

# Footprints

May/June 2017  
Volume #347, Issue 3



*Becky Medina*

## Footprints Editor To Step Down

After three years of dedicated voluntary service as editor of the SCR newsletter, Becky Medina has stepped down. What started out as a fun hobby has turned into too much work. She is passing the baton to Olivia Medina (no relation).

The Colorado native and longtime SCR member started her work as editor when Laura W., editor at the time, asked for assistance at a club meeting. Becky was determined to help for what she initially thought would be just one month.

When asked about what she enjoyed most as editor, she highlighted the member articles such as Wendy's "Views from the Rear" series.

A big challenge in putting out a quality newsletter is finding sufficient filler information for issues that have low member contributions. Becky says: "Editing the newsletter is one thing. People don't recognize the work that comes from finding filler information." Print versions of the newsletter must produce a page count divisible by four. When little to no articles are submitted, the task of filling the blank spaces with interesting content becomes a chore.

Becky hopes members will consider contributing more to their newsletter. Perusing social media posts and seeing club member participation at various running events indicates there must be plenty of interesting content for newsletter submissions.

Although Becky has decided to retire as editor, she will continue helping with flyer stuffing and the bulk mailing process. With the extra time she is now afforded, Becky plans on spending it with her husband and three kids. She will also have more time to focus on her demanding job and serve on two committees in Pueblo's "Communities that Care" program. The program helps local communities prevent problems before they develop. Becky will also continue her duties as SCR secretary and help organize the Atalanta 5k, Pueblo's premier all women's distance run in August.



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## S.C.R. INFORMATION

### Current Officers

#### President

Gwen Steves.....president@socorunners.org

#### Vice President

Roger Giordano.....vicepresident@socorunners.org

#### 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/Results

Dave Diaz & Shawn Lopnow.....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. 3

"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 Monthly Meetings:** Held the 2nd Wednesday of each month at 6pm Pueblo West Library GLFC room 298 S. Joe Martinez Blvd. Pueblo West, CO 81007 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 standards.

### Join us at our next monthly meeting!

**Date:** Second Wednesday of the month  
**Time:** 6 pm (SCR Club business) 7 pm (General business)  
**Location:** Pueblo West Library, Pueblo West, CO 81007



SCR is associated with RRCA,  
Road Runners Club of America.  
See: [www.rrca.org](http://www.rrca.org)

### 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](http://www.socorunners.org)  
[www.socorunners.org/triclub](http://www.socorunners.org/triclub)

### 'Like' us on Facebook

[www.facebook.com/SoCoRunners](http://www.facebook.com/SoCoRunners)

### Editor's Note:

SCR Members,

Please continue to submit your articles and photos by the 20th of each month.

[newsletter@socorunners.org](mailto:newsletter@socorunners.org)

- Olivia



*Gary Franchi smelling new Hoka shoes*

## IF THE SHOE PRICE FITS

**By Gary Franchi**

Let's see, what running shoes should I wear for today's workouts? Could go with Hokas? But which of my 10 pairs? Maybe Altras – love those shaped-to-foot toe boxes. But I've got 5 pairs of those to choose from. The Skechers are great, too – comfy, nice colors, lightweight.

So many running shoes, so little time. And so many decisions. Plus, I can't even run anymore because of this right knee condition. Woe is me. How did I get into this fun mess anyway?

Well, I've always loved getting a new pair of running shoes. The feel. The smell. The colors. The total beauty of new shoes. It's a magical feeling each time. Whenever I've gotten a new pair, I have been known to stick my nose inside one of the shiny new shoes and breathe in deeply. Perhaps the products' materials cause brain addiction when inhaled.

What has been fueling this shoe addiction over the past few years actually are the price tags. Thanks to Internet deals, running shoe prices have come down dramatically if you're willing to wait for the sales, especially when companies want to move inventory to make way for new yearly models.

Everyone has his/her own favorite online sites, but mine are The Clymb, Active GearUp and LeftLane Sports. If you become members (free), you get daily e-mails from them and can find an extraordinary deal from one of them just about every week. I have a tough time resisting some of the great online deals, like the Altra Repetitions that sold for \$29.95 a year or so ago, causing me to order 2 pairs. Hoka Clifton 2s got down to about \$54 and I already loved the pair that I had, so I ordered another, in a different color.

Yes, almost all of my shoes were purchased before I gave up running last October. But I still couldn't pass up the Hoka Infinites that were made available for \$56 a couple of months ago – nice to see that Hoka finally came out with a wider toe-box model other than the Bondi wide-widths. The Infinites are great for both knocking around in and for extensive walking excursions, which sometimes get tough on the bad knee.

So, let's see, lifting weights and using the elliptical machine today – maybe slip on the Hoka Huakas. Tomorrow is spin class – love wearing the Hoka Cliftons for that. The next day – hey, wait, just got an e-mail from LeftLane Sports and they've got the Altra Torin 2.5 model in my size for \$72.95 and ...

## SCR MEMBER IN RUNNING FOR NATIONAL AWARD

Dr. Patti Canchola, staff Veterinarian at Pueblo Animal Services, is among five national finalists for the American Humane Hero Veterinarian Award.

Dr. Patti also operates a non-profit pet food bank and runs an independent low cost pet health clinic two Saturdays a month.

The public will determine the winner of this prestigious award.

You can vote for Dr. Patti, before the July 27th deadline, at

[herovetawards.org](http://herovetawards.org)

# MY PERSONAL EXPERIENCE AT THE 2017 COLORADO STATE HIGH SCHOOL TRACK & FIELD CHAMPIONSHIPS

BY SEAN MCGIVNEY

As an assistant coach at one of our local high schools, in May I had the opportunity to go to my first Colorado State High School championship meet. I hope to attend many more, but I think that this first experience is one that I will never forget. Our team was small, but did well, including podium finishes in the boys 100 meters, shot put, and discus, and a very surprisingly competitive finish for our boys 4 X 400 meter relay team. There were some great duels in several of the distance races, a number of meet records broken, and plenty of drama. Three events stood out most, however.

First, the weather was not cooperative at all (while this was technically not a track meet

event, it was an EVENT to all involved, trust me!). We arrived in Denver on a Wednesday, late in the afternoon, prepared to compete first thing Thursday morning (the meet was planned for 3 days). Due to unseasonable weather and several inches of snow on the track, the meet ended up being postponed until Saturday, condensing three days of competition into two. This extended our stay until Sunday, and seriously exercised our collective coaching imaginations as we had extensive time to kill with bored teenagers, and had to juggle rooming assignments and stretch a limited budget. We lived to tell, and the athletes dealt with the delay and performed better than expected.

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*“The best part is seeing them get back up, uninjured, to finish the race.”*

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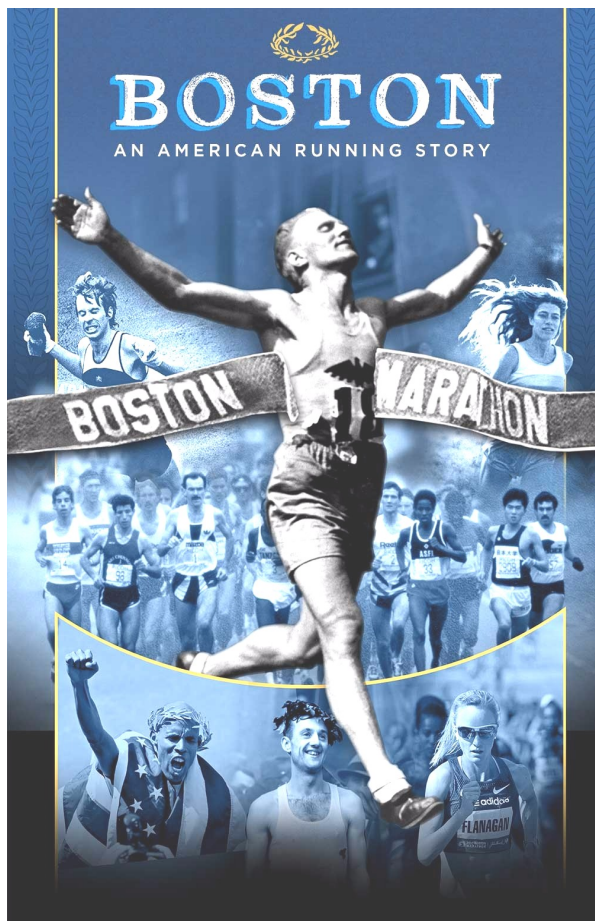
A track event that really made the biggest impression on me was what is referred to as the “Unified” 100 meters. This event combines mentally and physically disabled student athletes in one race. Unfortunately, due to the rescheduling, the 200 meter race had to be cancelled, and so these competitors only had an opportunity to run the 100. Our team had two athletes competing, and there were competitors from across the state, including a number of amputee “blade runners” (please forgive the casual reference, I mean no offense to anyone). I was warned that it is a potentially tear-inducing event, and that I might cry afterwards, like my head coach does every year. They were all wrong, though, as the waterworks for me began as the athletes collected in the warm up tent, well before anyone got into the blocks. This event made the delays, weather, money, etc., all a little less important.

The last event that stood out to me was one that I had never attempted myself (I did sprints in high school and college, even though I run distance only events now), nor was I ever particularly interested in it. It might even be, overall, the least interesting event at a track meet for me, generally speaking. The 300 meter hurdles had several heats, due to the loss of a day of competition, as well as several divisions and boys and girls running right after each other. Each race was a “final”, as the top times were tabulated for finisher medals. Now, everyone has probably seen a hurdler knock down a hurdle

or two, and every once in a while you might see someone fall. The best part is seeing them get back up, uninjured, to finish the race. What was unique about this day was the number of both boys and girls who fell and the circumstances. I literally cannot count how many fell on the very...last...hurdle, in most cases being in the lead at the time, and in at least one instance a state meet record was very likely to be broken. At least one of these competitors managed to get up and still win the race, but most of them ended up in 2<sup>nd</sup> or higher, unfortunately. Like I said, I lost count, but this happened at least five times. This was the best drama of the whole meet, for me.

If you have the opportunity, and are a real track nerd like me, I encourage you to attend next year’s state track & field meet as a spectator. For your money, it is great competition amongst a lot of great kids, and there will inevitably be some surprises and drama for you. You will smile a lot, and who knows, you might even cry.





## Boston Film a Look at Rich History

By Gary Franchi

There's nothing like taking a fun trip down memory lane. In some cases, though, you have to be part of the "mature" crowd (read "old") to maximize the enjoyment level.

Hint: I'm part of that "mature" crowd. And I got such a trip recently by viewing "*Boston: An American Running Story*" on April 19 at Tinseltown theaters in Pueblo. This was an historical documentary on the Boston Marathon, starting from its first run with 15 participants to 2014, when the film was produced and a year after the horrible bombings there.

For someone who was part of the initial running boom, followed the running scene closely back then and dreamed of qualifying for the Boston Marathon but didn't, I found this to be the next best

thing. Maybe better, although running Boston certainly would have been a prestigious bucket list type of thing.

The real kick was seeing interviews and volumes of footage of such former international running luminaries as Toshihiko Seko of Japan, four-time winner Bill Rodgers, seven-time winner Clarence DeMar, Robert de Castella of Australia, Joan Benoit and bunches of other famous runners of both the past and more recent years. There were scenes and interviews with Kathy Switzer, the first woman to get an official entry, albeit by using her first- and middle-name initials on her entry form. I'm hardly scratching the surface here, because the documentary featured dozens of others.

There were behind-the-scenes views that you'd never see if you ran the Boston Marathon. Like how Kenyan runners visit an elementary school every year beforehand, answering questions, jogging with the kids, basically hanging out with them. Or how one organization created 800 signs to cheer on runners and the Wellesley College ladies provide a "free kisses" area. Yes, it also contained many views of the 2013 bombing, such as a look at the field that was stopped at 25 miles and told their race was over as well as scenes at the bombing sites, in the medical tent and at the hospitals and even interviews with victims. The marathon's rich history came through clearly in the film as well as what it takes to put on such an enormously popular event.

If you missed this, don't let it happen again if it reappears in theaters or shows up on network or cable TV or on Netflix or DVD. Your running life will be richer if you see it.

## SCR Meeting Minutes

May 10, 2017

By Ron Dehn



# MEETING MINUTES

**Attendees:** Marijane Martinez, Dennis Wait, Olivia Medina, Lisa Lucero, Robert Lucero, Emily Lucero, Melanie Nelson, Danny Nelson, Paul LaBar, Dave Diaz, Stacey Diaz, Humberto Paredes, Gwen Steves, Roger Giordano, Kim Arline, Shawn Loppnow, Ron Dehn

### Officer Reports

- **Minutes / Secretary:** Becky distributed the minutes of the April meeting and they were approved as written.
- **Treasurer:** Humberto distributed the treasurer's report and explained that some information needs to be itemized for tax purposes. Kim explained that Run Signup can assist in categorizing amounts. She is still learning about the many Run Signup features. The report was accepted.
- **Newsletter Editor:** Becky would like to see if there is any other club member who is interested in doing the newsletter. Gwen will contact a few specific individuals and the club will make a broader request. Please contact Gwen or Becky if you are interested.
- **Membership:** Kim noted that some people are not receiving the group e-mails. Paul will look to see if there is a problem with firewalls. Kim noted that one person had to switch to a gmail account. Some mailers seem to be putting club e-mails into Junk mail folders. Kim and Paul will work on this and figure out what steps are necessary and provide instructions to members.
- **Webmaster:** Paul and Kim are discussing ways to flatten out and simplify the website. Paul will look into ways to move and consolidate news info. to make it easier to find news especially for those using a cell phone.
- **Race Calendar:** Dave noted that unfortunately the Mosaic and Hardscrabble runs will be taking place on the same day. The next predict takes place on Father's Day at the Paredes home in Pueblo West. It is one of the more scenic predicts. The Gurule predict is tentatively scheduled for July 22nd. The date may change so runners should check as the time grows nearer. The Atalanta will take place on August 5th. Kim met with the Southern Colorado Trailbuilders and they want to encourage runners to use the trails and offered to put on a predict run. Kim and Dave discussed the possibility of having some type of event maybe even a fun run as a precursor to a more formal/ timed run in the future. If so - this run could possibly count towards a predict shirt.

### Recent Races / Events

- **Yappy Dog:** Ross and family did a great job as usual. There were both a 5k and 8 mile course. Unfortunately one runner had trouble with her GPS locating the run and arrived after the instructions were given and as a result she ran the wrong course. She wrote a letter to the board about the confusion.
- **The Spank Blasing:** Gwen, Shawn, and Olivia timed the event. Unfortunately only 72 people participated. The club will be paid \$372 for race timing. Gwen will make sure that invoice will be sent.

### Upcoming SOCO Races

- **OMT/MMT:** At this point 169 adults are entered. Suburu will sponsor for 3 years so Kim bought awards and Suburu swim caps for at least 2 years. Setup will take place Friday from 4-6pm. The course will be marked and bike racks set up. The swim team will be coming to help and a church group will be volunteering. Gwen mentioned that Run Signup make the setup of the event very easy including printing of labels and preparation of bibs. She encouraged race directors to use Run Signup. Shawn will charge and bring the time machines.
- **Atalanta:** Becky reported that registration is open. All is smooth at this point. Shirts and awards will be ordered soon.

### Ongoing Club Business

- **Bylaws:** The group met in December but not recently. Becky prepared a draft. The group is looking at the existing bylaws as well as using the RRCA template. More clarity is needed regarding the role of elected and non-elected officers. The group will tentatively meet on May 30th but will confirm via e-mail.
- **Club Store:** Marijane is setting up with thanks to Kim. Lisa Vigil had previously volunteered to assist with Facebook posts. Marijane will write up and send info to Lisa. She is looking for help with advertising. Paul will put something on the SCR homepage.
- **Calendar:** There are 3 calendars - The Tri Club, Races, and Group Runs. Could they be color coded? There was a discussion and several people like the format of Pikes Peak

## Meetings (Continued)

- Roadrunners. Paul will investigate possible ways to create a comprehensive calendar. He will present options at the next meeting. If anyone has input, please send it to Paul. Gwen pointed out that there is an insurance consideration because an event must be on the calendar for insurance to cover it.

## Non SCR Races/Business

- **Crimestoppers 5K** September 30th: The club is helping out. Kim has the race set up in Run Signup. Kim also suggested that there is a need for more Run Signup "experts" in our club.
- **State Fair 5K**: The race is a go.
- **Hardscrabble**: Gwen is assisting.
- **Mosaic**: Marilyn and Dave don't use any of the club's equipment. They are self contained.

The meeting was adjourned at approximately 8:15pm.



From Left: Dave Diaz, Stacey Diaz, Carrie Franchi, Gary Franchi

## From CO to AZ

On February 25, 2017 four SCR members: Dave Diaz, Stacey Diaz, Carrie Franchi and Gary Franchi represented SCR at the 2017 BMO Harris Bank Mesa-PHX Marathon. Gary Franchi participated in the 10K race, the rest of the crew ran the full marathon.



*Southern Colorado Runners presents*

**2017 ATALANTA**

**WOMEN'S 5K RUN/WALK**



**Saturday, August 5, 2017**

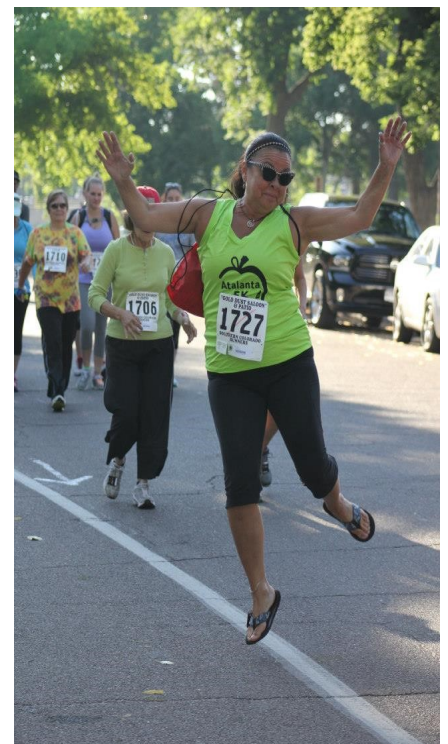
Great Prizes and Awards

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

Awards to the top 3 finishers in the run 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. Walk divisions 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 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/Atalanta>.







ARROYITO -LAKE VIEW PREDICT JUNE 18, 2017



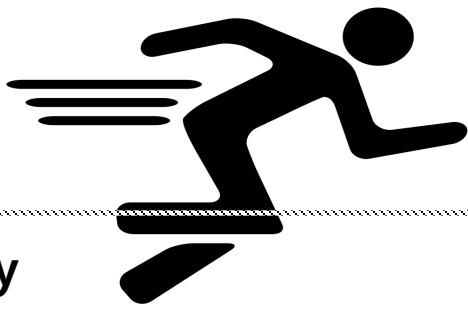
## May

2	Tina Brock
3	Katie Fox
4	Paul DallaGuardia
6	Mary Sandoval
8	Pam Case
9	Andrew Caro
12	Mindy Chapman
13	Marijka Cunningham
	Deborah Gurule
14	Bea Jones Paul Labar
18	Mark Koch
19	Brenda Austin
20	Erik Juno
22	Lindsey Bollinger
23	Jitka McGivney
25	Reyna Quintana
26	Lois Pfof

happy  
birthday

## June

	Elizabeth Ortiz
1	Ken Sharp Brooklyn Weckx
5	Lewis Fox
6	Jasmine Carlson
8	Robert Lucero
9	Stephen N. Smith
	Margaret DiMatteo
10	Gabriel Marmolejo Willow Rogers Jaylen Vargas
11	Rahel Gredig
12	Lathen Biggerstaff
13	Chris Sanchez
18	Donald Montoya
19	Dani DeGraw
20	Kira Hughes
	Carol Brimmeier
21	Retzio Gredig Cindy Nicolay
22	Daniel Hardy
23	Carl Cook
24	Laurice Lopez-Cepero
25	Michael Baca
27	Eric Castellano
29	Sean Staples



# Race Calendar

## July

**22– G.U. Rule Predict Run / Pueblo / 3.5 mile run & 2 mile walk**

[www.socorunners.org](http://www.socorunners.org)

**29– C.S. Classic 10K / Colorado Springs / 10K**

[www.csgrandprix.com](http://www.csgrandprix.com)

## August

**5– Atalanta Women's 5K / Pueblo / 5K**

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

**5- Boulder 70.3 – Iron Man Triathlon / Boulder/ 70.3**

<http://www.ironman.com/triathlon/events/americas/ironman-70.3/boulder.aspx#/axzz4lbXHqpaT>

**5– Rocky Ford Melon Man Triathlon / Rocky Ford /**

<https://sites.google.com/site/rockyfordtri/>

**19– Pikes Peak Ascent**

<http://pikespeakmarathon.org>

**19– Rocky Ford MELON RUN 10K, 5K**

[http://www.arkvalleyfair.com/avf\\_000005.htm](http://www.arkvalleyfair.com/avf_000005.htm)

**20– Pikes Peak Marathon**

<http://pikespeakmarathon.org>

**26– Pray 4 Predict/Pueblo/4 mile run & 2 mile walk**

[www.socorunners.org](http://www.socorunners.org)

**Southern Colorado Runners**

P.O. Box 8026  
Pueblo, CO 81008

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Permit # 41**



**Pueblo Downtown Social Shuffle**

Wednesdays at 6:30pm 5K Run/Walk or 2 Mile stroll around the Riverwalk

The Senate Bar and Grill

219 S. Grand Ave.

Pueblo, CO