time member in good standing. I frequently attend and partic-

ipate in club meetings by voting, offering suggestions and opinions and generally staying abreast of club activities. I volunteer in various capacities for many club events throughout the year including serving as host for two predict runs.

About Me: I am a lifelong runner and outdoorsman. Until twelve years ago I was satisfied to run alone and avoid the world of organized racing. Running was my private pleasure that kept me in shape, primarily for hiking and backpacking. That changed one year when I ran the Spring Runoff and was introduced to members of Southern Colorado Runners! Some of them helped to acquaint me with the social aspect of running and guided me toward other competitive races. I was hooked! I am running for Vice President because not only do I believe in the club, I owe a debt to its long time members and I wish to continue the tradition of promoting running in the Pueblo community. My objective is to share my love of running and grow the club by providing and promoting more social runs and activities. I am currently doing this by hosting and supporting three weekly social group runs. Also, I have fallen under the spell of triathlon and participate in everything SOCO-T2 offers, whenever possible! Runners and triathletes are healthy, happy, fit, friendly, positive thinking and inspirational people! I want Pueblo to know us and to share in our passion!

Treasurer – Humberto Paredes (member for 18 years)

Experience: Current SCR treasurer. Work at Trane as an Engineer for 19 years.

About Me: I am originally from Peru. I enjoy outdoors activities, running, hiking and teaching. I am married to Zarela and two sons Alex and Daniel.

Secretary – TBA

Non-Elected Officers

Predict Race Coordinator – Shawn Loppnow (member for 12 years)

Experience: Current Predict Coordinator. Trained on how to use the Race Director software as well as the chip system.

About Me: I am computer programmer employed in the IT Department at Atlas Pacific Engineering Company for the last 18 years. I graduated from CSU-P in the first class (2004) with a BS in Computer Information Systems.

Membership Coordinator – Kim Arline (member for 8 years)

Experience: I have been membership chair at least 3 years. I am setting up the new online system through RunSignup so I will troubleshoot it and help get our race registration and websites set up this year. I would love to train someone else interested in getting more involved in the club. I can't make all the predict runs but need a membership minded person helping new people signed up for the club.

About Me: I've struggled through two different online membership systems but think we finally have a good system this year. I like things to work together well and we are finally getting there. I work hard but I would rather run and play more so looking forward to more efficiency in the future.

Newsletter Editor—Becky Medina (member on and off for 20 years)

Experience: Current Secretary and Newsletter Editor (3 years), 2015 Vice President. During my time with SCR I have volunteered in several capacities including race liaison for several races, water stop coordinator for Spring Run off and with registration for the Atlanta Women's 5K. I have also coordinated Boys & Girls Clubs members' participation in the Mini Mortals triathlon and clinics for three years. I also serve on many community committees.

About me: I am the mother of three children, now 20, 17 and 14 and married to Eric. I am also Vice President of Operations for Boys & Girls Clubs. When I am not with my family, working or volunteering I enjoy spending time with a great group of women who share my love of running and having a good time.

Webmaster – Paul LaBar (member for 10 years)

Experience: Current Vice President. During my years as a club member I have served as Webmaster (2007 to 2013) and President (2010 to 2012). As webmaster I introduced an updated Content Management system the club still uses. I have also helped with computerized race timing including the initial use of our chip timing system. I am a professional software engineer and will bring these skills to the SCR webmaster office.

About Me: The current webmaster Lallo Vigil and membership coordinator Kim Arline have greatly improved the way SCR communicates with the membership. Recently the club has switched to using a new membership tool. My goal will be to integrate the membership tool with the existing communications capabilities to help members get the online information they need in the simplest manner possible.

SCR Calendar Keeper – Dave Diaz (member for 30 years)

Experience: Current Calendar Keeper. SCR member for over 30 years. Former Race Director of the Rock Canyon Half Marathon for 21 years. Former SCR treasurer for 10+ years. SCR Calendar Keeper for over 10 years and currently the co-race director of the Spring Runoff and the Harvest Predict Run and Holiday Mini Marathon Prediction Run.

About Me: A runner for 39 years, has completed 95 marathons. A retired high school mathematics teacher married to Stacey, father of 3 and grandfather to 5. “I would like to continue to give back to the sport that has given me so much.”

Group Runs and Triathlon Calendar Keeper – Jasmine Carlson

Volunteer Points Keeper – Stacey Diaz

Experience: Current Volunteer Points Keeper.

Southern Colorado Triathlon Team Liaison – Gwen Steves

Experience: Current SCR President and SoCoT2 Liaison.

NOVEMBER

Ross Barnhart	1	Jaxon Gonzales	20
Jessie Quintana	5	Chris Dehn	23
Ernie Aguilar	5	Kristopher Gott	23
Matthew Bowles	6	Paulette Arns	24
Mike McHenry	7	Julie Sroka	26
Taylor Gurule	7	Susan Steves	26
Esperanza Marmolejo	13	Alfred Arline	26
Mike Amella	14	Michael George	27
Robert O'Callaghan	16	Tim Weckx	27
Larry Volk	17	Allie Dehn	27
Juanita Peters	19	Nancie Biery	28
		Cathy Myers	29

Happy
Birthday

Views from the Rear

by Wendy Garrison

Have you ever listened to pre run conversations on social runs? Often it begins with "I'm so slow...". Now if you are new to the group this opening line might be deceptively comforting. You might think, I could impress the others with my perfect running form or maybe they'll notice my new running shoes or even I will partake in this morning's piquant banter as I run. These hopes are often dashed within the first quarter mile when - you guessed it - your view is from the rear. Do not despair fellow back of the pack runners. I know there is at least 3 or 4 of us out there and I say pick up those feet and enjoy the ride. While it might not win the race, I have found many advantages to being slow and steady:

1. No one is checking you out so do not worry about sucking that gut in and let the sweat fall where it may.
2. You'd be amazed at what other runners drop on the path
3. That job or chore can wait that much longer
4. The scenery doesn't whizz by
5. If there's danger ahead it won't be you who runs into it
6. We make fast runners look good - you're welcome
7. Patience is a virtue
8. My personal favorite from runner and author John Bingham - "I didn't train all that time just to come here and get it over with as fast as I can". So here is my invitation to all you back of the packers, steady shufflers, even pacers but never call us joggers.

Let's hear your story! Let your freak flag fly (albeit slowly) because in the end it's you they are waiting for.

(look for more Views in upcoming issues)



No matter how slow you go, you are still lapping everyone on the couch! - Photo from Harvest Predict . Thanks Lisa Lucero!



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