



# Footprints



January 2017

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Editor: Becky Medina



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

Darryl Clark

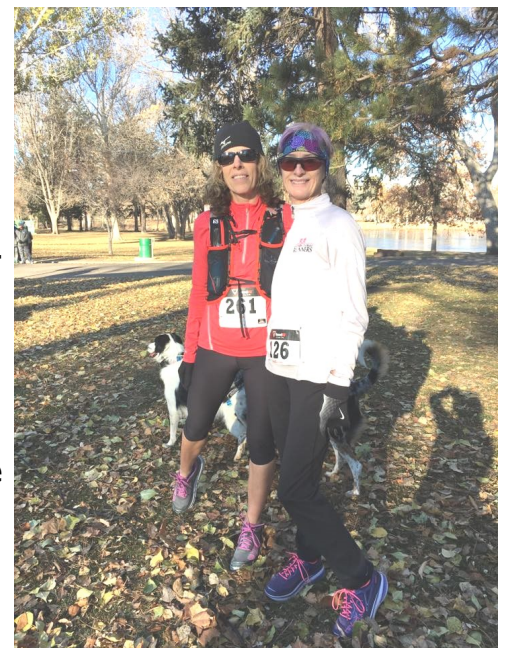
Once again the weather cooperated for the 30<sup>th</sup> iteration of the Rock Canyon Half Marathon. Over 400 runners were able to enjoy the early Winter conditions, many of whom set personal records. After having to adjust for expected construction in 2015, we were able to return to the classic course and the course itself was in the best shape of the past few years with no high weeds or ice for runners to circumnavigate. In addition, runners were able to run on the new sidewalk in the State Park section, a terrific update to the course.

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Jose Campos from the U.S. Army won the overall crown in a blazing 1:11:15 for a per mile pace of 5:26. Amy Shertzer of Monument was the Female Champion and 24<sup>th</sup> overall with an outstanding time of 1:29:17, a lung busting 6:48 per mile pace. In the Masters category, southern Colorado standout, Gerald Romero was the male champion and 11<sup>th</sup> overall with a sterling time of 1:23:37 or a 6:22 minute per mile pace and SOCO Runners very own Laurice Lopez-Cepero took the Female championship with a fast time of 1:44:18, a 7:57 per mile pace.

Stacey Diaz was our 2016 Bib 261 honoree and represented herself and all of the women in our club while running with good friend, Carrie Franchi. The honor is given to a woman from our club who rep-



# 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. 347, Issue No. 1 "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.

### 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

### 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
April 2017	20-Mar	Print	TBD

resents the growth of opportunities for women in both running and society and who has provided valuable service to our club over time. Thank you, Stacey, for upholding the honor of the bib and joining previous honorees, Kim Arline and Gwen Steves.

A moment this race director will never forget was watching Kimiko Bullis cross the finish line with a great smile on her face and obvious love from those close to her. Kimiko has cerebral palsy and is visually impaired. She has to run with two guides. This was her first half marathon and she was a true inspiration to anyone who witnessed her feat. I was humbled by her accomplishment and felt privileged to meet her.

The 31<sup>st</sup> edition will take place December 2<sup>nd</sup>, 2017. One of the most popular half marathons in southern Colorado and still the best deal in half marathons, our entrants can expect another event with their experience as our first guiding principle. Thank you to all of the volunteers who give their time unselfishly and make this all happen. We are also indebted to our sponsor, Randy Anderson and The Spirit Store. Run, volunteer or do both; I hope you will find a way to join the fun in 2017.



**Great Job**  
**Race Director**  
**Darryl Clark**

# What Running Has Taught Me

By Carmen Perez

About 7 years ago I would hear my really good friend, Kris Spinuzzi get up every morning to go run and workout. I was sleeping most of the time but I would hear her leave at 5a.m daily. About a year prior my husband had passed away from Leukemia. I was very depressed and struggling daily to make sense of my life and the loss. Kris would tell me to get out and go walk and try to not sleep so much. Her strength and perseverance inspired me to try something new that I have never done before.



I knew I needed to do something to help me with the depression and just felt the need to run. I know that sounds Forrest Gumpish but it is truly how I felt. It started out slow at first with just walk/ running. I would run a block, walk a block or run for a song and then walk for a song. I would do this on my own by myself. Many times when I struggled through the pain of running my sadness and loss numbed the pain of running. Slowly I was able to run a mile, then two miles and eventually three. After completing my first 5K I was hooked. Kris would invite me to run

with the girls she runs with however my response was no way I can't keep up with you girls, you girls are big dogs! Eventually I met those girls and with many hours of training I was able to try and keep up!

Kris invited me to Fort Collins to go watch some of the girls' cross the finish line at the Colorado Half Marathon/ Full Marathon. This was my first time going to a running





event of that magnitude. I was moved by the people I saw cross the finish line and at that moment I made up my mind that I wanted to run a half marathon. My first half marathon was Georgetown to Idaho Springs. I would like to say I loved every minute of it however it is hard to run 13.1 miles. Nevertheless I registered for more races and have completed two marathons since then. It gets easier at times and some races seem more difficult than others. But what running has taught me is to never give up despite the hurt, pain and at times suffering. Running can be joyous, fun, and exciting too! I think that with anything in life things don't work out the way we plan but we need to prepare ourselves for all of life's ups and downs. Running is like that, some races or runs are hard, some are easy,

some are fun, some hurt!

A few of the most memorable races for me have been the Arizona Rock N Roll Full Marathon, The Women's Half Marathon in New York City, and of course Georgetown to Idaho Springs Half Marathon. The women I run with continually challenge me to be a better runner and person. I couldn't be more proud of the women I run with as I think they all truly exemplify the epitome of strong women in many ways.

The New York Women's Half Marathon is one of the most memorable trips and half marathons I have run. There were 7 of us total that



traveled to New York and ran. Traveling with these women is exciting and fun. We all have different personalities but push each other to do our best and be the best women we can.

In the end running has taught me to be a better person on the inside and outside. To appreciate and take care of my body both physically and emotionally. Lastly, I would like to thank the women I run with for always believing in me and encouraging me to do my best and never give up.





## **Annual SCR Awards Banquet**

**Saturday, February 4<sup>th</sup>, 2017 6 to 9 PM**

Rivers Edge Banquet Hall

102 Oneida St, Pueblo

6:00 pm: Cash bar and Appetizers

6:30 pm: Buffet includes: Chicken enchiladas, beef tacos, refried beans, Spanish rice, lettuce, tomatoes, sour cream, black olives and tortilla chips w/salsa. The vegetarian option will be Eggplant parmesan. Coffee, tea, lemonade and dessert included.

7:00-9:00 pm: Master of Ceremonies is Robert Pratt with Guest Speaker Jasmine Carlson, a USAT Certified level 1 triathlon/duathlon coach. Raffles and award presentations including: volunteer, predict, runner of the year, triathlon as well as other awards. Induction of new officers and a slide show presentation.

Cost is \$15 per person for SCR members and their guests (7-12 years old \$10)

Reservations and payment will be taken online at SCR's website, [socorunners.org](http://socorunners.org)

**Reservations and payment must be done online and in advance as no reservations or payment will be taken at the door. Deadline for reservations is January 31<sup>st</sup> at noon.**

Hope to see you all there, come mingle and share some casual conversation with fellow SCR club members. A good time is guaranteed!

Register at: <http://socorunners.org/>

## ***Views from the Rear*** by Wendy Garrison

### VFTR #2

Butt, bum, booty, caboose, buns, buttocks, caboose, fanny, rear, keister, rump, trunk, tushy - call it what you want but I had an ongoing pain in the a --. No I'm not saying I'm a pain in the bottom but I had one. Believe it or not I was not alone in my misfortune, they actually have a medical term for a sore arse and it is called piriformis syndrome. Great I thought, so the pain in my rear is not in my head.

According to the website [spine-health.com](http://spine-health.com), piriformis syndrome is a condition in which the piriformis muscle (located in the backside region) spasms and causes booty pain. Think of it like a calf cramp except its in your posterior region. The site goes on to state "The piriformis muscle can also irritate the nearby sciatic nerve and cause pain, numbness, and tingling along the back of the leg and into the foot". Running while this is happening is not only painful, it will make you look like you are auditioning to be an extra in the Walking Dead.

Relieved that my misery has company I continued to read up on what to do about it. Now you can try this if you want, but propositioning someone to rub Ben Gay on your tush is not a great pickup line. So what does one do aid that moneymaker? Well I'm not a doctor - I don't even play one on TV - but for me it was (you guessed it) time off. This is the last thing a runner wants to hear. How much time off? I was lucky and 1 week seemed to help. I'll let you know if I guessed wrong.

Next up - the foam roller. The roller was an impulse purchase from a race expo. I used it a few times before storing it along with some ugly jackets and some Christmas decorations in a hall closet. Wow-who knew my muscles were that tender. Another awesome tool for working out tight muscles was a tennis ball. This did upset my dog Scooner, who wasn't sure why I was massaging my bum with his chew toy. Runner's World magazine also directed me through a series of stretches and yoga poses to loosen up the piriformis, glutes, and hamstrings. While I looked nothing like the smiling models in the magazine, I think I got the poses down. Being a Pharmacist, I am a firm believer in the power of Motrin on the days I was very gimpy. Somehow actively treating my injury boosted my mood somewhat, like traveling slowly on the interstate after hours of gridlock. My coworkers also rejoiced in not having to hear about my bum bum.

Ok time to put this caboose to the test. The Monster Dash 5K and Nelson's predict run the following weekend await. Being the tail end of both of these events let's hope my tail end is up to the test.

Until next time remember in the end it's you they're waiting for.



# SCR Minutes November 9, 2016 by Ron Dehn

**Attendees:** Lisa Vigil, Lalo Vigil, Dave Diaz, Stacey Diaz, Shawn Loppnow, Gwen Steves, Roger Giordano, Don Pfof, Dan Nelson, Melanie Nelson, Chuck Lucero, Lisa Lucero, Kim Arline, Marijane Martinez, Ron Dehn

## Officer Reports:

- **Minutes / Secretary:** The minutes of the October meeting were approved.
- **Treasurer:** Humberto was unable to attend. Roger noted that an invoice needs to be given to the State Fair for chip timing. Gwen will e-mail Humberto.
- **Newsletter:** The electronic version for this month will be e-mailed soon.
- **Membership:** Kim reported we have 211 memberships and a total of 366 members. Members can renew memberships through the SCR website. You can link to your run signup and view discounts for members which includes discounts for some Pikes Peak Club races. Kim encouraged members to renew via the website and for race directors to get their races active as soon as possible.
- **Webmaster:** Lalo reported he website was updated to include some security patches.
- **Race Calender:** Dave talked about future races: November 26<sup>th</sup> is the Temple Canyon Predict at 9am, December 10 is the Christmas Predict and pot luck at the Diaz house at 3pm. No predict races are scheduled for January. Gwen was going to explore the possibility of running a predict out of her in-laws home. That, and other options will be explored. The Spring Runoff Tuneup will be moved to a Saturday this year because of a scheduling conflict. It will be held on February 18<sup>th</sup>. The Rock Canyon Half is on track for December 3<sup>rd</sup>.
- **Triathlon Club:** The Tri Club is registered for NCC (National Challenge Competition) The Swim month is December, the Bike month is January, and the Run month is February.

## Recent Races / Events

**Harvest Run Predict:** There were around 46 finishers and lots more club members who participated in the social food / drink gathering after. Some non club members ran but their times did not count. Non members are welcome to run but they are not included in the results. This is a change from the past because there were complaints that non members would run and reduce point opportunities for club members. Non member participants were notified in advance that they would not be included in the results. Members need 6 runs to be included in the results and 6 runs to get a shirt.

**Nelson's Pretty Fast Predict:** There were 29 finishers and all went well.

## Upcoming SOCO races:

**Temple Canyon:** Set for November 26<sup>th</sup> There was a discussion as to race cancellation due to weather and it is up to the individual race director. If this were to be necessary, word will be disseminated on social media. Shawn will not be able to attend this race and will need assistance to conduct it.

**Rock Canyon:** There are 248 entrants at this point and Darryl is expecting 450. Shirts and medals are ordered. Packet Pickup will be Friday December 2<sup>nd</sup> from 2 – 6pm and race day morning. Lois Pfof has made the awards. Unfortunately the listing in "Colorado Runner" for the Rock Canyon contained a typo and listed the location as City Park in Denver.

**Mini Marathon Predict:** December 10<sup>th</sup> at Dave and Stacey's. Bring a covered dish.

**The Raptor Resolution Run:** December 31<sup>st</sup> at 10:00 am. 5 mile run and 2 ½ mile walk 1<sup>st</sup> Overall Male and Female will win a Raptor Release. Division prizes will be different this year. 1<sup>st</sup> place in each division will win \$100 in "Nature Center Bucks" and 2<sup>nd</sup> place will win \$50 in "Nature Center Bucks". There will be NO prize for 3<sup>rd</sup> place.

**Spring Runoff:** We are looking for volunteers. Roger will handle food again. The 10k will be reinstated, so there will be a 5k walk, 5k and 10k runs, and 10 mile run. Kids events will also take place. A wave start is being considered. One possibility is to start the 10 mile at 8:45 with other races starting at 9am.

**OMT / MMT:** Takes place May 13<sup>th</sup>. Sanctioning fees were \$260 for the OMT and \$60 for MMT. Kim is considering hats not shirts for participants.

## Ongoing Club Business

**Membership System:** See officer report

**Officer Nominations:** Paul LaBar is handling this. There was a discussion on mailing out ballots vs on-line voting but since Dave Diaz withdrew his name as a VP candidate, there is only one person in the running for each office, therefore no need to vote. Gwen Steves will continue as President, Roger Girodano will be VP, Humberto will continue as Treasurer, Shawn will continue to manage the predict races, Kim will continue to handle memberships, Becky will continue with the news letter, and Paul will be the webmaster.

**Award Banquet:** Held February 4<sup>th</sup> at the Riverside. There was a discussion to recognize more people for their accomplishments. Examples: Boston qualifiers, Iron Man finishers, etc. Gwen will send out an e-mail to ask for accomplishments like First Marathon, First Triathlon, etc.

### Other Discussion:

**Don Pfof** will contact the CSU-Pueblo Cross Country coach to see if team members are eligible to run our races specifically the Spring Runoff. It would boost the quality of our races if these runners were able to take part. There was also discussion about making a donation to support the CSU-Pueblo Cross Country teams, but this will be re-visited.

The meeting was adjourned.

# SCR Race Calendar—January—May 2017

By Dave Diaz

## JANUARY

Sat 28	10:00 AM	Winter Series II	4M/8M	Norris Penrose Event Center, CS	pprrun.org
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## FEBRUARY

<b>Sat 4</b>	<b>6:00 PM</b>	<b>SCR Awards Banquet</b>		<b>River's Edge Banq Hall</b>	
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
<b>Sun 12</b>	<b>9:00 AM</b>	<b>Valentine's Twosome</b>	<b>5K relay</b>	<b>City Park</b>	<a href="https://runsignup.com/Race/CO/Pueblo/ValentineTwosomeRelay">https://runsignup.com/Race/CO/Pueblo/ValentineTwosomeRelay</a>
<b>Sat 18</b>	<b>9:00 AM</b>	<b>Spring Runoff Tuneup</b>	<b>5K/10K</b>	<b>Dutch Clark Prk Lot</b>	<b>socorunners.org</b>
Sun 19	9:00 AM	Pueblo Marathon/Half	Mar/Half	Pueblo Riverwalk	madmooseevents.com
Sat 25	10:00 AM	Winter Series IV	10/20K	Black Forest	pprrun.org

## MARCH

<b>Sun 5</b>	<b>9:00 AM</b>	<b>Pueblo Chieftain Spring Runoff</b>		<b>Dutch Clark Stadium</b>	<b>socorunners.org</b>
Sat 11	8:00 AM	Run Through Time	Mar & Half	Salida, CO	salidarec.com/
Sat 11	10:00 AM	St Pat's	5K	Dwntwn Colo Sprgs	pprrun.org
Sat 18	10:00 AM	Bluesky Blizzard Run	5K run/2M walk	CO State Fairgrounds	coloradobluesky.org

## APRIL

Sun 9	8:00 AM	Platte River Half Marathon	13.1M	Littleton, CO	platteriverhalf.com
Mon 17	10:00 AM	Boston Marathon	26.2	Boston, MA	<b>baa.org</b>
Sun 23	8:30 AM	Horsetooth Half	13.1 M	Fort Collins, CO	horsetooth-half.com
Sun 23	7:30 AM	Cherry Creek Sneak	10M/5M/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	
<b>Sat 13</b>	<b>9:00 AM</b>	<b>Ordinary Mortals Sprint Tri</b>	<b>5K/12.5M/300y</b>	<b>CSU-Pueblo</b>	<b>socorunners.org</b>
Sun 21	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Mon 29	7:00 AM	Bolder Boulder	10K	Boulder, CO	



Mark you calendars

Sunday, February 12th

### *The Valentine Twosome!*

The weekend near Valentine's Day each year has become a tradition for couples to run a fun, casual relay 5-km course at City Park. This low cost (\$5 per person in advance, \$7 per person race day) involves:

- Coed teams (two women may partner such as a mother/daughter team) each running a 1.6 mile lap around City Park and handing off a homemade baton.
- Age group awards are for the combined ages of the two runners on the team. The top three fastest in each age group get chocolate!
- Chocolate awards are also given for the following awards for batons: the most creative, the most romantic, the biggest and the ugliest.

Entry available at <https://runsignup.com/Race/CO/Pueblo/ValentineTwosomeRelay>

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

**Address Service Requested**



**Non-Profit**

**Organization**

**U.S. Postage Paid**

**Pueblo, Colorado**

**Permit # 41**



The 39th Annual  
**Spring Runoff**

**Sunday, March 5th 2017**

<https://runsignup.com/Race/CO/Pueblo/SpringRunoff>