

Footprints

July/August 2017
Volume #347, Issue 4



And the Winner is Again?

By Wendy Garrison

The Atalanta race held on August 5 was filled with many familiar sights for its 92 participants. The location for the event was once again City Park. The race's promoters, The Big Dog Runners, were again adorned in costume along with the return of the race's Greek God, Darryl Clark (accompanied this year by Connor and Kentley Steves as pint sized deities). The day had a feeling of deja vu, right down to the overall winner in both the 1.5 mile walk and 5 K run - Donna Hickman and Shayana Holcomb. Hickman's winning time in the walk was 18:45. Holcomb's winning time was 21:23.

Donna Hickman has won the Atalanta walk all three years since the race was reintroduced in 2015. Shayana Holcomb wasn't aware of the race in 2015 but she was only 12. At the mature age of 14, Holcomb has won the 2016 and 2017 races.

Hickman, age 63, is a regular on the race walking scene. In the earlier years of Atalanta, she won in 1999, 2000 and 2001. This year she was also the fastest overall walker at the Liberty Point 5K run/walk held in July. What's her strategy? "I like to get out in front. I had a Fit Bit that helped last year. I really like to go fast the last 100 yards". Hickman stated that she actually can walk faster than she runs. To help keep up her fitness, she often bikes to the Pueblo West track then walks. Hickman's pace is around an 11:45 but she has walked as fast as an 11:30. Her goal is to race walk at an 11 minute or under pace.



Donna Hickman crosses the finish line

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S.C.R. INFORMATION

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Southern Colorado Runners

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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. 347, Issue No. 4

"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

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Please e-mail or send your new address to the SCR Membership Chair.

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www.socorunners.org

www.socorunners.org/triclub

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Editor's Note:

SCR Members,

Keep those stories coming! Please submit your articles and photos by September 20th, for the October 2017 issue.

newsletter@socorunners.org

- Olivia



Shayana Holcomb finishes 1st at the Atalanta 5K run

Shayana Holcomb may be only 14, but she already has years of running experience. She caught the running bug when she was only 9 years old. Her mom's friend was in a running club which inspired her. Holcomb's father and older brother also run. This fall she will begin her high school cross country career with Pueblo West. The team has been running this summer at 5:30 in the morning - that's dedication. Like Hickman, Holcomb was the overall female winner at Liberty Point. Her 5K finish was 20:33. Holcomb likewise led the Atalanta racers from start to finish.

When asked who the biggest influence on her racing was, Holcomb replied it was her family and friends. Her father was at the race, for support and to remind her "keep my pace, start easy and pick up the pace".

Both athletes were asked about their general observations regarding the race. Hickman attributed her training in Tai Chi for allowing her to feel really comfortable during the walk. Holcomb noted that it was very inspirational to be with so many other women runners and walkers.

Top finishers in the Atalanta 5K run

- 11 and under:** Addison Horton (1st), Kaelynne Caro (2nd)
12 - 19: Ashley Garrison (1st), Sierra Urdiales (2nd), Isabel McGivney (3rd)
20 - 29: Mary Cristelli (1st), Erica Ray (2nd), Sarah Alaric (3rd)
30 - 34: Olivia Medina (1st), Alexandria Romero (2nd), Lisa Vigil (3rd)
35 - 39: Leslie Carroll (1st), Kari Brosseau (2nd), Courtney Vance (3rd)
40 - 44: Melanie Steves (1st), Jitka McGivney (2nd)
45 - 49: Robin Krueger Romero (1st), Brenda Torres (2nd), Mindy Urdiales (3rd)
50 - 54: Peggy Oreskovich (1st), Jane Murtha (2nd), Kim Arline (3rd)
55 - 59: Stacey Diaz (1st), Traci Terry (2nd), Freda Hancock (3rd)
60 - 64: Barbara Hadley (1st), Paulette Arns (2nd), Tina Brock (3rd)
65 + : Katherine Singer (1st), Jessie Quintana (2nd)

Top finishers in the Atalanta 1.5 mile walk

- 11 and under:** Emery Whiting (1st), Samantha Sikes (2nd), Ashton Brosseau (3rd)
12 - 19: Grace Whiting (1st)
20 - 29: Valerie Gonzales (1st)
30 - 39: Debbie Franklin (1st)
40 - 49: Myra Cordova (1st), Jennifer Arellano (2nd), Traci Whiting (3rd)
50 - 59: Patti Canchola (1st), Laura Downs (2nd), Heidi Gard (3rd)
60 - 69: Theresa Martinez (1st), Chris Dehn (2nd), Diane Stevenson (3rd)
70 + : Ida Mae Martin (1st), Pat McFarland (2nd), Lois Pfost (3rd)





Runners, imagine running across America’s highest suspension bridge, 1000 ft above the Arkansas River, as you make your way to the finish line. Well, that’s just what is in store for you if you register for the Rim to Rim Royal Gorge Races-5K and 10K! This race event is epic for so many reasons. The scenery is breathtaking throughout the entire course. It’s a challenging course, with a sweet downhill finish towards the Royal Gorge Bridge. The very last stretch of the race takes you right across the bridge as fast, or slow, as you may want to go! The finish line will be awaiting your arrival at the other end.

The physical beauty is made more beautiful by the real meaning of the event. The Rim to Rim Royal Gorge Race is a fund raiser event, and all proceeds (after expenses) will go towards Starpoint, a local non-profit organization that provides essential services to children and adults with cognitive and physical challenges. The race committee members share a great passion for supporting individuals with special needs in every aspect of life. Two years ago, the Rim to Rim Royal Gorge race committee teamed up with Ainsley’s Angels, a charitable organization that aims to ensure everyone can experience endurance events. Their philosophy is that everyone should be included. We agree!



Ainsley’s Angels with rider athletes

On race day, you’ll observe a group of individuals with special needs riding in chariots that are being pushed by their running partners. You can’t miss them as they are usually the most vocal individuals cheering on all the runners encountered along the course! There is no shortage of smiles. Feedback from past registered runners has often been about how inspiring it was to be cheered on by our rider athletes, realizing that everyone has a unique and special story that lead him/her to the race. Simply, the true meaning of the race comes to life along this beautiful, scenic and challenging course. Truly epic!

In addition to running one of the most beautiful courses in Colorado, your race fee also includes:

- a day pass to the Royal Gorge Bridge & Park
- live post-race music
- an \$11 food voucher to be used within the Royal Gorge Bridge & Park
- a long-sleeved cotton commemorative t-shirt
- a door prize ticket to win over a dozen great prizes

the possibility of winning a unique trophy made from a real Royal Gorge plank! (1st and 2nd-place age group winners and overall race winners only)



Runners at the start of the 2016 Rim to Rim Race

(And don't forget that family members get into the Royal Gorge Bridge & Park for just \$16!)

The Royal Gorge Rim to Rim is also partnering with the Royal Gorge Route Railroad and The Royal Gorge Dinosaur Experience. Registrants will receive 50% off admissions to each location on October 7th or October 8th (please present a copy of your Rim to Rim registration). Early registration is \$35.00. Check our website for more information or find us on Facebook at Rim to Rim Royal Gorge Run. Royal Gorge Bridge and Park October 7, 8:30 am, 4218 CR 3A <http://www.rimtorimroyalgorge.com> Hope to see you all there!

- Race Director Mary Yang

SCR Meeting Minutes

June 14, 2017

By Becky Medina



MEETING MINUTES

Attendees: Roger Giordano, Gwen Steves, Humberto Paredes, Becky Medina, Lisa Lucero, Chuck Lucero, Shawn Lopnow, Dave Diaz, Stacey Diaz, David Rael, Marilyn Vargas

Officer Reports

- **Treasurer:** Humberto distributed report. All were in favor to approve the treasures report as presented.
- **Minutes / Secretary:** The May minutes were approved as written.
- **Newsletter Editor:** Becky will follow up with Oliva Medina who inquired an interest in taking over as editor.
- **Membership:** no report
- **Webmaster:** Paul presented multiple options for a calendar platform. Paul recommended DP calendar. Paul said he would post the calendar privately to some members to be able to review. There was also a discussion about looking into a filter for the calendar. Paul is also updating the content to remove outdated information.
- **Race Calendar:** Arroyito is the next predict. It will be 5.75 miles. GURule is still a go for August. August 5 – Atalanta 5K, August 26 – Pray 4 predict – Skyview middle school will use this as run to gain sponsors for fundraising. June 25 - Suicide Prevention Run , Sept 2 – State Fair Run, Sept 30 – Crimestoppers Run. Dave mentioned that the big clock had some lights out. He will look into where and how to send it in to be fixed. We are also looking into getting a new speaker and mic.
- **Tri-Club:** No New News. Tri Club members will have the opportunity for early entry in Ironman events.

Recent Races / Events

Upcoming SOCO Races

- **Of note:** Dave will be running his 100th Marathon in Chicago in October
- **OMT / MMT:** Kim Sent in the Race Report. Overall the event was a success.
- **Atalanta:** August 5. Registration is live. The group has been meeting. Wendy Garrison will be this year's race coordinator. Really need to push registration. Will be posting to facebook and handing out flyers at the Liberty Point run on the 4th of July.

Ongoing Club Business

- **Bylaws:** Bylaws: The proposed bylaws have been distributed to all of the officers and at the July meeting a discussion of the proposed bylaws will occur. If the proposed changes are approved a notice of a vote will be posted for the August meeting.
- **Club Store:** The store is set up on runsignup. Fees are built into the cost. The Club will be selling items through June 9. Orders will be ready for pick up on the June 18 predict.

Non SCR Races/Business

- **Hardscrabble** – Went well – \$530 was given for timing fees. There were 173 entries
- **State Fair 5K** – no update
- **Crimestopper 5k Sept 30th** – no update
- **Celebration of Life Run** – 33 runners, 40 walkers

Other:

There was a suggestion to purchase hand held radios for communication during events.

Happy Birthday

JULY



1	Marijane Martinez Tanna Schut
2	Ron Cothran Nicki Golob Don Pfof
3	Breanna Bond Victoria Schultz
4	Donald Moore
6	Every Nunez Jay Zarr
8	Alyson Austin Ferdinand Weckx
10	Joel Gonzales
11	Matt Palider
15	Kevin Hughes
16	Alex Mitrick
17	David Dietz Regis Marquez
18	Dennis Wait
19	Jason Castro
20	Aydon Atencio Leroy Atencio Daniel Myers Bill Veges
21	Veronika Marmolejo
23	Danielle Caro Sarah Staples
27	Mary Porter Jayme Stangier
29	Darryl Clark
31	Kaelynne Caro Malcolm Singer

SCR Meeting Minutes

July 12, 2017

By Becky Medina



MEETING MINUTES

Attendees: Roger Giordano, Gwen Steves, Humberto Paredes, Becky Medina, Lisa Lucero, Chuck Lucero, Wendy Garrison, Darryl Clark, Paul LaBar, Sheri Giordano

Officer Reports

- **Treasurer:** Humberto distributed report. All were in favor to approve the treasurers report as presented.
- **Minutes / Secretary:** The June minutes were approved as written.
- **Newsletter Editor:** Oliva Medina has agreed to take over as editor. Becky will help with the mailing.
- **Membership:** no report
- **Webmaster:** Paul explained that the calendar did not work as expected. Some edits were made to the website. The newsletter email will be forwarded to Oliva's email.
- **Race Calendar:** Dave was not present.
- **Tri-Club:** An email for early entry in Ironman events.

Recent Races / Events

- **Arroyito-** Went well and was well attended. A few recommendations for course markings were discussed

Upcoming SOCO Races

- **GURule-**scheduled for July 22
- **Atalanta:** August 5. Registration is live. 12 runners registered. \$500 in sponsors so far. Becky will promote to Pikes Peak Road Runners
- **Rock Canyon-** Registration will open Sept 4. Darryl requested \$500 for new signs. Ron made a motion to allow \$500 for signs. Paul seconded. All were in favor.

Ongoing Club Business

- **Bylaws:** Bylaws: Tabled to the next meeting.
- **Predict Guidelines:** Decision was made to let participants have watches/devices but they must be put away. Late comers will be allowed to participate if they are no later than 15 minutes.

Non SCR Races/Business

- **State Fair 5K – Sept 2.** Registration is up on Active.com. There will be free booths in the runners' village and they are looking for stuffers for the swag bags. Rev 89 will be at the start and finish.
- **Crimestopper 5k Sept 30th** – no update. They did extend VIP passes for the B street bash
- **Dr. Dan Memorial run** – Plans for October 14.

Other:

- Sheri G. asked to be on the September agenda to discuss the SCR banquet.
- Matt Morris may be providing clinics for the Running Club.
- Darryl suggested we provide clinics for running safety and self defense.
- A discussion was had about supporting Dave Diaz's 100 marathon. Sheri made a motion to give Dave \$500 to pay for expenses related to the marathon. Ron D. seconded the motion. All were in favor.
- Gwen requested \$200 to purchase new chip timing bibs. A motion was made and 2nded. All were in favor.

Happy Birthday



2	Holly Comer Steve Hernandez
3	Tom Retzlaff
5	Janique Rizer
6	Melanie Ripke Jon Teisher
7	Chad Campbell Johnathan Gonzales
8	Connor Steves
9	Dave Diaz
10	Julie Moran
11	Ron Dehn
12	Ross Westley
14	Frank Lopez-Cepero
16	Jeff Arnold
17	Cooper Cook Andrea Nunez-Chavez
18	Ken Hughes
19	Emily Lucero
21	Charles Lucero Aimee Atencio
25	Aubrey Horton Taylor Lopez-Cepero
27	Liam Harty
31	Christopher Williams

august

Dirt, sweat and Fears!!

By Gwen Steves



I'm a pavement loving athlete! Every training route I choose in Pueblo West is specifically designed to avoid as many dirt roads as possible. I cannot stand the dirt. It sticks to your skin, adheres to your teeth, coats the crevices between your toes and just seems to make the workout..... well DIRTY. I base the toughness of a workout on its shower worthiness. For example, a short little 5k run around the park on my lunch break does not necessarily require a shower however even a little 5k jaunt with friends on a South Shore trail and showering is required even if you have no plans or human contact the rest of the day.

My very good friend Kim Arline, AKA my Tri Wife (This title was bestowed upon her during a road trip we took to Ohio for the American Triple T. While reading an article in Triathlon Magazine that talked about the dynamic of male Triathletes training with female athletes that they were not married to this relation then dubbed the female the "Tri Wife") well, during training rides I began to notice that Kim was quickly becoming stronger at climbing the hills. She seemed to just cruise right up them with minimal effort. I have to admit I was a bit jealous and asked her what she was doing to get so strong on the hills. She said "Mountain Biking". No Thanks.

I tried that once. Didn't really like it. All the rocks and dirt and cactus and dirt and shell and did I say dirt?? When on my tri bike and smooth pavement with a nice straight stretch of clear road ahead I have hit 64mph. I'm not scared of speed. I really love that rush. Remove the skinny tires and add lose dirt and rocks to the road and I'm making best friends with not only the rear break but loving up on the front break as well. It is literally terrifying to me to drop down a hill on the mountain bike and have to actually think about the technical maneuvering that is going to require me to get out of the decent alive.

Kim has tried talking me into this world of Mountain Man triathlon called Xterra for several years. I managed to talk her into the world of Ironman quite easily. Funny how Ironman is not as hard to negotiate someone into as Xterra! Well I finally gave in. She text me at the beginning of the year with her race schedule it said :

Kim- I signed up for St. George 70.3 and Beaver Creek Xterra.

I always try to think of witty replies for Kim so this is what I sent back

Gwen - - I signed up for St. George 70.3 and Beaver Creek Xterra.

Kim- WHAT????? Have you been drinking?????????

So now Kim had the job of teaching me how to get over some of my biggest fears, LOSE DIRT and CRASHING. She helped me find a bike that would feel a lot more comfortable and add in the enjoyment of trail riding (if there is such a thing). She took me out to the trails several times and experienced the bad mood side of me that very few people see. It only comes out when I am scared for my life. (I know you are all reading this thinking that I am slightly over exaggerating, but really I am not,



ask Kim)

For those of you who don't know, Kim is a very skilled Mountain Biker. She has no fear even thou she broke her arm during a race at the south shore several years ago. She glides through the tight rocks and maneuvers over all the technical debris with a huge DIRT filled smile!! Every time I would fall behind on the trails she would stop and wait for me. When I finally caught my breath she would ask "Was it fun for you?" "Are you having fun yet?" or just really make me mad and say "Isn't this fun?" NO, NO and NO. I was very resistant even to the point where she may have filed for a triathlon divorce. Every time I got home from a ride and was showering all the DIRT off, I felt ashamed that I did not give her the satisfaction of knowing the joy I truly felt in the progress I was making with her help overcoming my fears.

My husband (who is also a very skilled Mountain Biker) packed our bikes for a family vacation and took me out on a true mountain bike ride (you know, in the mountains) I fell in love with my bike. It was so beautiful. Flowers everywhere, smooth trail with minimal rocks and lose gravel, climbs that took your breath away from both the elevation and the view. It was truly an enjoyable ride. I was finally looking forward to the Beaver Creek Xterra. I even considered



I kept up with Kim on all the climbs, but on the downhill, not a chance. She flies down the mountain. I realized that I would lose the race if I did that section. I also had a short day dream in that very moment of all the poor fools behind me on race day, unable to pass on this fast downhill section, while I was creeping at a snails pace wishing I had a third break to use. Nope, I'm going to stick with the sprint.

changing from the Sprint to the Olympic distance as I knew that I perform better when the race is longer. Kim planned a girls weekend that included a preview of the Beaver Creek Xterra bike course (the Olympic distance) She almost had me talked into switching because she said that I had to do the hard part of the bike course in the sprint anyway and I might as well do the Oly because then I would get to do the fun part of the bike course also. Preview ride was very helpful. I'm sticking with the sprint. The bike course started right out of the water with a 1600ft climb. It took over an hour just to do the first 4 miles. "This was the hard part" she said. No it wasn't. After all the climbing you are supposedly rewarded with a nice downhill section that screams through trees and mountain shrubbery. I found something I dislike more than rocks and lose dirt on the mountain bike, TREES.

Race day: I never worry about the swim and this was no different. I do however swim as fast as I can so I can be on my bike faster, I love the bike portion of a race. This one I stayed in the water as long as possible. I was not really looking forward to the bike. I remember really taking my time in transition as well (something I never do).

Once on the bike and started climbing and passing a few people I did begin to enjoy myself knowing that I had already ridden the course and knew exactly what to expect. After about 1 hour and all the climbing behind me, there was some technical downhill segments that I just let others go first. I made it to T2 and that in itself was a good day (Kept the rubber side down just like Paul Dallaguardia advised me).

The run happened fast, too fast. I was done before I was even warmed up. I finished the race and was able to enjoy cheering on my friend. I also got a front row seat to watch the Professional off road triathletes come down the mountain with such comfort and control on their bikes. The gate entry into T2 was a very technical set of large rocks that more than 80% of the field got off their bikes to walk down. The pros almost jumped right over this section and dismounted so fast (by the way, Kim was one of the very few to ride this part. That Girl has skills I tell you).

Long story short I realized that when I was done that it was just too short of a race for



me. I guess Kim will have another season of training me for a Oly!! I was very proud of myself for making the commitment and not cowering down from the fear that I had, but also upset that I did not push my limits and try to test my abilities that I knew I could do.

Fear is a very powerful emotion and can limit our potential if we let it. It also is a powerful little voice in your head that can save you from a bad choice. It is often hard to tell when to say "Ok I'll heed the warning" or "GERONIMOOOOOOOO here I come!!!!!"





JOIN US FOR OUR

AUGUST PREDICT RUN

August 26, 2017 At 7am

At 519 South Pin High Ct.
Pueblo West, CO

Hosted by Marilyn Vargas & David Rael

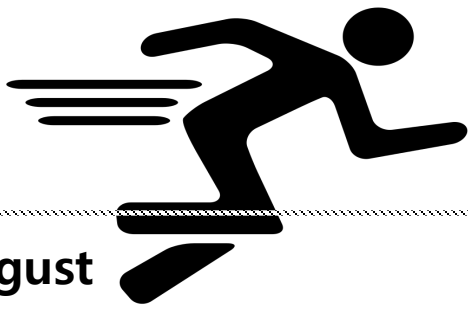
Visit www.socorunners.org for more details



Colorado State Fair
STAMPEDE
5K RUN FUN WALK

SEPTEMBER 2

 KAISER PERMANENTE®



Race Calendar

August

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

www.socorunners.org

27– Walsenburg Relay Marathon/ Walsenburg / 26.2 mile relay & 20K walk

www.runsignup.com

September

2– State Fair Stampede/ Pueblo / 5K Run | Walk

www.coloradostatefair.com

4– American Discovery Trail Marathon/ Colorado Springs / Marathon|1/2
Marathon|10K|Kids Race

www.adtmarathon.com/

9– YMCA Corporate Cup / Pueblo / 5K Run

www.puebloymca.org

10– YMCA Corporate Cup/ Pueblo/ 12.4 Mile Bike Ride

www.puebloymca.org

14– YMCA Corporate Cup/ Pueblo/ 1 Mile Run

www.puebloymca.org

15– Prattfall Predict / Pueblo/ 3 Mile Run & 1 mile walk

www.puebloymca.org

Southern Colorado Runners

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Permit # 41



PUEBLO CONTINGENT AT COLORADO SPRINGS CLASSIC 10K



Bottom Row (L to R): Carmen Perez, Melanie Steves, Marijane Martinez

2nd Row (L to R): Renee Renn, Haley Sinclair, Melanie Nelson, Kris Spinuzzi, Barbara Jean Gonzales, Eric Castellano, Lita Abarno

3rd Row (L to R): Dan Nelson, Larry Navarro, Roberto Thomas, Jason Castro