



Volume #349, Issue #4

Editor: Ron Dehn

FOOTPRINTS



The Autumn Edition



The Atalanta By Wendy Garrison



On August 4, eighty five women of various ages and abilities were greeted with warm, sunny weather for this year's Atalanta 5 K run / 1.5 mile walk. This was the fourth year the race was sponsored by SCR and hosted by the Big Dog Runners. While the sponsor and host remained the same, this year's race had a few changes. Becky Medina took over as Atalanta's Race Director. Medina's ability to improvise along with favorable weather conditions proved invaluable as an unex-

pected baby shower set up in the City Park Pavilion forced packet pickup outdoors.

Along with a new Race Director, the race shirts given to each of the participants were replaced by race headbands bearing the Atalanta apple logo. Overall winners in the 5 K and 1.5 mile walk were awarded original pottery created by SCR's own Ron Dehn. Replacing the wine glasses previously awarded to age division winners were gold, pink, or white apple pendant necklaces. Many of Atalanta's participants are repeat runners and walkers so the changes were

important. Timing duties were masterfully handled by Shawn Loppnow. It was Loppnow's first race timing solo and it couldn't have gone smoother. Joining the toga-clad race workers this year was Eric Castel-

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Below: The Planning Committee And "Hercules"



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Letter from the President Kim Arline

Just a reminder - the club's last major event of the year, the Rock Canyon Half Marathon is Sunday, December 2nd. Melanie Steves and Eric Castellano are the race directors this year and have a lot of new ideas for making the race fun and different. If you don't plan to run the race, please consider volunteering on the course or just show up along the course or at the finish line to cheer others on and create a bit more excitement and encouragement.

I've been approached by a few members wondering when the club gets together to train. The calendar events have been challenging to keep up with especially last minute changes. I encourage all club members that use Facebook, to join the groups "Southern Colorado Runners – Group Runs" and "SOCO-T2" for more two-way communication on getting together to train. Feel free to post any group rides, runs, track workouts, swim sessions you would like to share the love of the sport and training with others. Our club started out this way but we've all gotten busy and I just want all club members to feel welcome posting ideas and others joining in on the opportunities.

Right now there isn't any official swim sessions for club members. Gwen mentioned she is looking into it. I know quite a few people are looking for help with their swim stroke and I will post a couple swim sessions on SoCo-T2 group to meet me and I can help you with your stroke. I'm not a fast swimmer, but I learned a very aerobic stroke allowing me to race the other two disciplines. I remember how difficult it was to find my stroke and coordinate my breathing 5 years ago as a newbie. I can video your swim stroke and give you some pointers possibly. If you are looking for a hard, fast workout, I'm not the person to help you. But feel free to join us on those sessions and share your own pointers. That is how I learned to swim, many in our club offered advice, tips and different concepts and a few of them worked for me. I hope we can all do more of that this coming year and share the love of the sport some more!

And let's start riding more together! We used to meet for Test Track rides in the cooler, more off-season months and just enjoy one another's company. I will try to post a few rides options but El Nino is predicted this year and I have a season ski pass that might keep me heading west with my snowboard, son and exchange student. But many of you are looking for some company on the bike, so feel free to post your own rides for others to join. A few of you have expressed interest in Xterra Triathlon so I want to schedule one or two days in November or December to ride with others at Lake Pueblo when the snakes are hibernating (our exchange student just ran over a snake there on Friday). I will also share mountain bike classes the Southern Colorado Trailbuilders offer on the SoCo-T2 page.



Southern Colorado Runners
www.socorunners.org

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Southern Colorado Runners and Triathlon Club is a non-profit organization that promotes running, walking, biking, swimming, and overall health and fitness in the Southern Colorado Region.

"Footprints" Volume No. 349, Issue No. 4

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SCR Monthly Meetings: are held the 2nd Wednesday of each month at 6pm at the Pueblo West Library GLFC room, 298 S. Joe Martinez Blvd, Pueblo West, CO 81007. All SCR / Tri Club members are welcome and may bring relatives, friends, ideas, and treats.

SCR / Tri Club President is Kim Arline and can be reached at: president@socorunners.org. Other officers and contact info are listed on the outside back cover.

This newsletter is produced as a group effort by club members.

Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Kim Arline, Gary Franchi, Ashlee Sack, Wendy Garrison, Mary Yang, Marijane Martinez, Stacey Diaz, Meno Vargas, Cory Rose, Jane Murtha, Dave Diaz, and George Taliaferro*

Advertising Policy: 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. Inserts must be 8 1/2 x 11 and a count of 250 inserts is required. Coordinate with the newsletter editor regarding inserts and stuffing. Generally speaking, because of the publishing schedule, inserts are required well in advance.

* George Taliaferro was the first black player drafted by the NFL. He was drafted by the Chicago Bears in 1949 and was selected as a pro bowler 3 times. After football he got a masters degree in social work and worked with youth in education, the community, and the judicial system.



SCR is associated with RRCA, Road Runners Club of America. See: www.rca.org



Geezernomics

Catching Donkin' fever

by Gary Franchi



"The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience."

- Eleanor Roosevelt

For us geezers or near-geezers, adventure time is running out. And we know it. Plus, since we've experienced our share of them in our lifetimes, we want new, fresh ones while we can still physically do them.

Hence, after my wife Carrie ran the Boston Marathon this past April, she was looking for something different and exciting to tickle her psyche. Simply running, while still enjoyable and at a high point according to her recent training pace times, was not "doing it" enough for her anymore. Also, running road races has never much been her bag anyway, despite being very successful at it. And, yes, she felt that the time for new adventures could be fading.

But like many voids that are mysteriously filled, she found a new calling – pack burro racing. Or, to be more accurate, running or walking or stopping with them, depending on the burro's whim at the moment. You pretty much don't tell the burro what to do; instead, you encourage it, with your established relationship with the burro being a key ingredient. "Becoming one" with something, in this case the burro, has taken on a whole new meaning.

Carrie's new calling happened by chance last winter when, on a training run for Boston, she ran across Kevin Shaw, who founded Rosco's Runners. This is a totally positive, low-key and fun-loving social running group based at Rosco's Coffee Shop in Colorado Springs, and Kevin encouraged Carrie to join. Rosco is the name

of a burro owned by Tony White, who owns the coffee shop. The running group's motto is "Kick @ss Running".

When asked if she wanted to run with a burro two days before the Georgetown race a few months back, Carrie jumped at the opportunity. Being someone who loves animals, whether they be cats, squirrels, dogs or whatever, for Carrie this was instant love. Here was an opportunity to be with a burro traversing a scenic course in a non-competitive, enjoyable and fun atmosphere. Since then she's participated in similar events in Buena Vista, Victor and Manitou Springs. Burro runners have their own culture and are totally supportive of all participants. Never is heard a discouraging or critical word around these people.

Carrie's joy with this activity has reached a "ri-DONK-ulous" level, and I can feel it, too. Playing off what Eleanor Roosevelt said in the quote at the top of this piece, may everyone be fortunate enough to find their own new and positive experiences throughout their lifetimes.

Well said

I loved some of the material in the July issue of *Footprints*. What really grabbed me, though, was this quote in the "Girls on the Run" article written by young Makena Jolly after completing her first 5K: *"I feel so proud and accomplished with myself and proud to be me."*

Those words were so genuine and nicely

put. When all is said and done, we participate for ourselves, for the joy, confidence and fulfillment that events give us. Unless we are part of some kind of distance relay team or family running together, we don't really run to represent a group, Pueblo or any other city. We run for what we personally can accomplish. Thank you to Makena for stating it so beautifully.

What's next?

While the SCR's own Robert Pratt was sparkling at the Berlin Marathon (with a swift 3:37:05 time) in September, Kenyan Eliud Kipchoge set a world record there with an astounding 2:01:39 clocking, smashing the previous marathon record by a whopping 78 seconds. This makes me think that drug testing of elite athletes should determine whether they are actually human.

Not older, better

A recent brief in *Sports Illustrated* magazine talked about Jenny Hitchings, 55, of Sacramento, who set an age group (55-59) record for the 5K distance by running an 18:05 in the Susan B. Anthony 5K in her home town. She also broke the 10-mile recording by running a 1:01:20 in the Buffalo Stampede. Not too shabby at all!

Carrie & Justin



The Atalanta Continued

(Continued from page 1)

lano as Hercules - a role made popular in previous years by Darryl Clark. Several amazing door prizes were again awarded including jewelry, gift cards and a highly coveted hydration pack.



There was no shortage of talent among this year's runners and walkers. In the 5 K a new face took top honors. Taylor Hoover-Matecki ran the course in 19:08. This beat last year's time of 21:23 set by Shayana Holcomb. Rounding out the top 5 runners were Niki Arriaga (22:47), Sydney Tillman (23:21), B. Botero (23:56) and Peggy Oreskovich (24:27). The 1.5 mile walk was once again won by Donna Hickman with a time of 18:02. Hickman has won the walk all four years since the race restarted. The other walkers making up the top five were: Susan Montez (20:16), Emily Arellano (20:46), Haley Garcia (20:46) and Karen Romero (20:57).

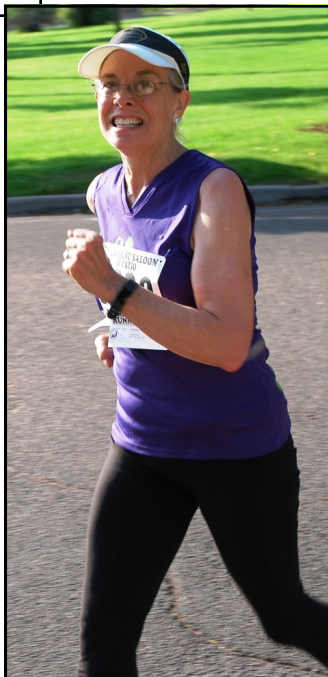
Marijane Martinez was selected as this year's Honorary Atalanta Race Captain. She started the race

Above: Taylor Hoover-Matecki
Right: Donna Hickman

with the Atalanta race poem. Twenty percent of the race proceeds were donated to Girls on the Run - a non-profit program that works to encourage healthy lifestyles and self respect to pre-teen girls.

Over half of Atalanta's funding was obtained through the generous donations of Dr. Cavalli, Jim and Barb Hadley, the Lopez family, Dr. Patti Canchola, Mark Gregory, and Dr. Pratt.

The number of volunteers who made the race possible

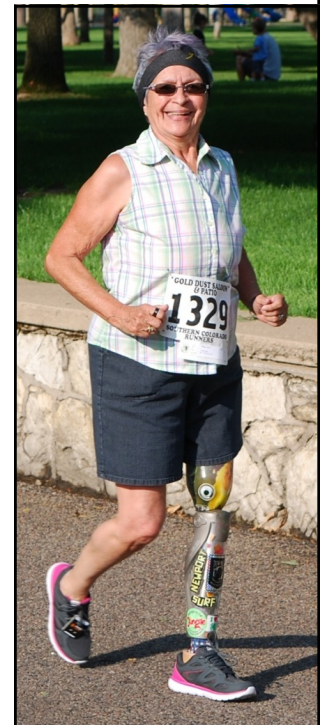


include: Don Thompson, Mac Singer, Ron Dehn, Bob Drake, Herb Brockman, Danny Nelson, Lou Fox, Jason Castro, Mike Baca, Dave Dehn, Dave Diaz, Eric Medina, Luke Longergan, Kayla Medina, Ashley Garrison, and Gwen Steves. Thank you for giving up your time to make it happen.



Above:
Reyna Quintana (L)
and Meg Scarlett

Right:
Irene Grilley



More Atlanta Pics



**Above Left: Martha Drake presents the Honorary Race Captain award to Marijane Martinez
Right: Cathy & Chris Dehn, Jennifer and Emily Arellano, Halee Garcia, Robin Martinez, Ann Macartney**

Banquet Info

Runners on your mark, get set, GO to your calendar and save the date!
2019 Southern Colorado Awards Banquet will take place on
January 19th at 6pm.



More details coming soon at soco.runners.org or visit us on Facebook



In Training Comes the Reward

By Ashlee Sack

“Run the zigs, walk the zags,” I told myself as my pulse throbbed in my ears. “Just run.”

I was halfway up the Chamonix Vertical in France, and the picturesque mountain town, bedecked in flowers and tourists in August, looked small in the distance. A false summit loomed above my head, hiding the remainder of the climb. My guide book had told me that the top featured a climb so steep that cables were involved. I squinted in the morning sun and pumped my arms. Thankfully, my legs followed suit. I couldn't stop now, I had a training regimen to keep up with, vacation or no. The Pikes Peak Marathon was just two weeks away, and if I didn't get a long run in today, it might not happen before the big day.

Months ago, I had ordered ‘Trail Running Chamonix and the Mont Blanc Region’ ahead of a two-week trip to France and Switzerland to watch my college roommate get married. Combing through the pages, I marked routes that I thought I could handle: not too many miles and easily navigable. I would be running by myself. I also purchased a running vest so I could carry my phone, a few Euros for bus fare (should I find myself too far out to return on foot), and a piece of paper bearing the name and phone number of my friends in France. You know, just in case.

Now in Chamonix, my training on Skyline Drive and the Royal Gorge Trails was coming in handy. I definitely wasn't

going to beat the current record of 30 minutes up the 2.5-mile route that rose 1 metric km in the air, but I was going to finish it.

Wild raspberry bushes brushed my arms as I watched my feet dance from rock to rock. I could see the muscles in my thigh pumping upward with each step. The gondolas, carrying tourists from all over the world, began to soar over my head toward Planpratz, cables whirring. Some of the passengers would go on to hike Le Brevent – a 2,525m behemoth that was but a single peak in the vast expanse of the Alps.

The trail steepened and I gasped for air. Giant granite boulders with steel steps rose out of the earth. I climbed. Grasping cables and rock handholds, I pulled my weary body higher and higher. Suddenly, around a bend, there was a staircase. And a patio. I had reached the Planpratz gondola station, the end of my trail. The area was quiet. There was no fanfare, no crowd to welcome me to the top. No one handed me a medal. But I had done it. In just a few weeks, elite runners from all nations would participate in the Ultra Trail du Mont Blanc and would run this very section (and then go on to traverse an additional 163.5 km). I was proud of myself, and I was overwhelmed with the beauty of the mountain. From my perch, I could see Mont Blanc, majestic and immense, looming over the valley. It was absolutely incredible.

On August 19th, as I faced the 16 Golden Stairs on Pikes Peak, my lungs would remember the grueling gain in altitude of the Chamonix Vertical. But my heart? My heart only remembered that I had gone and come back again. That I had stood 1 kilometer over the shining river Arve, opaque and turquoise in the sun. My heart knew that, no matter why I had climbed that incredible trail, the training had been just as rewarding as the race.

Chamonix, France is accessible by flying into Zurich, Switzerland or Geneva, Switzerland. Trail running is best in late spring and summer. For complete information, see [Trail Running Chamonix and the Mont Blanc Region](#). Jones, Kingsley. Latitude Press, Ltd. 2016.



My French Souvenir

By Ashlee Sack



The sun was still hiding behind the hulking figure of Mont Blanc as I tied my shoes in the attic bedroom of our rented French chalet. Quietly closing the door behind me, I set out on the road to Chamonix. Sunlight had not reached the valley as I passed dark shop win-

dows and street cleaning crews. Empty streets gave me the freedom to choose my route: cobblestone streets to smooth sidewalks. The only sign of life moving at a normal pace was the river Arve, steadily coursing through town without concern for the ticking of the clock. I passed the bakery (mental note to stop later), the gondola epicenter, and numerous mountaineering shops. None of these were my destination: I was headed for singletrack. Two hours and many meters later, I stood mired in pine trees, looking out over the vast expanse of the valley. Homes dotted the valley floor like toys. I breathed deeply of the fresh mountain air. Reluctantly, I made my way down.

The next morning, the morning of the wedding I was in France to attend, I set off in the opposite direction. I strode silently past Accro Park and several still, tiny ponds. The trail welcomed me, setting off at a steady grade toward the top of the mountain. Shale and forest detritus padded the path as I climbed further into the air. My lungs burned but my heart was eager to see how far I could go. As it turns out, I could go just far enough to get lost. Luckily, a group of runners (angels!) was huddled at a kiosk, French and English passing between them. After one of the runners helped me plan an appropriate route back, she bent down.

“Taste these,” she said as she plucked a berry from underneath the kiosk. So I did. It was the sweetest raspberry that I have ever tasted. A gift from the Alps. I bid farewell to my trail angels and headed down the mountain. Still a little lost, I passed the statue of Jesus that we’d seen on our way into the

valley a few days before. A happy mistake. Downhill now, my legs carried me faster along the trail, which eventually met up with the river. The Arve courses through the valley from the glaciers at its source. It carries a high concentration of silt, which gives it a strange opaque color. On this particular day, it seemed to be made of molten turquoise. The water churned and licked at the banks as if riotously happy to be free from its frozen source. The trail was nearly empty. I followed the river for a few miles and crossed at a bridge near Les Bosonns, the village south of Chamonix. Along on the bridge, I watched the river move downstream, the only person to see it make this leg of its journey. My feet pounded the sidewalk between homes, chalets, and picturesque hotels. Finally, I reached the chalet and collapsed on the front steps. “Oh,” said my friend, “did you run already?”

Later, as we drove the road next to the river, others in the car craned their necks for a brief glimpse of the water. In the gondolas, we marveled at how close we were to the tops of the very trees that I had found respite under, their needles crunching under my feet. In town, people crowded the streets.

It was as if – during my run - Chamonix had told me a secret, and I was destined to carry the sound of the river, the smell of the trees, and the feel of the dirt beneath my feet home with me. So I did.

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RUN FOR THE HILLS

By Mary Yang

The bar has been set! On Sunday, October 7th, the Rim to Rim Royal Gorge Races hosted their inaugural half marathon. The first overall male finisher was Jeremy Scanlan from Louisville, CO. He finished with a time of 1:26:35 (6:36 pace). Spectators at the finish line were in awe of his effort. His smile was contagious as he was greeted by his wife and infant son. The first overall female finisher was Julie Olsen-Smith from Parker, CO. She finished with a time of 1:37:56 (7:28 pace). She was also greeted by her family and a cheering crowd. Both, Jeremy and Julie agreed that this was an extremely challenging but rewarding half marathon.

In the developing stages of creating the half marathon, once we began to reveal what we had in mind for the course, we began to hear the buzz of conversations. Individuals began to speculate about how difficult the course would be. We knew we would be taking a risk. Either, people would embrace the challenge and see it as unique to our area, or they would shy away from it without further consideration.

Because there was so much talk about the

difficulty of the half marathon course, we gathered a few friends and hosted a couple of practice runs. We were excited about the course and wanted to share it with our fellow running buddies. Also, we wanted to receive honest feedback. It was no surprise that the consensus from each group was that this is indeed an extremely challenging race course with a total elevation gain of 3000 ft. Nonetheless, they ran it and embraced all that this course has to offer. A few of the individuals from the groups stated that this half marathon will easily be amongst the most extreme half marathons in the Southern Colorado area. That was all the encouragement our race committee members needed to move forward and carrying out this event. We were looking to offer something unique; something challenging, but doable. On race day, it was endearing to see these same people, our friends come back out to offer their support as they all lined up at the start line with other registrants ready to run.

There were 74 registrants for our inaugural half marathon and we were pleased with the turnout. The weather forecast predicted much cooler temperatures with the possibility of rain. While runners

made their way to the start line, in true Colorado fashion, the clouds began to break away and the sun casted a light over the mountains towards the west, creating a vibrant view. It was a brilliant start to the race.

After the spectators

saw their loved ones off, they then made their way across the Royal Gorge Bridge to gather around the finish line. It wasn't long before excitement filled the air and runners began making their way back. It was exhilarating to watch individuals fly down that final hill and soar to the finish line. It became clear to our race committee members that we have stumbled onto something great. After runners crossed the finish line and caught their breath, we continued to hear comments such as, "that was the most challenging half marathon I've ever done," "that was brutal," "I'm coming back next year," and "I'm telling all of my friends about this race!" We should also mention that amongst our finishers was, Dave Diaz, a name recognized by all SOCO runners. He took 1st place in his age division with a very respectable time of 2:10:48 (pace 9:59). Thank you for coming out, Dave! You have set the bar high.

Here is a brief description about the course, as I am certain that we have peeked your curiosity by now. The run begins in the main parking lot of the Royal Gorge Bridge and Park. Runners immediately run into the park and make their way across the Royal Gorge Bridge. An epic start, for sure. Immediately after making their way across the bridge, runners are greeted by their first challenge when they hit a steep hill that is approximately .5 miles long. Then, there's a nice, long and steady downhill allowing for runners to catch their breath and take in the stunning views. The best word to describe the foothills south of the Bridge is "serene." Halfway through the course, there is a break from the pavement with approximately 4 miles of dirt road. The break is appreciated because then runners will turn around and run back towards the Bridge, approximately 2.5 miles back up. The race will then end by running back down the first steep hill to make your way back to the Bridge.

This race embodies so much. Not only does it offer a challenging course at one of Colorado's most beautiful locations,

(Continued on page 9)

Chester Haddan



More Running for the Hills



Marcy Epperson

to watch it continue to succeed and grow. We are truly grateful for the support from participants, sponsors, volunteers and the Royal Gorge Bridge and Park. None of this would be possible without this level of support.



(Continued from page 8)

but it also supports a worthy cause. All proceeds go to Starpoint, a local non-profit organization that offers essential services to individuals with special needs. This is Starpoint's biggest annual fundraiser. This year, we hosted our 8th annual 5K/10K races on Saturday, October 6th. We offered a special rate to those who chose to run either the 5K or 10K on Saturday and the half marathon on Sunday. The Rim to Rim Royal Gorge Races has become one of the signature races in our community here in Canon City. It has been heartwarming

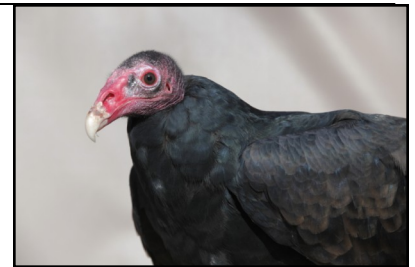
**Above Right: Julie Olsen-Smith
1st Overall Female
Right: Jeremy Scanlan
Overall Male Winner**



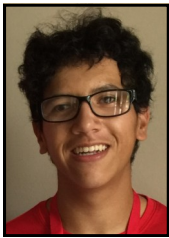
**Join us
217 South Union**

**THE
GOLD DUST**

Saloon, Craft Beer and Grill



**Lurch says
You should do the
Raptor Resolution Run
On December 29th at the
Nature and
Wildlife Discovery Center**



**My Olympic Experience
by Filomeno "Meno" Vargas**

Dear Running Family of Southern Colorado Running/Tri Club,

This summer you gave me the wonderful gift of being able to attend the USA Olympic Cross-Country Youth Camp held at the USA Olympic Center in Colorado Springs, Colorado, July, 2018. Club scholarship money award allowed me to participate in a learning experience with other youth runners from throughout the United States, Canada, and Japan. There were a little over 50 youth athletes in attendance. The camp was a 5-day camp filled with a ton of information, and yes, some run and fun.

We started our day and ended our day with a run. Daily, we were able to enjoy and experience eating the same food made for our USA Olympic teams. There were goodies we were able to eat, like the "ice cream and donuts, although not recommended when training. Then there were the many clinics teaching us more about the world of running. Finally, it was super cool to meet other youth runners. The clinics included topics Safety and running, goal setting, performance psychology, nutrition, and health/gender considerations.

Here are some highlights from these clinics:

Safety and Running;

- Youth athletes should always try to run with a fellow runner.
- Runners face the traffic when running on the road.
- Night running, run with a flashlight and point it to the ground to help light the areas where you are stepping.
- Always run in neighborhoods you know.
- Consider temperature and humidity when running. Try to run early in the morning when it is cooler.
- Keep a running log with not only mileage but include temperature, terrain, sleep pattern, morning resting heart rate which can help with identifying patterns leading to injuries and illness.
- MOST IMPORTANT:** Not everyone who smiles at you are your friend.

Goal Setting;

- Athletes should have a short-term goal and a long-term goal.

**"Youth Footprints"
Coached by Marilyn
Vargas and Dave Rael**



As Coaches, we together, join with others to develop accomplished athletes in our world of running and triathlon experience. Last edition, this section included a sincere thanks for the scholarships and training put forth from SoCo Running/Tri Club to community youth. A nice article from the Wade family accompanied as they described their experience of success in the Ordinary Mortals and Mini Mortals Triathlon event.

This edition we continue to give heartfelt thanks to the SoCo Running/Tri club as they invested in their 2 Time Youth Male Runner of the Year, "Meno Vargas".

- If you belong to a group or team "always" have a team goal.
- Let your support system know your goals to help keep you accountable.

Performance Psychology;

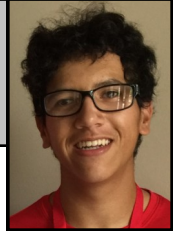
- Motivation; focus on what needs to be done.
- Anxiety; Stay calm by focusing on your goals.
- Concentration; stick to your race plan and goals.
- Confidence; stay positive and get rid of negative thoughts.
- Decision making; Make the best decision that will help you reach your goal i.e. don't run through an injury.

Nutrition;

- Stay away from preservative and processed foods. "Read the Label".
- 3 days before a meet or race eat red meat. No red meat after day 3.
- With a healthy diet it is estimated that an athlete has 15 miles worth of glycogen storage. No need to carb-load if your race is less than 15 miles.
- Best way to hydrate is to drink water. Runners should drink 8 10 oz. glasses of water a day.
- Runners can lose as much as 4 quarts or 20 glasses each hour when running hard during warm or hot



My Olympic Experience continued



(Youth Footprints Continued from page 10)

weather.

If your urine is a dark amber color, you are not hydrating sufficiently.

Training hard: studies show that by drinking 100 to 150 calories of sugar water within 15 minutes of completion of a hard training run or competition and again an hour and half later, the glycogen levels in the legs were replaced more fully the next day.

Don't skip meal and stay with your training diet plan.

Everyone's body is different so listen to what your body needs.

Health and Gender Considerations;

Some studies showed that women expend more energy in endurance running.

Some women are found to place a high value on lean body type and do not consume enough iron in their diet resulting in anemia.

Iron stores are important for both male and females. A serum ferritin test can measure ferritin levels. Normal levels for women are above 20mg/mL and for men it is 30 mg/mL.

Females should watch for "exercise associated amenorrhea", absence of menstrual cycle due to exercise. This condition can lead to the athlete being at high risk for Osteoporosis.

These are a few highlights from the clinics provided at camp. The most important overall Camp experience for me was the opportunity to meet new friends of different places and cultures with the same love for running I have. In addition, this camp has encouraged me to be the best runner I can be and to respect my body and the sport of running so that I can run for many years to come.

Thank you once again, my running family of Southern Colorado Running/Tri Club, for Blessing me with this awesome opportunity to have this camp experience that will be a part of me for my lifetime. Also, thank you mom and dad for believing in me! I love you!





IM Wisconsin: A Mooers Journey

By Cory Rose

I roll over about 1 in the morning and cry out. I'm forced to sleep in nothing less than a ball to my left side as tears stream down my face. I can't extend my leg because it's to agonizing. I don't know what I'm going to do. It's Monday and I'm less than two weeks out from what will be my seventh Ironman, Ironman Wisconsin. I have a curse when it comes to Ironman three weeks before a race. I've crashed my bike, gotten sick, injured myself, had my dad die, but this was a new endeavor. An infection and abscess had broken out on my groin muscle. Walking had become impossible and I couldn't even lay down.

Before that my prep and season had been a major success. This would be my eighth triathlon of the season and of those eight, five were podiums, one of which included an overall win and one was a fifth place AG podium finish at the Boulder 70.3. This would also include my second full Ironman of the year. My swimming always a weakness I worked diligently on and was swimming my fastest sets to date. I had done several sub 5 IM bike splits with 7min miles off the bike. My running always being my strongest and greatest weapons was so sharp. I was running 18-20miles at 6:50-7min paces with 145-148 heart rates. I was fit and confident but that was all crashing down as I laid there crying into my pillow.

I made the decision Tuesday that I was going to have to pull out of the race and I texted my friend Gwen who happened to

rope all of us from Pueblo into the race and coordinate the trip. I at this point hadn't told anybody what was going on and was in truth embarrassed that I let this happen. I said to her that I can't do this and will have to pull out. I've been unable to even get in the pool I am in so much pain. I told her the whole truth and she set me up with an appointment with a personal friend and doctor of ours who agreed to thankfully see me after hours. She lanced and drained me that afternoon and put me on antibiotics. Gave me a list of things to do that I followed religiously. Thursday she saw me again and the difference of where I was, was overwhelmingly apparent. Friday I was back to swimming. Saturday I was back to running and by a miracle I was back to riding Monday. The Sunday before getting lanced I rode in complete agony and barely made it through 50 miles and here I was Monday riding 70. I wasn't quite ready to say I was back but my confidence to race and finish was now there.

We set off Wednesday afternoon and were in Madison by the afternoon the next day. I rode with my best friends Marshal and Molly who are like my family and have travelled and raced so many races with. Gwen had set us all up with rooms in this nice hotel just down the street from the transition and race start. There was nervous talk about whether or not the swim would be cancelled or that we would be riding in torrential down-pours. Madison and the area had just been getting hammered with storm after storm resulting in multiple areas of flooding. Lake Monona was so swollen and had crept all the way up to the bike baths. Monster sand bags lined the edge of the river barely holding back the water in some places as the wind whipped the waves up and over in some areas.

Friday the entire group from Pueblo agreed and wanted to go ride and check out sections of the course. The Wisconsin bike course is what is known as a lollipop. You ride out in a straight path then do a loop much like the shape of a lollipop. You do this loop twice and I wanted to ride and see the entire loop. The loop was just over 40 miles so just over two hours of riding, perfect. I knew this course was mostly chip seal and I wanted to see how rough the road was and get an idea of tire pressure and hopefully have full wherewithal to see any hazards. The course as well is far from flat and continuously rolls. I wanted to be confident as well when to shift and what the turns look like. I felt ready as ever and strong to tackle this course. Sunday was going to be a good day.

Saturday for me has always been about putting on the wetsuit and testing the waters. There was a lot of hem hawing and feet dragging from the group about jumping in the lake but thankfully Gwen and I have the same mindset so after we watched the munchkins run in the Ironkids we headed down to the lake. The water wasn't as cold as I thought but just as murky and choppy as it looked. The winds moving across the lake just created an ocean. This was going to be a tough swim tomorrow but I was ready and have handled worse. The interesting thing and very unique thing about IM Wisconsin is where the transition and finish line take place. The bikes are all racked on top of a parking garage and you

(Continued on page 13)



IM Wisconsin continued

(Continued from page 12)

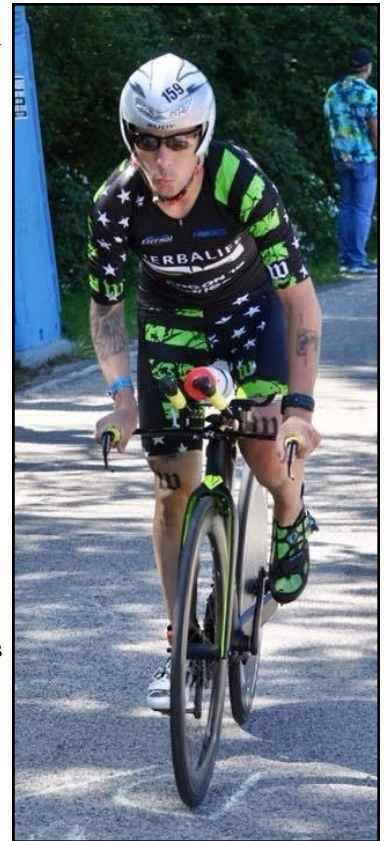
transition and change inside the attached convention center. The finish line just a few steps up the street is directly in front of the capital building.

Sunday September 9th, race morning, I eat the same thing before every race and in the exact time window. I have a big bowl of Oatmeal exactly three hours before the gun goes off. At this point I'd like to believe that I'm an IM veteran and don't really get race nerves. I look at Ironman as any other race as I put the time in and now its just time to execute. Even with all that happened in the last couple weeks it was far from my mind and had nothing to shake my confidence. I found my bike and put my bottles on it, got my tires pumped and was ready to rock it. Nutritionally I've done the same for my last five IM's. I use only two bottles of nutrition and super concentrate them putting 600 cal in each with a mixture of carbohydrates, Herbalife 24 CR7, and amino acids. I keep my nutrition locked squarely between my arms and just a plain bottle of water behind the saddle. My other nutrition bottle I'll pick up at the half way point of the race. I also eat two 200 calorie bars to suppress my appetite.

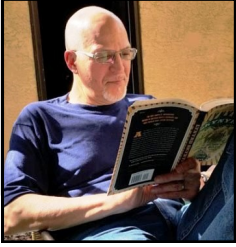
One other interesting aspect of the race as I stated before hand is that the bikes are racked at the top of a parking garage so I had to walk down the spiral ramp to get to the swim. I like to find a quiet place to put my wetsuit on and then just take a moment to stare out at the lake appreciate what I'm about to do and find my acceptance of what I'm about to do today. It's almost like a meditation bringing me to this mindfulness of the moment. Most IM's are going to a self-seeding start much like a marathon and I scouted and found my carrel of 1:10-15. They pack you in like sardines so it's important to get down there early. The water was so much less dramatic than it was yesterday. The wind at this point hadn't picked up much and the violentness that we experienced was much reduced. I stand there listening to the music keeping me in the moment until the cannon booms. It normally takes a few minutes until we finally start moving and creeping down towards the lake. We edge slowly down to the lake until it's my turn to get in the water. I make sure to start my watch and away I go. The first 200 yards or until the first buoy can be an all out war, I've been kicked, punched, had my goggles ripped from my face. People will climb over you but this race so far was pretty mild. Going out to the first buoy we were with the current and it was awesome, you just feel like a million bucks and it's so easy to sight and swim straight. We hit the first turn buoy swim up a little and you start feeling the push of the waves and then there is this crushing reality that you are going to have to swim the majority of it into the waves and current, well here we go followed by expletives is what I tell myself. My vision unfortunately is not very good haven been born with cataracts. I struggle to see the buoys and normally are swimming off the swimmers in front of me until I see the buoy. You begin to find a rhythm and motion to the waves. Trying to turn your arms over faster and sight a little bit more frequently. I hit the final turn buoy and from there it's an angled straight shot back to shore. I swim until my fingers touch land stand up and thankfully am helped by volunteers getting us out of the water. I run immediately to the wetsuit peelers and as I'm standing up I hear them call Gwen Steves from Pueblo and I'm like snap Gwen and I got out of the water together and there she was. We ran side by side for the

most part until we grabbed our bags. Another very interesting aspect of this transition is that it's very long from the lake to your bag. The longest one I've done. You run on bare concrete from what seemed like half a mile and up the spiraling car ramp to the top. When I entered the stadium like noise as people lined the entire ramp from top to bottom. I smiled the entire way up but by the time I found my bag my feet were numb, completely numb. I run inside the convention center and put my bike shoes on which I regretted because I had such a long run to my bike because it was all the way at the very end. I should have put them on at the bike, oh well. I grab my bike and here we go.

The first few miles are a mixture of bike paths and crappy roads. We go across a train track and my nutrition bottle launches and I reach out and catch it in mid air, phew. I'm a strong cyclist and a terrible swimmer, so for the first 40-50 miles of my races are normally a bit of chaos as I'm trying to navigate around the slower bikers with terrible handling skills. It's about 15 miles until about the start of the loop that I had ridden previously already. The first half of the loop is a lot of short but punchy rollers. I was getting so annoyed by the riders around me because I would see these guys hammer these hills get to the top and just sit up and put the brakes on. I was getting so pissed off because I can't stand this stuff. Don't pass me unless you're going to commit to it. I'm getting annoyed and on the down hills I just let it rip and say see you later sucker. The second half the hills become a lot bigger but nothing serious. It was kind of fun actually because there is just so many people lined up the two biggest hills. Think a very mild version of the Tour de France but still so much fun and can't help but smile. I finish the first lap thinking and feeling that I had ridden it very conservatively and in control. My power numbers reflected that I was staying in my zones and I could take bigger chances on the second lap and push a little harder. As the day progressed the wind started getting stronger and stronger. Coming around for the second lap it just felt like it was always in your face. I was hitting the corners a little harder pushing a little harder efforts up the hills. The second lap was much the same as the first just less riders to have to make my way through except the few riders I was lapping on their first lap. I made the turn back towards town and transition and had only about 15 miles but it was the longest 15 miles of my life. The wind was directly in



(Continued on page 19)



Book Review:

"Let Your Mind Run" shows how Deena Kastor used her mind to excel
By Gary Franchi



I'm one of those long-time runners (well, I WAS a runner until 2 years ago) who remembers when the Spring Runoff first began at the Pueblo Mall. No, I'm not gonna pull out that old "train stopped on the course" story. Then the event was moved to Pueblo's north side before finding its current home at Dutch Clark Stadium.

In its infancy, the Runoff often attracted some truly studly runners, many of them from Colorado Springs and Alamosa, not to mention Pueblo's own Dick LeDoux, who was talented enough to be part of the elite field at the Bolder Boulder back then, not to mention to win Runoff titles several times. I remember talented Ted Castaneda coming down from the Springs to race on the Pueblo Mall course. And ex-U.S. Olympian 10,000-meter dynamo Pat Porter made the trip from Alamosa to display his speed on the Northridge course. There were other super talents, too.

But a new book I read recently reminded me of having worked as a volunteer when the Runoff was held in Northridge. Interesting was that, back then, the 5K race used to start an hour before the 10K and 10-mile races. One year, Deena Drossin *came up and over* from Alamosa to put her name in the Spring Runoff record book. Deena first ran and won the 5K race, then caught her breath in time to win the 10K race as well.

"Who is this lady?" I wondered of Drossin at the time. Well, we found out soon enough when the lady who became Deena Kastor went on to set American records in every distance from the 5K to the marathon, along the way winning a marathon bronze medal in the 2004 Olympics in Athens, Greece during a magnificent 20-year career.

The book I'm talking about – "Let Your Mind Run: A Memoir of Thinking My Way to Victory" – is Kastor's platform to provide a plethora of information about how she used her mind to achieve mental and physical strength through positivity, gratitude and enjoyment of life, running, etc.

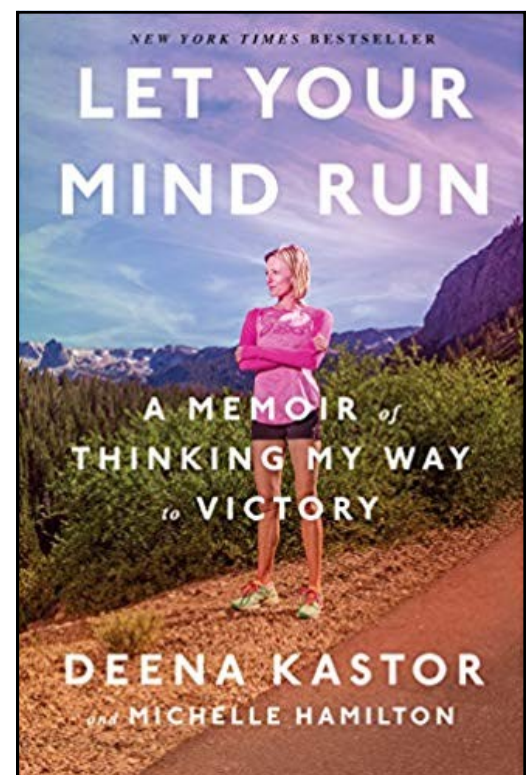
At the time, Drossin was being coached by legendary Joe Vigil, who coached more national champions (individuals and teams) at Adams State College (now University) than anyone else anywhere. Vigil had incomparable knowledge of running physiology and motivational skills, and he and Drossin meshed immediately.

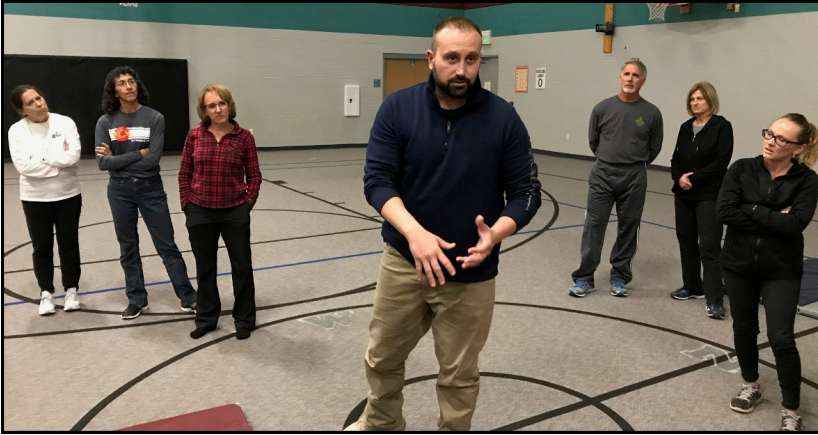
Now, I don't know about you, but I've always considered "positive thinking" and "think your way to excellence" talk

as being pretty hokey. But Drossin, infused with the spirit from a few different sources, kind of changed my mind about this. In the book, she explains through examples exactly how she would turn negative thoughts into positive ones to change her approach about what she could accomplish. And, of course, it worked for her.

The book is told chronologically, beginning with how Drossin got started in running at the age of 11 and was an instant phenom with infinite talent. It follows her through high school and college, detailing how she reached a less-than-stellar collegiate peak that left her on the verge of quitting. It was then that she took a chance and moved to the high altitudes of Alamosa to train under Vigil, who had started the first professional distance-running team. There, she transformed her running career to become faster than she had ever imagined.

"Let Your Mind Run" is available in hardback at the Pueblo City-County Library. It's one of the more interesting running books I have ever read.





Mark Fairbairn gave us an introduction to self defense

About a year ago, Darryl Clark was running on the river trail and spotted some of our lady club members running on the trail ahead of him. He had a revelation that the ladies were potentially vulnerable and that the club should offer some basic training in self defense.

Darryl brought the topic up and a meeting and I contacted my son-in-law, Mark Fairbairn who is a Certified Instructor in Defense Tactics for DOC. Mark agreed to conduct a class for SCR.

On October 10, Kim Arline led our regular monthly meeting which took about 30 minutes and we adjourned to the Cedar Ridge Elementary School gym for the self defense class. Mark started by informing the 19 attendees that his goal was for each of us to come away with two or three defensive moves and to focus on these. He wanted to give us at least a few tools in the event we encountered a situation where a physical confrontation was unavoidable. An extensive class would require at least 40 hours of training. He also wanted us to think about what we would do if confronted and to make some decisions ahead of time.

Darryl made reference to an article in Runners World that stated assaults do happen to runners and they are not necessarily isolated.

Mark began by telling us to evaluate our risks. Know when and where potential threats exist and avoid risky situations. Be aware of our surroundings. He also said it is important to trust your gut. If something feels unusual or out of order – listen to what your gut is telling you. He said that it takes an untrained person somewhere in the neighborhood of 30 seconds to evaluate a threatening situation. It is to our advantage to reduce that time by making some decisions beforehand. Understand that a perpetrator likely has thought about his plan in advance and knows his intent. We should think ahead about our potential options. Physical confrontation should be way down on our list, but we should know at what level we are willing to fight. Would we fight if someone tries to steal something such as a cell phone or wallet? What is the point where we react physically? By making this decision ahead of time, we reduce our evaluation time and are better prepared to deal with the situation. He advised us that if we commit to fight, then commit with no hesitation. He also said that people often times wait to dial 911 until it is too late. If you perceive a threat – call.

SCR's Self Defense Class



He started by showing us a few pressure points. When applied properly these maneuvers may temporarily give us an advantage, so we can get away.

He stressed keeping our balance and showed us defense moves to help us escape when a perpetrator puts his hands on us. He talked about the various nerves in the arms, legs, and neck which we could strike to again give us a temporary advantage. He showed us some places to strike that will likely knock a person out.

He showed us some escape techniques in the event the perpetrator gets us to the ground. He also said that we must avoid if at all possible allowing the perpetrator to take us away from where we are, like forcing us into a vehicle. Once that happens, we lose almost all our power and the danger level is extremely accelerated. He said that a shoelace can be used to cut through a zip tie.

In summary: There is no way to sufficiently describe self defense techniques in a short article. If you wish to pursue this, take a class. However here are some common sense thoughts to come away with: Try to avoid dangerous situations in the first place. Be aware of your surroundings. Call 911 and / or scream for help if possible. Make decisions ahead of time. Fight if no other option is available and commit to protect yourself.

We thank Mark for the expert advice / demonstrations and we thank Melissa for making arrangements for the gym.



Wendy makes a defensive move on Mark



Who is That?

Meet Melanie Steves

By Jane Murtha



After being inspired by the Prep Spotlight in the Pueblo Chieftain, I thought it would be fun to interview some club members. It creates an opportunity to put a face with a name and learn a little about our fellow club members. All too often at events, we see someone and think “Who is that person? I’ve seen them around.” Hopefully, after reading these interviews, you’ll be able to answer the question “**Who is That?**” more often.

My first interview features Melanie Steves. She was slightly reluctant to be interviewed but nevertheless gracious. I already knew Melanie fairly well, having

interacted with her at various events. To ensure my preexisting knowledge was accurate, I also talked briefly with her mom.

Melanie is a Pueblo native and the daughter of club members Susie and Mark Steves. She is their only daughter and has an older and younger brother. Growing up her family was very active and competitive, traveling extensively to compete as professionals in paintball contests. The pinnacle of Melanie’s paintball career saw her reaching the finals of a world championship at the Skydome in Toronto. She was the only female on the team!

In time, Melanie settled down long enough to give birth to a daughter, now 20, and a son, now 17. She is engaged to club member Eric Castellano. For those of you that don’t know, they got engaged in the middle of the Pikes Peak Marathon! She is also a two time Ironman. With such an active lifestyle, it is natural for her to be involved in the running club and community. Now that her background has been covered, we can get to the interview questions.

How long have you been a club member? “Not sure exactly, 10 years or so.”

What was your motivation to start running? “I bought a jogging stroller to get in shape after having kids. They loved being outside and so did I so I kept at it.”

Do you have any special pre or post running rituals or habits? “Well, I always wear a bandana. I’m known for that.”

Who is your favorite running buddy? “Paula McCabe. We’ve been running together for a long time.”

Do you listen to music while you run? “Rarely. I got away from listening to music when I was training for my triathlons. I like to tune in to nature. Running keeps you at peace. I try to stay in the moment, refocus, and figure things out. It keeps me mindful of life.”

Speaking of music, what genres do you like? “Depends on my mood. Usually Pop or Rock.”

Do you cross train? “Yes. Biking, swimming and lately more sport specific strength training.”

What races did you do this year? “Mt. Sneffels, Revel and the Slacker Half; Spring Runoff 10 mile; Atalanta, Liberty Point and State Fair Stampede 5k.”

Do you have any upcoming events? “Right now, Eric and I are focusing on our roles as the race directors for the Rock Canyon Half Marathon. I get super excited seeing all the out of state entrants.”

Do you have any goals for next year? “Not sure yet. Maybe the Pikes Peak Marathon or maybe some Spartan Races. I love running!”

What are your hobbies outside of running? “I’ve been loving hiking. I don’t have a lot of spare time. Right now, I’m a full time student and working mom.”



(Continued on page 18)

Who is That?

Meet Jay Zarr

By Jane Murtha



For the second installment of “Who is That?” I sent some questions to my accommodating neighbor Jay Zarr. He replied via email and I thought I’d share his responses as he wrote them. It’s a slight format change but I wanted to leave the answers in his “voice.” Before we get to the questions and answers, I would like to share a couple of stories about Jay. Cajuns would refer to this as “lagniappe,” which means a little something extra.

Jay and I live in Pueblo West, where the North Turkey Creek Canyon open land and Lake Pueblo State Park adjoin. The North Turkey Creek land is somewhat remote, but where it intersects with the Reservoir Road is quite a popular area. At dusk one evening this past summer, I was walking my dog and I saw Jay walking up the trail with a HUGE bag of trash. I asked him what he was doing, and he replied he had cleaned up the area at the edge of the state park because it was overrun with trash. He hauled it almost a *mile* back to his house to dispose of it properly. He’s just that kind of guy.

In his answers below, Jay alludes to enjoying snow skiing and backpacking. In true Jay fashion, his answers are typically understated. He is a *badass*! During warmer months, he leads youth groups into the wilderness on backpacking adventures and goes on extraordinary kayaking trips. In the winter, he skis into the backcountry to camp overnight in yurts just so he can shred fresh powder in the morning. Jay might not run a lot of races, but he has found a way to use running to facilitate his quest to live an active and adventurous life. That’s my two cents, for what it’s worth. Now, on to the questions...

Q: Pueblo native? If not, what’s your hometown and how long have you been in the area?

A: I returned in 1990 for what I thought would be 1-2 years, so been here since the fall of 1990. I came back to help build the Challenge Course and to restart the outdoor program.



Q: Are you married? Kids?

A: Yes, and yes 2 (Step)son 4 grandsons and one Great grandson just born last week

Q: Pets?

A: The wonder Labradoodle Zeus

Q: How long have you been a club member?

A: Not sure been one off and on for years

Q: How long have you been running?

A: I have always run some just to stay in shape so I could hike, climb, ski, bike and backpack. When I turned 60 (yes, I am old) and had to have major knee surgery, I decided that it was time to run my first half Marathon. After a year of rehab, I signed up and ran the Other Half in Moab Utah.

Q: Special pre/post run rituals?

A: I always do a Centering ritual before and do a walking meditation when I get done.

Q: How many times a week do you run/mileage? Trails, road, or both?

A: 3-4 times a week mainly the trails by my house in PW. Turkey Canyon and Beyond. I also enjoy running from below the dam along the river to the Kayak Course and back.

Q: Do run alone or in a group?

A: Usually alone

Q: Do you have a favorite running buddy?

A: Zeus

Q: Do you listen to music while you run?

A: No, I prefer to hear what is around me. I think we are too plugged in and so I cherish my time on the run, no phone. I do use a Garmin to track my runs.

Q: Besides physical fitness, what do you get out of running / what’s the best thing about running?

A: The clearing of my crazy hyper-active mind and the coming up with some simple solutions of something that is bothering. Also, just the feeling of accomplishing something that I do to keep me rockin’ and rollin’.

Q: Do you cross train?

A: Yes, lift weights, kayak, and bike

Q: What races have you done this year?

A: Just a few of the club races, and with Ron Dehn, I help put on the Raptor Resolution Run which this year is December 29th

Q: Do you have an upcoming event?

A: Lake Powell Half October 20th

Q: Races or plans for next year?

A: 2 half marathons and 2 other races

Q: Other activities/hobbies/passions?

A: See above and Cleo♥️ (Full disclosure, the author added the emoji)

(Continued on page 18)



Notes from the Editor

Dear Readers,

First thank you for your articles, photos, and information. The newsletter is an important way to document our history as a club as well as to inform members of our activities. Social media serves us better in many situations, but there is still something gratifying about holding a hard copy in our hands and reading about our friends.

If you are putting on a race, or have run a race (especially out of town), or read an article or book related to fitness, or have an insight on training, or have had some experience related to SCR's mission – share it with your fellow club members. Please continue to send articles, news, and photos to newsletter@socorunners.org or to ron.dehn@csupueblo.edu **If you do NOT get a reply from me, then I probably didn't get your submission. I will ALWAYS confirm receipt of a submission.** It may take a few days but I will always reply. If you sent something for the last newsletter and it did NOT appear – my sincere apology. For some reason the forwarding from newsletter@socorunners.org was not working for a period of time and the sender was not informed. I was not aware of the problem until just before we went to print.

If you submit an article – chances are it will appear exactly as you sent it. Even though my "title" is Editor, I really

don't check your article for grammar, readability, or accuracy. If spell check finds an error, I will make the correction but that's usually as far as I go. I recommend you have someone else review your article to help you discover any problems. I recruit my wife Chris to look over my writings and she usually has some positive suggestions. I love to receive photos and will include as many as possible. My photo editing software is fairly primitive, so please try to send photos that are not dark. They always print a bit darker than the original. I encourage photo subjects to remove ball caps and visors. Sometimes the shadows cover your faces and we want to see you.

If you move – please notify the membership chair. Your newsletter is not forwarded and we actually have to pay a fee to the post office for returned newsletters. We have never had a problem with submissions, but just for the record – we are a family friendly publication and also apolitical.

Thank you, and please please please continue to submit. Suggestions / comments are also welcome. The deadline for the February, 2019 issue is January 15th.

Ron

(Melanie Steves, Continued from page 16)

What is your special indulgence? "Diet Pepsi with popcorn and M & M's. After a race, my go to is a cheeseburger and fries.....a real cheeseburger not fast food."

Do you have a favorite TV show? "Sitcoms and shorter shows so I can knock them out. Recently, I've been watching the Walking Dead."

Pumpkin Spice or Mocha? "Mocha! I don't like pumpkin spice in coffee."

Would you rather run 10 miles on a treadmill or 10 miles in freezing temps and a constant 20 mph headwind? "Outside. I hate the treadmill. It's death."

If you've read all of this, hopefully you know a little more about our amazing club member Melanie Steves.

(Jay Zarr, Continued from page 17)

Q: Favorite indulgence?

A: Camping under the stars in the San Juan Islands off the coast of Washington

Q: Music genre(s)?

A: Jazz and Blues

Q: Favorite tv show/movie?

A: Dead Poet society

Q: Mocha or pumpkin spice?

A: Mocha

Q: Would you rather run 10 miles on a treadmill or run 10 miles outside into a constant 20 mph headwind in freezing conditions?

A: Outside

Next time you see Jay instead of saying "Who is that?", I hope you say "Hey, there's that guy..."

IM Wisconsin Continued

(Continued from page 13)

my face, howling and there was no mistaken it. Making matters worse and urgency I had to pee really really badly. I was struggling to hold my power and my legs felt heavier and heavier. I kept thinking how am I going to run a marathon after this with my legs feeling like this. This was probably the worst part of the whole race and the point where I reached my lowest. I kept thinking to myself this is going to be a replica of IM Boulder in June where I had my second worst run ever and no juice and just struggled more than I had ever struggled. I inch closer and closer until finally reaching the spiral parking ramp which I had to ride up to finally dismount. My bike was a little bitter sweet. I held the exact power numbers I planned and wanted to but turned out it was about 15-20 mins slower than I predicted due to the winds and conditions.

I get off the bike and run through the building grabbing my run bag put my run shoes on and head out, but first the bathroom. If you've seen Austin Powers and they've just unfrozen him that was me. I was almost yelling at myself to stop peeing because it was taking so long! Finally my bladder runs out and it's game on. The transition is set up that you have to run through all the bike racks and I make that turn and I'm just elated because the racks are empty and there are hardly any bikes. I must have ridden through a vast majority of the field. I get down to the end and I see my bike and there are quite a few wracked around it and I'm like s@#\$ that's a lot of guys in my age group. Guess I have a lot of work to get done. Despite how I thought my legs felt on the



bike when I started the run it was far from the truth. This was honestly the best my legs have ever felt and to quote Wayne's World, "Game on." I saw the Steves family straight out of transition and they were so loud and it gave me so much energy and love. I smiled and stayed more positive than I've ever had in an IM. I normally go through a very dark period in the second half

experiencing everything from nausea, depression, and blackouts. There are about five miles in IM Arizona that I don't remember when I raced it last year. This run course for Wisconsin is a two loop course with a lot of up down still. It also does something that no other IM does and that is you get to run through the UW football stadium at about mile 4 and 17. I'm making my way quick through the field running on average of low 7min/mile. On the hills I'm really using my arms to push through and save my legs as much as possible. My nutrition plan for an IM has never been the same for the run every time. I was trying to take a Huma gel ever 5 miles or so but could tell it wasn't enough. I learned a long time ago in about IM number 4 that I respond really well to eating real food on the course. Hunger is just always an unavoidable thing I deal with. I started to feel the hunger start creeping in a little about mile 10 and said well bring on the food. The aid stations have everything from oranges and bananas to pretzels and chips and bars. I basically just run through and whatever sounds good I grab it. I ate a lot of pretzels through this race but several bananas and many handful of oranges as well. My paces started to slip just a tad in the second half as the unavoidable fatigue starts to set in. I went from 7:15 to 7:30 to eventually tapping 8 min miles. At about mile 18 this guy ran up onto my heels and stayed there. I tell you what if there is one sure fired way to make me push harder try coming up on my heels and stay there. I will run until I'm inside out. I began to accelerate slowly but surely bringing the times back to 7:45 to 7:30 and by mile 22-23 I initiated the start of my kick. We got through one aid station and I just gave a nice little surge and never saw the guy again. My hamstrings though had gotten so tight it was getting so hard to open up my stride so I just started turning over my legs faster and faster. I saw a teammate of mine from Team Wattie Ink and he yelled at me in the final mile that the guys in front of me are dying and if I push I will crack top 10. I gave a nice little, arrrrghhh and emptied the tank. I managed to get into full stride and hit the red carpet looked and saw no one behind and got to enjoy the moment as I heard Mike Riley call my name and say, "Cory Rose you are an Ironman." This was my fastest ever IM marathon and by a lot. I took two steps and thankfully the finish line catchers were there because they grabbed me immediately because I was going down. They walked me towards the food tent made sure I was ok and took great care of me. I tell you what every IM I've ever done the volunteers at the finish are so amazing. I wouldn't know what to do without them.

The emotional journey to this IM was something beyond any other race I've done. I was pretty close to the brink of death and came back to do what I did blew my mind. This may have not been my fastest overall IM but it was my best executed and my best performance in the field. I swam 1:15:22, biked 5:19:22, and ran an amazing 3:15:40 breaking my best run by 5 mins, taking 50th overall finishing with a 10:11:53 and having the 16th fastest marathon of the entire field. Thank you every one for reading and always thanks for the support.



Photo Gallery



Dave Diaz' family and friends did the Georgetown to Idaho Springs half marathon to celebrate Dave's 70th. From l to r. Emily Diaz, Matt Diaz, Dave Diaz, Stacey Diaz, Carmen Perez, Marijane Martinez, Jane Murtha and BJ Gonzalez.



Pikes peak Ascent. Matt, Dave, Stacey and David Diaz. Dave, Matt and David doubled.

Below: Marijane and Dave won their age group in the Georgetown to Idaho Springs half marathon



Ann Macartney learns a ground escape technique at the SCR Self Defense Introduction Class as participants cheer her on



Photo Gallery



The Walsenburg Black Diamond Relay, left to right: Carmen Perez, Marijane Martinez, Melanie & Dan Nelson, Gloria Montoya, Becky Medina, Wendy Garrison



The Buena Vista Color Run, left to right: Carmen Perez, Wendy Garrison, Gloria Montoya, Debbie Gurule, Marijane Martinez



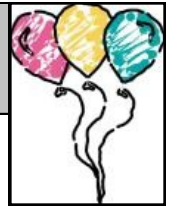
Left: Carrie Franchi with Pepsi and Justin
See related story on Page 3

Below: The Dehn family celebrated Ron's 70's birthday with a 5k walk / run on the Riverwalk





The Birthday Page



November

1	Ross	Barnhart
5	Ernie	Aguilar
5	JESSIE	QUINTANA
7	Tiffany	Marmolego
	Tiffany	Marmolejo
	Jeffrey	Ross
8	Chris	Weidner
9	Elizabeth	Ross
16	Robert	O'Callaghan
17	Larry	Volk
18	Rachael	Capizzi
19	Juanita	Peters
20	Catherine	Siddoway
23	Chris	Dehn
24	Paulette	Arns
	Eden	Thompson
26	susan	steves
27	Allie	Dehn
	Brenda	Galassini
	Tim	Weckx
29	Cathy	Myers
	ROBERT	QUINTANA
30	Glenn	Estrada

December

1	Isobel	McGivney
2	Breea	Butero
2	Martha	Drake
2	Humberto	Paredes
2	Chris	Porter
3	karin	kyte
3	Lisa	Velasquez
4	Brinnley	Pfau
5	Luke	Dehn
5	Dario	Garcia
6	Annabelle	Corboy
6	Lori	Cothran
6	Melinda	Luttrell
6	alma	phumphrey
8	Andrew	Caro
8	Dick	Greet
8	Katherine	Singer
9	Bailey	Parker
11	Dave	Dehn
11	Zarah	Zenner
12	Anthony	Diaz
13	Lallo	Vigil
13	Laurel	Wright
14	Karissa	Dietz
14	Crystal	Horton
15	Jose	Valdez
18	Hanna	Maurer
18	Heidi	Thompson
19	Jessica	Casarez
19	Terry	Cathcart
19	Tina Lee	Twilleger
22	Amelia	Marmolejo
23	rick	hough
24	Rich	Hadley
24	Gavin	Lopez-Cepero
24	Jim	Wade
28	Melanie	Nelson
29	Christa	Carter
29	Hailey	Maurer
31	Roger	Giordano

January

1	Gwen	Steves
3	Cody	Gruber
	Jennifer	Tinnell
5	Wendy	Garrison
6	Shad	Pate
7	Stephen	Hernandez
	Olivia	Medina
9	Alexander	Gillispie
11	Annmari	Sammons
13	Susan	Montez
17	Rob	Pratt
18	Gloria	Montoya
19	Andrew	Hackler
	Ted	Sillox
22	Cathy	Dehn
	Emma	Paulson
23	Justin	Steves
25	Sean	Morris
26	Cheryl	Higdon-Holloway
	Catherine	Ocasio
27	Ashlee	Sack
29	Jonathan	Dehn
31	Danny	Nelson

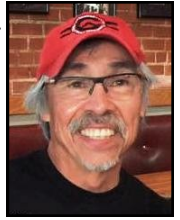
February

1	Madison	Fillmore
2	Jordan	Lucero
5	Zachary	Zenner
7	Kristie	Lopez
8	Emma	Gruber
9	Robert	Espinoza
	Carmen	Perez
10	Brian	Paulson
11	Kristiana	Mols
13	Jerry	Lopez
15	Tiffany	Dehn
24	Chris	Theis
25	diane	house
26	Nancy	Mitrick
27	Patrick	Romero
	Deanna	Younger

Note: If your name is incorrectly spelled, appears in the incorrect date, in all lower case, or all caps, you may make corrections in RunSignup.

Names and addresses are all taken from the RunSignup data base, so if you plan to move, please make changes because newsletters are NOT forwarded.

Thank you.



Race Calendar by Dave Diaz

Race Directors: If you wish to make changes, please notify Dave at: calendar@socorunners.org

November

Sat Nov 3	9:00 AM	Nelson's Pretty Fast Run #11	614 E Marigold Dr, Pueblo West, CO
Thu Nov 22	9:00 AM	YMCA Turkey Trot	Pueblo YMCA
Sat Nov 24	9:00 AM	Temple Canyon Run #12	Temple Canyon in Canon City

December

Sun Dec 2	9:00 AM	Rock Canyon Half	Pueblo City Park
Sat Dec 15	2:00 PM	Holiday Mini Marathon #13	4727 Walnutcrest Ct, Pueblo CO
Sat Dec 29	9:00 AM	Raptor Resolution Run	Pueblo Nature Center

*date is tentative

January

Sat Jan 5	9:00 AM	Chile Willy	201 Jackson St, Pueblo CO
Sat Jan 19		Annual Banquet	River's Edge

February

Sun Feb 10	9:00 AM	Valentines Twosome	Pueblo City Park
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March

Sun Mar 3	8:45 AM	Chieftain Spring Runoff	Dutch Clark Stadium
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L to R

Ron, Layton, Chris, Makena, and Walt at the Fallen Heroes 5k / Half Marathon in Oklahoma City.

The proceeds from the run goes for scholarships for dependents of Fallen Heroes.



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 Hence, if you are going to
 move, please get your new
 address to the SCR Mem-
 bership Chair at the address
 listed above.

Contact Us

Got a question or some friendly advice for the board?
 Come to a meeting or
 Give us a "shout" via e-mail.

President	Kim Arline	president@socorunners.org
Vice President	Marilyn Vargas	vicepresident@socorunners.org
Secretary	Pate/McGivney	secretary@socorunners.org
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Race Calendar	Dave Diaz	
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Tri Club Calendar	Gwen Steves	calendar@socorunners.org
Predict Series	Shawn Lopnow	predict@socorunners.org
Membership Chair	Gwen Steves	membership@socorunners.org
Volunteer Points	Stacey Diaz	volunteer@socorunners.org

SCR meetings are held at the Pueblo West Library, GLFC room on Joe Martinez Blvd on the second Wednesday of each month. SCR club business starts at 6pm, and general public meeting starts at 7:00. All club members are welcome

Visit our Web Site: For racing schedules, results, contact info, etc,
 see: www.socorunners.org
www.socorunners.org/triclub

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The Final Thoughts...

The artist brings something into the world that didn't exist before, and he does it without destroying something else. -John Updike, writer

There is no such thing as a 'self-made' man. We are made up of thousands of others. Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts. -George Matthew Adams

People sometimes sneer at those who run every day, claiming they'll go to any length to live longer. But don't think that's the reason most people run. Most runners run not because they want to live longer, but because they want to live life to the fullest. Haruki Murakami