

Footprints

January/February 2018
Volume #348, Issue 1



Century Mark!

On Oct. 8 2017, Dave Diaz completed the Bank of America Chicago Marathon - his 100th finish of the 26.2 mile distance. Dave (3rd from Left) is accompanied by his wife Stacey and sons David & Matt.

CONGRATULATIONS DAVE DIAZ!

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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.

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"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 each 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.

Visit our Web Site:

www.socorunners.org

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Letter From The President



Kim Arline

Southern Colorado Runners,

Last night we enjoyed our Annual Awards Banquet and celebrated one another's 2017 accomplishments and commitment to our community. It was a fun night and great way to start the 2018 season with all the planning and executing our own club events, but also our own training and events each of us will race this coming year.

I look forward to serving as the President of the club and sharing the joys, challenges and rewards of running and triathlon to more people. I hope our club continues to create more social connections within our running community to support one another.

A lot of us have been around a while, we have our own familiar club buddies, but I challenge everyone to open their circle a little wider and make our events more welcoming and inviting to all. Our membership system is now tied to our race registration system and we are getting a lot of new people joining our club. I ask the more seasoned members, especially the regulars at Predict events, to welcome new faces, introduce yourself, show them the way and make them feel welcome. We were all new once trying out this new sport or club, I just hope as a club we can help make their experience positive and rewarding for newbies.

The next few months are busy for the club juggling a million details planning for the Spring Runoff and Funner to be a Runner races on March 4th. Two months later we have the Ordinary Mortals and Mini Mortals Triathlon on May 12th. These are two of our largest three events and need club members help to host safe, quality events and club members participating to help raise funds for our club and community groups we can support. We will continue to have monthly Predict runs for more social running and feel free to post your training runs and invite others to join on the Southern Colorado Runners – Group Runs page or the SOCO-T2 group page. This club is for all of us, it's your club too! Feel free to get involved and make more connections and help everyone succeed in their 2018 goals!

Kim Arline

2018 SCR President

Ramblin' My First SCR Run

By Ron Dehn

My First SCR run took place 35 Years ago this summer. It was the Midnight Madness Run and was held on the hilly campus roads at CSU-Pueblo (then called USC – University of Southern Colorado – for you “younger” readers)

More on the run later, but first a little background: I was working in the IT Department at USC. A group of faculty / staff had lockers and showers in the gym and spent lunch hours doing various activities. We had pick-up basketball games, sometimes volleyball, sometimes racquetball (with 3 short walls and no ceiling), but at the time I was mostly playing lunchtime tennis. One day in the locker room I was telling my friend Dan that I had injured my wrist and was having trouble playing tennis. Dan suggested I go for a run with him and let my wrist heal. That was my introduction to the prairie trails north and east of campus. That was June, 1982.

The prairie trails are beautiful with the yuccas, prickly pear, and cholla cacti and other plant life. In addition, Pike's Peak, the Wet Mountains, and Spanish Peaks are quite a sight from those prairies. Some of that land is now Walking Stick Golf Course, the DeRose Thunderbowl, student apartments, and other businesses. During our run, Dan mentioned that a race was going to take place on the campus roads on the next Saturday night. It was a 4 miler called the Midnight Madness Run.



Midnight Madness race shirt

Later that evening I called my brother Dave who had been running in races for at least a

couple years and asked him if he was interested. He said, “First we better find out if you can run 4 miles.” So the next day after work, Dave's wife Cathy using the car odometer took him and me out on

Pueblo Blvd 4 miles from my house. With some coaching from my brother, we made it back and decided to sign up for Saturday night's race.

The race started at quarter till midnight. I don't remember the exact date, but it was possibly June 5 because there was a full moon that night (according to my Internet research). Being a rookie, I had no idea how I would do, so I told Dave to run his race and not wait for me. For some reason, I wanted to break 8 minute miles. I had 3 other goals, and with one exception (that's another story) I have managed to keep all 3 through hundreds of races and 35 years. They were: 1. Don't Stop, 2. Don't Throw Up, and 3. Don't Finish Last. I generally don't state goals in the negative, but that is what I came up with for my rookie race.

If you have run the Spank Blasing you know what the campus roads are like. NOTHING is flat. You are either going uphill or downhill. I do remember the course started near the dorm parking lot and it went downhill and east to Troy Ave. Hmm this downhill is not too hard. Well - the course took a turn and went uphill at Troy past Bonforte. That was my first rude awakening. This IS hard. The race continued and there were volunteers at the mile marks shouting out the times. (No fancy watches, smart phone apps or equivalent technology). It was an out and back course and I remember going to the west side of campus then eventually back down to Troy and starting up that huge hill probably $\frac{3}{4}$ mile from the finish. I saw Helen Robinson up ahead of me and thought, “I can catch her”. I picked up the pace for maybe 10 seconds and all of a sudden my head started playing games with me. The question, “What if I throw up?”, got into my head and I immediately slowed down as Helen increased the gap between us. I didn't care, because the possibility of embarrassing myself by puking was suddenly all I could think of. But, I did finish and met the 3 “Don't” goals.

I think my time was 34 minutes and some change, but as many things in life, expect-

tations get modified when you realize how difficult something really is.

Budweiser was a sponsor along with the Joque Shop. (Only a few readers will remember the Joque Shop). The beer truck passed out glasses of beer but one small glass was plenty for me because the possibility of puking was still lurking in my brain.

I don't know why, but I still have the race shirt. The tag says it is large, but it doesn't come close to fitting me anymore. Rylan, my 14 year old grandson used it a while back when he helped me stain the deck. I also started saving “interesting” race bibs but not the generic ones. Years ago my wife Chris made a collage of bibs that lives in my garage. The most recent in the frame is from 1997. Since then, I've kept the “good” bibs in a drawer. There's quite a stack. I'll have to count them sometime.



Race Bib Collage

So what did I learn?

1. You need more than two training runs if you expect to run a race.
2. Don't let that macho male ego get in the way. There are a lot of ladies who are much better athletes than I am.
3. Both your head and your body must be ready to run. Your head can certainly have an effect on the outcome.
4. This was a lot of fun. I knew I wanted to do it again. So I have again, again, and again.

Memories of the 2013 Boston Marathon

By Stephen Smith

Registration for the 2012 Boston Marathon was a complete catastrophe. The online registration servers were so overloaded that most aspiring registrants could not get through. Those who did, usually could not enter their credits to finish the registration. By late that afternoon, enough had gotten through to fill the field but thousands were left frustrated and left out. This prompted Boston Athletic to rework the system for 2013 and to revise (shorten) all of the qualification times. For the first time, the fastest qualifiers would be given first chance, followed by two further waves of runners with times closer to the qualifying standards.

This was exactly the sort of challenge that I needed. My goal was to get into that first wave of registrants under the new system with the stricter 2013 qualifying times. I discussed this with my coach and we decided that I my goal should be 30 minutes faster than my qualifying time, which would give me a 10 minute cushion for the first registration wave. To do this, we chose two races that winter, one in December and one eight weeks later as a backup. Weather for the first race was a total disaster (another story), but the second race was a dream. I came in 3 minutes under my goal time, so I was pretty sure that I was in. In fact, I was so sure that I reserved my hotel room just after the 2012 race.

That September I submitted my registration to the race and received my acceptance email two days later. Fantastic news, I was in and would be running my fourth Boston. I would be corral 3 in the second wave, starting at 10:20A.

Weather on race day was beautiful, clear with a light breeze. It started a bit crisp, but the predicted high was in the mid-50's. I had a large number of friends who would also be running and was able to find a number of them in the athlete's village at the start, which is not a simple task. At the appointed time, we all made our way down to the start and found our assigned corral.

My race went fairly well. Rather than running hard, my goal was simply to enjoy the day and run a "decent" time. I got to visit with a number of other runners, including Wonder Woman, who ran with me for several miles near the beginning. I also connected with several other friends from home along the way.

I finished the race at 2:10P with a time of 3:50, which qualified me for the 2014 race even though I didn't plan to return. I was experiencing some dehydration issues due to a new medication, so I reported to the medical tent at the finish rather than head back to my hotel. By 2:45P, I was starting to feel more like normal (for after a marathon), when all of a sudden I heard something that sounded like ka-WOMF followed seconds later by ka-boom. Less than 15 seconds later, an announcement was made in the tent "All doctors to the finish line, STAT". As this was occurring, my nurse's aide had assisted me up so that I could try walking.

We were walking down the center line of the tent when the first wheelchairs came through, headed directly to the ambulances waiting out back. I won't describe what I saw here, but it was a sight that will never leave me.

Since I was now able to walk, I was quickly discharged and asked to leave. Another guy and I were probably the last participants to walk away from the finish by the normal route. Eerie is the only way to describe a city street with no one around, tables of water and Gatorade just sitting there, sirens all around and no other sound then that of the paper cups blown by the wind. We had plenty of other issues that day, including problems contacting family because the cell towers downtown were shut down by the police fearing more bombs.

Since that time I have been asked if I have seen the movie, the answer is an emphatic NO. Not only do I not wish to relive that day, but from what I have been told, to me, the movie missed the real heroes of the day. Those heroes were the doctors in the medical tent and the army reservists with their combat first aid equipment. Without all of them, many of the amputees would not have survived. The fire department and added police support in the movie did not arrive until many minutes later.

Like everyone that I knew who was at the race in 2013, I knew within days that I would be going back in 2014. Boston is always a special event, but the race in 2014 was beyond compare. The entire 26-miles was even more crowded and louder than normal and everywhere we saw signs and heard shouts of "thank you for saving our race" and "thank you for coming". Yes, security was over the top, but that allowed us to concentrate on what made that day extra special.

After the 2013 race, we were all told that we could expect to experience symptoms of PTSD. I was fortunate that I was able to avoid this until race day in 2017. I expect that this is something that will come to me every Patriots Day from now on. I was blessed with the opportunity to experience Boston on five different occasions. There were high and low points to each. I will try to concentrate on the high points, like finishing with a PR in my first race, while also remembering the victims and the chaos that followed the 2013 race.

So, BOSTON STRONG!!

Atalanta 2017 If You Post It They Will Come

By: Wendy Garrison

One month before race day - only 10 registrations. Don't worry I thought, if you post it they will come. Okay - that might work for Kevin Costner in Field of Dreams, but if you're a rookie race director and the race is Atalanta you're sweating. The event was set. Registration opened in March. We had the location, volunteers, sponsors, awards, race shirts and prizes. All that was missing was the participants - yikes!

The road to putting on a race, I have learned, is a tricky one with lots of moving parts. Let's start with getting a group of very active women (the Big Dog Runners) together for the same goal. Marijane Martinez, Becky Medina, Barbara Jean Gonzales, Martha Drake, Debbie Gurule, Carmen Perez, Gloria Montoya, Diane Lopez, Kris Spinuzzi, Haley Brownson and myself agreed to host Atalanta in 2015 and

now we were on our 3rd year. Trying to get that many schedules, less alone opinions, to mesh is a challenge. This group tackled finding a program we believed in and wanted to help, Pueblo Rape Crisis Center, and donated 20% of the race proceeds. We also selected our wonderful race chairwoman, Lois Pfof, who embodies the meaning of the word teamwork.

The next challenge was online registration. Whenever you switch to a new system it is always worthwhile to actually learn the system before you go live. I learned this the hard way. A few oops were encountered such as not putting in a discount for SCR members followed by too many discounts. Luckily Kim Arline came back from Italy to help and Becky Medina is a quick study. Problems solved.

Marijane Martinez worked miracles for a 3rd year and we were benefitted by a generous group of sponsors whose support allowed us to provide a great race. Thank you Dr. Robert Pratt, Dr. Patti Canchola, Mark Gregory, Dr. Cavalli and the Lopez family.

Barbara Jean Gonzales took a chance on a new shirt company, Shirt Heads, for this year's race shirts. Switching companies is scary but results were good. Silver with pink - great combo!

Everything was a go for race day except we needed participants. We upped our posts on Facebook and got some much appreciated likes and shares

from several SCR members. Still, we knew we were competing for participants with a neighboring sprint triathlon and had little invested in advertising. I wondered what number

we would need to keep the race alive. With 3 weeks left (and several rolls of Tums devoured) the runners and walkers began signing up. Twenty seven in the final week - we were going to have a race! Gwen Steves compiled the entries and the bibs were made for race day.

Sometimes its the obvious things you miss when making sure every minute detail is covered. Things like picking up the keys to the building necessary for packet pickup, bathrooms, awards, electricity, etc. A message from Stacey Diaz after 5 pm the night before the race alerted us that this was our oops - that and I was out of Tums. Parks and Recreation was able to contact Dave Diaz and our fellow SCR members came to our aid. Thanks Dave and Stacey.



Race day - were we ready? Were there going to be more oops moments? The weather was perfect and we received 7 more entries and no oops moments. The value of volunteers cannot be stated enough on race day. Gwen Steves and Dave Diaz were already working hard and their expertise was crucial. Don Thompson's organizational skills were put to the test as volunteer coordinator. He and his crew of Jim Hadley, Robert Pratt, Ron Dehn, LeWayne Garrison, Herb Brockman, Mac Singer, Danny Nelson, Ted Sillox, John Gonzales, Mike Baca, Jason Castro, Roger Giordano, Eric Castellano and the crew from Pueblo Crime Stoppers handled the race with ease. The biggest surprise of the day was not an oops but Atalanta's Greek God, Darryl Clark and his newest assistants, the pint sized deities, Connor and Kentley Steves. Receiving an apple at the finish line from this crew was worth the entry!

Final tally - 92 participants and one amazing day. Hope to see you all next summer.



Darryl Clark and his assistants

Geezernomics

One man's guide to fitness living

"I may be old but I'm slow." – Mr. G-lightful



By Gary Franchi

Good thing I've spent a lifetime getting tough by beating myself up trying to participate in endurance sports events because it makes facing impending geezerhood a tad easier. Not much, but a little bit. Well, mentally anyway. Physically, you pretty much just have to go with the sporadic physical undulations and keep hoping. And praying.

So let's just take a little look at a few of the training life principles that I've learned through a year shy of 7 decades on Plant Earth, first as a sports kid and then the last 4+ decades in the world of consistent endurance training:

Always remember that life is not fair, including in the physically talented arena. Some are blessed and some are not. Do the best with what you have and stay in your own "zone" and "moment" without comparing yourself to others. Hence, accept who and what you are and move on.

Understand right up front that, in athletics as in life, there's always someone faster, smarter, nicer looking, healthier, thicker in the wallet and just plain more talented and you'll be a lot happier. Maybe you don't have the most injury-free body, can't afford to enter the upcoming triathlon or aren't the swiftest participant. Live and train within yourself.

Success is fleeting. Unfortunately with some, so is humility. But a bit of advice: never get full of yourself after an especially super performance, regardless of how hard you trained to accomplish it. Feel a glow inside but don't share that glow outside of yourself. In essence, never boast because it could come back to bite you in the ass. And never think you are better than anyone else; at some point up the road, that "anyone else" may leave you in his or her rearview mirror. The true champions to me are those who are both talented and humble.

Be true to yourself. While someone else may think you should be training a certain way or entering a specific event, always step back and mentally weigh the personal pros and cons. Just because the gang is going onboard and registering for an Ironman or a marathon does not necessarily mean that you need to create unneeded chaos in your life by signing up as well. Events require a serious training commitment, one that your life may not be able to handle because of work, family, personal concerns and/or other circumstances.

Be encouraging to others. They want to be successful just as much as you do and generally appreciate it and are likely to perform better when they receive encouragement. Wish them well. And mean it.

Most important, enjoy the training and competing/participating moments you have. Being part of the endurance sports world is very special and not something we should take for granted. Be thankful you are able to participate; many are not so blessed.

SCR Meeting Minutes

August 9, 2017

By Ron Dehn



MEETING MINUTES

Attendees: Larry Belkin, Shawn Loppnow, Marcia McKeen, Wendy Garrison, Becky Medina, Sheri Giordano, Roger Giordano, Gwen Steves, Dave Rael, Marilyn Vargas, Humberto Paredes, Chuck Lucero, Lisa Lucero, Ron Dehn

Officer Reports

Treasurer: Humberto is working on taxes and will need help getting the list of equipment (inventory). He needs to show depreciation. Gwen asked Humberto to bring an old list and club members will assist in updating it. Becky will check into what her non-profit does regarding equipment. The treasurer's report was accepted as written.

Minutes / Secretary: There were two minor typos which were changed. In addition it was noted that Gwen had been given permission to purchase more chips. The minutes were accepted as amended.

Newsletter Editor: The club voted to accept Olivia Medina as editor. Gwen encouraged members to write filler stories. The deadlines are the same. The electronic version will be coming out soon. Becky will continue to assist with the mailing component. She noted we owe CSU-Pueblo some past bills.

Membership: Not much has changed.

Webmaster: No report.

Race Calendar: Several races are coming up including the Pray 4, the State Fair Run, the Discovery Trail Marathon, the Pikes Peak Ascent and Marathon and the Tin Man Tri in Lamar.

Tri-Club: There was a great showing at the Rocky Ford Tri, Pueblo was well represented. Also a good showing at the Boulder Half. The club is doing well – working on jerseys. They are expensive, over \$100 / jersey. The new ones are similar to the old but less black. The company is Wattie Inc.

Recent Races / Events

GURULE Predict: Great event all had a good time. A special thank you to Mark and Deb Gurule.

Atalanta: There were 92 participants and a good mix of walkers and runners. Attendance was down about 20-25 participants however there was a scheduling conflict with a triathlon that same day. Wendy will chat with the Tri Race Director to see if the schedule can be modified. Wendy is

open to suggestions to improve numbers. Humberto felt the entry fee should be higher. Wendy wanted to encourage beginners by keeping the price low. Wendy mentioned they might want to improve advertising. Becky will review the marketing strategy.

Upcoming SOCO Races

Pray 4 Predict: 7am at 519 S. Pin High Ct, Marilyn and Dave's home.

Rock Canyon: No report. Darryl was getting signs made.

Guest Speaker

Julie, a massage therapist from Studio 127 spoke to the group regarding cryotherapy. She explained the theory that in Cryo, blood is taken from the extremities to the core in 2 ½ minutes. After that, the blood is dispersed back to the extremities and has a healing effect on injuries. She offered group rates for the club and said we could have a party at her studio. They also have a mobile unit.

Ongoing Club Business

Bylaws: Gwen displayed the work of the committee on the screen and asked for help to "clean up" the draft. Those present made various suggestions. Gwen will send the draft out to the Board of Directors and to those on the committee.

Banquet: Sheri said last year's cost per person was \$16.45. She said it is cheaper to go with a buffet.

Self Defense Class: Ron indicated that his son-in-law is a certified trainer and could conduct a basic course on self defense. Marilyn will look into a possible facility at Skyview Middle School.

Non SCR Races/Business

The State Fair 5k is on for 9am Saturday September 2. The bib will serve as a pass into the fair and each participant will be given another ticket as well. Sheri will have various vendors of interest to runners.

Walsenburg Relay Marathon: Ben Wiley and Gretchen Orr from the Walsenburg newspaper made a presentation. Ben discussed the idea of a demonstration race. The idea being that based upon research, if women are given a certain head start depending on distance, the difference will equalize genders in a race. They indicated they have an

interest in doing a free run and will provide lunch on September 23. Ben will send info to Gwen and she will send to members.

Crimestoppers 5K: September 30. Many from Crimestoppers helped at the Atalanta.

Dr. Dan Memorial Run: Will take place October 14, 2017. The club will time free of charge at the CSU Campus. All proceeds will go to the undergrad research scholarship.

Other:

Marilyn and Dave received approval to borrow timing equip for District 60 and 70 cross country meets. They will fly the SOCO banner.

The meeting was adjourned at 8:15

Respectfully submitted by Ron Dehn

SCR Meeting Minutes

September 13, 2017

By Ron Dehn



MEETING MINUTES

Attendees: Lisa, Chuck, and Emily Lucero, Paul LaBar, Kim Arline, Shawn Lopnow, Stacey Diaz, Dave Diaz, Roger Giordano, Gwen Steves, Humberto Paredes, Ron Dehn

Officer Reports

Minutes / Secretary: Ron compiled last month's minutes, but forgot to bring hard copies. He will send the digital version to Gwen and other officers.

Treasurer: The Treasurer's Report was accepted as presented. Also - Humberto spoke about the need to obtain an inventory of equipment owned by the club and to assign monetary values to the equipment for tax purposes. Paul will provide info about the computers and printers, Dave will provide info about cones and flagging, Gwen will provide info about the chip timing equipment, and Roger will provide information about the bike racks and signage.

Newsletter Editor: The Digital issue recently went out.

Membership: Kim pointed out that September is the month when the club reviews membership fees. The club voted to keep the fees the same for 2018. Kim mentioned that there is a youth level membership for the club however it has never been used. Currently there are 324 members and 207 memberships. Last year's numbers were 353 and 202. We got some new members as a result of the State Fair Run and the Rock Canyon registrations. There was an issue with Run Signup but Lalo took care of the problem. Kim noted that if a per-

son signs up for a race in Run Signup and the membership is not active, the person will be prompted to renew membership to receive the discount. Kim also pointed out that this month marks the 5th anniversary of the Tri Club.

Webmaster: Paul noted that the software that was supposed to improve the calendar function is not going to work. He believes the current software may be configured to work properly. The State Fair results are posted and the menus have been reorganized.

Race Calendar: The Prattfall is this Saturday and Shawn will be there for results. The Hot to Trot is September 24th. Dave will bring the finish line equipment for the Crimestoppers run. On October 7th there are 3 runs: Beulah Challenge, the Rim to Rim, and the Lion's Roar. October 14th is the Dr. Dan Memorial 5k Gwen will time the event as a donation to the scholarship fund. The Harvest Run is the 21st, the Zombie Run in Canon City is also the 21st and the Monster Dash is the 28th in the County.

Tri-Club: October 1st is the Fall Colors Ride starting in La Veta. The distance is up to the rider. Some go up and over Cuchara Pass. Gwen will reserve the pool at CSU-P every other Monday for swimming probably starting in November.

Recent Races / Events

The Pray 4 Predict went well and was well attended. It was noted that the inspirational messages along the run were appreciated.

Upcoming SOCO Races

Registrations have started to the Rock Canyon Half.

Ongoing Club Business

Bylaws: The proposed changes to the bylaws was discussed. The club name was changed to Southern Colorado Runners and Triathlon Club. Gwen went through the draft line by line and there were several minor changes to wording. There was considerable discussion about proxy voting. The decision was that the voter needed to be present or call in to cast a vote. There was much discussion about whether or not the Membership Chair should be a member of the Board of Directors. In most traditional organizations, the BOD consists of the President, Vice President, the Secretary, and the Treasurer. After much consideration, it was decided that the Membership Chair would NOT be considered part of the elected board. Gwen is going to fix the formatting and send the final version out to members.

Non SCR Races/Business

State Fair Run: Sheri and crew did a great job. The club received lots of tickets to the Fair for volunteers. The equipment fee was waived.

Crimestoppers 5K: September 30. Many from Crimestoppers helped at the Atlanta.

Dr. Dan Memorial Run: Will take place October 14, 2017. The club will time free of charge at the CSU Campus. All proceeds will go to the undergrad research scholarship.

The Raptor Resolution Run: The run will take place on December 30th. The equipment fee will be waived. Ron will fill out a contract.

The Meeting was Adjourned at 8:00

Respectfully submitted by Ron Dehn

SCR Meeting Minutes

October 11, 2017

By Ron Dehn



MEETING MINUTES

Attendees: Roger Girodano, Gwen Steves, Sheri Giordano, Olivia Medina, Stacey Diaz, Dave Diaz, Paul Labar, Humberto Paredes, Kim Arline, Ron Dehn

Officer Reports

Minutes / Secretary: Ron distributed copies of minutes from the August and September meetings. The minutes were approved as submitted.

Treasure: Humberto passed out the report and commented that not much has changed since last month. He is starting to get Rock Canyon entries in. The report was approved as presented.

Newsletter Editor: Olivia is currently working on the print edition for September / October. She is still accepting articles for a few more days.

Membership: Nothing new to report

Webmaster: Paul is working on the existing calendar. The changes made with respect to emails has greatly reduced the spam emails that officers have been receiving. Paul will work on a post about honoring Becky Medina with Bib 261 at the Rock Canyon Half Marathon on the web page.

Race Calendar: Dave listed the upcoming races: Oct 14 – Dr. Dan Run, Oct 21 – Harvest Predict, Oct 28 – Monster Dash, Nov 4 – Nelson’s Predict, Nov 23 – YMCA Turkey Trot, Nov 25 – Temple Canyon Predict, Dec 2 – Rock Canyon, Dec 9 – Holiday Mini Mini Marathon Predict @ Dave & Stacey’s home.

Tri-Club: Gwen has been working with the company One Way Apparel for uniforms. They have no minimum orders and are very flexible. The prices compare to other companies. The company will do any kind of apparel. Gwen is currently

working on the logo design. The Tri-Club has been paying \$70/hour for swimming at CSU-P and typically not too many swimmers participate, so Gwen contacted Pueblo West Metro and County High to see if they would run an individual tab for swimmers. County will charge \$3 / person for Tuesday and Thursday 6:30 – 7:30 am, and Pueblo West will charge \$2 / person for Monday and Wednesdays 5:15 – 6:15 pm. Gwen will supply lists of members to County High and Pueblo West Parks & Rec. The club voted to go with this arrangement on a trial basis from October 16 – November 10. The USAT National Challenge Competition begins in December. Gwen will register our team.

Recent Races / Events

Prattfall Predict: The Prattfall went well.

Crimestoppers 5K: Gwen pointed out the Crimestopper volunteers have shown up to help at several races over the last couple months to learn about putting on a race. Not too many runners showed up for their race. There were a few problems with awards and organization. They learned some lessons and are planning to do it again next year. They may look at a different course and date. They also said they wanted to pay the club \$300 for our support. They felt it important to do so.

Hot to Trot: Over 100 showed up, most for the 5k. This may be Ruth's last time for the race, as she is trying to sell the Gold Dust. All the profits went to benefit PAWS.

Upcoming SOCO Races

Rock Canyon: There are about 100 entries so far which is about 25 behind last year. The port a potties are ordered and signs are being completed. This will be Darryl's last year as race director. Melanie Steves and Eric Castellano will take over as race directors. Gwen will send out an email to remind club members to register.

Harvest Run Predict: Dave said the course will be similar to last year. There will be snacks on the patio after the run including a nacho bar and veggies.

Nelson's Pretty Fast Run: Nelson is ready and excited to host this run again. Shawn or Gwen will time the run.

Ongoing Club Business

Inventory Value: Humberto indicated these values are needed so the club can file taxes. Paul will get the model numbers on the computers and then come up with a value. After consulting with the vendor, Gwen placed a value of \$6,600 dollars on the chip timing system - \$6,000 for readers and mats and \$600 for chips. Roger placed a value of \$1,500 for the bike racks and \$2,000 for signage. Dave estimated the value of flagging at \$200.

Bylaws: Dave pointed out the need for minor changes on numbering / formatting, as well as a correction regarding the Membership Chair not being part of the elected Board of Directors.

Gwen will make these changes and send out to members. Paul will post on the website.

Non SCR Races/Business

Dr. Dan Memorial Run: Gwen will time and Ron will assist (learn). Dave will bring the finish line equipment.

Raptor Resolution Run: Ron will look into using Run Signup for the race.

Other Business

Banquet: Sheri gave a report on the banquet. It will be on January 27th at the Riverside. The main menu will be Italian. The club will also purchase one keg of beer and there will be a cash bar for other drinks, or when the keg runs out. The dinner will cost about \$1 more than last year and the banquet committee will look at the budget to determine a cost per attendee. The club has traditionally offset the cost. There will be no speaker this year and the focus will be on fun / games / and awards. There will be door prizes and the committee is soliciting donations. Dave & Stacey will organize a slide show. Dave suggested that we start obtaining a list of names for award nominations.

Thank you: Dave thanked the club for the donation to support his 100th marathon trip. He was humbled and grateful that the club supported him at Chicago. Gwen pointed out that the vote to make the donation was unanimous and complemented Dave for his many accomplishments as a runner, his numerous contributions to the club over the years, as well as being a great representative of SCR to the Pueblo Chieftain and the local TV station.

Equipment loan: Paul asked the membership if he could borrow the starter pistol for possible use in a theatre production. Those present granted permission.

The meeting was adjourned at 7:40.

Respectfully submitted by Ron Dehn



Happy Birthday

January

Gwen	Steves	1 st
Sami	Colbert	2 nd
Jennifer	Tinnell	3 rd
Wendy	Garrison	5 th
Meghan	Arana	6 th
Shad	Pate	6 th
Jim	Freim	7 th
Stephen	Hernandez	7 th
Olivia	Medina	7 th
Susan	Montez	13 th
Rob	Pratt	17 th
Gloria	Montoya	18 th
Andrew	Hackler	19 th
Ted	Sillox	19 th
Jerika	Shrontz	20 th
Katy	Konkle	21 st
Cathy	Dehn	22 nd
Justin	Steves	23 rd
Michele	Hart	26 th
Jonathan	Dehn	29 th
Danny	Nelson	31 st

February

Madison	Fillmore	1 st
Zachary	Zenner	5 th
Robert	Espinoza	9 th
Maureen	Kelly	10 th
Kristiana	Mols	11 th
Jerry	Lopez	13 th
Tiffany	Dehn	15 th
Chris	Theis	24 th
Nancy	Mitrick	26 th
Julie	Perez	27 th
Patrick	Romero	27 th

Arkansas River Levee Project

By Stephen Smith

Following the failure of the levee in New Orleans during Katrina, FEMA mandated a review of the integrity of all levees. The review of the 100 yr. old levee in Pueblo found that it needed repairs or else FEMA would declare all of downtown Pueblo in the flood zone. So, repair work began in 2016 that will reduce the height of our levee (Lake Pueblo didn't exist when it was built) and to strengthen it so that it will last another 100 yrs. All work has to be done between November and March because that is the only time when the flow of the river can be reduced.

During the 2016-2017 construction period, the height of the levee was reduced and the repairs were done on the section from Wildhorse Creek to 4th Street. For 2017-2018, the work will be done on the section from Main St. to Runyon Lake. Plans are currently being prepared for the section between 4th and Main Streets, which is the section with the white water park.

With the reduced height of the levee, the top is now much wider, so the city plans to add a trail along this section. Plans are also being discussed to add pedestrian bridges across the river or possible over the railroad tracks to provide access to this new trail, once levee construction is complete. The city is also discussing improvements to the parking area off 4th St, next to the white-water park. Long term ideas being considered include rest rooms in the current parking area and maybe even showers.

As for the bridges, the city already has funding for a pedestrian bridge across the river that will probably be located near the 4th St. parking area. They also want to provide access closer to Union St., which could be a bridge over the railroad tracks, installation of stairs and an ADA ramp from the Union St. bridge or a pedestrian bridge across the river near the Main St. trailhead.

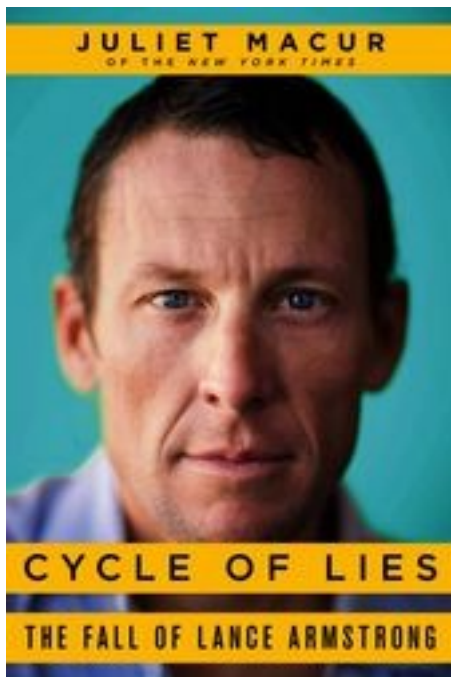
So, the plan is that sometime around 2020 or 2021, we will have a trail on the downtown side of the levee that runs from Wildhorse Creek all the way to Runyon Lake with bridges over the river at Wildhorse, 4th St. and next to the dam near Runyon Lake. As well as some sort of access from the Union St. Historic District. The city also wants to have some sort of lighting on the trail between 4th and Main.

The city has been getting lots of suggestions for what to do with all of this new park area from groups interested in running, art, fishing, kayaking and river surfing, and more. The city has been very receptive to all of this and sees it as a great opportunity to improve the downtown Pueblo area and create another high use park area.

Funding has already been received to pave the parking area off of 4th St. as well as one pedestrian bridge across the river. Other than the levee repairs, everything else is still just in the planning stages.

Finally, there are also plans being developed to replace the art work on the levee once the construction has been completed (and the heavy trucks are gone).

So, for runners, this represents a major expansion on the existing Arkansas river trail system. It will provide us with several more miles of trails and give us a number of optional loops. A lighted section near downtown could also provide us with a safe alternative to the Riverwalk for evening runs.



Book Review:

“Cycle of Lies” shows that Lance told the truth about one thing

By Gary Franchi

For all of the lies told by Lance Armstrong during and after his astonishing cycling career, he was honest about one thing: he was just one of an entire congregation that was secretly doping for years. Being the winner of seven consecutive Tour de France titles, Lance was the big fish that the prosecutors went after and netted.

Yeah, Armstrong got what he deserved for using illegal means such as EPO, blood transfusions, human growth hormones and testosterone both before and while winning his cycling titles. Despite numerous proven testimonies against him, he had insisted for years that he was just one of many who were doping, claiming that virtually all cyclists were doing so back then.

In the book *“Cycle of Lies,”* readers get a clear picture of just how true his claim is. Author Juliet Macur, a savvy *New York Times* reporter, sure did her homework to write this book. The research and interviews she conducted were thorough and reveal that pro cyclists felt they needed to use illegal means just to be able to compete at that elite level. That was especially true at the grueling, three-week Tour de France, a mighty test of survival.

No one doped better than Lance and his U.S. Postal Service and Discovery Channel teams, and Armstrong was the driver behind the cheating wheel. He found the most experienced doping doctor and team manager as well as the most reliable and “clean drug” sources. Making it all financially feasible was the ample financial support unknowingly provided by the teams’ sponsors.

But, hey, Lance was his own worst enemy. The stories of how he bullied other riders on his team to dope are pretty incredible. And the way he turned his back on true friends was simply horrible.

Macur was the only print reporter to be given access to Armstrong for personal interviews. She also researched first-hand accounts of more than 100 hearing witnesses, including family members whom Armstrong had turned his back on, including his adoptive father who gave him the Armstrong name, as well as a grandmother and an aunt.

Perhaps most damning of all were Armstrong's former friends, fellow riders and teammates who eventually ratted him out. While many of the cyclists were given token suspensions for as little as six months by the World Anti-Doping Agency, Lance was given a lifetime ban as well as being forced to step down from his Livestrong foundation. Sad stuff.

I never imagined that this would be such a great read. But the in-depth look at the world of pro cycling was fascinating. This book is available for borrowing at Pueblo’s Rawlings Library.



Race Calendar

FEBRUARY

- 4th Super Half/ 10am/ 13.1 Miles, 5k/ Colorado Springs/
www.pprun.org/events/SuperHalf
- 10th Winter Series III/ 10am/ 5 Miles, 10 Miles/ Colorado Springs
- 11th Valentine's Twosome/ 9am/ 3.2 Mile Relay/ Pueblo/
www.runsignup.com/Race/CO/Pueblo/ValentineTwosomeRelay
- 17th Spring Runoff Tune-up Predict Run 2/ 9am/ 3 Mile, 10K/
Pueblo/ www.socorunners.org
- 24th Winter Series IV/ 10am/ 10k, 20k/ Colorado Springs/
- 25th Pueblo Marathon & Half/ 13.1 Miles, 26.2 Miles/ Pueblo/
www.madmooseevents.com/pueblo-marathon

March

- 4th Pueblo Chieftain Spring Runoff/ 10 mile, 10K, 5K (run/walk), 2 mile walk/ Pueblo
<https://runsignup.com/Race/CO/Pueblo/SpringRunoff>
- 10th Salida Run Through Time Marathon/ 26.2 Miles, 13.1 Miles, 2 mile run/ Salida
<http://chaffeerunning.org/run-through-time-marathon-and-hard-half/>

SoCo Runners 2018 Awards Banquet Recap

FEMALE RUNNER OF THE YEAR: Marilyn Vargas

Marilyn's first race was the Corporate Cup 5K in September 2007, three months later she ran her first ½ Marathon with little to no training, she had to walk that crazy steep hill backwards because lactic acid settled in her legs, but she finished. The following fall she ran her first full Marathon and another four marathons since along with countless other races. Along the way she has lost 175 pounds! She might not be the fastest runner, but she runs with a big heart and smile. She is extremely dedicated to running, her family, her church, our club and the community! You know an event is in good hands when Team Vargas shows up to volunteer!



Her dedication to the running community includes: Co-founding and directing the Mosaic 5 km run for her Church youth group for 7 years, leading a "Run with God" Couch to 5-km 12-week program with Bible Study each year, co-directing the largest youth race, the Funner to be a Runner going on 8 years and bringing a platoon of volunteers to boot! She has raised money as part of her races for a variety of charities and especially for individuals fighting cancer.



Marilyn coaches Cross County and Track at Skyview Middle School since 2010, becoming head Cross Country coach in 2015 and Girl Track in 2017. She started volunteering for the Youth Summer Running program in 2015 and earned her USATF Certification Level 1 in November 2016. She and her husband Dave continue to train 21 youth athletes in the USATF Colorado Cool Running team year-round and started "Mornings for Moms and Dads" for parent to train with their kids. Four of these parents ran the Rock Canyon Half Marathon with their kids last month! And she is now introducing them to the world of triathlon with our Youth Tri Training program bringing in 15 kids and 9 parents wanting to compete in Ordinary Mortals!

Since joining SCR in 2008, she has been heavily involved with the club events, hosts a predict run and always brings an energetic and hardworking crew of volunteers. Marilyn has been instrumental in creating more runners by sharing her love of running with all ages

MALE RUNNER OF THE YEAR: Robert (Chuck) Lucero

Chuck was a competitive cross-country runner in middle school and high school. He took a break during college but later returned to running to relieve stress from work. As his children grew and their love for running, he mentored and coached them as well as other athletes. He has coached

Cross Country and Track and Field at Roncalli Middle School, South High school, and USATF Mercury running club. His dedication to local youth runners has touched many youth and parents. Recently, during Regional Cross Country nine out of eighteen of his athletes achieved a personal best and three of them achieved a seasonal best. Chuck does not limit himself to his own team, he helps other coaches and athletes and cheers on kids from all the teams. He never hesitated when asked to coach an at-risk middle school student surround by gangs in his neighborhood, he took the young man under his wing! He's been instrumental in helping other coaches input data into the Mile Split system to evaluate raw data in their athletes.

Chuck is also a very humble yet phenomenal runner with a 6 minute something pace. He is usually one of the first people returning on an out and back Predict course. He is a regular at most of the Predict races and has won the series in 2015 and regularly is in the top few spots. He usually finishes in the top 5 of his age group at large races, specializing in 5-km, mile and sometimes 10-km. Chuck regularly attends SCR board meetings to help guide our club and volunteers frequently at our events. He just keeps us guessing what to call him – Chuck or Robert – he'll answer to both!



YOUTH FEMALE RUNNER OF THE YEAR: Rosalinda Vargas

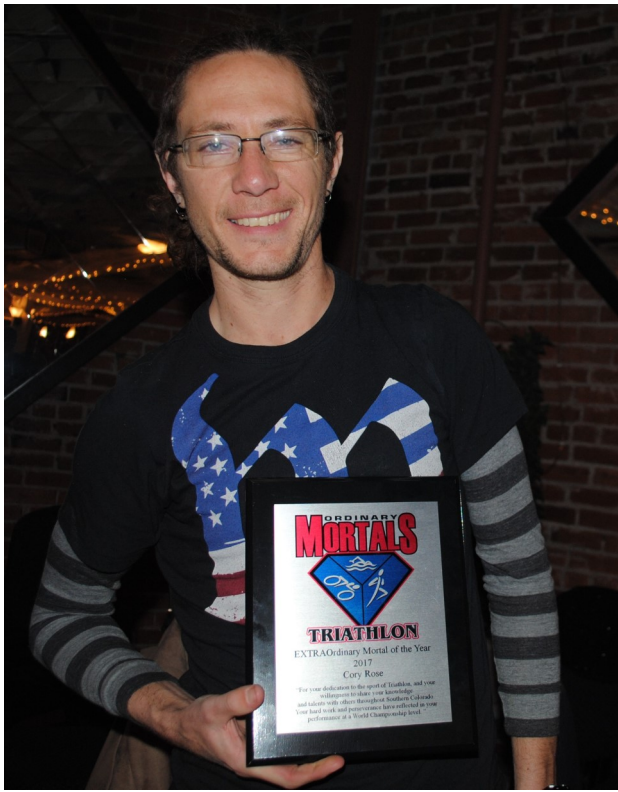
Rosalinda comes from a family of runners and has been running competitively since the age of 6. She competed in middle school Cross Country and Track & Field and is finishing her 4th year running for Pueblo West High School, both on JV and varsity teams, lettering her junior year. Rosalinda is an active volunteer with SCR and often seen cheering the rest of us on from the sideline or a water stop. She always has a huge smile and eager words of encouragement at the Corporate Cup, Hot to Trot, Turkey Trot, Rock Canyon, Spring Run Off and Mosaic to name a few. She ran her first half marathon at age 14 and another 4 more since. She

runs the Bolder Boulder every year since 2011. Last summer she competed in two Sprint triathlons so now she is also a triathlete! Rosalinda shares her love of running and what she knows by mentoring elementary and middle school runners just getting started and serves as a co-instructor in the "Run for God" couch to 5-km 12-week program. She might not be the fastest in her peer group, but she will be a lifelong runner, she has the grit to never give up on a goal or let others give up their goals.

YOUTH MALE RUNNER OF THE YEAR: Meno Vargas

Not only is Meno an accomplished runner, but he is also an advocate for running and a very dependable volunteer and cheerleader at running events. During the high school track and cross-country seasons, I saw Meno run with a fierce competitive spirit and often ran with the leaders. He was a valuable member of the City Championship Pueblo West boys team as he scored an impressive overall 6th place finish. He competed in the Pikes Peak Runners Club Winter Series races, he took 1st place at the Mosaic 5 km, many Predict runs and gets to release a raptor after winning the Raptor Resolution run. He gives some of our faster adult runners someone to chase! When Meno is not competing, he is on the sidelines cheering fellow teammates and others on with a big smile. I've been on the receiving end of some of those wonderful words of encouragement several times, and they felt like a burst of energy.

As a volunteer, Meno takes on whatever responsibility is needed and never complains. I've seen him help at the finish line, ride the lead bike, and help setup\tear down race equipment before and after the race.



TRIATHLETE OF THE YEAR: Cory Rose

Cory was the first person to show up for the inaugural meeting of Southern Colorado Triathlon Club in September 2012. He always supports and competes in our local events if he isn't competing the same weekend elsewhere on a world stage. He is probably the fastest triathlete in our area and one of the youngest. He is not new to the sport or one to try a distance and move on, he's a triathlete through and through. He often trains alone, but a few in our tribe try to chase him on the bike for a good, hard interval session. He always offers a friendly word of advice, shares his love of the sport and what he has learned if you catch him between sets at the pool or before or after a ride, otherwise he is a blur going by. The past year he has followed a strict vegan diet, shared his training and nutrition journey on Facebook for those interested to follow. He trains like a beast with a determined focus and intensity rarely seen in our area. And his results prove what can be accomplished.

He typically runs a half marathon in 1:22, his Half Ironman (70.3 miles) times range from 4:26 to 4:40 on tougher courses. This year he earned a slot to the Ironman 70.3 World Championship in Chattanooga and competed at a fiercely competitive level. Cory really shines at the longer distances and consistently breaks 10 hours for a full 140.6-mile Ironman while most competitive local athletes are closer to 12 hours. His younger age group is incredibly competitive

and hard to earn a slot to Kona. We followed his training this year and watched online as he raced his 6th Ironman at Ironman 140.6 Arizona (IMAZ) in November. Last year a world record was set by Sanders on the IMAZ course but due to wind on the bike course this year, Sanders still won but his time was 10 minutes slower. Compare that to our local triathlon beast Cory – he was 4th at IMAZ last year with a time of 9:57 and 13th this year with a time of 9:56 while maintaining an unheard of 11 watts higher average on the 112-mile bike course.

Cory is a highly competitive athlete but a down to earth athlete proud to call Pueblo his home. He came within seconds of breaking the course record at Ordinary Mortals Triathlon this year and routinely places in the top 3 overall finishers. Southern Colorado is proud of his accomplishments and long-term commitment to triathlon and honors him as Extraordinary Mortal of the Year!

LONG DISTANCE AWARD: Kim Arline

Kim has been a key part of the board meetings for the last 8 years, she has given her time and talents to the running club and triathlon club, especially behind the scenes. She has served as membership chair for four years and helped implement two online membership systems and helps update the website.

She introduced the club to Runsignup after investigating the system with Pikes Peak Road Runners. This system incorporates so many functions for membership, race registration, website and makes timing and results seamless. She co-directs the largest youth run, Funner to Be a Runner and enjoys having hundreds of kids chase her on her bike. She helped resurrect the Ordinary Mortals Triathlon in 2012 and served as the race director since and has served as a Youth Tri Training coach since 2011.





MOST VALUABLE CLUB MEMBER: Darryl Clark

Darryl stepped into shoes no one else was willing to fill by taking on the role of Rock Canyon Race Director after Dave Diaz stepped down after 20 years. This race is monumental and certainly a signature 1/2 marathon in Colorado. Organizing volunteers, registrants and several organizations is no easy feat, not to mention the unknown weather that might hit that day. It could be 60 degrees or snow packed, icy and 5 degrees by Darryl's the race must go on attitude is exceptional. Darryl introduced a new feature to the race, honoring a female Club member with the Honorary Bib #261, recognizing the contributions of Dave Diaz by retiring bib #1 and now the significant contributions of Sheri Giordano by retiring bib #2. He also made great efforts to in leave no trace by purchasing trail signs that can be used year after year and we can avoid marking the trails with flour or paint. Anyone training along the course in November might have seen Darryl clearing the course of weeds, branches and ensuring the trail was clear and safe on race day. Darryl has chosen to step aside as Rock Canyon race director but

will mentor our new race directors in their first year. Thank you, Darryl. Your contributions have been significant and are greatly appreciated!

WHERE'D HE GO? AWARD: Patrick Romero

This is a new award this year for an amazing accomplishment by a club member. This award can be given in subsequent years for different reasons. It might be "Where'd she go? She used to run in the back of the pack with us but now she's way out front for a runner that dramatically improves their abilities. Or it might be "Where'd he go? Nepal? Did I hear she did a 6-day stage race from Kathmandu to an Everest Base Camp? We have a lot of amazing members doing incredible things but this inaugural year, this award goes to Patrick Romero.

He was noticed by a club member last year as a big guy out there running. The club member hoped he wouldn't give up and keep on running but lately, we haven't seen that big runner. Well, Patrick is still running with us, we just don't recognize him after his 100-pound weight loss since last February. His wife, Alexandria gave a heart felt tribute to Patrick at the banquet describing his journey the past year dramatically changing his diet through hard work and dedication, no short cuts or gimmicks.



Special Recognition

Transcript of Jane Murtha's Introductory Remarks

Good evening everyone. My name is Jane Murtha and this is my lovely assistant Peggy. We will be presenting the club superlative awards this year. For the most part these are like the club yearbook awards. Some are simply an opportunity for good natured teasing while others recognize active club members for their achievements ...or lack thereof. Whatever the reason may be, these awards, along with the door prizes, allow us to give a little something back to the club members in attendance tonight. It's a little extra banquet bang for your buck.

The first award is similar to a years of service award. Anyone that hosts a predict knows there's a significant amount of effort involved in putting on one of these events. One predict has been held continuously for over 20 years. That's a lot of hard work and we thought the host should "harvest a reward" for his tireless efforts. In that spirit, we would like to give a six pack of Blue Moon and some Moon pies to Dave Diaz for hosting his Harvest Moon predict for so many moons. Thanks for being such a devoted host and supporter of the predict runs Dave.

Nowadays it is a distinct advantage to be skilled in the kitchen and the art of nutrition. This individual truly perfected her approach and stormed back from being sidelined by an early season injury to setting a PR in a half Ironman by 45 minutes. This same race also put her on the podium in her highly competitive age group. She routinely posts about cutting edge nutrition, as well as hosting cooking and baking classes. You can't argue with her results....some might even say the proof is in the pudding. The Culinary Arts Award winner is Jasmine Carlson.

Congratulations Jasmine. We thought you'd be able to put this apron and these oven mitts to good use while you're cooking up your next recipe for success.

This runner has proved she is a force to be reckoned with locally by setting many course records in her age group. This year she decided to give California a go and her name foreshadowed the results of her smoking fast run. Placing second out of 79 runners in her age group during the San Diego Rock n Roll half marathon, she had to be positively GLOWing as she blazed thru the race. Winner of this years "Most Brilliant Race" is Gloria Montoya, affectionately known as Glo.

To keep Glo going ..and ..glowing we have a six pack of Modelo and some glow sticks for her. Nicely done Glo.

As runners we all recognize that not every race can be as brilliant as Glo's. In fact some of them are just down right crappy, literally crappy. My own personal Rock Canyon experience attests to this unfortunate reality of racing. Forrest Gump would say, "it happens." As unpleasant as my experience was, this runners suffering was so severe during the Pueblo Half Marathon her physician husband wanted to drag her off to the ER. Joining me in this most unfortunate and regrettable award for "Crappiest Race of the Year" is Martha Drake.

Sorry Martha. I feel your pain. We have some baby wipes and Pepto Bismal for you. We also have some wine to help dull the pain of your memory.

The first time I saw this runner my eyes about popped out of my head. Whoa! Talk about some short



Jane Murtha on the podium with her assistant Peggy Oreskovich



SWEAT SOCK AWARD:

Ron Dehn

Ron has been a dedicated volunteer behind the scenes writing the newsletter for years and serving as a fill in Secretary for the club the last few years. He is always willing to help, offer a friendly hello and jump in wherever help is needed.

Congratulations!

shorts! The old Nair hair removal commercial immediately popped into my head....”she wears shorts shorts but in this case it’s HE wears short shorts. Along with the distinction of wearing the shortest and often brightest shorts, his legs may be the smoothest surfaces on the planet. You guys might want to follow his fashion lead, (most of you are following him anyway.) Other than the Boston Marathon, he outright won or at least placed in his age group in every race he entered this year. With race results nearly impressive as his legs, the award for shortest shorts/smoothest legs goes to Larry Navarro.

We have some more Nair hair removal for you Larry. We know you’ll put it to good use. We’ve also thrown in some lotion to keep your skin soft and smooth.

Most of us have heard of the stars Meg Ryan, Scarlett Johansson, Lou Diamond Phillips and Jamie Fox. This running club couple was made for one another and their names sound like they were made for the big screen. No, they’re not star crossed lovers. They’re SoCo’s “Star Running Couple” Meg Scarlett and Lewis Fox.

We have some movie passes for you two stars to go on a date. Enjoy!

The expression “drinking the Kool-Aid” refers to when someone buys into an idea or plan of action. It’s safe to say this individual drank the tri-club Kool-Aid by the gallon this year.

While always active, he went from attending his first predict just this summer to being brainwashed into signing up for a full Ironman. He’s not a Jim Jones disciple but rather

the newest tri club “Kool-Aid Kook.” This award goes to Sean Staples.

Sean, you’ve had enough Kool-Aid!!! We have some tequila for you. We think it will clear your head.

This individual impressed everyone with their hard work, determination, tenacity and drive. She had the heart to take on big scary challenges and impressed everyone with her work ethic. Now when my training gets hard and I want to take the easy way out, I think “What would Jessie do?” and it motivates me to stay strong. This year’s award for Hardest Worker goes to Jessie Casarez.

You really put your heart into your training this year Jessie. We have a heart bracelet to remind you what an inspiration you are to all of us.

As a runner, I am often asked “Where do you get the energy?” I’m sure many of you have had similar experiences. This athlete, much like the energizer bunny, just keeps going and going. Her unflagging energy and relentless pursuit of measures to better our club and community never stops. The award for Most Energetic goes to Kim Arline.

We all benefit from your dedication to the club. We have some energizer batteries, emergence C, Boost and a Starbucks coffee drink should you ever feel run down, need a little boost or pick me up.

That concludes this year’s superlative awards. We hope you enjoyed them. Now we’ll turn it back over to Daryl.



Roger and Sheri Giordano smile at the conclusion of a successful banquet.

Thank You!

2018 Banquet Committee

Chair :

Sheri Giordano

Members:

Al & Kim Arline

Darryl Clark

Dave & Stacey Diaz

Steve & Katie Fox

Roger Giordano

Shawn & Kristin Loppnow

Jane Murtha

Danny & Melanie Nelson

Don & Lois Post

Dave Rael

Sean Staples

Gwen Steves

Bluesky Blizzard Run

Saturday, St. Patrick's Day, March 17, 2018
Colorado State Fair Grounds - Agriculture Palace
Check in and registration begins at 8:30AM
Event starts at 10:00AM

Be Sure to Wear
Your **Green**

2 Mile Walk
5K Timed Run
Pajama Registration



Pre Registration \$25.00
Registration day of Event \$30.00
Pajama Registration \$25.00
Children 6-12 \$15.00
Children 5 and Under Free

Want to support the run, but you're not a runner? Sign up for the Pajama Registration!
Stay home, sleep in but support the race and receive a t-shirt!!

Fun Run Prizes
All participants will receive a t-shirt
Run is supported by Southern Colorado Runners

*Proceeds support individuals with intellectual and developmental disabilities,
as well as our guardianship services*

Colorado Bluesky is a 501 (c)(3) Non-Profit Organization

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Colorado Bluesky Enterprises, Inc.
115 West 2nd Street
Pueblo, CO 81003
www.coloradobluesky.org

NEWSLETTER DUE DATES

THIS YEAR "FOOTPRINTS" WILL BE DISTRIBUTED
BI-MONTHLY BY PRINT ONLY

Newsletter Dates

JANUARY/FEBRUARY

MARCH/APRIL

MAY/ JUNE

JULY/ AUGUST

SEPTEMBER/OCTOBER

NOVEMBER/DECEMBER

Articles Due By

JANUARY 22

MARCH 19

MAY 21

JULY 23

SEPTEMBER 17

NOVEMBER 19

newsletter@socorunners.org



Pictured L to R: Walter Sipple (Brother), Stacey Diaz, Marshall Sipple (Nephew)

Congrats!

STACEY DIAZ

Charleston Marathon Finisher

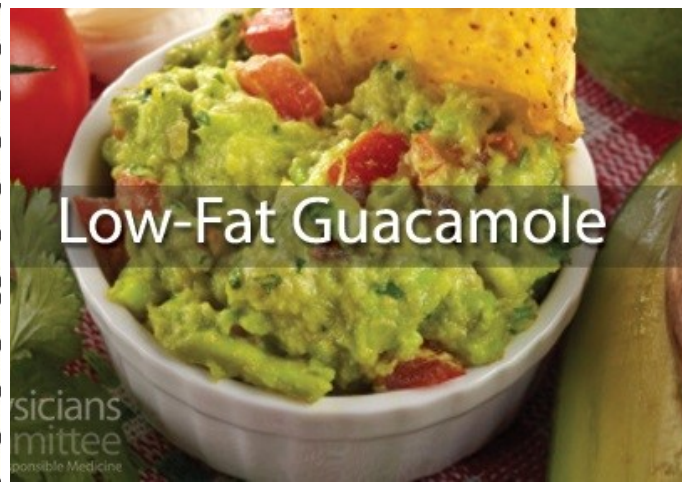
Held on January 13, 2018

in Charleston, SC

Plant Based Recipes

TO AID IN RUNNING PERFORMANCE

SUBMITTED BY TERRI TIBBS



Low-Fat Guacamole

This recipe is devoured by thousands of people across the world in our [Food for Life: Cancer Project](#) classes. Enjoy it with baked tortilla chips, pita bread, or baby carrots.

Makes 2 cups (10 servings)

Ingredients

1 cup canned green peas, drained and rinsed, or 1 cup fresh or frozen green peas
1 ripe avocado
1/2 cup mild salsa
1 garlic clove, minced or pressed (about 1 teaspoon)
1 green onion, thinly sliced (optional)
3 tablespoons fresh lemon juice, or to taste
1/2 teaspoon ground cumin
1 tablespoon finely chopped fresh cilantro (optional)
1/4 teaspoon salt, or to taste
1/4 teaspoon black pepper, or to taste

Directions

If using fresh peas, blanch them by placing in boiling water for 2 minutes. Drain peas and immediately shock with cold water to prevent further cooking. Place in a mixing bowl or food processor. Cut the avocado in half from stem to bottom. Remove the pit and use a spoon to scoop out the inside. For a chunky guacamole, mash avocado and peas together using a potato masher or fork. If a creamy texture is desired, use a food processor. Mix in salsa, garlic, green onion (if using), lemon juice, cumin, and cilantro (if using). Add salt and black pepper to taste.

Guacamole is best when consumed on the same day. To prevent leftover Low-Fat Guacamole from turning brown, cover it directly with plastic wrap in the refrigerator, and it will keep for up to one day.

Source: *The Survivor's Handbook: Eating Right for Cancer Survival* by Neal D. Barnard, M.D., recipe by Jennifer Reilly, R.D.

Per serving: Calories: 45; Fat: 2.7 g; Saturated Fat: 0.4 g; Calories from Fat: 53.5%; Cholesterol: 0 mg; Protein: 1.3 g; Carbohydrates: 4.9 g; Sugar: 1.3 g; Fiber: 2.1 g; Sodium: 227 mg; Calcium: 12 mg; Iron: 0.5 mg; Vitamin C: 6.1 mg; Beta-Carotene: 118 mcg; Vitamin E: 0.5 mg

Please feel free to tailor Physicians Committee recipes to suit your individual dietary needs.



Quick Rice Pudding

This is a warm and satisfying dessert that's full of fiber. Brown rice is an excellent source of protective soluble fiber, protein, vitamins, and minerals.

Makes 4 servings

Ingredients

1 1/2 cups plain or vanilla soy milk
1 teaspoon cornstarch or arrowroot powder
2 cups cooked brown rice
1/4 cup maple syrup
1/3 cup raisins
1/4 teaspoon cinnamon
1 teaspoon vanilla extract
1/2 teaspoon almond extract

Directions

Pour soy milk in a medium saucepan and add the cornstarch or arrowroot powder. Add the rice, maple syrup, raisins, and cinnamon and cook over medium heat. Cook for 3 minutes, then remove from heat and add vanilla and almond extracts. Serve hot or cold.

Source: *Eat Right, Live Longer* by Neal D. Barnard, M.D.; recipe by Jennifer Raymond M.S., R.D.

Per serving (1/4 recipe): Calories: 254; Saturated Fat: 1.8 g; Calories from Fat: 6.5%; Cholesterol: 0 mg; Protein: 5.7 g; Carbohydrates: 53.9 g; Sugar: 21.6 g; Fiber: 1.8 g; Sodium: 57 mg; Calcium: 142 mg; Iron: 2.4 mg; Vitamin C: 0.6 mg; Beta-Carotene: 1 mcg; Vitamin E: 1.3 mg

Please feel free to tailor Physicians Committee recipes to suit your individual dietary needs.

Southern Colorado Runners

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SoCo Runners are all smiles after running the American Discovery Trail Marathon held on September 4th, 2017 in Colorado Springs. Peggy Oreskovich and Robin Krueger Romero ran Boston Marathon qualifying times.

Pictured above from Left to Right : Matt Diaz, Dave Diaz, and "The Bad Ass Lady Gang" (as named by Jane) Stacey Diaz, Robin Krueger Romero, Peggy Oreskovich, and Jane Murtha