



Volume #349, Issue #2 Editor: Ron Dehn

FOOTPRINTS



The Spring Runoff Edition

The SRO and F2BR An Historical Perspective



This year marked the 40th Spring Runoff race in Pueblo.

This race is the longest running and the most popular local race and has challenged literally thousands of people over the years to become more active and challenge them to push beyond their comfort zone.

The **Spring Runoff (SRO)** was started by Mike Spence, John Salas, and Larry Lopez, reporters at the Chieftain, in February 1979 in the parking lot of Dillard's at the Pueblo Mall. Gary Franchi, a Chieftain writer at that time was also on the initial committee. There were two events, a 10-km (most races at the time were 10-km) and 10-mile run, that ran through the parking lot, across the train tracks to the frontage road, under a bridge and up what we now call N. Elizabeth up to a gravel road now known as Platteville. One year a train pulled across the course and stopped so people had to duck between rail cars to continue on the run. So the event started and finished at the mall only for 2-4 years before moving to the other side of the tracks at the Side Pocket pool hall on Club Manor before the Post Office was ever built across the street.

Sometime in the mid-1990's the 5-km event was added an hour earlier than the 10-km

and 10-mile so quite a few runners ran the 5-km and turn around and run a longer race the same morning. By 1997 a short Toddler run was added between the 5-km and longer races.

Terry Cathcart remembers taking his 14-year old son, Steve, to run that first year in a blizzard. Mike Spence asked Terry if he could help while he waited. So Mike Spence gave Terry and his 10-year old son, Brian, a ride to the turnaround point on Platteville in a howling sideways snow. But Spence forgot to pick them up and Terry never let him forget it! Despite that, a long time SRO volunteer was born! Terry Cathcart timed many of the events in Northridge helping long-time Race Director Andy Bal-lou, then Rich Barrows and then Matt Martin served a five-year stint as race director.

In 2001, Terry Cathcart took the reins as Race Director and moved the race to Dutch Clark Stadium and added a 2-mile walk



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Letter from the President Kim Arline

We have electronic files for most of the club newsletters since 2002. But we need to scan the previous 12 years of newsletter (top half of this photo) and maybe a few stragglers since to create PDFs to upload onto socorunners.org. We are looking for a volunteer to spearhead this effort, something you can do in the comfort of your own home and help create our online library of club history for all members to enjoy. The task is small in comparison to all the work our past newsletter editors put into creating ALL these newsletters.

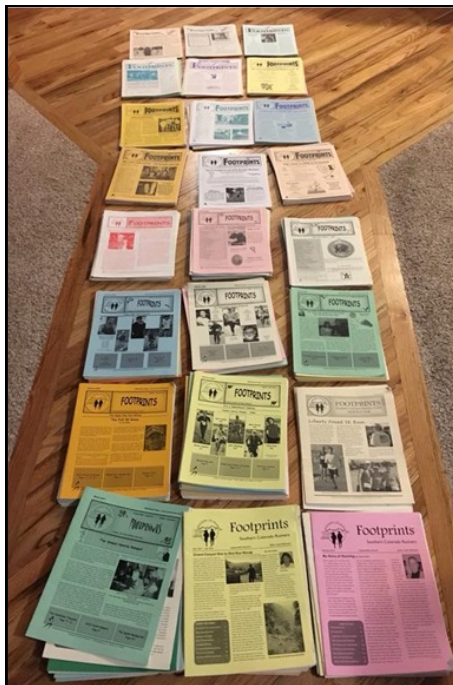
I picked up all these issues this weekend from Gary Franchi. I needed to dig for history on the Spring Runoff and Funner to be a Runner and I loved meeting people I've only heard about. And meeting a younger version of many currently active club members. It's fascinating to see what the club was like years ago. Prior to the website, results were printed in the newsletter and it's interesting to see how fast some of the more seasoned club members were in their prime!

I would love to have a club member take charge of this project and bring this history to life! This would a great project for a high school or college student needing a community service project! Or anyone wanting to get more involved in the club and has decent computer skills. I'd love to write a letter of recommendation for a motivated student willing to do this! We can train you and give you access to the website to upload the files too.

Please email president@socorunners.org if you can help!

Paul Labar is currently serving as the Webmaster but is looking for a volunteer interested in helping with the webpage, to learn the ropes and possibly step up as webmaster next year. He is conducting some casual interviews on the website to see how we

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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.

“Footprints” Volume No. 349, Issue No. 2

“Footprints is the newsletter produced quarterly by, about, and for the SCR / Tri Club membership. It is bulk mailed via third class mail by the U.S. Postal Service.

Postmaster: Please send address changes to “Footprints” c/o Southern Colorado Runners at P.O. Box 8026, Pueblo, CO 81008

SCR Monthly Meetings: 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)

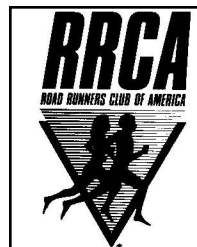
Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Ashlee Sack, Kim Arline, Gary Franchi, Dave Diaz, Stacey Diaz, Sheri Giordano, Cassie Pate, Marijane Martinez, Mark, Melanie, and Hanna Maurer, Mark, Denise, and Breea Butero, and Bill Veges.

Honorary Mention: Fred Rogers*

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.

* This month we honor Mr. Rogers on the 50th anniversary of his amazing children's show.



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

SCR Shirts for Sale By Marijane Martinez



From your Editor



I am the keeper of the Club Store and would like everyone to know SCR shirts are now available for members to purchase. Currently we have a long sleeve version and a short sleeve version. I am going to explore getting tank tops for summer running and will add them to the club store once they are available.



You can order on line by going to runsignup.com and clicking on My Clubs which will take you to Southern Colorado Runners & Triathlon Club. Click on that and find store to place your order. The company I work with, Shirtheads, adds our orders onto bigger orders so therefore you can receive your shirt in anywhere from 2 to 3 weeks. You will be given the option of picking up your shirt at a Predict or at Mad Hat Monkey (aka Forget Me Not) Apothecary located at 125 Broadway.

Easy, Peasy!

(President, Continued from page 2)

can revamp it to meet more needs and be more accessible and functional.

I want to thank everyone that volunteered at the Spring Runoff and Funner to be a Runner. A big shout out to Dave and Stacey Diaz for all their efforts coordinating such a large event and keeping a smile through it! Our next big event is Ordinary Mortals and Mini Mortals Triathlon that I'm race director for. We need a lot of volunteers so please consider helping us May 12th if you aren't racing. We still need a Pool Captain for the adult event while Paul Dallaguardia gets to race. He will train you on how to keep the swim portion smooth sailing!

Kim Arline, President

Dear Readers,

First I wish to thank Becky Medina and Olivia Medina for editing both the digital and hardcopy club newsletters over the last few years. I'm sure I speak for the rest of the club in thanking you for your dedication.

In addition to a demanding career, Becky is involved in creating a local chapter of "Girls on the Run". This is a national program designed to help young girls develop strength of character, increase confidence, create positive connections, understand community, and develop life skills in general as well as increasing physical fitness. Olivia who took over for Becky, has taken a new career move which required her to relocate to New Mexico.

I wish to recognize other past editors including Judy Tucker, Gary Franchi, and Laura Wehrwein. As a historical note – Judy produced the newsletter in the early days of the club using a typewriter (really), and a mimeograph machine (you younger readers will have to google it, and older readers will remember the purple print and that very weird smell that would last for years.) Gary produced a monthly issue for an amazing run of 17 years. After Gary, I took over monthly hardcopy duties for several years. Laura took over for me with hardcopy newsletters, then Becky and Olivia produced both digital and hard copy issues.

There has been considerable discussion off and on the last several years regarding the newsletter including digital vs. hardcopy and frequency of issue. Websites and social media now supply much of the information that was previously published in the hardcopy newsletters. We used to publish race results in the hardcopy newsletter that might hit your mailbox weeks after the race, and now you can often see results online hours after an event. The web offers timely information at your fingertips.

However, the consensus seemed to be that a hardcopy newsletter still has value. People still like to read something that they can hold in their hand. And a physical newsletter provides a way to document the history and actions of our club.

So.... At least for now, we will be producing four hardcopy issues per year. They will be sent out at the beginnings of February, April, July, and November.

And.... We are counting on members to submit photos and articles. We really really really want to hear from you about running, training, keeping fit, and anything related. If you do a run in a different city – tell us about it. And send a photo or two. If you come across a healthy recipe that you have tried and like – share it with us. Don't be shy. Please submit articles via e-mail in Word and send photos in .jpg or similar format. Send to: newsletter@socorunners.org The deadline for submissions is the 15th of the month immediately before the previously mentioned publication months.

For the most part, we print what you send, so you might want someone to read over your article before you send it. Just to

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SRO F2BR History Continued

(Continued from page 1)

event. He had been impressed watching his now grown son, Steve, finish in Folsom Field at C.U. in the Bolder Boulder in 1987. He thought a stadium finish and less traffic for a safer course along the river trail would be better. Participation had dropped from 350 finishers in 1996 to 250 finishers in 2000 and each year at the stadium the race routinely had over 450, often 700-800 in the SRO and another 300-400 in the youth race. Terry served as Race Director for 11 years before handing the reins over to Darryl Clark for two years then Michelle Highfill for two years and the last three years have been led by Dave and Stacey Diaz.



Terry and Paulette Stuart of the Chieftain

Terry's son, Steve, that 14-year old at the inaugural event became a standout runner at County High School and went on to run at Western State in Gunnison as a multiple All-American in cross country and track. He holds the distinction with Peter De La Cerda and Phil Castillo for winning both overall 5-km and then either the 10-km or 10-mile race on the same day in the 1990s. By 2005 he had seven overall titles in the 5-km, 10-km and 10-mile races. Steve Cathcart also won the 5-km overall event for 5 years in a row, something our current overall 5-km champion, Adam Rich a PE teacher from Colorado Springs, hopes to match next year.

Some other notable runners to cross the Spring Runoff finish line and, of course, win over the years include: Olympians Pat Porter and Deena Drossin (now Castor), Maddy Tormoen, an Olympic Marathon qualifier and World Cham-

pion Duathlete was a three-time winner in the 10-mile race and another Olympic Marathon qualifier Peter de la Cerda from Alamosa. Pueblo's own Dick LeDoux was a five-time Runoff winner. Under Daryl Clark, the SRO became a sanctioned USATF course bringing in elite runners for prize money. Cheseret had come to the United States from Kenya to run track at Arizona University in 2002, now a U.S. citizen competing for the U.S. Army while stationed at Fort Carson. He was one of more than 20 elite runners drawn to Pueblo for the kickoff event of the 2012 USA Track & Field Colorado Grand Prix seven-race series. The friendly Cheseret posed for pictures with the Colorado State University-Pueblo track team after winning the 10-mile in 50 minutes and 50 seconds.

There are numerous stories of locals that make the SRO an annual event. Robert Quintana ran that first year not knowing people actually ran races. He took 2nd in his age group that year and again this year! His wife Jessie Quintana was inspired to start running after he raced and she has rarely missed a SRO or Pikes Peak Ascent for that matter in the last 38 years!



Richard Ayala

One early longtime participant was Richard Ayala whose first race ever was the Spring Runoff in 1979. He did not miss a single SRO for 25 years and has

the shirts to prove it. A 2001 article in the archives about Richard's running mentions he could be the poster child for the joys of running. His knees can't take the running anymore but he continues to bicycle nearly every day. This past fall I had the pleasure of meeting Richard "Rico the Rock" as we reached the top of Highway 96 by the Red Gate. The 83-year old cyclist rides 15 miles every day up "Killer Hill" unless its slushy, icy or really windy. He generously shares a smile and encouraging word if you meet him and his face lights up talking about the SRO. He joyously lives each day fully saying, "I'm going to live forever or die trying!"

Our club took on the SRO from the Chieftain personnel early on. The partnership with the Chieftain continues to this day with a lot of advertising leading up to the race and news coverage after the race. They also give \$1000 to offset costs of the stadium and cone rental.

But the SRO like all our races could not happen without dedicated volunteers who set aside the first Sunday of March to help at this race. On race day there are probably 90 or more volunteers working to host a safe event. We almost lost this race when Darryl Clark had to step aside as race director due to travel commitments with his work. We struggled to find a race director and were fortunate Michelle Highfill jumped in and filled the role for two crucial years.

I can tell you there are a handful of people I've seen setting up the start and finish line just about every year since 2008 when I joined the club and that's Dave Diaz, Anthony Diaz and Ron Dehn. Some years you may have run in the cold or windy, just think what the volunteers dealt with. In years past, Paul Labar, Paulette Arns, Gary Franchi, Don Pfof, and Lois Pfof were regulars at the finish line and now Gwen Steves runs the timing and produces quick results once the snafus are fixed when people run a shorter event they didn't register for. We have high school teams host water stops for volunteer hours and a donation from our club to them. Becky Medina has coordinated this ef-

SRO F2BR History Continued

(Continued from page 4)

fort for several years now and MJ Martinez did it for many years before she retired. Mark and Brenda Koch have rounded up a team of course marshals to work the turns and keep runners safe for many years.



Over the years, weather has sometimes been a challenge to race organizers, participants and volunteers. The race moved to the first Sunday in March after a few years and sometimes bounced to the second Sunday after a blistery cold year. But overall, weather has been great for the race 75% of the time.

The cost to enter the race has not changed much. The entry fee for the race 20 years ago was \$20, \$25 in 2006 and for the 40th anniversary the entry fee was just \$25-30 depending on the distance selected. And the Funner to be a Runner has always been free for kids!

Funner to be a Runner History

Terry Cathcart recruited me and Marilyn Vargas to take charge of the **Funner to be a Runner (F2BR)** event in 2010 because it was getting bigger and more difficult for a couple volunteers to control with large race day registration crowds. The Toddler 50-yard dash event started sometime by 1997 on the northside. It was run on the actual Dutch Clark track until the crowds grew too large and now is run from the 50-yard line to the end zone.

In 2002 Pat Berndt, a local health promoter with SECAHEC, brought a Fitness Symposium to Pueblo with several big name speakers at the Arts Center.

The symposium was held the same weekend as the SRO so many of the speakers also ran the race. Speakers included Dr. Phil Maffetone and Triathlete Mike Pigg, a world champion triathlete that excelled under Maffetone's nutrition and training guidance I followed for my last Ironman. Another speaker was Pete Saccone, a California teacher who developed a K-6 PE program called "It's Funner to be a Runner" encouraging PE teachers to have kids walk or run on the track 3 times a week for 20-30 minutes at their own pace. Pete and ten of his elementary age students from California led 26 students from our local schools on Pueblo's first "Funner to be a Runner" 1-mile event at the 2002 Spring Runoff.

Rich and Deb Hadley later kept the 1-mile race going organizing it on the field while Jacqueline Wall juggled registration until we recruited more help with my daughter's high school group and Marilyn's energetic Mosaic church youth group. The Mosaic group to this day provides a team of volunteers to handle registration, tally school counts and help on the field. This race always falls on my birthday weekend so for 10 years I've been given the gift of being chased by a couple hundred kids on my bike! We always need more help on the field and course! Please jump in on the fun next year and help direct traffic and keep spectators out of the way.

The **Funner to be a Runner** challenges schools to bring students to the free fun run and offers the school with the most participants to have their picture in the Chieftain. To improve safety, the course was extended to 1.2 mile in 2012 to use the river trail and allow kids to finish on the

track in front of fans. For six years, PE teacher Mike Latino at Highland Park Elementary, inspired his students to run and get their photograph in the Chieftain. I had a big traveling trophy made and had the honor of presenting it to one of Latino's PE classes after the 2010 race. The kids and Mr. Latino's were so excited - you would have thought they won the Olympics!

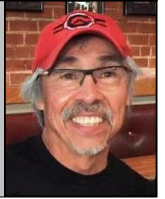
Well, that trophy inspires kids and PE teachers to this day. The last 7 years, Sierra Vista Elementary has brought 80-125 kids to F2BR to take that trophy home. In 2014 Sierra Vista represented 88 of the 181 kids running in 12 degrees and snow to keep that trophy! Mr. Latino now teaches at Belmont Elementary and came within 8 students of taking that trophy back in 2017. And Chris Markert, the PE teacher at Irving Elementary inspires his students to run and gets creative. Last year he organized a bus to bring students to the race if parents couldn't and this year he had a parent run the entire 1.2 mile race in the school's Bulldog mascot costume. All three schools and a few others take orders for school t-shirts to wear at the run making for a really fun, friendly rivalry between schools and becoming more active along the way! Exactly what the Fitness Symposium promoted and SCR has kept it going for 16 years!

Our biggest year we had 465 students run F2BR. This year we had 375 kids with the top three schools shown in the SRO picture gallery. See page 18.





The 40th is in the Books By Dave and Stacey Diaz



The 40th Spring Runoff is in the books and I've been involved with every one but the first. I started running in the summer of 1977 and the first Spring Runoff was in March of 1979. I was going to enter but backed out as the only choices then were a 10K or a 10 miler and I wasn't ready to run that far. There were very few 5K's back then; most races were 10K's. I ran the 2nd Spring Runoff and every one after that for at least 15 years and when my kids got older they would run too. As I got more involved with the club, I began to volunteer more and that was the end of me running in the Spring Runoff. Stacey has run many Spring Runoff's, her first was in 1988 but she hasn't been able to run a Spring Runoff since we took over.

I can't report on the actual race this year as I didn't get to see it but I'd like to use this time to acknowledge and thank all who pitched in to help. Directing this race is a time consuming job and the club has been fortunate over the years to have many dedicated volunteer race directors. Andy Ballou and Terry Cathcart each stayed in the position for many years and they're the first to come to mind. I believe Andy was the first but I'm not certain. As the years went on we had an array of directors. I remember working with Race Directors Cecil Townsend, Matt Martin, Rich Barrows, Darryl Clark and Michelle Highfill. There may be others but I don't remember right now.

Stacey and I tend to divide up jobs and it makes it more manageable. She takes care of the shirts, overall and age-group medals, packet pick up at the Gold Dust, as well as Race Day morning, and most of the Facebook posts. Stacey works with the sponsors, Jeremy Hamm at Subaru, Donald Moore at Pueblo Community health Center and Emily White and Larry Lopez at the Chieftain.

I prefer to stay away from people, so I take care of the run, designing and marking the course, getting the permissions we need, which include the Parade

Permit from the Police Dept, reserving Dutch Clark Stadium and insurance. I also take care of misc things like making entry forms and information sheets, updating the Run Sign Up page and making sure our equipment makes it to the stadium.

Packet Pick Up: Thank you to Robert and Lisa Lucero, Paulette Arns, Jessie and Rocky Casarez, Peggy Oreskovich, Sheri and Roger Giordano, Helen Whitenner and Kerry Roman for giving up their Friday, Saturday and Sunday to make sure runners got their shirt and bib. And thank you to the Gold Dust for allowing us the use of their place.

Course Marshalls: Mark and Brenda Koch have been in charge of course marshalls since way before Stacey and I took over. Because we run through city streets and the streets are open to traffic it's a very important job. It takes at least 10 volunteers. Mark and Brenda line up adult volunteers for important turns. Thank you to Ken Hughes and family for stopping traffic at the Pueblo Blvd side of City Park, Lois Pfof at the 2 mile turn, Don Pfof at the 10 mile turn and Meno Vargas at the 10K turn. Mark and Brenda also work as course marshalls in Aberdeen during the run. Marilyn Vargas and David Rael bring lots of help from the Mosaic Youth Group and the "Cool Running's Club" and they even bring their church van so Mark can drive the course marshalls to their spots.

Water Stops: The club and the Spring Runoff are lucky to have Becky Medina as a member and volunteer. When I was race director for the Rock Canyon, I had to get my own volunteers for the water stops and then deliver the jugs, cups and tables to the volunteers. Becky does all of that and more, she lines up the volunteers, usually high school groups like South High and the Boys and girls Clubs of Pueblo. She picks up the equipment from the shed and gets it to the groups, then returns it to the shed when she is done. The only thing I do is buy the

cups. It is an important job and having someone as reliable as Becky is a big load off my mind.

Rental Chairs, tables and refreshments: I buy the breakfast bars for the runners to have when they finish the run but they take up a lot of space. Thanks to Ron Dehn for delivering and setting them up at Dutch Clark Stadium. We also rent tables and chairs and Ron picks them up, delivers to Dutch Clark and returns them to the rental place the day after the run. His brother Dave helped out, and then they both ran the race. Speaking of the finish, thank you to Monica Oldenburg and H&R Block who donated the bottled water and supplied volunteers to pass them out. She felt bad because they ran out (they brought 1,200 bottles) and said they will be back next year. That's great news. It was a nice touch and one we really appreciate.

Timing and Results: Hiring Timing Company is very expensive but thanks to **Gwen Steves** the club is able to time the race ourselves and save a few bucks. She downloads the runner's information, prints the bibs, brings and sets up the timing equipment and gets the results to the Chieftain. A big job and we appreciate it.

Funner to be a Runner: I think the Funner to be a Runner is a great addition to the Spring Runoff but if it was up to me it wouldn't happen. I just don't have the time. Thank goodness the club has super volunteers like Kim Arline and Marilyn Vargas who have kept this event going for many years. The Spring Runoff is a community event and the kid's runs are a big part of that.

Parking: Thank you to David Rael who arrives early race day morning, with his own helpers and directs the runners where to park.

Lead Bikes: I was starting to panic because it was the week before the race and I didn't have any lead bikes. Thankfully the Steel City Cycling Club



The 40th in the Books Continued



(Continued from page 6)

stepped up and provided 5 volunteers Renee Lewis, Dave Pool, Sam Chambers, Sara Ackerman and Maureen Garelick. Marilyn Vargas recruited 2 more, Nate Ochoa and Jim Wade, then Larry Volk volunteered and we were set. Larry was 10 mile lead bike last year and knows the course. Race day morning we met at 8 am and Larry took everyone for a pre-race ride of the course. Thank you everyone,

My brother, **Anthony Diaz**, is a lifesaver. He comes to my house and loads his truck with just about everything from finish line equipment to tables, then delivers everything race day morning and sets up the track and finish line. Then he assisted my son-in-law Paul Bonacquisti, who did the race announcing this year. Paul was a radio DJ in Denver before he went into the wine making business.

I'd like to finish by reminding you that no one in our organization gets paid for their work, although we do make donations to the youth groups that help us. We are an all volunteer, non-profit club, who do what we do for the love of running. We keep the prices low but still make enough profit to keep our club running for another year. Thank you all, runners, volunteers and sponsors and God willing we will be back next year.

----Dave and Stacey Diaz



A few of the Diaz clan showed up for the SRO. From l to r Stacey Diaz, Vincent Bonacquisti, Marisa Bonacquisti, Sofia Diaz, Emily Diaz, Matt Diaz, Judi Bonacquisti and Gabi Diaz. Not pictured is David Diaz, Aomi Diaz and Solana Diaz who also ran the race. Dave and Anthony were still working the race and didn't get in camera range.



At 90 1/2 Natalie Veges is Still Going Strong by Bill Veges

Natalie Veges has walked most of her life. As a young lady she walked back and forth to work and to dancing.

She also walked with her late husband Bill Sr. In addition to many local races, Natalie has walked the Cherry Creek Sneak and the Bolder Boulder receiving medal in each walk.

In 2001 after her husband passed she

started walking the spring runoff receiving medals that are framed and hanging proudly in her home.

On March 4th at the age of 90 ½ she crossed the finish line at the SRO with the crowd standing and cheering her on, becoming another shining moment in her life.

Photo by "Staff Photographer" Sheri Giordano



“Youth Footprints”

From the “tap, tap of little feet” to the “tap, tap of running feet”.

by Marilyn Vargas and Dave Rael

As Youth Coaches, having the opportunity to teach and coach the sport of running to a young athlete brings about so many rewards to both the coach and the youth athlete. It becomes even more rewarding as goals are achieved and the sport of running complements the youth athlete’s many other endurance sports.

As Youth Coaches, we have been so Blessed to have witnessed many young athletes, accomplish goal after goal. In Youth Footprints, we want to support young athletes as they reach their goals, achievements, and discover the success of their talents and abilities. “Youth Footprints” news of young athletes, today and tomorrow, should be in print for all to enjoy!

Enjoy these success stories of two young female runners, as they made their names known at the Pikes Peak Road Runners Winter Series, 2018. We are so honored to have coached these youth female athletes. Nine-year-old, Hanna Maurer, ran her way through 4 races, placing first in her age group, 0-9, and setting the course record for, not one, but all four race courses. And yes, the talented youth female athlete, Breea Butero, sun, snow, ice, below 20-degree weather, didn’t slow her down. Breea brings home first place award, in her age group, 10-14.

So, let’s celebrate, Runners come in “all ages and sizes” and “tap, tap, of running feet”.

Hanna Maurer

We are so proud of Hanna and her early success to the new sport of competitive running. Last year her older sister, Hailey, had a successful cross country season as a 6th grader with Sky-view Middle School. Hanna was able to attend a few of her



The Maurers



Breea (L) and Hanna

meets that sparked some interest in running and she already had some friends on the Cool Runnings Club, so she joined. After a few outings with the club she was somewhat discouraged, stopping often due to fatigue and at times wanted to quit because “it was hard.” Her mother, Melanie, talked to her about having a “non-quit” attitude and insisted that she continue to run through the fatigue and try her best. Hanna was excited to relate that she didn’t stop during the next 3 mile run with the club and told us about her “I can do it” mindset that helped get her through the desire to quit running. Hanna continued to realize her ability to run through the pain and was motivated by each successful practice. We were both very excited to see her finish a tough 3 mile course for the first

(Continued on page 9)



Youth Footprints continued



(Youth Footprints Continued from page 8)

Winter Series race with a new course record for her age group in her first official event! We remained somewhat optimistic but somewhat worried about her ability to complete and perform well in the remaining 4, 5, and 6 miles races but her confidence and “do not quit” attitude did not fail her and she was inspiring as she continued to set course records for all the other distances. We have made sure to remind her that she may not win every race and set course records, and have made sure that she should always feel happy for trying her best. We are excited to see her continue to enjoy running and pushing her limits beyond all of our expectations.

-Mark and Melanie Maurer

My experience with running has been amazing! I always looked up to my big sister, Hailey, in her running. She was a huge example. When I first started running I thought it was impossible to run a mile. After a few weeks I got more used to it. I felt like a mile was easy to do. After Christmas I was invited to be in the Winter Series. I didn't think I could run 3, 4, 5, or 6 miles, but I still had to do it. I was training very hard for my races. I was very nervous for my first race. After my race I felt so good! My races went by and I kept getting 1st place. I knew that I wouldn't always win. But I sure enough I did win every race. I always love running, and always will. Don't stop because the pain will be over soon.

-Hanna R. Maurer

Breaa



The Buteros

As parents we always want our children to do their best, but in running it seems they are totally alone doing their best. The 2017-2018 Winter Series afforded our daughter Breaa the camaraderie and the confidence to compete in, and in the end do very well, as an individual and team athlete. We traveled from one end of El Paso County to the other and the organized chaos for the 4 races was amazing. The venues were perfect and runners and families alike had a great time! As Breaa moves on and challenges herself in more events we know she will just keep getting better and better and continuing to cultivate her skills under some awesome coaching from USATF Coaches Dave Rael and Marilyn Vargas. We are looking forward to another awesome Winter Series this coming year.

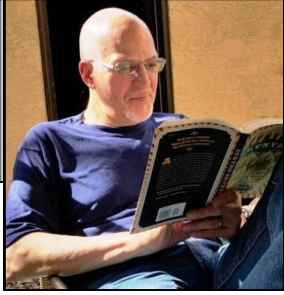
Regards, Mark and Denise Butero

The Winter Series Races were a great experience for me. At first I was unsure that I wanted to do them at all because I was not sure I could even finish the first one. Then I soon realized that the races were 4 of the best races I have ever ran. Every second of each race was a blast and I have great memories of each and every one of them. I couldn't have done it without the support and love of my mom Denise, my dad Mark, and my grandma Di-Ma. Most of all I want to thank my coaches (who have become family in my heart) Dave Rael and Marilyn Vargas for all their support and advice and pushing me to do my best.

Sincerely, Breaa Butero



Rosalinda Dave, Marilyn, and Breaa



Geezernomics

by Gary Franchi



Oh, the things you can discover on life's journey

"We are all broken. That's how the light gets in." – Ernest Hemingway

It's a fabulous world, especially if you're retired, because there's actually time to do stuff. You have a multitude of training time options and sometimes can work out for as long as you want -- body willing, of course (more on this later). You can take a class and learn something new. (C'mon, get serious -- of course I haven't.) Nap opportunity times are ample -- yes, I do, but I took them even before retiring. At work, too.

Also important to me is that there is actually time to read once in a while. For 45 years (full-time employment), there wasn't. I love to research new things that intrigue me, and you won't believe the fascinating things you can discover by reading. For instance ...

I knew it

I've always wondered what the heck running shoe descriptions meant, if anything. Or was it all just poppycock? Here is some pseudo-descriptive rhetoric I ran across while reading about running shoes recently:

- Spring ride
- Symmetrical external web
- Zonal support
- Welded overlay reinforcement
- Low-impact foot strike
- Features enhanced foot function
- Linked componentry
- Brings effortless, floating runs (oh sure!)
- Allows movement in multiple planes
- Vertical flex groove decouples the tooling along the line of progression (huh?)

It goes on and on as marketers demonstrate their creativity while possibly thanking legalized marijuana for provid-

ing such insights.

But recently the cat got let out of the bag. The April 2018 issue of *Runner's World* magazine has an article on the trend toward the use of foam midsoles in running shoes. It mentioned that the Adidas Boost model contains foam that promises "energy return." The writer questioned what that meant and got this response from Golden Harper, founder of the Altra shoe company: "The best foam in the world will never return energy."

So there you have it.

Speaking of marketing ...

While I had to give up running in October 2016 because of a knee condition, I love training on the bike, in the pool, with weights and on elliptical machines to keep in decent shape. And I still check out racing calendars such as the 2018 Events Guide published by *Colorado Runner* magazine. Being who and what I am, I get big laughs from reading promotional race verbiage and ran across these blurbs recently:

- America's ultimate challenge
- A run to remember
- Experience a Rocky Mountain runner's high
- A finish line like no other
- You deserve an adventure
- 26.2 epic miles
- Fresh air. Fresh food.
- It's not just a 5K, it's a party
- Sweat your socks off

My gosh, how can anyone resist such alluring events?

Superheroes

There was a Sunday *Denver Post* article about Terry McGrath, founder and race director of the Runnin' of the Green race in Denver for 29 years before his shocking death a month after last year's race. His family continued the race this year and now realizes Terry's superstardom. Said his daughter Hailey McGrath: "You don't realize how much someone is doing until they're not here to do it."

This got me to thinking about race directors and how much time, effort, thinking, planning, organizing and worrying they do to put on a quality race for the running populace. Most runners probably don't give a thought to such efforts; they just show up and run, and maybe comment or complain if something doesn't go right or if they don't like the race shirts. Having directed a race and worked on probably a couple of hundred others, I know what's involved.

While all volunteer work (chip timers, course marshals, aid station staffers, packet pickup crew, etc.) is crucial and thanks-worthy, we especially need to appreciate and thank race directors whose last names are Arline, Clark, Diaz, Giordano, Loppnow and Steves as well as the entire Atlanta ladies team for making SCR events possible because of their dedicated devotion to running. The SCR should consider them all superheroes.

Why he's "Sir"

Sports Illustrated did a piece on Sir Roger Bannister after he died March 3 at the age of 88. Bannister was the first to run the mile in under 4 minutes (3:59.4 in 1954). What intrigued me was that Bannister was knighted "Sir" NOT for his sub-4 mile but for his leadership as the first chairman of the British Sports Council. In that role he spearheaded the "Sports for All" campaign, which spread athletic participation across Britain. The article went on to say that Bannister actually was most proud of his neurology research, which earned him the American Academy of Neurology's lifetime achievement award. Heady stuff.

Dehns make most of family memberships

By Gary Franchi



The duplicating machine went haywire again at the 40th annual Spring Runoff in early March, spitting out the Dehn name six times. Well now, wait a minute. That actually *WAS* six different Dehns that participated that day. In the 10k run were Bryan, Dave, Ron and Rylan. In the 5k run/walk were Cathy and Chris. For the record, brothers Dave and Ron took second and third places in the 65-69 age division, Ron's young gun grandson Rylan (15) took second place in the 15-19 group while Ron's wife Chris was second in the 65-69 bracket of the 5k.

We've come to expect to see the name Dehn in the results of many races/runs, including the Prediction Series events. But, hey, there are plenty of them, with 11 Dehns currently members of the Southern Colorado Runners. You've probably read about them over the years in past issues of the SCR's "Footprints" newsletter in which Ron has chronicled some of their out-of-area running adventures.

One of the proudest and most enjoyable moments for Ron came this past December when he, son Bryan, 46, and grandson Rylan ran the Rock Canyon Half-Marathon, and they are shown together here in the accompanying photo that was taken by Dave, who has been his

brother's running companion for years.



Ron, Bryan, & Rylan

Rylan is a freshman at Pueblo West High School and ran on its cross country team last fall. He got his first introduction to running after tiring of grampa pushing him in a baby stroller during one of Ron's runs. The first jaunt was about a mile. Last summer, before cross country season, he ran a 32 ½-minute 5k, but by the end of the season he was running a 5k in 20 minutes and change. Until the Rock Canyon, he had never run a race longer than a 10k.

Bryan ran track at South High in the late '80s. He is 46 years old and the systems administrator at the Media Center in Pueblo. He has run off and on during his

adult life, but has been consistent for the last several years.

Ron, 69, is retired from CSU-Pueblo after 42 years of full- and part time employment. His first official race was the Moonlight Madness Run in June 1982, and he has been an active member of SCR for a long, long time. Ron has run dozens of races up to the half-marathon distance, including Pikes Peak Ascents, and he ran his only marathon at the age of 65.

In addition to the Rock Canyon, Ron, Bryan and Bryan have run several other races together including several Spank Blasings, the Liberty Point 5k, SCR Prediction Series runs, etc. There are times they keep the same pace and run side by side, but Ron's request for the Rock Canyon was that they run side by side for the first half-mile, then the younger Dehns could run their own pace. Rylan took off after about a mile and Bryan stayed with Ron for about 2 ½ miles. Their finish times were: Rylan 2:01:56, Bryan 2:12:41 and Ron 2:19:19.

(Editor Continued from page 3)

make sure it flows and gets your point across. Crop your photos they way you want them to appear. And, photos generally print a bit darker than the original version, so try to avoid pictures that are dark to begin with. We may not be able to fit in all your photos, depending on space available.

Finally, for the record we are a family friendly club and are apolitical. We will appreciate your feedback as well.

Thank you and enjoy.

Ron

P.S. A special thanks to Becky Medina who bailed me out with some help on this issue. Thanks Becky!

**Come see what's new at the
Gold Dust**



**In the HEART of the Union
Avenue Historic District
217 South Union**

The Hills We Climb

By Ashlee Sack



“Are you in?”

I’ve never been able to resist those words. So when my early bird-friend posted an invite to a 5:45 a.m. running session, it only took this die-hard night owl three weeks to say ‘yes’. In those three weeks, I had promised myself that I’d carve out time to run during the day, when daylight ruled and trails were populated with other well-rested human beings. As days turned to weeks, however, and I didn’t find that time, I came to realize that 5:45 a.m. was going to be my only chance at achieving my mileage goals.

The air was crisp and laden with humidity on that first morning out. Our breath hung in the air before slowly being absorbed into our hair and creating cotton-candy tangles of white frost. We were layered in socks, pants over tights, fleece vests over base layers, and fuzzy pom-pom bedecked hats. Four women in the dark of morning, ready to face Cañon City’s most formidable urban challenge: Skyline Drive. It was difficult to tell if it was the sub-freezing temperatures or the 4% grade that caused our hearts to beat so strenuously in those first few minutes. (We may never know.) Steadily, as if on a tortuous treadmill, we climbed the backside of the hill and made our way 1 mile to the top of the Hogback formation. Once there, Skyline is an undulating series of smaller hills that offer fantastic strength training. Up and down we bobbed, working our way to a non-chalant set of dinosaur footprints about 1.7 miles from our starting point. If the moon was watching us from his perch, it was impossible to know: the sky was thick and opaque.

By the time we had reached the parking lot, day had begun to break. There was a kind of magic lost as cars drove by, lights turned off, and the silence of the early morning wore off. Nevertheless, with four miles achieved before 6:30 a.m. and the familiar runner’s high settling in, I was infinitely glad that I had answered my friend, “Yeah, count me in.” Even one month (and four runs) later.

Skyline drive is well worth the drive to Cañon City for a fun and incredibly scenic training run. Park at the Floral Trail-head and run up Skyline Drive (watch for oncoming traffic). For a great loop, veer right onto Old Skyline Drive (dirt crusher-fine trail to the right) and head down the hill, turn right on Greenhorn trail, and follow it back to the parking lot.) We’ll see you on the trail!

The photo in the next column shows Mary Yang running up Skyline in the daytime (not 5:45am)



March Birthdays



Rick	Acosta	2
Kim	Arline	2
James	Gallagher OV	2
Aaron	Levinson	3
Lisa	Vigil	3
Charles	Patchet	5
Julius	Romero	5
Shawn	Loppnow	6
Melissa	Gillispie	8
Renee	MONOHAN	9
Erin	Staples	9
Gavin	Lucero	12
Dennis	Krall	13
Bobby	Quintana	13
Mindy	Urdiales	13
Nelson	Brentlinger	15
Chester	Haddan III	15
Patrice	McGivney	17
Debbie	Kenemore	18
Koen	Pfau	19
Lisa	Lucero	20
Phil	Lucero	21
Kristin	Loppnow	22
Erica	Rau	23
Rebecca	Medina	25
Kaleb	Siddoway	25
Kimberly	Varner	25
Marv	Bradley	26
Sarah	Liebel	26
Aubree	Powers	28
Meg	Scarlett	28
Cora	Marmolejo	31



The Broncos are Coming to Town

By Dave Diaz

Save the date, Sat July 21, 2018 because the Broncos are coming to town. This year the Broncos 7K series is coming to Pueblo. The 4 race series will include stops in Fort Collins, Grand Junction and new for 2018, Pueblo. The 4th race of the series is the big one in Denver during Labor Day weekend which finishes in Mile High Stadium.



The race in Pueblo will start at Minnequa Lake on Reno Ave, (the street behind Felice's, where the Harvest Run used to start) head west into the neighborhoods, run north on Winnipeg, return to the Lake via O'Neil and Mirror, then make a clockwise loop of the lake and finish in the parking lot near the basketball courts. They are planning a beer garden, green chili

cook off and a junior Bronco Training Camp with Bronco players. Entrants receive a shirt and finisher medal and they said the cost would be reasonable about \$30. They are hoping for 1,000 runners and walkers, with a wave start. Parks and Rec promised to keep us informed, so when we know more we'll let you know, but until then mark your calendar.

April Birthdays



Suzanne	Cote	3
Suzanne	Cote	3
Robb	Owens	3
Rebecca	Simmons	4
Megan	Marks	9
Sally	Sharp	10
Marilyn	Vargas	10
Corrina	Hamann	11
Joe	Farra	13
Debbie	BLICKENSDERFER	15
Sophia	Dehn	15
Addison	Horton	17
Tracy	Morris	17
Bryan	Dehn	18
Kieran ""Ken""	Hughes	20
Bob	Stuemky	20
Rob	Archuleta	21
Garret	Dietz	23
Regina	Enciso	26
Lily	Quintana	26
Alexandria	Romero	28

Tina	Brock	2
Tina	Brock	2
Katie	Fox	3
Paul	DallaGuardia	4
Jeremy	Hamm	4
Alena	Rageth	6
Lauren	Staples	6
Pam	Case	8
Claudia	Hindman	8
Trevor	Walker	8
Andrew	Caro	9
Mark	Steves	9
Matthew	Mascarenas	13
Bea	Jones	14
Mark	Koch	18
Diana	Morris	18
Larry	Navarro	18
Erik	Juno	20
Diane	Lopez	20
Joey	Mathews	20
Jitka	McGivney	23
Christine	Skow-Pucel	23
Reyna	Quintana	25
Lois	Pfost	26
Matthew	BLICKENSDERFER	28
Carla	Sikes	31

May Birthdays





Minutes from the February 14, 2018 Meeting by Cassie Pate

Meeting called to order at 6:01

Attendance: Lisa Lucero, Robert Lucero, Dave Diaz, Stacey Diaz, Steve Cathcart, Kim Arline, Gwen Steves, Humberto Paredes, Shawn Loppnow, Paulette Arns, David Rael, Marilyn Vargas, Ron Dehn, Roger Giordano, Sheri Giordano, Paul Labar, Cassie Pate

Treasurer's report: Humberto passed out the current report. We started seeing expenses from the Spring Runoff and income from other events. On the last page, the report shows run sign up for 4 different events. Valentine Twosome, Spring Runoff, Mini Mortals triathlon, and Ordinary Mortals. It was discussed where the money from run sign up is going to in an itemized way. The shirts for the predict series came out of banquet expenses as opposed to club expenses. The Spring Runoff Registrations are very low. Only 146 as opposed to 867 from last year. The question of race day registration came up, can we have race day registration. That topic was tabled. There is a discrepancy between the amount of money through run sign up and what has been deposited, probably going to show up in the next week.

Minutes/Secretary: Minutes were reviewed and approved.

Newsletter Editor: Olivia has accepted a job out of State and cannot continue, Ron considered taking this on as a quarterly newsletter. It is important to have solid deadlines, so people can get inserts out. Early April will be the next date to shoot for a newsletter, then July, and then November. Deadlines for entries would be 2 weeks before. It was discussed that there is a \$25.00 fee to put in an insert, and whether using PayPal was the best method for collecting those. The questions also came up about wanting to offer printed in the newsletter as ad space through submission online. It was discussed to use half page ads within the newsletter as opposed to an insert to stuff and whether there should be a fee for a printed ad. The bulk mailing fee was 230.90 so the newsletters could go out this week. Ron had a check from an insert fee and there were a few send backs.

Membership Chair: Gwen shared, 200 memberships, 29 family tri club, 45 individual Tri club, 44 SCR family, 82 individual SCR 340 members, 89 Tri, 46 single Tri, 118 SCR family, 98 SCR individual. There were a few questions about discounts for specific members. Over 70 gets a free membership, they must make sure they choose the correct option for SCR membership not for tri club.

Webmaster: A few things have been updated on the website, including the initial meeting for youth tri club training. Gwen will send the dates for future tri club events, so they can be entered

on the race calendar. Paul needs the names and e-mails for the new secretaries and updated e-mails for new officers. Volunteer should now go to Sheri. Roger should get group runs. The question about what group runs are came up. They are Informal runs that many may want to participate in. Marilyn described her schedule for group running, not necessarily through SCR. We can use google calendars or use an alternative calendar. The topic came up about focus groups for the website, and determining what users really need or want and what can we use to find out how people access information best like Facebook, website, e-mails? The idea to use a predict run to personally survey members came up. There is one this Saturday. Kim encouraged us to try out the mobile site in addition to full site before giving feedback. Have a feature where people can post their own selfies.

Race Calendar: Spring Runoff Tune up at 9 am at Dutch Clark on 2/17. 5k and 10k. Spring Runoff, March 4th. 10k route does go through the golf course, permit is approved. March 11th is the Tour de Fair. Saturday, March 17th is the blizzard run. Shawn will be traveling in April, cannot time a race then. April could be a fun run without timing. April. The Spring Fling is April 8th. Ordinary Mortals duathlon practice timing.

Triathlon Club: 30 kids in the club. Meeting again on next Friday 2/23 (meet every other Friday) Tri club members get comped to swim but the calendar is buried on the website. Dave will stay away from practice Tri for the April predict. David wondered whether there was swimming instruction or coaching for people who go to tri club. It has become more of a training club as opposed to a coaching or instructional session. Kim would be happy to work with them.

Club Store: We aren't sure when the Tri club kit will go live. Orders are trickling in for other items. Susie's store on Northern was discussed because you can try things on before you order.

Past events:

Recreate Pueblo Expo: SCR was a title sponsor. Kim prefers not to have it on the weekend. Humberto said weekend was better. Most interest was in information about Funner to be a Runner.

SCR banquet: The question was raised about volunteer points for the banquet. There is another plaque to use for next year for Dirty Sweat Sock. Sheri has an expense report and receipts. Attendance was a little lower than last year. Have a sign in for next year, maybe highlight the registration list to make it faster. Goal cards, will send out ones that are missing (wait staff threw out many that got left on the tables) The question was raised about the taxes the club pays, City vs. County and State? Sheri will look into it. A lot of

leftover food, donated to Salvation Army. Someone asked if major awards nominees should be recognized in addition to winners, group agreed not to do that, but the question was raised about their bios getting in the newsletter. The question was raised whether we should we have neutral party read anonymous nominations, possibly PPRR? It was discussed that they don't need to be anonymous if we get lots of different people on the committee to choose winners. Gwen can get numbers for personal invitations for a committee to help choose winners. We discussed getting data on members who are not as involved as officers to increase participation. Marilyn asked about how many people we reach on e-mail, about 30%. Marilyn wants to follow youth and encourage parents to nominate youth and provide a Kids' corner for the newsletter. Minus the awards, Dave pointed out the club spent \$1,500 on the actual food and hall. Should we separate the awards from the banquet or leave it all lumped together as a single item? Dave pointed out that the charge to participants can't be accurate unless the items are documented in the correct place. 17.45 was determined to be a great price per person. To recognize a lot of people is the goal.

2 articles in the latest newsletter were cut off, can we post them on the website? Dave talked about archiving the newsletters so they don't get lost. Kim asked if we should post entire newsletters as opposed to specific articles. Gary Franchi wants to get rid of his old copies, we need someone to scan them all. Roger will store the old copies, Sheri will talk to someone about scanning them, and Paul will make sure they get put on the website.

Valentine twosome: 8 degrees, 8 couples, made a little money 66.56.

Spring Runoff: Dave shared that shirts, awards, and medals are ordered. Packet pickup set by Stacey at Gold Dust on the 2nd and 3rd 3-6 on Friday Sat 11-3. Stacey does need help with packet pickup. Chieftain stories for people. Chieftain will start advertising today or tomorrow. Dave wanted to recognize two volunteers, Mark Koch sets up all the volunteers on the course. Becky gets and sets up all the water jugs, cups, etc. and gets them put back again. The question was asked if Dave need more volunteers, he doesn't have lead bikes, at least 4. It was determined there would be no race day registration.

Funner to be a Runner: 50 kids, have 550 bibs. 200 ribbons, need to order more. Will have more food for the kids this year. Kim wants some history of Funner to be a Runner for an article. Teachers setting up buses to get kids. Kim brought up that there are really two schools that compete with the most kids and wondered if we

(Continued on page 15)

Race Calendar by Dave Diaz

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

APRIL

Sat 7	9:00 AM	Baylon Michael Meyer	5K/10K	Pueblo West	
Sat 7	2:00 PM	Walk a Mile in Her Shoes	5K	PCC	
Sun 8	9:30 AM	Great Divide Spring Fling	38M Bike	Pueblo Industrial Park	
Sat 14	8:30 AM	Raydens Run	5K	Pueblo City Park	
Mon 16	10:00 AM	Boston Marathon 26.2	Boston, MA		baa.org
Sat 21	9:00 AM	Silver Dollar Predict Run #3	5M/2M	1159 29th Lane, Pueblo	socorunners.org
Sat 21	10:30 AM	Spiral Color Splash Run 3M		Minnequa Lake	PSAS

MAY

Sat 5	7:30 AM	Blossom Day 13.1M		Canon City, CO	runblossom.org
Sat 5	7:00 AM	Greenland Trail Runs 50K/25K		Larkspur, CO	
Sun 6	9:00 AM	Yappy Dog Pred #4 8.63M/2M	South Mesa Elementary	socorunners.org	
Sun 6	6:00 AM	Colorado Marathon Mar/ Half		Fort Collins, CO	
Sat 12	9:00 AM	Ordinary Mortals Triathlon Sprint Tri	CSU-Pueblo	socorunners.org	
Sun 20	6:00 AM	Colfax Marathon Mar/ Half		Denver, CO	
Sat 26	8:00 AM	Mosaic Run 5K	Amazing Grace Church	mosaicyouth.com/	
Sun 27	8:00 AM	Spirit Trail Run 1/2 Mar, 8K		Buena Vista, CO	ckspaddlefest.com
Mon 28	7:00 AM	Bolder Boulder 10K		Boulder, CO	

JUNE

Sat 2	10:00 AM	Hardscrabble Trail Run	5K/10K	Wetmore, CO	hardscrabblerun.com
Sun 10	7:00 AM	Garden of the Gods	10M/10K	Co Springs	gardenenmile.com
Sun 18	7:00 AM	Arroyito Lake View Pred #6	5-6M varies	1253 Calle Arroyito, PW	socorunners.org
Sat 30	8:30 AM	Big Dog Brag	5K	CSU-Pueblo	
* 6:00 PM		G U Rule Pred #7 4M		Pueblo	socorunners.org

* no date yet for the summer G U Rule Predict at the home of Deb and Mark Gurule. We may move it to the end of June to beat the heat in July.

(February minutes, continued from page 14)

award schools per capita. Marilyn suggested percentages. Dave suggested different divisions.

OMT/MMT: Meeting last week. Pueblo West swim club will host. Sean McGivney and East will work to earn money for new uniforms. Atlanta: date, August 4th

Marketing: Steve gave us a list of ideas for race promotion. The question about using our bulk mailing fee for postcards was asked, using fliers at local places and other ideas. It was discussed whether SCR has an e-mail database and can we use run signup to send out e-mail blasts? Some disagreement about adding a 5k to Rock Canyon, and also turning the 10 mile at Spring Runoff into a half marathon.

Conflict of Interest statements

Race requests: Melanie Ripke, April 21st rent equipment for a school race. June 2nd, deposit for Hard Scrabble to time their race.

Crime stoppers wants help with their race. New group of people at Crime stoppers. Kim suggested a fun run. September 29th. Kim asked if there is anyone who wants to be a volunteer liaison them for their race as opposed to the club in general. Roger will talk to Paul.

Community Grant Application: drums alive drumtastic request to buy 5 kits @ 150.65 X 5 =754.00 tabled for the next meeting. Kim will send it out.

Approved 17 Tri club memberships for Cool Runnings Group. Should have been \$550, was only \$325.00 due to family membership. Kim proposed a monthly lesson on different technologies or skills. Shawn will present something on run signup next month.

Club documented who has certain materials, Ron, Dave, Paulette, Shawn, and Gwen have shed keys. Dave is going to give Ron's to Becky for Spring Runoff and then give it back. PO Box keys: Kim, Humberto, Paulette Laptops: Humberto, one in the shed, possibly Gwen

Use a sign in sheet at the shed, not used very consistently. Clean up the shed, use labels. Humberto just paid a year of the PO box and the shed.

Meeting adjourned at 8:22

SRO Photos

(Most photos courtesy of Sheri Giordano)

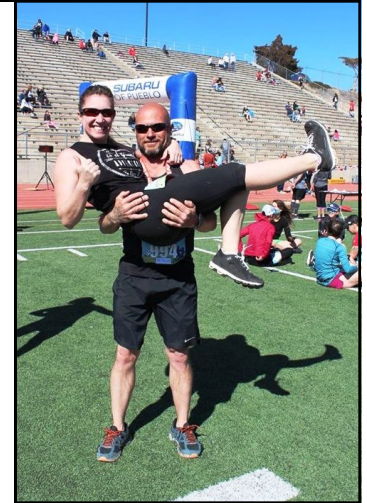


Above: Sean Staples, Larry Navarro, Roger Giordano, Corey Rose



Right: Matthew Mascarenas

Below: Candy and Lacie Alfonso



Above: Melanie Steves and Eric Castellano

Left: Ted Sillox



Below: L to R: Ann MacArtney, Cathy Dehn, Chris Dehn, Susan Merrion, Emily Arellano, Jennifer Arellano

SRO Photos

(Most photos courtesy of Sheri Giordano)



Left: Cory Rose took 1st place in the 10 Mile race, along with Kindra Hardy-Johnson who led the ladies in the 10 mile.

Other winners were Adam Rich and Donna Garcia in the 5k and

David Luna and Lauren Leomiti in the 10k event



Left: Gwen Steves (aka Wonder Woman) does an amazing job coordinating timing and results. Apparently she can fly too.

Below: Marijane (Mojo) Martinez with her two grandsons Darius (L) and Trevon



June Birthdays



Elizabeth	Ortiz	1
Ken	Sharp	1
Brooklyn	Weckx	1
Toby	Salinas	4
Lewis	Fox	5
David	Horton Sr.	5
Robert	Lucero	8
Fernando	Mier	8
Stephen N	Smith	9
Margaret	DiMatteo	10
Gabriel	Marmolejo	10
Jaylen	Vargas	10
Rahel	Gredig	11
Rahel	Gredig	11
Rahel	Gredig	11
Sean	McGivney	11
Lathen	Biggerstaff	12
Kelly	Bambarger	13
mark	house	13
Carrie	Tucker	13
Leslie	Carroll	14
Elizabeth	Cantin	15
Samson	Mutua	15
Lorenzo	Wade	16
Donald	Montoya	18
Hilbert	Navarro	18
Dani	DeGraw	19
Kira	Hughes	20
Tina	Lucero	20
Donna	Nicholas-Griesel	20
Carol	Brimmeier	21
Retzio	Gredig	21
Retzio	Gredig	21
Retzio	Gredig	21
Cindy	Nicolay	21
Willie	Siddoway	23
Laurice	Lopez-Cepero	24
Michael	Baca	25
Tina	Garcia	26
Solana	Gonzales	26
Eric	Castellano	27
Kellyn	Ross	27
Phillip	Lucero	29
Andrew	Mustapick	29
Sean	Staples	29
Jeremy	Hart	30

Top 3 Funner to be a Runner Schools

Photos courtesy of Kim Arline



Jeff Leyva
from
Sierra Vista
Elementary
(111)



Michael
Latino
from
Belmont
Elementary
(93)



Chris Markert
from
Irving
Elementary
(46)

TRIATHLON

May 12, 2018

CSU-PUEBLO

RECREATION CENTER

www.ordinary-mortals.org



ORDINARY MORTALS



TRIATHLON

All events are USAT sanctioned
requiring participants to have
USAT license



SANCTIONED EVENT

mini MORTALS



TRIATHLON

Ordinary Mortals Triathlon (Reverse Order)
Run 3.1 miles
Bike 12.5 miles
Swim 300 yards (pool)
9:00 a.m. start \$60 by 3/1 — \$75 by 5/1 Must have USAT \$45 annual membership from www.usatriathlon.org or purchase a one-day license for \$15 from Ordinary Mortals event.

Mini Mortals Triathlon	5-8 years	9-11 years	12-15 years
Run	0.5 mile	1 mile	2 miles
Bike	1.6 miles	4.4 miles	7.2 miles
Swim (pool)	25 yard	150 yard	300 yard
11:50 a.m. start \$25 by 3/1 — \$30 by 5/1 Must have USAT \$10 annual membership from www.usatriathlon.org or purchase one \$10 from Mini Mortals event.			



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

Address Service Requested

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 Organization
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 Pueblo, Colorado
 Permit # 41**



***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	Humberto Paredes	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...

Have patience! In time, even grass becomes milk. - Charan Singh, mystic (1916-1990)

It is well to remember that the entire universe, with one trifling exception, is composed of others. -John Andrew Holmes

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty. -Mohandas K. Gandhi (1869-1948)

The body is given out on loan – don't waste it and expect to use it tomorrow. *Shapiro*

If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run. John Bingham

You can't have everything... where would you put it? ~Steven Wright