



Volume #350, Issue #2

Editor: Ron Dehn

FOOTPRINTS



The Spring as Sprung Edition



By
Dave Diaz

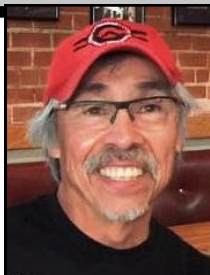


Table of Contents

SRO..... 1,4,5
 From the Prez 2
 Trash Trot 2
 Who is That? 3
 Hardscrabble 6
 Dirt Ballet 7
 Tour de Fair 8,9
 Disney Half .. 10,11
 SRO Pics 12,13
 Ordinary Mortals 14
 From the Editor . 14
 2018 Predict 15
 Journal Articles . 16
 Annual Report 17
 Birthdays 18
 Calendar 19
 Contact Us 20
 Final Thoughts ... 20

The 41st Annual Pueblo Chieftain will be remembered as the one with the unfortunate weather. Stacey and I will remember it because it is our last as Race Directors. Next year **Marilyn Vargas** and **David Rael** will take over so we leave the race in great hands. We intend to continue to help and as a parting gift to them we'd like to let them and everyone know some of things that must be done to put on this race.

First Stacey and I met with representatives of the Chieftain. We contacted them in September but didn't hear back until November so we got a late start this year. As you may know, last June, Gatehouse Media became the new owners of the Chieftain. Gatehouse also owns 146 other daily newspapers and we weren't sure if they wanted to continue to sponsor or if they wanted more control of the event. We met with General Manager Brad Slater and New Promotions Director Justin Morenz, who assured us the Chieftain would continue to sponsor but may want to take on a greater role. As more time passed, and Justin left the Chieftain for a new job, we weren't sure what our role was to be. It soon became too late to make changes and things stayed the same for this year, i.e. The Southern Colorado runners produce the race and the Chieftain sponsors it. It's not clear what's to happen in 2020.

Some things need to be done early and although we got a late start, we were able to get everything done in time. First, we get the necessary permits from the Police Dept and Parks and Rec, get permission from the Nature Center and Elmwood Golf Course, reserve Dutch Clark, order porta-potties, get estimates for t-shirts, age group medals and overall

**David Luna
 Won the 10
 mile event
 with a time of
 1 hour
 2 minutes and
 51 seconds**



(Continued on page 4)





**Letter from the President
Kim Arline**

Our next big event is Ordinary Mortals Triathlon and the youth Mini Mortals Triathlon on May 11th. We need lots of volunteers so please considering helping. I won't be in town that weekend and neither will my husband and kids who have worked nearly every OMT and MMT since it restarted at CSU-P. Please jump in and notify me or Peggy Oreskovich you can volunteer.

But first, join us for a casual fun run we do every spring near Earth Day. Join our Trash Trot picking up trash along your run course. Earth Day falls on the Monday social run at the Gold Dust so we will help beautify the downtown area and then meet up for a beer and Trashy tales!

ANNUAL TRASH TROT!



Join other SCR members on **Monday, April 22nd for a Trash Trot in conjunction with the Gold Dust 5-km walk or run 5:30-7:30 pm.**

We will have trash bags near the bar sign in if you miss the main group meeting at 5:30 pm. Just drop in to the bar, sign in for the 5-km and grab a trash bag, bring your own gloves if you like and walk or run the set 5 km course or feel free to modify a bit to collect debris in the downtown area. There will be motor vehicles around in some areas so be extra careful, make sure you check your surroundings for safely getting garbage, make sure cars see you and you don't dart in front of any after standing up with your trashy treasures.

We will regroup at 7 pm for a much deserved beer or other beverage at the Gold Dust!



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:
P.O. Box 8026
Pueblo, CO 81008

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.

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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.

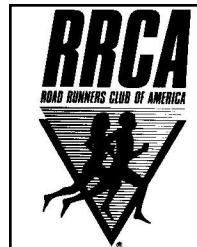
Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Kim Arline, Ashlee Sack, Stacey Diaz, Jane Murtha, Dave Diaz, Janet Smith, Sheri Giordano, Roger Giordano, George Dallam, Alex Romero, Cathy Dehn, Dave Dehn, and Vic Fangio*

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 ½ 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.

* Vic Fangio is the new head coach of the Denver Broncos



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



Who is That? Meet Haley Sinclair by Jane Murtha



The latest installment of "Who is That?" features a relatively new club member, Haley Sinclair. Some insight into who she is was gained by speaking to a couple of her friends. Melanie Nelson describes her as an "Energizer Bunny" because she just keeps going and going. She also says Haley is very giving of her time and knowledge about outdoor pursuits, such as hiking, biking and snow shoeing. MJ Martinez refers to her as her "breath of fresh air" because of her adventurous spirit and willingness to jump into different activities.

In my opinion, MJ should refer to Haley as her "battle buddy" in all activities that require MJ to face her fear of heights. In order to get MJ down the TALL slide at the Big Dog Brag Mud Run, Haley held her hand and they slid down together. Additionally, during a treacherous, icy decent down Barr Trail, Haley volunteered her body as a sled for MJ to lay upon until they had safely navigated the worst section. Haley obviously is a competent, caring friend and athlete. There are no limits to what she is willing to do to help out her friends, including submitting this essay response to questions I emailed her.

"I am from Myrtle Creek, Oregon. I have an amazing dad and mom with two younger sisters Sara and Lindsay. I was inspired to run by my youngest sister Lindsay. She is a beast and I always wanted to beat her, which I never did. I ran my first half marathon when I was 28 and love the challenges it brought. I graduated from Northwest Christian University to become a teacher in 2007. I love my job and couldn't picture myself doing anything else.

I moved to Pueblo, Colorado in February 2014 with my husband Dave. He is my biggest inspiration and motivator. He has supported me with everything I have accomplished. We live in Pueblo West and he keeps me busy riding road and mountain bikes, hiking, and camping in the Colorado mountains. We do not currently have any pets, but we miss our 3 pound chihuahua named Kali and an 80 pound brown lab named Turbo.

I have been teaching second grade at Bradford Elementary since 2014. That is where I met Kris Spinuzzi. She introduced me to the "Big Dogs" which changed my life forever. They've shown me what kind of runner and athlete I want to be. They continue to inspire me and make Pueblo my home away from home.

(Editor's note: The following responses are answers to specific, yet random, questions)

I love to drink Pepsi, rather than Coke. I like to relax with a glass of wine, but also like to visit local beer pubs for a tall dark beer. Given the choice to run on a treadmill for 10 miles or run in freezing weather with a 20 mile an hour headwind, I will choose the outside adventure every time. I currently do not have any running events scheduled, but my goal is to train for another half marathon this summer. I am also planning to do the Elephant Rock road bike 62 mile race this June."

Given Haley's energetic, adventurous spirit and strong support from her husband and the "Big Dogs", it is only a matter of time before Haley reaches her goal of besting her youngest sister. Also, the next time you need someone to hold your hand on a scary adventure, remember, Haley is your girl!





Spring Runoff Continued



(Continued from page 1)

Packet Pickup at the Gold Dust Rocky Casarez, Paulette Arns, Jessie Casarez, Melanie Nelson, Lisa Lucero, Peggy Oreskovich, Stacey Diaz

awards, contact A-1 Barricades, open online registration, update the webpage and Facebook and get flyers to the Pikes Peak Roadrunners. In addition we must contact potential sponsors.

Many assume we get Dutch Clark for free but we must actually rent the facility. Many thanks to Pueblo City Schools Athletic Director, **Rick Macias**, a former student of mine and an outstanding cross country runner at East High School, who coordinates with PCC's **Scott Richards**, whose students operate the cameras, and South High's **Danny Ruybal**, who operates the big screen and plays the music at Dutch Clark.

Once all this is done, and it takes a while, the next big job is lining up volunteers. I've always said the only things that matter in a race is an accurate course and an accurate time. Because of **Gwen Steves**, the club not only gives runners an accurate time but also saves some bucks in the process. This year we got a bid for timing and it was over \$2,300 and that didn't include bibs. Bibs (with the chip in them) are expensive, about \$1.30 each and that adds up fast. So thank you **Gwen** for the results, also to her husband **Justin** and his dad **Mark** for setting up the warming tents.

The most important part of an accurate course is making sure runners stay on course. **Mark and Brenda Koch** have handled the course marshals for many years, before Stacey and I took over this race. They are in charge of about 10 high school volunteers and adults, who are placed at most turns on the course.



The Bundled up Registration Crew Cathy & Dave Dehn, Lisa Lucero, Paulette Arns, Stacey Diaz

Thanks to the **Ken Hughes** family who have directed traffic on the west side of City Park (near Pueblo Blvd) for several years now and to

Don and Lois Pfost for being at the turnarounds.

Becky Medina has been in charge of water stops now for several years, not only does she get her own volunteers but she gets the equipment from the storage shed... tables, jugs, cups, pitchers and trash receptacles...and delivers to the volunteers. Afterwards, she takes the jugs home, cleans and returns them to the shed.

We buy the breakfast bars from Sam's Club. **Ron Dehn** picked them up from Sam's and delivered them to the Stadium. He also returned the rented tables and chairs on Monday. Ron is always offering to help and it's nice to have someone you can count on. **H&R Block** again donated the bottled water for runners, and then brought volunteers to pass out the water as well as pass out the breakfast bars.

My brother, **Anthony Diaz**, meets me at the shed and we load tables, finish line, clocks, banners, cones, flagging and anything else we can fit in his truck. He then he shows up early Sunday morning and sets everything up. This year he also announced the runner's names as they finished. Thanks to **Jeremy Hamm and Subaru** for their sponsorship and for the great finish line arch they provide.

We had packet pick up on Saturday, the day before the race at the Gold Dust Saloon. We had a great, veteran crew, as it gets a bit hectic at times. Thanks to **Robert and Lisa Lucero, Peggy Oreskovich, Jessie and Rocky Casarez, Paulette Arns** and **Melanie Nelson**. While **Melanie** was helping with packet pick up on Saturday, her husband **Danny Nelson** was helping me mark the course. This is the part that is getting harder for me and I really appreciate the help.

Raceday morning was bitter cold and it had snowed most of the night. I wanted to stay in bed, as I had trouble sleeping until I realized we had done everything we had control over. The weather was not our fault and all we could do is make the best of it. We cannot cancel or give refunds as we have pre-race expenses that must be paid, the race must go on. I left early in the morning to put up more directional arrows and signs as snow had covered the chalk arrows **Danny** and I had put down the day before. **Danny** put out the mile markers as well as more cones. A-1 Barricades did an outstanding job coning off the course.



Matt Smith (waving) and Lorenzo Chavez did the 10k, Lorenzo's first race ever and Matt's second.

(Continued on page 5)

More SRO



(Continued from page 4)



Matt Diaz took 4th in the 10M

Parks and Rec maintenance would have plowed the trail if it had snowed Mon-Fri, but they don't work weekends, so when it snowed Saturday night we did the best we could. Thanks to **Larry Volk** and **Kim Arline** for being our lead bikes under bad conditions. Kim also shoveled a path around the track in Dutch Clark and I drove my truck on the River Trail so runners could run in the tire tracks. The Park Rangers were there and did a fantastic job with traffic control at the east side of the park but they don't plow trails.

Thank you to everyone who showed up to help at raceday packet pickup, outside, in the cold at Dutch Clark: **Sheri Giordano, Peggy Oreskovich, Doreen Miller, Darryl Clark, Dave and Cathy Dehn and Lisa Lucero. Robert Lucero** was helping the South High Track team at the water stop. **David Rael** was great helping runners park their cars. **Dave and Cathy Dehn, Doreen Miller and Darryl Clark** stayed around to help with age-group awards.

This year we donated \$250 to each youth group that helped us, they are: South High School – Track/Cross Country, Boys & Girls Clubs - Sprague Clubhouse, Boys & Girls Clubs - East Side Clubhouse, Pueblo Community College, Mosaic Youth Group, Colorado Cool Runnings and Pueblo City Schools Communications. SCR gives race directors the option of donating a portion of the race proceeds to a charity of their choice. Last year, Stacey and I chose to donate to PAWS, Pueblo's No-Kill Animal Shelter and the Pueblo Community Christmas dinner.



We can't thank our sponsors enough; **The Pueblo Chieftain** has supported this race for 41 years and hopefully another 41 years. Thanks to **Jeremy Hamm** and **Pueblo Subaru** who have sponsored for the last 3 years and also provide the nice finish

Larry Volk was one of the lead bikes and Mark Gurule helps out at the finish

line arch and the volunteers to set it up. Thank you **Donald Moore** and **Pueblo Community Health Center**, who paid the entry fee for all their employees who wanted to participate. **Pueblo Parks and Rec** and **Lisa Sonnenfeld** have been very accommodating, offering their help for everything we ask, including two Park Rangers. "This is a community event and we want to support it." Thank you to **Diana Sifuentes and H&R Block** for the bottled water and all the volunteers they provided and to **Mike Mahan** and our friends at the **Gold Dust Saloon** for letting use their place for packet pick up.



Bill Veges & Rick Acosta help take down finish line equipment

As far as the kid's runs and "the Funner to be a Runner", all the credit goes to **Kim Arline** and **Marilyn Vargas** for producing a great event. Because of the snow, the kids did 4 laps in Dutch Clark and it was nice to watch them run. For the 8th year in a row, Sierra Vista Elementary won the school competition for bringing the most runners - 48 kids ran a mile in a very cold 8 degrees.

I love that our club is a non-profit, all volunteer organization and as such we are able to keep the entry fee reasonable. Our goal is to give back to the sport we love and at the same time make enough money to keep our club alive for another year. Stacey and I will miss the excitement of the Spring Runoff but we don't plan to retire yet, we plan to help Dave and Marilyn if they need it. See you next year. –Stacey and Dave Diaz



Gwen Steves & Sheri Giordano are part of the snow shoveling crew



The Hardscrabble Trail Run

By Janet Smith

FOR IMMEDIATE RELEASE

Date: March 8, 2019

Contact: Janet Smith, janet@sanisabel.org, 719.783.3018

RUN TO PROTECT LAND, WATER, WILDLIFE AT HARDSCRABBLE TRAIL RUN

WESTCLIFFE – Breathtaking views, a unique course and a great cause set apart the Hardscrabble Mountain Trail Run from your typical trail run.

The seventh annual Hardscrabble run takes place at 10 a.m. Saturday, June 1, on Bear Basin Ranch, a 3,400-acre protected ranch just east of Westcliffe. The historic ranch sits in the Wet Mountains and offers stunning views of the nearby Sangre de Cristo Mountains.

The Hardscrabble courses are intended to provide a sense of accomplishment for runners and walkers, with challenging, fun and scenic 5K and 10K routes on rugged equestrian trails, two-track jeep roads and short stretches of open meadow. Participants can walk or run the adventuresome 5K or tackle the 10K run. The start and finish are at 8,913 feet in elevation. The 5K features 475 feet of vertical gain and the 10K 1,083 feet of gain. The 10K tops out at 9,039 feet.



A key component of the event is introducing youth to the importance of land and water conservation and getting them outdoors in a fun and challenging way. Participants ages 17 and younger run for free.

“We want to raise awareness about why land conservation matters,” said Larry Vickerman, San Isabel’s board president. “Bear Basin Ranch is the perfect setting to allow local residents and visitors to experience what we are working to protect.”

After the run, participants and spectators will enjoy a gourmet lunch, live music and prize drawings.



Registration is \$40 until May 29; \$45 the day of the race. In addition to free registration for youth, school staff in Custer, Chaffee, Fremont, Huerfano and Pueblo counties enjoy a \$10 discount on registration.

Proceeds benefit San Isabel Land Protection Trust, a nonprofit organization that works with landowners to protect land, water and wildlife in southern Colorado. San Isabel has protected nearly 41,000 acres in Custer, Fremont, Huerfano and Pueblo counties.

For more information and to register, go to hardscrabblerun.com or call San Isabel at 719-783-3018.



Dirt Ballet

By Ashlee Sack

In middle school, I once tried to bribe my mom to let me stay home on the day we were required to run a mile and a half in P.E.

After college, I forced myself to run around my neighborhood to fend off a few extra pounds that I'd accumulated while working at Chili's (darn that broccoli cheese soup).

But I never fell in love with running until I met The Riverwalk. A wide, meandering double-track trail that follows the Arkansas River in Cañon City, the Riverwalk was my first introduction to trail running. Away from the rush of cars and urban landscapes, the Riverwalk offered copious cottonwood trees, the company of the rushing river, and the crunch of dirt under my feet. At first, I could only run a few miles, but the more I saw, the more I wanted. The desire to experience more of this gorgeous solitude pushed me to run further. Once I conquered the Riverwalk, I branched out to singletrack trails...and my running has never been more gratifying.

Recently, Runner's World reported that Kara Goucher, the two-time Olympic competitor in the 5,000m, 10,000m and Marathon, is making the switch from road running to trail running. After so many years of pushing herself to the limits of human potential, Kara has discovered what so many of us already know – trail running is about joy. It's the joy of finding yourself in the middle of the forest, the only sounds being the beating of your



heart and the squeaking sway of lodgepole pines; the joy of dancing over rocks and boulders, your feet barely tapping them as you fly down a hill; the joy of a scenic overlook that you pause to admire because time is relative on a trail run.

Trail running is certainly different than regular road running. Here

are some of the things I've learned:

Trail Shoes – Choose a pair with good tread.

Many people (myself included) find that a shoe with less 'drop'

and cushioning help you connect with the trail better. I find that I don't need as much cushion on dirt than on asphalt.

Hydration pack – Great for carrying a phone, some water, and a snack. I swear by my Ultimate Direction vest – it cinches down to my exact body shape and does not bounce or rub at all. Worth the investment!

Lightness of step – When you're trail running, you may find that you need to adjust your step. You'll need to develop a lighter stride that will allow you to adjust your gait and your cadence to accommodate obstacles. This is why I like to call trail running "dirt ballet".

Pace – There are most often hills in trail running routes. This necessitates a fair amount of walking, and that's okay! Give yourself this time to enjoy the view. PR's are for flat tracks.

Purpose – I tend to focus less on my time, the distance, or my pace and more on what I want to see on my run. If I go a few weeks without training on my favorite trails, I genuinely miss the views.

If you're new to trail running, I highly suggest a double-track trail first. The runBlossom races on May 4th are a great introduction to trail races. Later in the summer, you might want to tackle the Run the Rim races in June or the brand-new Point Alta Vista Trail Races in August – both in Cañon City. These offer more hills, more rocks, and more impressive views. I'll see you there.

Check out Runner's World's article on Kara's switch: <https://www.runnersworld.com/news/a26755214/kara-goucher-runs-leadville-trail-marathon>





The Tour de Fair

By Roger (article) & Sheri Giordano (photos)

Sheri and I welcomed 68 runners and walkers on St. Patrick's Day for the third predict of 2019, the Tour de Fair. It was a perfect sunny Sunday for participants to make their way around the fairgrounds. The course took runners up and down the grandstand stairs, around the horse show stables, through the inside of the Sheep and Swine and Small Animal buildings, and along many of the streets. Marking this unique course, and running it afterwards to check the distance, took me the better part of four hours and required forty pounds of flour to keep everyone headed in the right direction!



Jessie Casarez & Frankie Lopez-Cepero

Following the run/walk Sheri hosted a pot luck in the Colorado Room of the Palace of Agriculture with plenty of tasty food and some green

beer to celebrate the occasion. Those who stuck around were eligible for door prizes provided by the State Fair and Target plus a few lottery tickets we threw in for fun.

For seven years Sheri and I have held this aptly named predict, which started as the State Fair Four. The first year Darryl Clark brought a cake to the pot luck decorated with a shamrock and the caption, "Tour de Fair." The name stuck and this fun event has since become a yearly tradition for many club members, including Darryl, who traveled 31 hours from Africa the day before but still made it to the run, cowboy hat and all! We always have fun and the course is never boring so I encourage everyone to join us in 2020!

Gina Hudson



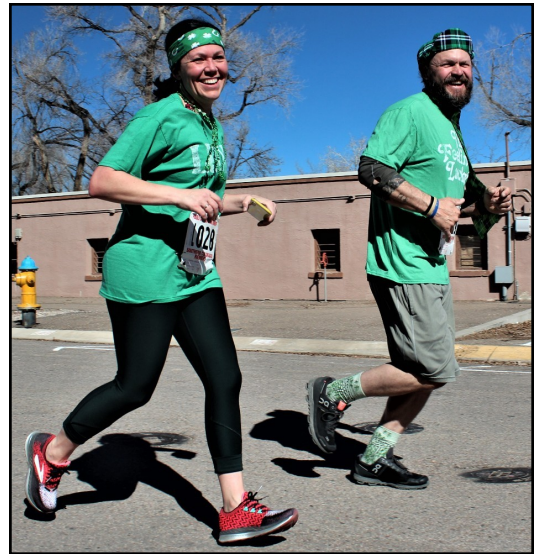
Above: Roger
Left: Stephanie Giconi with her daughter & friend

Below: Bill Veges and Mom Natalie who is 91+ and still walks regularly.





More Tour de Fair pics



Upper Left:

Deb Hadley & Melanie Nelson

Above & Upper Right: Some very friendly participants
(Ed: sorry I missed the names)

Right: Patrick and Alex Romero

Lower Right: Girls having fun

Lower Left: The "Sheriff" AKA
Darryl Clark

Left: Espy Marmalejo and her nephew





Disney's Princess Half-Marathon

By Dave and Cathy Dehn

Cathy:

Sign Up

Last August 7th we received a phone call from our daughter-in-law Tiffany. She said, "My sister Dawn just signed us up for the Princess Half Marathon in February." She meant Jonathan, Tiffany, Dawn, Dawn's daughter Tyler and her friend Reagan. "Do you guys want to join us?" Dave and I immediately got on the website. I tried to sign up for the 10K but it was already full. I guess we are doing this! Dawn, Tyler, Reagan and I had never run a half marathon. Our daughter Caitlyn had run this race with a friend in 2017. She kept telling me that it would be easier as the elevation was less than Pueblo. Ready or not, my first half-marathon would be with our family who are Disney fanatics and in the Happiest Place on Earth!

Dave:

Training

This was Cathy's first Half Marathon. She has generally walked in the Predict Series, Spring Run Off, Atalanta, Bolder Boulder and many hiking trails throughout our travels. We knew this was going to be an adventure. Cathy pulled up the Disney Training Program by Jeff Galloway many months ahead of time and we began preparing. He suggests interval training mixing walking briskly and running for certain times. Our son Jonathan (Jono), daughter-in-law Tiffany and daughter Caitlyn have had previous success with interval training so we followed suit.

We are fortunate to have about a 5 mile dirt path that loops around close to where we live. So we started with running/

walking three times a week, with 3 miles twice a week and increasing the distance on a weekend day. Of course, running this time of year does not guarantee favorable temperatures and wind free days, but we dressed accordingly. We continued to do yoga, walking and other aerobic exercise to add balance in the training. We never set out to break any records, but knew we didn't want to get swept up by the ladies carrying the balloons at the end for not making the time requirement. Training together was enjoyable as we helped to motivate and push each other. (A few disagreements in a marriage are healthy anyway, right? Ha). We know the value of being fit and have always participated in some form of exercise as Cathy's career was at the YMCA and Health Department while I worked in the hospital setting.

Cathy:

Getting Ready for Disney

We began making our plans for Florida with the help of Tiffany and Caitlyn, our family Travel Planners (a plug for Pixie Vacations at dreampixievacations.com). My friend Ann Macartney had never been to Walt Disney World so she would join us for our time there. We met our daughter Caitlyn and her husband Corey from Sacramento as they were the babysitters for our grandchildren as we ran the race. And Dawn's son Ethan also came for the Disney fun! It is understood that if you run the Princess Half Marathon that you have to wear Disney running outfits. So we got busy ordering ours. Tiffany, Dawn, Tyler, Reagan and I all wore tutu's and our Disney shirts. Tiffany and Jonathan dressed like a Prince and Princess and Dave and I as



Dave, Cathy, Tiffany, Jonathan, Reagan, Tyler, & Dawn

Mickey and Minnie. Dawn wore Minnie garb, Tyler dressed as Ariel and Reagan as Tinker Bell. It was a fun part of the race. We saw every kind of outfit you can imagine.... Villains, Star Wars Characters, Fairies, Mice, Dwarfs, Incredible, Princesses, etc.

Dave:

Expo

There is nothing ordinary about Disney and running in the Princess Half Marathon. We attended the Expo on the Thursday before the race that provided preparation material and motivational advice. This Expo had more Princess shirts and jackets to purchase that you have ever seen. There were two Expo buildings at the ESPN's Wide World of Sports on Disney prop-

(Continued on page 11)

Disney's Princess Half-Marathon

Continued

(Continued from page 10)

erty. We stood in an organized line to wait and enter the merchandise area. It was huge and filled with anything from coffee mugs, socks, shirts, jackets, car magnets, etc. in any size you wanted and could only get there. It was fun and the items went like hotcakes!

We then proceeded to another huge building to get our bibs, free energy products, other informational hand outs, booths to get massages, therapeutic taping, etc. This is where we learned more about getting into different waves and pace groups. The excitement about being a part of this experience grew from there!

Cathy:

Race Day

The Disney Half Marathon was held on Sunday, February 24th. Disney has it down. They have to move so many people by bus to the race. There were hundreds of buses which is why they start so early and have to finish before the Parks open. Come to find out there were 20,000 runners. And it showed as it was very busy in each of the Theme Parks that week. The toughest part of the race was getting up at 2:00 a.m. to catch the buses from our hotel by 3:00. We arrived at Epcot at 3:30 a.m., ate some and of course went to the porta potties a few times. They began moving the waves to the start at 4:30 a.m. which was a ways away. We had walked 2 miles before the race had begun. We were all in wave H which was the last wave, since we didn't turn in a previous race time. FYI if considering a Disney race, submit a previous race so you don't have to weave in and out of runners/walkers. Thankfully Dave joined me in my wave as we had trained together all along! The first wave left at 5:30 a.m. and we did not take off until 6:30 a.m. There were announcers, big screens and plenty of Disney hoopla to keep you busy while waiting. I was tired. I felt as though I had already put in a race before we started. Even though we would sit, stand and stretch all over again, it was a long time to wait before the start of our race. Dave and I started with our training intervals but soon joined a Pace group in our wave. They would run for 15 seconds and walk briskly for 30. This is the only way that I was able to do this race in the humidity. People would stop by the side of the road at each mile to take pictures with Disney Characters. That was not us! We needed to finish in 3 hrs. and 30 minutes, so a potty break was our stop in the Magic Kingdom. We had lost our Pace group. Running through the Magic Kingdom was very unique and fun but we really couldn't waste any time. At mile 9 the 3:30 Pace group came up behind us and so grateful for that! With the help of a very energetic leader, I was able to get through the rest of the race. I was so happy to see Epcot again and realized I would finish my first half marathon!! We have the heavy, 4 inch wide, pink and blue Sleeping Beauty Princess medals to prove it!!

Dave:

Finishing the Race and our Cheer Section

After training in the winter weather, we were not used to running in T-shirts and shorts. We did get weather alerts on our phones that in was an extraordinarily high humidity race day. Fortunately there was cloud cover for most of the race. Disney was well prepared, with thousands of volunteers, with Gatorade and water stations every mile and medical stations throughout. We did however see many participants that didn't fair too well and needed medical attention.

Needless to say that all seven family and friends that entered the race finished the Half Marathon in time and had a great experience. It is always fun to participate with family in such an endeavor. I was so proud of Cathy and she was a trooper, running through with some blisters and high humidity conditions. We were also lucky to have our friend Ann, daughter Caitlyn, son-in-law Corey, and grandchildren Luke, Allie and Sophia as our cheering and support section. It was a great and happy occasion for all of us to be a part of this experience. Disney has several 5k, 10k, Half and Full Marathon races throughout the year in both Walt Disney World and Disneyland. Several people did two or three races over the weekend and wore several medals around. You might consider this as one of your future races!

Of course, after completing a 13.1 mile race in Disney World with family and friends, you are not going to go back to the hotel and veg out! It is time to briefly rest, get a quick shower, a good meal and go walking in Epcot for more Disney adventure!





More Spring Runoff Photos



Clockwise from Upper Right:
A portion of the setup crew
Kim Arline has a lot more to shovel
Roger and Dave clearing a path
One mascot who stayed warm
Gwen Steves in her "cave" taking care of results



And still more SRO Pics



Some Hearty Youngsters participated in the traditional kids races.

Above: The Funner to be a Runner Race

Right: The toddler run



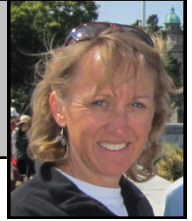
Below Left: Paul DallaGuardia and Mark Steves in the "warming" tent

Below right: Marijane Martinez, Gloria Montoya, Carmen Perez, and Martha Drake hang out by the heaters





By Kim Arline



Saturday, May 11th
at CSU-Pueblo Recreation Center

www.ordinary-mortals.org

The **Ordinary Mortals Triathlon (OMT)** is the next race sponsored by our club and offers an affordable racing option for locals to try triathlon close to home. It is also a USAT sanctioned race allowing people to qualify for nationals and earn points in the USAT rankings.

Proceeds from this race stay locally supporting triathlon in the community and our club. Consider racing this year to support the club and get into a fun sport for a bargain rate! Register to race and get training! The race is less than 2 months away!

This event needs a TON of volunteers to host a safe run, bike and swim for adults and then quickly turn around and host little kids on a different run, bike and swim. We need an announcer/DJ (a script is provided and sound system), a photographer to capture all the fun and post on our race Facebook page. These two jobs are normally done by Al and Kim Arline but they are out of town that weekend and need others in the club to fill in!

We will need 3 lead bikes for the youth events, a few volunteers in the pool, two dedicated road guards directing traffic around our road closure as well as more course marshals.

This year Peggy Oreskovich is the race director come race day but she too has a daughter graduating college mid week, her own students graduating Friday so we really need volunteers from the past returning and helping set up Friday, May 10th 4-6 pm.



From the Editor: Thank you to all our writers and photographers. Our readers appreciate your contributions. The next issue will be sent out in early July. The deadline for submission is June 15th. Please send to newsletter@socorunners.org. I will ALWAYS acknowledge your submission so if you do NOT get a reply, let me know because something went wrong. (phone: 719-250-3947) . I encourage articles, photos, and whatever interesting items you wish to share. Did you take part in a run out of state? Have you been involved in a century ride? Do you have tips for being a race director, doing a triathlon, or improving your swim stroke? Got a healthy recipe for chocolate chip cookies? (Is that an oxymoron?) If you have an experience remotely related to any of the above – Please share. When you send photos, please try to avoid shadows on faces whenever possible and avoid a dark background. My photo editing software is rather primitive. Thank you again. And... if you have something ready before June 15th – I'll take it anytime before.





2018 Predict Awards

By Dave & Stacey Diaz



Editor's Note: This is a list of members who received Predict Series shirts in 2018 at the Banquet. It was provided for the last issue of Footprints but the newsletter was full.

3	Aguilar, Siria	7	43	Pratt, Rob	6
4	Arline, Kim	8	44	Quintana, Robert	7
5	Arns, Paulette	6	45	Rael, David	HOST
6	Barnhart, Ross	HOST	46	Rizer, Janique	6
7	Brentlinger, Nelson	10	47	Romero, Alexandria	6
8	Casarez, Jessie	6	48	Romero, Patrick	HOST
9	Castellano, Eric	8	49	Scarlett, Meg	6
10	Castro, Jason	5	50	Sillox, Ted	6
11	Clark, Darryl	5	51	Staples, Sean	6
12	Dallaguardia, Paul	6	52	Steves, Gwen	7
13	Dehn, Cathy	6	53	Steves, Melanie	7
14	Dehn, Dave	7	54	Vargas, Marilyn	HOST
15	Dehn, Ron	6	55	Vigil, Lallo	
16	Diaz, Dave	8	56	Vigil, Lisa	
17	Diaz, Stacey	11	57	Volk, Lawrence	6
18	Drake, Martha	7			
19	Espinoza, Robert	6			
20	Fox, Lew	6			
21	Garrison, Wendy	8			
22	Giordano, Roger	HOST			
23	Giordano, Sheri	HOST			
24	Gurule, Deb	HOST			
25	Loppnow, Kristen				
26	Loppnow, Shawn	,			
27	Lucero, Lisa	5			
28	Lucero, Robert	9			
29	Macarthey, Ann	7			
30	McGivney, Isobel	9			
31	McGivney, Jitka	10			
32	McGivney, Patrice	5			
33	McGivney, Sean	9			
34	Medina, Becky	6			
35	Navarro, Larry	6			
36	Nelson, Dan	9			
37	Nelson, Melanie	10			
38	Oreskovich, Peggy	6			
39	Paredes, Humberto	11			
40	Paredes, Zarela	HOST			

TOP AWARDS

- 1 Larry Navarro
- 2 Danny Nelson
- 3 Cassie Pate
- 4 Jitka McGivney





Journal Articles involving SCR Participants

By George Dallam



Editor's Note: Dr. George Dallam is a professor in the Department of Exercise Science, Health Promotion, and Recreation at CSU-Pueblo. He is the former National Teams Coach for USA Triathlon and has worked for many years with elite U.S. triathletes as a coach, advisor and consultant. Dr. Dallam was both the founder and a long term member of the USA Triathlon National Coaching Commission. He has authored numerous articles and book chapters applying training principles to triathlon. Dr. Dallam has received both the United States Olympic Committee's Doc Counsilman Science in Coaching award and the National Elite Coach of the Year award for triathlon. In addition, he has competed in triathlon since 1981. He has also been a speaker at SCR's annual banquet.

SCR,

Recently we completed the last of several publications generated from two studies which largely involved SCR members as subjects; so I thought you might include the links in the newsletter or website. I've added a brief description of the key ideas as well. These are all open access journals so anyone can go to the link and find both an abstract and the complete paper without paying a fee. Please do with them as you like. My thanks again to all those who volunteered.

Best,

George

Dallam, G.M., Hostetter, K., McFadden, M., Bowan, D., Pickerill, M. and McClaran, S.R. **FMS corrective intervention improves FMS composite score and 1-mile run time, without concurrent change in hip extension strength, vertical jump or t – shuttle run time, in recreational runners.** *Journal of Sports Research*, January 22, 2019. Vol. 6, No. 1, 1-8.
<http://www.conscientiabeam.com/archive/90/03-2019/1>

This study establishes that concept that improving movement ability, as measured through the functional movement screen, can result in improvements in running speed without changing training or increasing strength or power, when one is deficient in movement ability in the first place. Most adult recreational runners and triathletes are deficient in movement ability, so this concept has broad potential application.

Dallam, G.M., McClaran, S.R., Cox, D.G. and Foust, C.P. (2018) **Effect of Nasal Versus Oral Breathing on Vo2max and Physiological Economy in Recreational Runners Following an Extended Period Spent Using Nasally Restricted Breathing.** *International Journal of Kinesiology and Sports Science*. Vol 6, No 2, 22-29. <https://journals.aiac.org.au/index.php/IJKSS/article/view/4400>

This study establishes the concept that it is possible to adapt to breathing only through one's nose (on inhalation and exhalation) while running without sacrificing maximum running performance. The reason to do so is to utilize the natural filtration of the nasal passage as a way to reduce potential problems which result from breathing through the mouth while running. Such problems potentially include exercise induced bronchoconstriction (asthma), exposure to pathogens such as bacteria, viruses, and molds; exposure to particulate matter such as smoke or dust, and exposure to some gases such as those found in air pollution. In addition, nasal breathing may encourage improved blood vessel dilation through the release of nitric oxide and induce a parasympathetic (relaxation) response through improved use of diaphragmatic breathing and improved ventilatory efficiency. Finally the study demonstrates an improvement in running economy (lower oxygen use) while breathing nasally and running at speeds equivalent to 5K running pace, which means it may also be beneficial to performance. However, this ability to utilize a nasally restricted breathing approach during running requires an extended period of adaptation to achieve successfully, as one gradually reduces their sense of air hunger generated by a larger volume of CO₂ passing through the lung with each breath.

Hostetter, K.S., McClaran, S.R., Cox, D.G., Dallam, G.M. (2016). **Triathlete adapts to breathing restricted to the nasal passage without loss in VO₂max or VVO₂max.** *Journal of Sport and Human Performance*, 4 (1): 1-7.
<https://journals.tdl.org/jhp/index.php/JHP/article/view/70>

This case study examined the ability of a well-trained triathlete, with prior EIB, to adapt to nasal breathing without loss in peak running performance. The study illustrates that the subject was able to accomplish this; and in so doing also eliminated his EIB response while breathing nasally which still occurred while breathing orally.



	<u>SCR only</u>	<u>SCR+SoCo Tri</u>	<u>Total</u>
Memberships	160	60	220 households
Members	235	88	323 members
Membership dues	\$2,930	\$1,990	\$4,920
Club expenses:	\$9,503	\$43.20/household or \$29.42/member	
(predict series, banquet, insurance, shed, supplies, publications-newsletters, Colo Runner)			

2018 COMMUNITY EVENTS

	<u>Participants</u>	<u>Revenue</u>
Valentine Twosome	16	-\$17
Spring Runoff	772	\$6,019
Funner to be a Runner	302	\$0
Ordinary Mortals Triathlon	181	\$5,700
Mini Mortals Triathlon	80	\$1,411
Atalanta	82	\$870
Rock Canyon Half Marathon	345	\$10,832

Race director can donate 20% of revenue to non-profit they choose

2018 COMMUNITY IMPACT

Donations: \$3,852
 \$1,000 Mosaic Group
 \$900 Boys & Girls Club
 \$250 South High School track
 \$250 Pueblo Community College
 \$302 Pueblo Christian Academy
 \$300 Pueblo West Swim Team
 \$700 East High School track & cross country
 \$150 Everybody Counts
Community Grants: \$4,000
 \$1,500 Pueblo West porta potty
 \$500 East High School Cross Country
 \$400 Downtown Social Shuffle
 \$400 CSU-Pueblo Iron Wolf Challenge
 \$600 Filomeno Vargas USATF Youth Cross County
 \$600 Cedar Ridge Playground Project
Community Race Assistance:
 Youth Tri Training program
 CSU Pueblo Spank Blasing & Dr Dan run
 Colorado State Fair Stampede 5K
 Annual Trash Trot for Earth Day
 Volunteer hours to Pueblo community: PRICELESS
 Scholarship entries to events and club

2018 MEMBERSHIP EVENTS

Predict Series

13 events with 542 participants earning 43 t-shirts in 2018.
 Expenses (12 x \$50/host expense, July BBQ \$363.32, Harvest Run party \$702.04): \$1,665.36

Annual Awards Banquet

This annual event took place on Saturday, January 27, 2018 with 98 Club members in attendance. The night included dinner, games and awards.
 Expenses (awards, volunteer awards, event costs): \$4,425
 Registration fee income was close to \$1,500

2018 FINANCIAL OVERVIEW

<i>Club Revenue:</i>	\$70,459
Club member donations:	\$129
Club membership:	\$4,920
Race entries:	\$51,521
Race sponsorship:	\$8,646
Other:	\$5,243 (IRS refund, store purchases, in-kind, etc.)
<i>Club Expenses:</i>	\$61,088
Race expenses:	\$34,505
Awards banquet:	\$4,425
Community grants & donations:	\$7,852
20% race profit donations:	\$3,759
Depreciation:	\$3,134
Other:	\$7,413 (newsletters, insurance, in-kind, etc.)
Club Net Income:	\$9,371

Editor's Note: The 2018 Annual Report was prepared and submitted for inclusion in the February edition of Footprints, but the issue was full so publication was delayed.



The Birthday Page



April

1	Julie	Strong
3	Suzanne	Cote
4	Lynn	Hollis
4	Rebecca	Simmons
5	Katy	Frazier
5	Shelly	Humbert
10	Nicole	Cordero
10	Marilyn	Vargas
13	Joe	Farra
15	Cindy	Allgood
16	Haley	Sinclair
17	Addison	Horton
18	Bryan	Dehn
18	Lauren	Leomiti
19	Stephanie	Giconi
20	Kieran ""Ken""	Hughes
20	Bob	Stuemky
23	Garret	Dietz
23	Rebecca	Gedala
25	Mark	Gurule
26	Lily	Quintana
26	Regina	Webb
27	Darius	Whiting
27	Trevon	Whiting
28	Alex andria	Romero

May

2	Tina	Brock
3	Katie	Fox
4	Paul	DallaGuardia
4	Jeremy	Hamm
6	Lauren	Staples
7	Eva	Cosyleon
7	Peter	Escalante
7	Peter	Escalante
8	Claudia	Hindman
8	Trevor	Walker
9	Andrew	Caro
9	Jessica	Lanham
9	Mark	Steves
12	Mindy	Chapman
13	Matthew	Mascarenas
14	Debbie	Gurule
14	Deborah	Gurule
14	Bea	Jones
14	Paul	LaBar
15	Don	Thompson
18	Mark	Koch
19	Kimberly	Pranger
20	Diane	Lopez
20	Joey	Mathews
21	Nichole	Hernandez
23	Jitka	McGivney
25	Reyna	Quintana
26	Lois	Pfost
27	Tom	Brosseau
27	Ella	Can
29	Justin	Gutierrez
31	Carla	Sikes

June

1	George	Purcelley
1	Brenda	Tracy
5	Lewis	Fox
5	David	Horton Sr.
5	Jeremy	Keener
8	Robert	Lucero
8	Fernando	Mier
9	Cara	Kelsch
9	Stephen N	Smith
10	Margaret	DiMatteo
10	Gabriel	Marmolejo
10	Jaylen	Vargas
11	Rahel	Gredig
11	Rahel	Gredig
11	Sean	McGivney
13	mark	house
13	Carrie	Tucker
15	Sandy	Vanderstoep
15	Grace	Whiting
16	Traci	Whiting
17	Rick	Macias
18	Donald	Montoya
18	Hilbert	Navarro
19	Dani	DeGraw
20	Kira	Hughes
20	Donna	Nicholas-Gries
21	Carol	Brimmeier
21	Retzio	Gredig
21	Retzio	Gredig
21	Cindy	Nicolay
21	Mike	Parlapiano
22	Jessica	Updegrove-Arr
23	Mary	Yang
24	Kristine	Cason
24	Erin	Kennedy
24	Laurice	Lopez-Cepero
25	Michael	Baca
27	Eric	Castellano
27	Dawn	Gruber
27	Kellyn	Ross
29	Sean	Staples

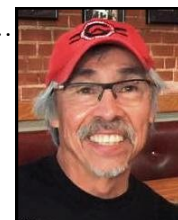
July

1	Jennifer	Arellano
1	Marijane	Martinez
1	Tanna	Schut
2	Donald	Pfost
4	Emily	Diaz
4	Donald	Moore
6	Jay	Zarr
8	Joseph	Spinuzzi
9	Karen	Carney
11	Alex	San Filippo-Rosser
11	Quentin	Springer
13	Owen	Gruber
14	Michelle	Cisney
14	julia	house
15	Kevin	Hughes
17	David	Dietz
17	Wayne	Gold
17	REGIS	Marquez
18	Dennis	Wait
19	Jason	Castro
20	Bill	Veges
21	Veronika	Marmolejo
23	Danielle	Caro
23	Sarah	Staples
27	Mary	Porter
27	Jay me	Stangier
29	Darryl	Clark
29	Diana	Tiffany-Hardy
31	Kaely nne	Caro
31	Robert	Pahls
31	Malcolm	Singer

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

APRIL				
Sat 6	9:00 AM	Baylon Michael Meyer	5K/10K	Pueblo West
Sun 7	9:30 AM	Great Divide Spring Fling	38M Bike	Pueblo Industrial Park
Sat 13	2:00 PM	Walk a Mile in Her Shoes	5K	CSU-Pueblo
Sun 14	8:30 AM	Horsetooth Half Marathon	13.1M	Fort Collins CO
Sun 14	8:00 AM	Platte River Half	13.1M	Littleton CO
Mon 15	10:00 AM	Boston Marathon	26.2	Boston, MA
Sat 20	9:00 AM	Silver Dollar Predict Run #3	5M/2M	1159 29th Lane, Pueblo, CO
Sat 20	9:00 AM	Spiral Drive Run	4M	Salida CO
Sat 27	8:00 AM	Bulldog Run	13.1/10K/5K	Trinidad CO
Sun 28	8:00 AM	Cherry Creek Sneak	10M/5M/5K	Denver CO
MAY				
Sat 4	7:30 AM	Blossom Day	13.1M/5K	Canon City, CO
Sat 4	7:00 AM	Greenland Trail Runs	50K/25K	Larkspur, CO
Sun 5	6:00 AM	Colorado Marathon	Mar/ Half	Fort Collins, CO
Sat 11	9:00 AM	Ordinary Mortals Triathlon	Sprint Tri	CSU-Pueblo
Sun 12	9:00 AM	Yappy Dog Pred #4	8.63M/2M	South Mesa Elementary
Sun 19	6:00 AM	Colfax Marathon	Mar/ Half	Denver, CO
Sat 25	8:00 AM	Mosaic Run	5K	Amazing Grace Church
Sun 26	8:00 AM	Spirit Trail Run	1/2 Mar,8K	Buena Vista, CO
Mon 27	7:00 AM	Bolder Boulder	10K	Boulder, CO
JUNE				
Sat 1	10:00 AM	Hardscrabble Trail Run	5K/10K	Wetmore, CO
Sat 1		Climax Canyon	5K	Raton NM
Sun 2	8:00 AM	1stResponder Color Run/Walk	5K	Pueblo West
Sat 8		Huajatolla Heritage	5K	La Veta CO
Sat 8	8:30 AM	Big Dog Brag	5K	CSU-Pueblo
Sun 9	7:00 AM	Garden of the Gods	10M/10K	Co Springs
Sun 16	7:00 AM	Arroyito Lake View Pred #6	5-6M varies	1253 Calle Arroyito, PW
Sun 23		Orphans/ Lost Souls	5K	Aguilar CO
JULY				
*	6:00 PM	G-U Rule Pred #7	4M	Pueblo
*We received this note from Deb and Mark Gurule, "we have decided to pass on hosting a predict in July. We enjoyed the years we hosted it, now it's time to pass the baton.				
--Thanks, Mark and Debbie Gurule				
We totally understand and we thank Deb and Mark for all their hard work over the years.				

SOUTHERN COLORADO RUNNERS
P.O. Box 8026
Pueblo, CO 81008

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***If you plan to move,
 Let us know!***
 Issues of "Footprints"
 are not forwarded.
 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
Treasurer	Alexandria Romero	treasurer@socorunners.org
SoCoT2 Coordinator	Gwen Steves	socot2@socorunners.org
Webmaster	Paul LaBar	admin@socorunners.org
Newsletter Editor	Ron Dehn	newsletter@socorunners.org
Race Calendar	Dave Diaz	
Group Run	Sheri Giordano	groupruns@socorunners.org
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

"Like" us on Facebook:
www.facebook.com/SoCoRunners

The Final Thoughts...

The weak can never forgive. Forgiveness is the attribute of the strong. -Mohandas Karamchand Gandhi (1869-1948)

Life isn't about finding yourself. Life is about creating yourself. -George Bernard Shaw, writer, Nobel laureate (1856-1950)

In one and the same fire, clay grows hard and wax melts. -Francis Bacon, essayist, philosopher, and statesman (1561-1626)

Running strips life back to the bare essentials. When we challenge ourselves, it breaks down barriers. It brings us back to our essence and peels away the layers of ego we surround ourselves with. Many a grown man or woman will cry during or when finishing a marathon: long regarded as the ultimate achievement in the running world. Emotions flow freely, the struggle is obvious and most of the competition is with yourself. **Grahak Cunningham**