



Footprints



December 2016

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Editor: Becky Medina

IRONMAN Florida "The Easy IRONMAN"

By Leroy Atencio

For as long as I can remember I have wanted to do an IRONMAN. I remember seeing it on ABC TV's Wide World of Sports at Grandmas house and thinking how unbelievable it was to see people, human beings, doing these incredible distances back to back to back. Watching some of them stagger across the finish line and for some reason wanting to someday do what they were.

Pre-Race:



I arrived in Panama City Beach early Tuesday afternoon for IRONMAN Florida which was being done on a Saturday instead of the usual Sunday. I wanted to use the remaining daylight on Tuesday to get a bearing for the area.

Wednesday I picked up my packet and IRONMAN swag, got a few questions answered hit the expo. My plan was to swim everyday before race day and get used to swimming with swells and waves. Wednesday I went out by myself because there weren't to many athletes in town yet. It was very humbling and eerie to be floating out there so far all alone, couple that with the two Sting Rays, four soccer ball size Jellyfish, and swells up to three feet and I figured 400 yards out was far enough for today.

Thursday and Friday's swims were much better even though conditions were a little worse. The rest of Thursday was devoted to taking care of a few errands, rest, and the Athletes Banquet. The banquet was fun, had inspiring stories, average food, and a ton of people. I was glad to be part of it as a first timer but if I was to ever do

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SCR Information

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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. 10 "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! Note Change

Date: Second Wednesday of the month

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

Location: Pueblo West Library, Pueblo West, CO 81007.

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.

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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

2017 Newsletter schedule:

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

another IRONMAN, I would be ok with skipping it.

After Friday's swim it was a big flurry of activity that left me wondering if I had done too much being in the sun and running around taking care of things. Bike check in was a minor fiasco that turned into well over an hour sitting in the Florida sun. I watched my Son do the IRONKIDS Run, had a late dinner, and went back to the condo. I packed my special needs bags, mixed bottles, and set things out for the morning. I finally got to bed about 9:00pm, much later than I wanted. I proceeded to lay in bed awake and over think every detail of the day to come. The last time I looked at the clock it was 11:39pm.

Race Day: Swim 2.4 miles (2 laps of 1.2 miles) 1:25:06

I woke at 3:12 and got out of bed at 3:30. I felt very confident and mostly calm. I applied race numbers and sipped on a bottle of Infinit and Nuun electrolytes. I left the condo at 4:15am for the one mile stroll to drop off my special needs bags. On the way to T1 the wind was the topic of discussion and on everyone's mind. I dropped off the special needs bags then it was on to T1 to drop off nutrition and water bottles. I then went to the boardwalk at the swim entry and talked with other athletes and their families. My plan for the day was to have a good swim and come out of the water in good shape hopefully banking some valuable minutes for the bike cut off. Then make the bike cut off by any means possible and do what ever I had to, to finish.

The call for PC/XC athletes to swim entry came, I rolled to the edge of the boardwalk where my handlers picked me up and carried me the rest of the way. The National Anthem played and as I looked around at the thousands of athletes in pink and green swim caps it then really hit me where I was and what I was about to attempt. The call came, 1:00 till PC/XC start.

BOOM! The canon went off. I was carried to waters edge. I started to scoot backwards on my butt until I could float, turned over, and started to grab the bottom of the ocean and pull myself forward. The breakers started coming quickly and as everyone else stepped over them I would dive under them, one then another and another. Finally I was passed the breakers and into the swells.

Mike Tyson said "everyone has a plan til they get punched in the mouth," well I had just been punched, again and again. The swells were much larger and were coming faster than previous days. Between the current and the swells it felt like I was in an Endless Pool and going nowhere. I



knew I was going to have to pull harder than I wanted to if I was going to move forward. I pulled harder over and over again. "Keep moving forward" became my mantra and the new plan was buoy to buoy and turn to turn. Sighting was next to impossible with the swells being so high and so fast. The age groupers were catching me and I was swam under, swam over, and bumped and pushed, in the worst contact I had ever experienced in a race. I finally made the first turn but things were not going like I had planned.

I rounded the turn buoy and I thought things could not get any worse, they did, much worse. The winds were whipping the swells up and bringing them quicker and there was a log jam of swimmers as if we had all hit a wall. I gave up on sighting because of the size and frequency of the swells and we were now headed into the sun. The short .2 mile section between the turns was the hardest part of the course and all I wanted was out of that water. I pulled harder and harder and kept telling myself to "keep moving forward" and counting strokes to keep my mind off of the rough seas.

I made the turn for home and things let up a bit because we were swimming with the swells but they were still tall and fast. Sighting, even on high rise condos, was still very difficult so I decided not try and used other swimmers for sighting. Sometimes this works and sometimes it doesn't. I was following a group out to sea before we were stopped by a kayak. I corrected my course and got going the right direction.

The swells were going much faster than I was and many times they would just drop me on the bottom of the swell and I would hit the bottom in a belly flop. I was feeling mentally better but physically spent. I made the shore and my handlers met me with a bottle of water (IRONMAN Florida is a two 1.2 mile lap course with a water station between laps) I took about five minutes and collected myself and set out on the second lap and it got even worse but I had an idea of what to expect. The rest of lap two went much like lap one only with more effort.

Down the home stretch the buildings were getting closer and closer. Finally I made the beach and was met by my two handlers. I was having an issue and needed to sit in the surf for ten minutes to take care of it. As if I needed any confirmation of how rough the swim was, there were dozens of athletes feeding the fish on the way through the chute. On to T1.

T1: 13:30

I proceeded through the freshwater showers and rinsed as well as you can on the run. Rolling down the sidewalk to get my bike gear bag and into the changing room. I was tired, in a fog, overwhelmed, and worried that the swim effort had ruined my day. I blew up on the swim, maybe not nuclear but definitely atomic. I couldn't seem to remember what I needed and actually headed for the door without my bike helmet. Finally I got everything and went to my transition area and got on my handcycle. I took my watch off my wrist and proceeded to put it on my bike mount and noticed that it was on a setting that I hadn't put it on I had been kicked and hit quite a bunch on the swim and it changed the

settings. It wasn't keeping time and I had no idea of my splits or T I time. I put the watch in bike only mode and headed out.

Bike: 112 miles Single Loop 7:52:40

I made my way through transition and passed the mount line onto the course, I was feeling a bit better and the initial speed was good but the heart rate was way to high. I was trying to keep it at 165 which is 20 beats higher than my normal cycling pace. The wind was whipping pretty good and I knew it was going to be a delicate dance to manage the wind, heartrate, fluids, and nutrition.

I passed mile ten and hit the bridge and climbed up to the top to find death waiting for me at the crest. NO! I am not hallucinating. A guy or girl dressed in a death robe, skull mask, and holding a sickle was waiting at the top of the bridge passing out high fives to everyone. I crested the bridge and put out my hand. I then thought to myself "you didn't get me on the swim and you sure as hell aren't going to get me on the bike" and pulled my hand away to avoid any bad juju for the rest of the day.

I made a right turn just past mile 20 and was met with a nasty head wind coupled with a false flat. The false flat and head wind lasted past mile 30 and I could only manage 8-10mph. My heart rate was slowly ticking higher and was becoming more of a pressing concern.

Around mile 40 I started cramping up and started hitting the electrolytes pretty hard. I had placed a HOTSHOT (IRONMAN was kind enough to include one in our goody bag) in my bike special needs bag. The new plan was to make it to special needs and use the HOTSHOT and that would take care of everything. I passed mile 50 and knew special needs was not far so I was feeling a little bit better, not physically but mentally about the overall situation.



I made special needs and opened my bag and grabbed the Motrin and the HOTSHOT. I took the Motrin, chewed a couple of salt tablets and chased them with water. I had never even heard of a HOTSHOT before but it was supposed to take care of cramps within minutes and prevent them from returning and it was free. I took the HOTSHOT and downed it. HOLY CRAP! This stuff was liquid fire, like drinking lava. It was like drinking sweet tabasco sauce with a touch of cinnamon. My mouth was on fire, my throat was on fire, and my stomach was on fire. It was so hot

I was starting to feel a bit nauseous and I began wishing I had never used it. The only thought I had at that point was "nothing new on race day DUMBA**!" I drank some water and that cooled down my mouth and throat but my stomach was still not well. I said keep moving forward and hope for the best thinking that if I had to puke and rally, I could.

The burning in my stomach and the nausea seemed to subside after about 10 miles but the cramping remained. It was hot, windy, and getting very, very long. I wanted the bike to be over.

Approaching mile 70 there was a turn and I saw a sign "Panama City Beach 16" and an arrow pointing left. This was a huge pick me up because I knew we were at least going to be heading back toward the beach. As I looked ahead at the turn I saw an IRONMAN sign and an arrow pointing right. I said a few choice words to myself and made the turn.



Immediately after the turn I was hit by a wind gust that nearly stopped me dead. I geared down and started spinning against the brutal headwind. Sometime during this stretch my heart rate stopped registering and probably for the good because the last time I looked at it, it was 176. My speed was back down to around 9 - 10 mph. This stretch lasted about 10 miles. The turn around came at mile 80 which I passed at 2:05pm, well before my cutoff at 2:40pm.

The tail wind was so strong I was cruising along between 20-25mph and used to opportunity to try and save some energy and make up speed. Mile 90 was approaching fast with the tailwind and I was feeling much better not having to fight the wind for a while. I made the turn at mile 90 and headed back toward the beach.

The next 10 miles went by quickly, at least in my mind. I came up on the mile 100 sign at the bottom of the bridge and began spin up the bridge, crest the top, and

coast down the other side. Less than 12 miles to go and I would be done with the bike and on to the last part of my journey. The condos were getting closer and the smell of the salt water was getting stronger. I came up on the final turn and I felt as if I was flying at 18mph.

I made the turn for home and was met with the strongest winds of the day. I was back to spinning less than 10mph but this time I was using much more energy to keep my low speed. I knew I had the cutoff taken care of but didn't know how much gas I would use in this last six miles. I was moving as low as 8mph and getting blown sideways when I would pass between high-rises. Welcome to Condo Canyon! The high rise buildings funnel the winds coming off the ocean multiplying their speed and making you earn every last mile. I spun and spun, and spun some more. It seemed like it was never gonna end. I had gone well over a hundred miles and the last 6 were the hardest of the day. Finally, I made the turn onto Front Beach Road and cranked hard the last half mile into transition.



T2: 17:06

I passed the dismount line and made my way back to my transition area. I got into my racing chair and strapped myself in. My handler said "you gotta go," I replied "I just need to sit here for a few minutes." That last stretch had taken it all out of me. We chatted for a bit while I ate an Uncrustable and drank some ice water. After a while I felt good enough to start the run. I figured I had about 6 hours to finish and thought I might just take all that time. I headed out on to the run course.

Run: 26.2 miles 3:03:22

The first mile I just wanted to get rolling down the road and find a rhythm. After about two miles I started to feel better and wanted get on with it and finish. I started speeding up and was cruising right along. I felt this was a good time to start my run nutrition and looked down at my bottle of Infinit just in time to see it fall out onto the ground. At the speed I was moving I wasn't gonna stop and go back for it. I made it to the turn around at 6.5 miles and stopped at the next aid station to grab a GU and a couple cups of ice water. I only had to do it all three more times and I would be an IRONMAN.

The support on the run by the spectators was absolutely incredible. It was literally a 6 mile party on both sides of the course. There were people in their yards having big cook-

outs, projection screens showing college football games, tents with loud speakers blaring high energy music, live bands on the porches, and last but not least, running through a bar. Yes a bar with tables on the right and left, waitresses, music, and patrons cheering like crazy and you run right the middle of it all.

I started thinking back on the day and realized that I was getting closer with every passing aid station. I started praying I wouldn't have a mechanical problem because at that point I knew I was going to finish if it was all up to me. I had no idea of the elapsed time or the time of day. I only kept track of the miles by the aid stations and had no idea of my pace. The next six miles seemed to fly by. I was on cruise control and knew the harder I hit the handrims the faster I would go and the sooner I would be an IRONMAN. Before I knew it I was at the half way point. I went right by special needs and pressed on.

I hit the mile 18 turnaround and stopped for a GU and cup of ice water. Only six more miles to go and I would cross the finish line, finally an IRONMAN. A lot can happen in six miles and there were a million things going through my mind. Mile 21 went by and with every passing mile I grew more confident. With every punch to the handrim the pain shot up all the way to my neck, I was afraid of what my hands would look like when I took my gloves off. I was so close that I didn't care, I could deal with it for five more miles. "Keep moving forward" I told myself. I passed mile 23 where Cat Lady and Bat Man were cheering and dancing. Mile 24 was tri-club row where dozens of tri-clubs had set up tents, dressed in tutu's and mini skirts and consumed way to much alcohol.

At mile 25 I could hear the music and the announcer calling out names. I felt like I was really moving fast at this point but I had no clue and just wanted to get there. I made the last turn at 26 miles and hit the home stretch. I could see the arch and the lights, hear the cheers, and feel the adrenaline. I entered the finish chute moving fast and saw someone up ahead and had to slow way down so I didn't literally run him over and to give him his moment and me mine.

I crossed the line and it was an incredible feeling. Joy, sadness, excitement, loss, pride, all at once, then alternating, then all at once again. I had trained for 8 1/2 months to reach this moment. Put in thousands of miles in the pool, on the bike, and in my racing chair to reach this moment. My family and I had sacrificed so much to reach this moment. It was everything I thought it would be and more. Ten days later it still feels like a dream, like I'll wake up and be sitting in the swim start before the race and haven't even become an IRONMAN yet. I had completed my journey that started as a kid at Grandmas house.

There was wind, there were waves and swells. There were jellyfish and sting rays. There were long hot miles and there was wind. I lost my mind, my nutrition, and my watch quit working. After hearing the words "Leroy Atencio from Pueblo





Colorado, you are an IRONMAN." Yeah he forgot the West. After all the miles and the incredible memories, I realize that race day wasn't perfect but I had a perfect race day.

Post Race:

I would absolutely recommend IRONMAN Florida to anyone wanting to do a full distance event with one caveat, the ocean swim. Just be ready for it if the conditions aren't ideal. The community support, race staff and volunteers, location, and weather are all incredible. IRONMAN Florida has been called "the easy IRONMAN." While I have nothing to compare it to I can say that the soreness I feel, the blisters on my hands, and the fatigue I'm still feeling say different. The training is long and hard, hot and cold, and sometimes painful but all worth it. There is no such thing as an easy IRONMAN.

Would I do another IRONMAN? Absolutely!

Thanks:

I would like to thank so many great people that there just isn't enough room to do it here.

THANK YOU! To Paul Dalguardia, Kim Arline, Southern Colorado Triathlon Team, Southern Colorado Runners and everyone who prayed, followed, commented, liked, reacted, sent a card, text, and wished me well.



OH CANADA!!! By Gwen Steves

Not really one to write stories of myself but this was one of the most memorable races I have ever done from sign up to finish.

It all started when my very good friend (AKA my Tri Wife) Kim Arline started throwing out the idea of racing Ironman Canada all because the pictures of the race site were not only stunning, but were beautiful with runners and bikers on the actual course. Often times the race advertises beautiful scenery but fails to mention that the actual course will take you to the most God forsaken desolate location that happens to be somewhere near where they may or may not have taken that beautiful picture. Kim also had a bit of a friendly wager going with me that resulted in the possibility of her covering my entry (who wouldn't that offer?) I did end up getting the best of both worlds by not only entering into the most beautiful race in north America but not having to fork out the \$\$\$ to enter.



Kitsalano Beach 237m lap pool in Vancouver BC



Mountain pass training rides with Kim and Denise

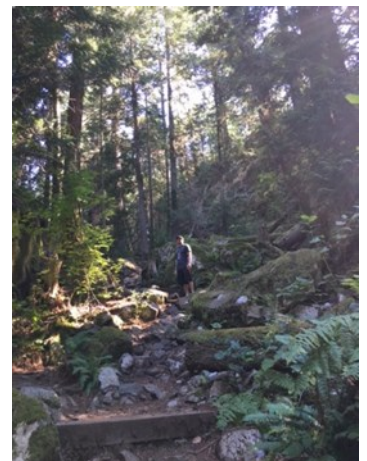
This may be surprising (or not) but I have never needed a passport till this race!! I was pretty excited to take this adult step in life. Training for a race is always more fun when you have a friend to keep you honest during your long workouts and also keep you company. Kim has always been great company to workout with. She is always positive and does most of the talking so all I had to do was listen and every once in a while smile and agree.

Looking at both the bike and run course elevation graph, Kim and I both knew that we were going to need some serious hill work. The Bike course boasted 6400ft elevation gain and the run was about 1600ft. Every race review was different and we were both desperately searching for one that actually said it was not that bad. Never found that race review!! We did incorporate a lot of hill climbs into our workouts, going out of our way to get the most climbing in possible. We would plan family outings and camping trips and bring the bikes along just to get in some mountain passes.



Who doesn't know of the adventures of Susie and Mark Steves?? I married into the best family ever. They want to be at every race that their family enters even if it is out of the Country. Of course they would be there to cheer me and Justin on, but what became even more special were the adventures in Canada leading up to the race. Susie and Mark love hiking and visiting waterfalls. They keep a journal and document all their hikes and

adventures for their children and grandchildren to read and hopefully venture off to see all the amazing things that they have seen. We visited so many of the most magnificent waterfalls and hiking trails. I have never seen so much green and trees. The forests were magical and fairy like. We really soaked up every minute possible enjoy-



ing nature and all the beautiful sights.

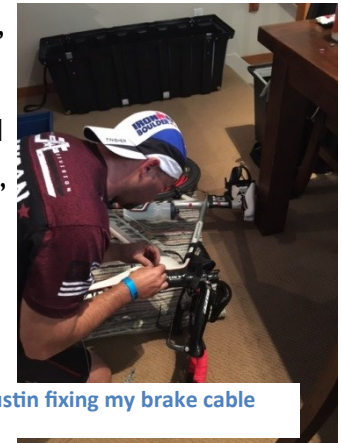
The race venue was amazing as you would expect a location that played host to the winter Olympics would be. Whistler village was a great place to explore shop, dine and relax. Everything was in walking distance and so convenient. There were plenty of places to find comfortable lodging with the knowledge that when the race was finished it was a short hop, skip and jump back to the condo.



host to the winter Olympics would be. Whistler village was a great place to explore shop, dine and relax. Everything was in walking distance and so convenient. There were plenty of places to find comfortable lodging with the knowledge that when the race was finished it was a short hop,



Every race has some mishap that will happen prior to the race even starting and it usually happens in 3's. The day before the race Kim's water bottle cage broke, and she got a staple in her tire, Justin discovered that his tires were split and needed new ones and then my brake cable snapped. Lucky for our group we had Justin along. He is one of the best mechanics around and can fix just about anything before you even have a chance to get worked up over it. Justin took care of all or problems and we dropped off our bikes without worry.



Justin fixing my brake cable

Race morning was beautiful. Steam coming off the cool, glass water could not have been a more welcoming sight. The water was predicted to be pretty cool and I guess it was but it felt pretty nice to me. I think the official temp was 63F. Rolling swim start is always nice till you get in line and lose focus for a bit and when you finally come back to earth you realize that you are surrounded by athletes that lined up to swim sub 1hr (WRONG PLACE FOR ME). So I wander back to the 1:15 swim start and then begin moving forward again only to realize that the signs were staying in place and I was once again back at the sub 1hr sign (ROOKIE!! Boy did I feel silly). Swim ended up being great with the exception of a big fat lip from an elbow to the face on the second lap.



Kim test riding a portion of the run course

We knew the bike was going to be a lot of climbing with a long portion of it on the final 25miles. I was ready to take it easy and save something for the end. I really wanted to keep my avg speed above 18mph and at the end that's what I did. I was pretty happy with the bike. It truly was a beautiful course and I loved

every mile of it.

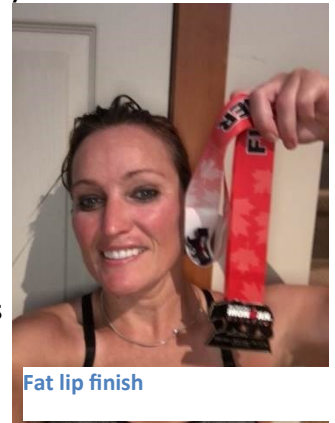
My goal getting off the bike was to never have a mile over 11 minutes. I started off the bike with a 10:30 and didn't think that my goal was possible. The second mile was not too much better and I quickly went through the mental game with my own head of "I'll just walk this thing and get it over with" but then after the 3rd mile was around 9 min my spirits lifted and I realized that the first 3 miles were the hardest of the course and the rest would be great. I have always allowed myself to walk through the aid stations of an Ironman



Kim test riding a portion of the run course

Marathon course so I don't feel rushed and I have the chance to thank the volunteers. It is amazing what the mind can talk the body into. Starting the run again after a short walk through an aid station makes you realize that in about 9min or so you will have another chance for

a walking break with plenty of food and water that is handed to you by some strangers cheering you on. Mile 20 on the run course was the most memorable moments I have had in a race. I remember starting the event thinking that with the tough course, a PR was impossible. I was merely hoping to beat my St. George Ironman time and keep this one under 13hrs. I finally looked at my overall time on mile 20 of the run course and saw 10:50. EXCITEMENT!!!! Oh my gosh, I was excited. I knew that all I had left was a 10k and could go easy and still break 12 hrs. I felt like Meb Keflezighi running to the finish line of the Boston

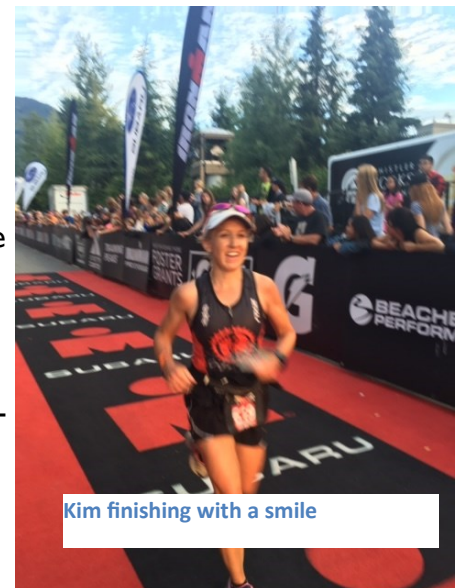


Fat lip finish



Finishing sub 12, feeling like Meb

marathon. (I'm absolutely sure my form was far from his, but in my mind I was finally a great runner). I ended up running my fastest Ironman Marathon by 40 min and finally getting my sub 12hr Ironman. I was also very proud of a podium finish of 5th place in my age group. I saw Kim on both loops of the run course and knew that she would be finishing soon so stayed by the finish line to cheer her on. She always finishes with a smile and I was so happy to be there for her finish.



Kim finishing with a smile

Long race report short.....If you want a beautiful destination race with plenty to see and do in nature, Whistler. It was beautiful and I am so happy that I had a good friend talk me into it. There is no such thing as an easy Ironman so you might as well do the pretty ones!!! (I hear

The Raptor Resolution Run

by Ron Dehn

The sixth annual Raptor Resolution Run will take place at the Pueblo Nature Center at 10 am on Saturday December 31, 2016. There will be a 5 mile run and 2 ½ mile walk. The course is relatively flat and winds through a scenic area near and sometimes next to the Arkansas River to the west of the Nature Center.

The awards are the most unique for any race around. The 1st overall male and female race finishers will be treated to a raptor release in the Pueblo County area. Think of the possibilities. This could be done at your child's school, at a family gathering, at a church or club function, or a number of other possibilities.

There are certain restrictions related to location and safety of the raptors. Prizes will also be awarded to the 1st and 2nd place winners in each race age division. First place in each division will be awarded \$100 in gift certificates. Second place finishers will be awarded \$50 in gift certificates. Gift certificates may be used to purchase memberships and programs for various Nature Center activities. They are NOT exchangeable at the restaurant or for merchandise in the Gift Shop.

In addition – two drawings will be held from the walk participant pool for \$100 in gift certificates. One male and one female winner. All walkers and runners will be eligible for door prizes including a kayak trip, a gift certificate to Big Five, and a Bird of Prey Program. All participants have the option to write down their New Year's Resolutions on a postcard which will be mailed out in several months as a "reminder" to hang tough with their December promises.

This year's shirts will be long sleeved tech shirts with a very cool logo. You will want one.

And, this year lunch (burgers / brats) will be served to participants. Non participants may purchase lunch for \$5.

Entry forms are downloadable at <https://natureandraptor.org/wp-content/uploads/2016/11/Registration-Form-2016-R.pdf>

Entry forms must be delivered (during regular office hours) or mailed to (allow time for delivery) the Nature and Raptor Center. Race day registration / check in is from 8:30 to 9:30 on December 31st.

Make your Resolution and Run for the Raptors!



Views from the Rear

by Wendy Garrison

Post #1 - Half Marathon Training

This article begins with a confession - I dropped out of the Denver Rock & Roll Half Marathon. I know dropping out of a half is probably not the best way to train for a half but such is my crazy life. D-day was here and I was not ready. I knew that I still wanted to run a half this year. My best friend Becky Medina gave me a free entry for the Rock Canyon Half Marathon this December so you can't ignore fate - right? On the subject of fate, the same evening I decided to forgo the Denver Half I read a post from Roger Giordano on the SCR Facebook site. It read, "Training for another life begins this weekend!



Pueblo Marathon Training Group will meet for our first run this Saturday...". Wow! I thought. What timing - plus the announcement mentioned snacks. Further in the announcement however it listed the names of SCR members which will be joining at some point during the training. Not a single member from the list has seen the view from the rear. Ok, I steadied myself, my mission is to be that person.

The morning was perfect for a run. We met at Gypsy Java and Coach Jasmine Carlson was prepped and ready. They decided Roger would go out with the faster group and Jasmine the slower group for a 1 hour run. Jasmine had a cold but I knew it would take walking pneumonia to get her to my pace. A runner new to the scene named Lexi positioned herself near Becky and I unsure of her pace. She quickly disappeared once she realized her pace wasn't our pace. the "rear" consisted of Sheri Giordano who balanced running with corralling her dog and my friend Becky who was determined to not let me go solo. Jasmine checked on us regularly and at 30 minutes we turned and headed back down the nature trail about a half mile shy of the planned turnaround. I was breathing harder than my running buddies but I was happy to be outside and moving. The return trip always seems smoother than going out, that is until I reached the hill leading up from the nature trail to Main Street. I curse you winding hill! Next time we meet I will not walk! Oh sorry - back to the training run.

Proud from finishing our first training, Jasmine treated the group with coffee and snacks. Training has begun. While several runners discussed VO2 max and zones, I focused on the pumpkins on sale 2 for \$5. Hey, we all have to start somewhere. Until next time here's looking at you from the rear.

SCR Minutes – October 5, 2016

In attendance: Gwen Steves, David Rael, Marilyn Vargas, Dave Diaz, Stacey Diaz, Paul LaBar, Zarela Paredes, Kim Arline, Chuck Lucero, Lisa Lucero, Becky Medina

Guest:

Officer reports

Minutes:

- The minutes we accepted with changes noted.

Treasurer's Report:

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

Newsletter:

- The print version will be distributed this month. There was not conversation of a stuffing at the time

Membership:

- Kim asked that the conversation be moved to later in the agenda to discuss changes to the membership system.

Webmaster:

- Lallo was not present

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:

Submitted by Becky Medina, SCR Secretary

SCR Race Calendar—December 2016-May 2017

by Dave Diaz

DECEMBER

Sat 31	10:00 AM	Raptor Resolution Run	5M	Pueblo Nature Ctr	natureandraptor.org
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JANUARY

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

FEBRUARY

Sat 4	6:00 PM	SCR Awards Banquet		River's Edge Banq Hall	
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	Spring Runoff Tuneup 5K/10K		Dutch Clark Prk Lot	socorunners.org
Sun 19	9:00 AM	Pueblo Marathon/ 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	Pueblo Chieftain Spring Runoff		Dutch Clark Stadium	socorunners.org
Sat 11	8:00 AM	Run Through Time	Mar &	Salida, CO	salidarec.com/
Sat 11	10:00 AM	St Pat's	5K 5K run/2M	Dwntwn Colo Sprgs	pprrun.org
Sat 18	10:00 AM	Bluesky Blizzard Run	walk	CO State Fairgrounds	coloradobluesky.org

APRIL

Sun 9	8:00 AM	Platte River Half Mar- athon	13.1M	Littleton, CO	platteriverhalf.com
Mon 17	10:00 AM	Boston Marathon	26.2	Boston, MA	baa.org
Sun 23	8:30 AM	Horsetooth Half	13.1 M	Fort Collins, CO	horsetooth-half.com
Sun 23	7:30 AM	Cherry Creek Sneak	5K	Denver, CO	cherrycreeksneak.com

May

Sat 6	7:00 AM	Greenland Trail Runs	50K/25K	Larkspur, CO	
Sat 6	7:30 AM	Blossom Day	13.1M	Canon City, CO	Canon City Parks & Rec
Sun 7	6:00 AM	Colorado Marathon	Mar/ Half	Fort Collins, CO	
Sat 13	9:00 AM	Ordinary Mortals Sprint Tri	5K/12.5M /300y	CSU-Pueblo	socorunners.org
Sun 21	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Mon 29	7:00 AM	Bolder Boulder	10K	Boulder, CO	

DECEMBER



Isobel McGivney	1	Anthony Diaz	12
Martha Drake	2	Carrie Franchi	13
Humberto Paredes	2	Laurel Wright	13
Chris Porter	2	Paul Hanna	14
Lauren Kleven	2	Karissa Dietz	14
Benjamin Highfill	3	David J Marmolejo	15
Lisa Phillips	4	Terry Cathcart	19
Joey Cardinal	6	Gavin Lopez-Cepero	24
Andrew Caro	8	Jamie Gott	26
Jeanette Reed	9	Karl Wisthoff	28
Dave Dehn	11	Melanie	28
		Roger Giordano	31

Happy
 Birthday





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

New membership system through RunSignUp.com starting the fall of 2016! [Join or renew your membership online!](#)

2017 Membership - renew online to support a great local organization and stay on our mailing and email list. Family or individual membership to SCR alone or SCR, running club, plus SoCoT2, the triathlon club. To renew or view current members go to socorunners.org and select the link

SCR Meetings date and location change

The SCR monthly meetings will be the second Wednesday of the month at the Pueblo West Library. The next meeting will be at 6 p.m. on January 11, 2017.