



# Footprints



March/April 2017

Volume #347, Issue #2

Editor: Becky Medina

## Views from the Rear by Wendy Garrison

VFTR #4

What can go wrong one week from race day as seen from my training log

Saturday 2/25 - Just finished a little over a 7 mile run with Becky, Kris and Carmen. Things look on track for the 10 miler in 1 week.

Sunday 2/26 - Man I don't feel too good. Maybe I stayed up too late. Maybe I did a little too much between the run and chores on Saturday. I think I'll take it easy today and lie here on the couch for a bit. Hours later..... Wow, I don't normally take naps (cough, cough). Hours later.... I sure hope I'm not getting .... SICK!!!

Monday 2/27 - That 4 lettered word S - - -. The one thing that can kill any training routine. It is the reality nobody wants to face especially when you're short staffed at work and you've already paid for a race coming up in 1 week. Lately I have been dropping out of more races than I've finished and I really did not want this to be the same. I signed up to the Spring Runoff 10 miler in order to prepare for a half marathon in Zion in April. The run was going to be a challenge for me under good conditions but with the addition of cough, congestion and aches this will be a rocky road indeed.

Tuesday 2/28 - No improvement. I try to convince myself the over the counter cough syrup and Sucrets are helping but my coworkers and I know that's not true. My coworkers are moving uncomfortably away from me and have started using texts to communicate. I decided to test just how bad the damage is after work by hopping on my treadmill. Not good. Walking pace puts me into a coughing fit and looking like the before shot on an asthma commercial.

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Wednesday 3/1 - A battle against sleep deprivation has begun. I justify the all day pots of coffee as necessary for congestion relief. The geeky side of me is suddenly feeling the zombies in the Walking Dead might have actually just have colds like me. A box of Kleenex now inhabits the spot generally reserved for my cell phone. Not willing to accept the results of yesterday's treadmill experiment I hopped on it again after work. Walking was okay, I'm encouraged. I push the speed button a few more times to progress to a slow run. Nope - system failure (mine). Back to the drawing board.

Thursday 3/2 - How much phlegm can one person produce? In search for a cure (and for better cough syrup) I decided to pay my copay and go see my doctor. Normally I wait these things out but a race was on the line and I was tired of feeling like crap. I work at a healthcare facility so I have a good idea how appointments are supposed to go. Being left in an exam room because your provider forgot you were there so they went to lunch was not how an appointment is supposed to go. After an angry (never mess with a sleep deprived, feeling like crap,

# SCR Information

## Current SCR Officers

### President

Gwen Steves                      president@socorunners.org

### Vice President

Roger Giordano

### 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

Paul LaBar                      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. 2 "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

middle aged woman) phone call, email and Facebook post, a diagnosis was given - bronchitis and treatment rendered- antibiotic and codeine cough syrup. No workout today. The appointment was exercise enough. I'm exhausted.

Friday 3/3 - Day 2 of antibiotics and good cough syrup. I am able to hold conversations now without coughing excuse me while holding my arm crook to my mouth. Thoughts that I might actually get to run this race begin to arise. I received a text from Maryjane Martinez saying "Don said you were under the weather". Don, MJ's husband, must have read my Facebook rant. "Yep" I replied, "bronchitis". Bummer, MJ said. I suppose running Sunday's race is out. NO!! My defiant brain proclaimed I will not quit again! My actual milder response was more along the lines of, well maybe I'll do the 5 K instead of the 10 mile. MJ - "Good - can you pick me up"? I still needed to make sure I could actually run since my last two attempts were pretty pathetic. I felt steady today but decided to give my lungs and my ego another day's rest.

Saturday 3/4 - The day before race day. Ok - I need to test myself. I need to make sure I can actually finish a 5 K without medical intervention. The plan - a treadmill 5K. Outdoors would probably be preferable but if I got stuck on the course I didn't want to be mistaken for a whino clutching her bottle of cough syrup. Slow and easy - perfect. My bathroom and sofa were close at hand. After a successful test (i.e. No lungs lying on the floor) it was time to head over to the Gold Dust to pick up my packet and officially change from the 10 mile to the 5K. Carrie Franchi pointed out if they forgot to switch me I might actually post the fastest time for the event (tempting but someone is bound to figure that one out).

Sunday 3/5 - RACE DAY - Only I coughing fit last night that's progress. I rose early, dressed and took a precautionary shot of cough syrup. My husband asked why I wore a shirt the same color as a traffic pylon. I responded that if I ended up on the curb I wanted to be found. The weather was perfect - cool, overcast and no wind. I scanned the crowd. Many seasoned runners out there, seasoned runners who probably felt wonderful, light and fast. I kept looking and saw many folks just like me - tentative, nervous and a few even wearing their race bib on their backs. Everyone has their people and these are mine I thought and with that we were off. Coldplay was the music selection of the day and it was a perfect choice. No surprises out there - oh I person before me must have gotten sick but I side-stepped it happy it wasn't me. I don't normally stop for water on a 5 K but my throat was raw and I was grateful to see the high schoolers out there. Before long I was circling Dutch Clark's track, seeing myself on the big screen and hearing my name announced as I crossed the line. So how did I do? I have no idea. The goal was to run, finish and be able to train again tomorrow and to that goal I say check, check and sneakers and cough syrup we have a date.

Remember, in the end it's you they're waiting for.



Runners start—2017 Spring Runoff

EXTRA, EXTRA, READ ALL ABOUT IT.....CLUB SHIRTS ON THE WAY.....

You may have been one of the many members who have asked how to have access to an SCR shirt if you are unable to do the number of predict races required or volunteer the required amount of hours to earn a shirt with the SCR logo. At the most recent SCR meeting the discussion of having SCR shirts available to all club members was discussed. It was decided that if someone would be willing to handle the “club store” which will be available on runsignup.com, club members could order SCR shirts. It was also decided that SCR does not want to profit from the shirts so members would only be paying for the actual cost of the shirt. I am going to be that person. (HUGE round of applause)! Since I too am new to runsignup I am still in the early stages of making shirts available to you as SCR members, however with Kim Airline’s help I hope to have the store set up in the next few weeks. Kim is responsible for bringing runsignup to SCR and so far it has proven to be a valuable asset to putting on race. The logo and color of the shirt have been determined. I am not making these decisions on my own. I have put out samplings and am taking the vote of the majority before making the actual decision. Both male and female style shirts in all sizes from XS to XXL will be available. At the most recent predict approximately 70 participants voted for their favorite of 3 different SCR logos. I am attaching a picture of the logo that will be on the SCR club shirt. The only addition will be that “Pueblo” will be added on the bottom left hand side opposite of the runners. The shirts will be available in both long and short sleeved. The color which was most popular is **RED**! Todd and Liz from Shirt Heads will be handling the shirts. They are the former owners of Adventurous Sole. Once the store has been set up information will be on the SCR webpage as well as the SCR FaceBook page. The link can be <https://runsignup.com/Club/Store/CO/Pueblo/SouthernColoradoRunnersTriathlonClub>. Fortunately, we have a club member who owns her own business and has offered to keep the shirts at her establishment for pick up. A big THANK YOU to Jasmine Carlson owner of *Forget Me Not Apothecary and Mercantile*, located at 125 Broadway for offering her place of business. So be ready to order and receive your SCR club shirt which you can wear proudly here in Pueblo as well as all the places you travel, whether it to be to participate in an event or just to look cool!

Marijane Martinez



# SCR Race Calendar April—August 2017

by Dave Diaz

## APRIL

Sat 1	9:00 AM	Baylon Michael Meyer	10K/5K	Lovell Park, PW	
Sat 8	9:00 AM	Ramsgate 6-Pred #4 Platte River Half Mara- thon	6M	6 Ramsgate Place	socorunners.org
Sun 9	8:00 AM		13.1M	Littleton, CO	platteriverhalf.com
Mon 17	10:00 AM	Boston Marathon	26.2	Boston, MA	baa.org
Sat 22	10:00 AM	PSAS Spiral Super Run	5K	Lake Minnequa	5k.psas.ws.
Sat 22	8:30 AM	Spank Blasing	5K	CSU-Pueblo Campus	spankblasing.com
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
Sat 6	8:00 AM	Take 5 in the Garden	5K/5M	Manitou Springs, CO	csgrandprix.com
Sat 6	6:30 AM	Collegiate Peaks Trl Run	50M/25M	Buena Vista, CO	collegiatepeakstrailrun.org/
Sun 7	6:00 AM	Colorado Marathon	Mar/ Half	Fort Collins, CO	
Sun 7	8:00 AM	Yappy Dog-Pred #5 Ordinary Mortals Sprint	8.6M 5K/12.5M/3	South Mesa Elem School	socorunners.org
Sat 13	9:00 AM	Tri	00y	CSU-Pueblo	socorunners.org
Sat 20	8:00 AM	Color Run		Vineland Middle School	
Sun 21	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO	
Sun 28	8:00 AM	Paddlefest Half Mar	13.1M	Buena Vista, CO	ckspaddlefest.com
Mon 29	7:00 AM	Bolder Boulder	10K	Boulder, CO	

## JUNE

Sat 3	10:00 AM	Mosaic Run Hardscrabble Mtn Trail	5K	Amazing Grace, PW	mosaic youth.com
Sat 3	10:00 AM	Run	10K/5K	Westcliffe, CO	hardscrabblerun.com
Sat 10	8:30 AM	PAWS Run for Life	5K	Union Ave, Pueblo, CO	PAWSpueblo.org
Sat 10	6:00 AM	COCO Century Bike Ride	100M/45M	La Junta, CO	Facebook
Sun 11	6:00 AM	Revel Marathon	26.2/13.1	Denver, CO	runrevel.com
Sun 11	7:00 AM	Garden of the Gods	10M	Manitou Springs, CO	gardentenmile.com
Sat 17	8:00 AM	FIBArk Road Race	5K, 10K Mar, 1/2	Salida, CO	fibark.net
Sat 17	8:00 AM	Leadville Trail Marathon	Mar	Leadville, CO	leadvilleraceseries.com
Sun 18	7:00 AM	Arroyito Lake View P#6	5M	Pueblo West	socorunners.org
Sun 18	8:00 AM	FIBArk Trail Run	10K	Salida, CO	fibark.net
Sun 18	7:30 AM	Mt Evans Ascent	14.5M	Idaho Springs, CO	racingunderground
Sat 24	??	Big Dog Brag		CSU-Pueblo	bigdogbrag.com

## JULY

Sat 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	pueblounitedway.org
Sun 9	7:00 AM	Summer Roundup	12K	Bear Creek Park, CS	summerroundup.com
Sat 29	7:00 AM	Classic 10K	10K	Colorado Springs	csgrandprix.com
Sun 16	7:00 AM	Barr Trail Mtn Run	12K	Manitou Springs, CO	runpikespeak.com
Sat 22	6:00 PM	G U Rule Pred #7	4M	Pueblo	socorunners.org

## AUGUST

Sat 05	7:45 AM	Atalanta	5K	City Park, Pueblo	socorunners.org
Sat 12	7:00 AM	Geotwn to Idaho Sprgs	13.1M	Georgetown, CO	gtishalf.com/
Sat 19	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	pikespeakmarathon.org
Sat 19	7:00 AM	Melon Run	10K	Rocky Ford, CO	arkvalleyfair.com
Sun 20	7:00 AM	Pikes Peak Marathon	26.2M	Manitou Springs, CO	pikespeakmarathon.org
Sat 26	7:00 AM	Pray for 4....Pred #8	4M	Pueblo West	socorunners.org

# SCR Minutes December 7, 2016 by Becky Medina

**Attendees:** Melanie Nelson, Dan Nelson, Shawn Loppnow, Gwen Steves, Roger Giordano, Chuck Lucero, Lisa Lucero, Kim Arline, Ron Dehn, Humberto Paredes, Paul LaBar, Paulette Arns, Becky Medina

**Officer Reports:**

**Minutes / Secretary:** The minutes of the November meeting were approved with noted change that Paul LaBar would be nominated as webmaster

**Treasurer:** The treasurers report was accepted with no corrections.

**Newsletter:** The electronic version for this month will be e-mailed. There was some discussion about posting newsletters on the website and it was agreed that the newsletter would be available to members only after each submission.

**Membership:** Kim reported that about half of the current members had renewed. There were some problems with emails not working. There will be a reminder about renewing in the December newsletter

**Webmaster:** Lalo was not present.

**Race Calender:** Dave was not present to report.

**Triathlon Club:** The Tri Club National Challenge Competition is going well. The Swim month is December, the Bike month is January, and the Run month is February. The bimonthly swim practices are also going well. It was anticipated that CSU-Pueblo's pool would be closing for winter break, but an exact date was not known.

## Recent Races / Events

**Temple Canyon:** Great turnout. There were some communication issues amongst the team, that were worked out and all runners had a chip time.

**Rock Canyon:** Darryl Clark was not present, but all in attendance agreed that it was a great high quality event. A final report is anticipated for the January meeting

## Upcoming SOCO races:

**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:** Dave and Stacey were not present and there was not report.

**OMT / MMT:** Takes place May 13<sup>th</sup>. Sanctioning fees were \$260 for the OMT and \$60 for MMT. Kim did confirm that there will be hats not shirts for participants.

## Ongoing Club Business

**Membership System:** Kim had training for interested members and race directors. The system is great, but those using it are still learning how to navigate.

**Officer Nominations:** Thanks to Paul LaBar for handling this. There were no contested offices, so there was no need for a vote. There was a nomination to approve the officers nominated and the nomination was accepted and approved. There was some discussion about the vacant Secretary position. As there were none present wanting the office at this time, Becky said she would take the office if others agreed to take minutes in times that she is not able to attend. Her obligations outside of SCR have increased and conflict with some meetings. There was a vote and all approved Becky as Secretary. The 2017 officers are: Gwen Steves - President, Roger Giordano - VP, Humberto Paredes- Treasurer, Becky Medina – Secretary. Shawn Loppnow and Dave Diaz will continue to manage the predict races, Kim Arline will continue to handle memberships, Becky will continue with the newsletter, Dave Diaz will continue as calendar keeper, Stacey Diaz – keeper of the volunteer points, and Paul will be the webmaster.

**Award Banquet:** Held February 4<sup>th</sup> at the Riverside. Gwen will send out an e-mail to ask for accomplishments like First Marathon, First Triathlon, etc. Nominations for awards is open through January

**Other Discussion:**

**CSU-Pueblo Cross County** - Don Pfof and Humberto had been in contact with CSU-Pueblo Cross Country coach. It was decided to invite the coach to the January meeting to give a short presentation about the CSU program.

**Grants and Donations**-There was some discussion as to the status of this. There had been a recommendation to change some of the language. Gwen agreed to change the form and bring it to the next meeting.

**Bylaws:** There was some discussion as to whether or not the bylaws needed updated. After a lot of discussion it was decided that a committee would meet before the next meeting to make preliminary recommendations. Meeting participants that volunteered to be on the committee were Becky, Paul, Roger, Kim and Gwen. Gwen volunteered to send an email to all of the other officers that were not present and those that were interested in the previous bylaw committee. A meeting was set for December 28, 2016, location TBD.

**2017 Meetings:** The meetings will be moved to the 2<sup>nd</sup> Wednesday of each month at 6 p.m. at the Pueblo West Library.

The meeting was adjourned.



*Southern Colorado Runners present*

## *2017 ATALANTA*



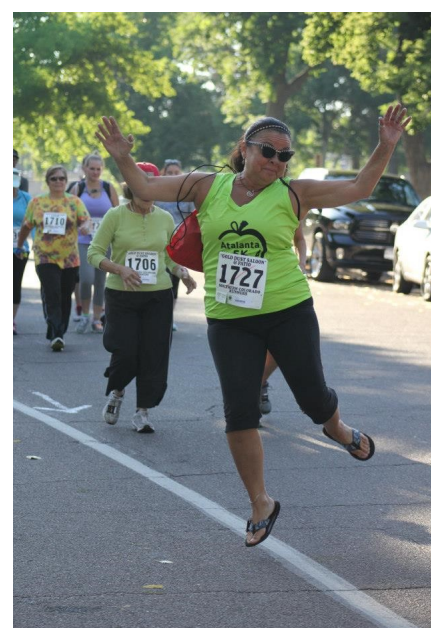
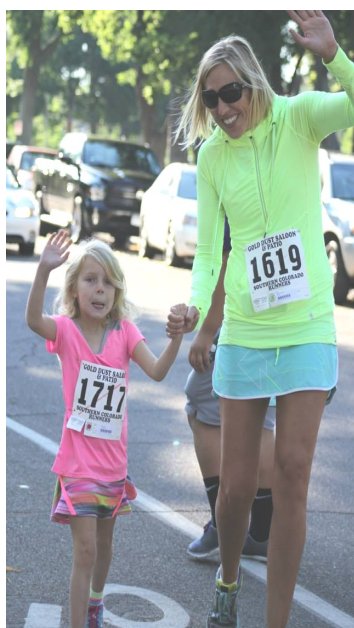
**Saturday, August 5, 2017**

Great Prizes and Awards

The 1.5 mile walk starts at 7:45 and the 5K run begins at 8:00.

Awards to the top 3 finishers in both the run and walk in the following age divisions: 11 and under, 12-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Registration fees for the event are \$25, discount for SCR members. For more information and online registration at: <https://runsignup.com/Race/CO/Pueblo/>



## SCR Minutes 1/11/17 by Ron Dehn

Attendees: Roger Giordano, Marilyn Vargas, David Rael, Melanie Nelson, Danny Nelson, Gwen Steves, Stacey Diaz, Dave Diaz, Kim Arline, Don Pfost, Humberto Paredes, Shawn Loppnow, Dennis Wait, Lisa Lucero, Chuck Lucero, Paulette Arns, Paul LaBar, Ron Dehn

### Officer Reports:

Minutes/Secretary: The December, 2016 minutes were approved as written.

Treasurer: Humberto distributed reports and noted that some donations have been received when members renew memberships. He also noted that the Rock Canyon Half made a profit. Humberto will write checks to South High, Pueblo West High, and Mosaic for \$250 each for their help at the Rock Canyon. The checks will be mailed to the coaches directly so they go to the cross country group as opposed to the general fund for the school. The Treasurer's report was approved with the correction of a typo on the first page with 35 being changed to 45.

Newsletter: The deadline is the 20<sup>th</sup> of each month. Members are encouraged to submit articles of any kind including those which are not time sensitive. Then Becky can use them when she needs them.

Membership: Renewals are running slow as usual. In October there were 428 members and as of 1/11/17 there are only 179 members who have renewed. Kim encouraged members to renew (using Run Signup) and noted that membership must be active to receive discounts for SCR or Pikes Peak events.

Webmaster: The link for the Spring Runoff is not yet set up but will be shortly.

Race Calendar: Dave Diaz passed out the tentative schedule for the 2017 Predict Series. The SRO Tuneup will take place on 2/18/17. There was discussion about the Valentines Twosome race. Club members have not heard from Jeff and the group wanted to keep the race going so Paul, Gwen, Roger, Kim, Marilyn, and Dave Rael will organize the race. It will be held Sunday, February 12. Kim will call Parks and Rec and set the race up in Run Signup. Marilyn will get the chocolate. Gwen will set up in Race Director. The Mosaic 5k will take place on June 3.

Tri Club: The group is in the 2<sup>nd</sup> month of the national challenge. There was a good turnout for the Feldman challenge. The USAT Triathlon Club membership has been renewed. Youth triathlon training will take place at the end of January. January 20<sup>th</sup> at the Boys and Girls Club. This takes place every other Friday evening to get the kids in shape for the Ordinary Mortals. The Boys and Girls Club usually sponsors 10 – 20 kids. Tri Swimming will take place on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays at CSU-P. The Ordinary Mortals registration is up and running using Run Signup. Kim is working with the State Patrol for the OMT.

### Recent Races / Events:

The Mini Marathon turned out well. A special thanks to Anthony Diaz for stepping up at the last minute to help because Dave injured his hand and had to go to the ER.

Raptor Resolution Run: There were 65 participants and lunch (burgers, brats, salad) was served to participants and volunteers for the first time. The race was again started with the release of a raptor.

### Upcoming SOCO Races:

Spring Runoff: Dave and Stacey have contacted Dutch Clark, City Park, and the Chieftain. This year's sponsor will be Suburu. Packet pickup will take place at the Gold Dust. There will be a 5k run and walk, 10k, 10 mile. Dave is thinking about starting the 10k and 10 mile at 8:45 and the 5k at 9:00. There is a huge need for volunteers. Dave and Stacey are looking for human interest stories for the Chieftain. Dave is planning a no-shirt option.

OMT / MMT: Previously covered in the Tri Club report.

**Special Guest:** Don Pfost introduced Matt Morris the Head Coach for CSU-P Track and Cross Country. Matt gave a brief bio which included his background as a runner, cyclist, and Nordic skier. He has coached at the high school and college levels. Both Gwen and Matt expressed interest in getting student athletes involved in SCR activities as participants and as volunteers. There was mutual interest in building rapport. Marilyn indicated that several student athletes helped with the Skyview cross country team and attended one of their meets. Matt will check into compliance regulations to confirm exactly what types of participation will be possible. It was an extremely positive interaction and both groups look forward to increased involvement.

### Ongoing Club Business:

Bylaws: The group met once and items are being reviewed. The next meeting will be set up soon via e-mail.

Club Donations. Gwen submitted a draft of the application.

Award Banquet. Will take place on February 4<sup>th</sup> at 6pm at the Riverside. Online registration is open. Stacey is working on the agenda. Robert Pratt will serve as MC. After 10 years as coordinator, Stacey is stepping down and Sheri Giordano will take over.

The meeting was adjourned about 7:55



## SCR Minutes 2/8/17 by Becky Medina

Attendees: Roger Giordano, Melanie Nelson, Danny Nelson, Gwen Steves, Stacey Diaz, Dave Diaz, Kim Arline, Humberto Paredes, Shawn Loppnow, Darryl Clark, Becky Medina, Olivia Medina

### Officer Reports:

Minutes/Secretary: The January 2017 minutes were approved as written.

Treasurer: Humberto distributed reports and the Treasurer's report was approved. An annual report will be ready on April. Humberto also requested that for those that turn in receipts the line item should be designated.

Newsletter: The deadline is the 20<sup>th</sup> of each month. There were no articles. It was suggested to include the award nominations.

Membership: Members are renewing and we have also received \$152.39 in donations through the new runsignup membership renewal process. The insurance and membership to RRCA has been renewed. The insurance is part of our RRCA membership.

Webmaster: The website menu will be simplified.

Race Calendar: The SRO Tuneup will take place on 2/18/17. There was discussion about the Valentines Twosome race. The Valentines Twosome is set for 2/12/17 at City Park. Tour de Fair is scheduled for March 12, 2017.

Tri Club: The insurance was renewed for \$635. February is the last month of the tri Club challenge. They are hoping to recognize the challenge winners. Paul D. is going to look into new tri club uniforms.

Youth tri club is underway and new coaches are always welcome. OMT and Mini mortals planning is underway. The event is May 13, 2017

### Recent Races / Events:

Darryl Clark gave a report for Rock Canyon. The event was down participants, but because the entry fee was \$5 more, we did not see any significant loss. Colorado Springs runners still represent the majority of the runners in this race. Next year, Rock Canyon will use RunSignup for registration. The State park is emphasizing a no trace philosophy and we are investigating the use of signs vs any floor markers. Also will designing a safety plan as well as making sure first aid kits are at every water stop.

### Upcoming SOCO Races:

**Valentine Twosome-** so far 18 were registered. Olivia Medina volunteered to help. Roger will mark the course. There was still a need for course marshals. The event will be chipped timed and it was planned to put the chip on the baton.

**Spring Run off** – ordering bibs, may need to order pins as well. There was discussion about Dave paying for all of the upcoming expenses (porta pots, tshirts, Andrews, etc) A motion was made by Roger and seconded by Shawn that Dave would be able to use the SCR check-book to pay for these expenses. Dave is still on the account to sign for checks.

Kim was getting information out for Funner to be a Runner

Subaru is the sponsor and there will be a Subaru arch at the finish line.

**OMT / MMT:** May 13. Insurance was approved by State Patrol, still waiting for permit. Volunteers are needed.

**PSAS run** – Roger indicated PSAS would like to use the equipment. A recommendation was made to consider the request after the forms had been submitted.

### Ongoing Club Business:

Bylaws: The group met a second time and a recommendation was made to revise the bylaws and present them to the board. Becky also offered to compile a procedures manual to help with specific tasks or responsibilities of positions.

Club Donations. We will start accepting applications in April.

## Ordinary Mortals and Mini Mortals is our next big event for the club on Saturday, May 13th!

- We want to thank Jeremy Hamm and **Pueblo Subaru** for becoming our title sponsor for the next three years! And a big thanks to our returning sponsors: **Women's Health Clinic, Pete Sontag Dentistry** and **Pueblo West Kwickstop Dominos Pizza** for their continued annual support at this event. This helps us keep costs as low as possible, lets all the participants have pizza at the finish, root beer floats for the Mini Mortals and a rose for every mom crossing the finish line!
- **If you don't plan to race that day, please consider volunteering.** Just go to the OMT website on runsignup and click on **VOLUNTEER tab** and all the jobs and times needed are listed there. It's a huge help for you to sign up as we can easily communicate with volunteers through runsignup and you select the jobs that work with your schedule. We always need a lot of people to stick around after the adult race and help us keep the kids safe at Mini Mortals so those volunteer jobs are listed on the Mini Mortals VOLUNTEER tab.
- **We want to thank our course captains overseeing the volunteers:** Dave Diaz is the Run Course captain, Don Thompson is the Bike Course captain, Paul Dallaguardia is the Pool captain, Steven Smith is the Transition Zone captain and Gwen Steves is the Timing captain.

We would like to get pictures at this event for the Facebook page so please email me at [kimarline@comcast.net](mailto:kimarline@comcast.net) if you would like to help capture the event for our participants.

### Email Communications:

We are sending out updates by email periodically. Also the newsletter is only printed and mailed four times a year now, but an electronic version is emailed to you the other months.

- We email the address you provided when you registered for the club. If you need to update that, sign into your runsignup account and make any changes to your email or physical address needed. The email comes from [noreply@runsignup.com](mailto:noreply@runsignup.com) so make sure it isn't going to your spam or trash folder. One member had to have her server troubleshoot their filter to make sure emails from runsignup come through. We don't want you to miss out on any club stuff, so please check your email for an update we sent on 3/17 and 3/20.

**Volunteers Needed:** Many of you would like to volunteer but we don't know your schedule or your interest.

Communications team: we need help with our social media and email efforts to keep the club updated and promote our events. This is a job you can do anytime at home or on the go. The core group that has been doing this often gets busy and we need more people involved. Email [membership@socorunners.org](mailto:membership@socorunners.org) to get more involved!

Eventually all of our races will be set up on runsignup including the VOLUNTEER tab where you can sign up to volunteer at our events. We are still new to runsignup so currently we just have the volunteer jobs set up for [OMT](#) and [MMT](#). The jobs and times are all listed and you can sign up for what works for you!

Runsignup class: we will be hosting another class on using runsignup so look for an announcement on that so you can get more involved with hosting our events, our club store and membership and communication.

**Trash Trot:** is a casual annual run/walk/bend over and pick up trash event we do for Earth Day. Sheri

Giordano is planning the Trot this year at the State Fairgrounds on 4/25 at 6 p.m.. Anyone participating in the Trash Trot will get a free gate admission to the State Fair this year!

**Some other upcoming events (on your bike) to mark on your calendar:**

- **Sat, 4/29 2:30-6:30 pm Brew at the Pueblo Zoo** - the Southern Colo Trailbuilders will borrow our tri club bike racks to provide a free bike valet at this event so ride over and enjoy!
- **Fri, 5/19 6:30-9 am National Bike to Work day** free breakfast stop at SRDA downtown by City Hall on Union.
- **Wed, 6/28 6-9 am Colorado Bike to Work day** free breakfast stops all over town - take a tour and enjoy all the stops!



**Running Proposal**

Shawn Loppnow proposes to Kristin Johnson after the Pueblo Marathon on February 19, 2017.

**CONGRATULATIONS!**

Southern Colorado Runners

P.O. Box 8026

Pueblo, CO 81008

Address Service Requested



Non-Profit

Organization

U.S. Postage Paid

Pueblo, Colorado

Permit # 41

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# ORDINARY MORTALS

TRIATHLON

The central graphic is a large, blue diamond shape with a red outline. It is divided into three sections by a white 'Y' shape. The top section contains a white silhouette of a swimmer. The bottom-left section contains a white silhouette of a bicycle. The bottom-right section contains a white silhouette of a runner.

**May 13, 2017**

Colorado State University-Pueblo campus

To register or volunteer go to

<http://socorunners.org/>