



Volume #349, Issue #2

Editor: Ron Dehn

# FOOTPRINTS



The Summer Edition



## Boston Marathon brings out true character in runners By Gary Franchi

*“That which does not kill us, makes us stronger.”*  
Friedrich Nietzsche,  
German philosopher

When you really get down to it, distance runners are basically stubborn. Not to mention crazy and irrational. Why else would they do what they do?

But those qualities sure pay off. In fact, that’s what you really need to be in order to succeed in this madcap sport of foam shoes, Garmin’s, race T-shirts and finisher medals.

Unless you were there, it’s difficult to really know how awful the weather conditions were at this year’s 122<sup>nd</sup> running of the Boston Marathon on April 16. You could get a sense of it by watching it on television. But to “feel” it you had to be there – *IN* it.

This was the perfect storm. It was cold – from 30 degrees at the start to 38 degrees at the finish, with winds averaging 32 mph and gusting to 48 mph, constantly blowing from the east into the faces of the runners. And it was wet – a relentless, hard-pelting rain that refused to give runners, officials, volunteers and spectators a break for the duration. Runners were already completely soaked to the bone just standing in the mud-filled athletes village in Hopkinton, where they had been bus-shuttled to await the start.

I skipped the first couple of hours of my

wife Carrie’s marathon, nestled warmly and comfortably and nibbling on snacks in our studio apartment a few blocks from the finish line while tracking her on my phone. But for the next three hours after that, I was out in it, bundled to the max, with plastic bags wrapped around my shoes to keep out water and sporting an umbrella that must have been blown inside out by the winds at least a half-dozen times.



Carrie Near the Finish Line

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**Letter from the President  
Kim Arline**

Southern Colorado Runners,

The club has been working on a few new developments this spring to benefit the club, members and our entire community. I want the members to know there is more to the club than just hosting events like races and predicts and we are working to be more transparent.

Last year we updated our club bylaws to meet the current standards set by Road Runners Clubs of America, our governing and insuring body plus provider of our 501c3 (non-profit) status. Many of the discussions we had during that time pertained to establishing more concrete policy and procedures for various aspects of running our club and to help club officers do their jobs and know expectations.

**Policy and Procedure:** Our first priority is to update the financial information system for tracking club finances with new accounting software that can track expenses, revenue and donations better to streamline payment of bills and ensure community donations get to the right people with the right tax documentation. We are very thankful for the expertise and guidance from club member and accountant, Alexandria Romero who works with a number of non-profits. Over the coming months we will establish forms for club members to download, complete and email to the Treasurer for all financial issues for better tracking, reporting each month and annual financial statements and budgets and to make the Treasurer’s job a lot easier in the long run.

**Newsletter Archive:** We also are working on an archive project of the **Footprints Newsletter**. We have already uploaded electronic copies of almost all the club newsletters since 2002 (there are a few large or corrupted files that still need some attention). Gary Franchi handed off a case of newsletters dating back to 1993 to me that Becky Medina has offered to recruit a couple responsible teens at the Boys and Girls Club to scan and create PDFs of all past newsletters to be housed on the website. For the cost of mailing one issue of the printed newsletter, we will pay the Boys and Girls Club for wear and tear on their large capacity scanner in exchange for 9 years of club history! You can start perusing the archived newsletters at [www.socorunners.org/news/newsletters](http://www.socorunners.org/news/newsletters) - enjoy the look at the club’s past, see familiar faces in their younger and faster years and remember some old friends that moved on!

**Community Grants:** Our club was founded in 1980 with a mission to promote running and fitness in Southern Colorado. Thousands of people have become runners, become healthier and lost weight thanks to efforts from SCR members and volunteers. We often give financial support to community groups and efforts but we have

*(Continued on page 3)*



**Southern Colorado Runners**  
[www.socorunners.org](http://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. 3**

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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 2<sup>nd</sup> 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](mailto: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.

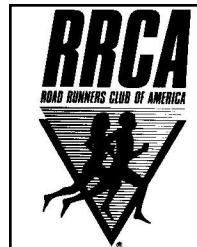
Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month’s Contributing Writers / Photographers: Ashlee Sack, Kim Arline, Gary Franchi, Dave Diaz, Makena Jolly, Marijane Martinez, Marilyn Vargas, Mary Yang, Wendy Garrison, the Wade Family, and Siria Aguilar.  
Honorary Mention: Ben Franklin\*

**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.

\* Since July 4 is our country’s birthday, we honor one of our founding fathers. Ben Franklin was also an author, scientist, inventor, humorist, diplomat, and civic activist along with many other talents.



SCR is associated with RRCA, Road Runners Club of America. See: [www.rca.org](http://www.rca.org)

## President's continued

(Continued from page 2)

not had a formal or defined process to do this until recently. This spring we offered our first competitive grant program to local groups or individuals that work to support running, healthy lifestyles, camaraderie or make the area more inviting to walking and running. I am pleased to announce the club recently voted to financially help these organizations in 2018:

- Girls on the Run Program at the Boys and Girls Program - \$400 (see article in this newsletter)
- Musical kits for incorporating physical activity in class with special needs students at Pueblo Christian Academy - \$302
- Matching GOCO grant money for ADA accessible playground equipment at Cedar Ridge Elementary- \$600
- CSU-Pueblo IronWolf program for staff and students to complete an Iron Distance triathlon during a month-long fitness and wellness challenge - \$400
- Downtown Social Shuffle funding to buy window cling advertising at the downtown business to promote the weekly, 6-year running social run plus headbands after completing a certain number of Shuffles - \$400
- East High School Track and Cross County teams to help purchase athletic shoes for 8 students for the coming season - \$500
- USATF Youth Cross Country 3-day Camp Scholarship for Filomeno Vargas, our 2016 and 2017 Youth Male Runner of the Year - \$600
- Pueblo West trail junction near PWHS porta-potty sponsorship with sticker showing sponsorship from SCR to avoid cutting a run short. This is a trial program that will be paid quarterly as we monitor for usage and hopefully avoid vandalism. Starting at \$100 per month up to \$1500 set aside for the trial.

I look forward to hearing your feedback on this community outreach grant program. I hope we can offer it each year but we will know more when our financials are more clearly outlined in the coming months.

Kim Arline  
2018 SCR President

## Boston Continued

(Continued from page 1)

Here are some stats/info that paint a pretty clear picture of the day's awful conditions:

- 29,978 were registered but only 26,948 started
- 1,202 runners started but dropped out during the race, including 23 elite runners
- 2,785 runners received medical attention
- 91 runners were hospitalized, 11 of them overnight
- It was the coldest weather for the Boston Marathon in 30 years
- Some suggested it was the worst Boston Marathon conditions ever

Given all that, the amazing thing to me was that 25,746 race starters finished, with Carrie being one of them in her time of 4:47:18, not too shabby for a 65-year-old who, because of the lightweight 106 pounds she carries on her 5-foot-6 frame, is not treated kindly by strong winds.

While waiting for Carrie to arrive in the family meeting area on a water-filled street a couple of blocks from the finish line, I saw vivid images of an eerie, frightening scene. Disoriented runners stumbled by, wrapped in those thin silver warming blankets given them after finishing. They bore a striking resemblance to zombies as they were shivering, dazed and some even delirious as family members tried to comfort them and help them walk to the designated changing area inside an adjacent building.

I wrote down a few descriptive runner qualities in my notebook the day following the race, after seeing Carrie and several other finishers proudly wearing their official Boston Marathon jackets at a Samuel Adams Brewery tour. Among those written attributes were the terms "perseverance," "mind games," "never say never," and so on.

I take you back now to the Nietzsche quote above: "*That which does not kill us, makes us stronger.*" That's been one of Carrie's favorite mantras for some time. This also is the mentality that a lot of distance runners have. Obviously, qualifying for and running a prestigious race like Boston adds a tremendous amount of additional motivation. But to have 95% of the starters finish that day's race is, to me, quite astounding.

A week or so after we had returned from Boston and I had some time to reflect, I thought back to the Ironman 70.3 Boulder triathlon that Carrie and I both did in 2013. I went into that event with just one month of run training after recovering from three metatarsal bone stress fractures in one foot. I recalled how, when I reached mile 11 of the half-marathon in that 70.3, I KNEW I had it, that I was going to finish. So I asked Carrie when she KNEW she had it during the Boston Marathon, and that she was going to finish.

"When I started," she said emphatically without hesitation.

Need more be said?



By Kim Arline



This was the 7<sup>th</sup> year we hosted the Ordinary Mortals Triathlon at the CSU-Pueblo venue and our 8<sup>th</sup> year to host a youth triathlon, the Mini Mortals. And it was our best year yet! Peggy Oreskovich offered to take on the challenge of directing the 2019 OMT and MMT when I'm out of town. We needed more people taking charge of various aspects of the race instead of leaving it up to the race director to juggle a million details and dozens of volunteers on race day. And 2018 really felt like a team effort with many club members taking charge of various aspects of the race - I didn't even feel like pulling my hair out! I rarely got questions because our volunteers were able to jump in and fix problems or answer questions no problem.

A new road was constructed on campus to form a full loop for a simpler run course. We also flipped our chutes leading to the pool and returning to the finish line and it made the entire race flow smoother. It only took 6 years to figure out that detail. Made a huge difference!



Melanie Steves offered to take charge of our packet pick. She had lots of positive feedback and great ideas to implement next year. We had a new pool captain with Eric Castellano overseeing the swim venue so Paul Dallaguardia could finally race our local triathlon. An added benefit was to see Paul getting to cheer the kids on as they left transition. He coaches our youth tri club each year and always makes special connections with our local youth.

Paul Dallaguardia at the mount line asks the girl, "Are you taking Dolly for a ride?" She said yes and Paul responded how cool that is. It was great to see him interacting with our youth on the course as he's coached many of us through triathlon over the years.

Don Thompson offered to work with law enforcement, get permits from State Patrol and work with Work Zone for barricading. This is a critical but tedious challenge with a learning curve and such a relief to me to have help doing that. Don is one of the earliest founders of OMT when it was originally held in Pueblo West. He is not a triathlete but a big supporter of our community and his efforts allow other community members the chance to race locally so please thank him next time you see him!

We had many returning volunteers help the day before and race day for a safe and smoothly executed race. We had East High School Cross Country team cover our run courses and help direct traffic near transition and the finish line. The Pueblo West Swim Club parents and kids that helped in 2017 and again in 2018. Many of the kids were inspired last year and in fact competed this year along with a few parents - great to see volunteers get inspired and become athletes! We also had a Sheriff officer last year get inspired by our participants. He told me in the intersection directing traffic, "I see people of all shapes, sizes and ages out here. I have to make a change!" I noticed he looked so much happier and better at one of our organizational meetings with law enforcement prior to race day. I mentioned how he looked really happy. He smiled and said, "I've lost 52 pounds since this race last year." And I was reminded again why I do this outreach in our community, our events make a difference to so many!

We had several returning athletes competing for a course record but it evaded our current and close to breaking course

record holders. This year we added a Relay option for OMT after requests from someone recovering from ankle reconstruction and another recovering from back surgery. We had six relay teams and each team had someone so thankful to get to compete again. Ken Siddoway loved biking and swimming again after his 9-year old grandson, Kaden (runner on right ready to hand off to grandpa), ran the 5-km keeping up with people much taller than him!

One part of OMT/MMT I look forward to seeing every year is how many multi-generational families compete the same day. Plus all the smiles and spirit of community this event brings every year. We had 182 entries in OMT adult triathlon and a huge crowd of 82 youth participants in MMT. Our largest youth race before was 60 kids and this year they tended to be older and made counting laps on the bike course more challenging but our volunteers discussed ways to handle it better next year.



One of our most inspiring returning participants is 15-year old Jack O'neil from Colorado Springs. This was his 3<sup>rd</sup> year to race with us along with his sister Amelia after their mother competes in OMT. Jack has an above knee amputa-

OMT Continued

*(Continued from page 4)*

tion so we have to create a “Challenge Athlete” division for him. We’ve seen him grow in the sport, having a run specific and bike specific prosthetic the first year, last year they found in bicycle power tests he can generate more power with one leg than trying to maneuver the prosthetic on the bike so he now rides with just one leg. This year he kicked butt on the bike and swim and would have placed 3<sup>rd</sup> in his age group out of 12 kids. Jack ages up out of the youth division and we hope to see him competing at OMT on an easier but little longer bike course!

I wish Peggy Oreskovich and all the club members the best conditions for another great race in 2019. This is a fun event for the entire family whether you are competing or volunteering so mark your calendar for the day before Mother’s Day, May 19<sup>th</sup>, 2019 and be a part of it!



The entire Vargas-Rael team raced OMT and were huge supporters of getting more athletes involved with our Youth Tri Club and Mini Mortals race!

The serpentine swim at the end of the race stays pretty mild for all but a few minutes of the race when a lot of people hit the pool at once. We like to keep this event small and personal for several reasons but this is one of them.



Heading out on the bike course



Andrew Caro joined our Youth Tri Club with his sister and they both competed in MMT. Sounds like they got new bikes, are taking swim lessons and look forward to next year’s race. Hope to see their Mom, Danielle Caro, also compete!



Suzie Steves and Cheryl Higdon finish the run escorted by their 9 year old grandson, Connor Steves who is waiting for his own race later that morning.

**Note:**  
Please see page 13 for Kim’s long awaited photo





## "Youth Footprints"

Coached by Marilyn Vargas and Dave Rael

Thank You, Thank You, Thank You, to Southern Colorado Runners/Triathlon Members who invested in the youth athletes that participated in the Mini Mortals Triathlon, 2018. What a memorable time for the participating athletes, family, and friends. Each of these youth athletes come with a story, but a common one is how they inspired mom and/or dad to join in training for the adult event, Ordinary Mortals.

Together we witnessed, families coming together to train and encouraging one another to earn the statement, "I'm a Triathlete"!

Marilyn and Dave

### My Sprint Triathlon by Darla Wade

My Sprint Triathlon adventure started with my son Lorenzo. He wanted me to run in the Turkey Trot with him in 2017. WOW!!! Things sure did change! I went from not doing much exercise to running in several races, doing biking events and topping it off with the Ordinary Mortals Sprint Triathlon. Ha ha, that is just crazy to me!

So let me tell you about how much fun I had doing the sprint tri. With my husband and son. We trained really hard with each other and our running club coaches Marilyn Vargas and David Rael. We encouraged one another while we swam, biked, and ran. Training together as a family, really brought our already close family even closer together. I was so nervous. There were so many talented athletes. I was a little intimidated, but there was no need to be nervous. Everyone there was so nice giving out free and very useful advice. That made myself and my family very comfortable.

It was time for the race to start and I was ready. Thinking to myself "you can do this"! As we were running, all the volunteers were so encouraging, clapping and cheering us on that really made you push yourself. On the bike route the police offi-



Jim, Darla, and Lorenzo Wade

cers were very helpful, keeping you on the right path and making sure you were safe on the road. Then came the swim. My husband Jim and Lorenzo were there waiting for me cheering me on. I was tired, but seeing them really made me want to finish strong. And I did!!!

Doing the Ordinary Mortals Sprint Triathlon was one of the most rewarding things I have ever done. And I could not have done it without my family and coaches by my side. I am definitely looking forward to 2019!



## Youth Footprints continued



### My Triathlon Experience by Lorenzo Wade

I remember watching T.V. and seeing these amazing athletic people doing a two mile swim followed by a 112 mile bike ride that ended in a marathon run. At first I thought that looks impossible, but the more I thought about it the more I wanted to do one. So one day I went into my running club and my coach was talking about a triathlon called Ordinary Mortals Sprint Triathlon, but she was also talking about the same thing, but for kids which was called Mini Mortals Triathlon. So when I got home I immediately went to my mom and asked her if I could do this triathlon, and she said that I could do it.

I was excited at first and thought that I needed to get training, so the following week I started training for the swim and bike ride because I was less confident on those two because that was really not my strong suit, while running was. So it was getting closer every week and I would train harder every week. And then came the day of the race, I slept good and had a good breakfast, so I was ready to go. When it was time for us to line up at the start I got a little nervous and when they said go I was anxious and was doing very well for my first lap, but when the second lap came I was having a hard time breathing so I started to fall behind from third in the run to fifth. When I got back to transition from running to biking I hurried as fast as I could and got out on that seven mile bike ride. So during the bike ride I started to gain more ground on the people that had passed me in the run, but that bike ride was no easy bike ride because of the inclined hill that went for half of each mile making me tired, but I was not ready to give up. When I finished my bike ride I had a little trouble putting the bike back on the rack and



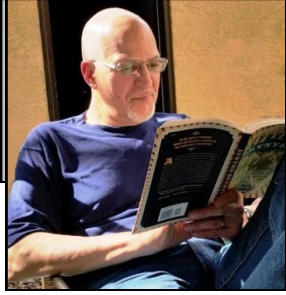
On Their Way

that effected my time because of that, but when I got everything on and ready I ran to the final thing of the triathlon, the swim. When I started the swim I had been in front of a lot of people so I thought that I was good for the rest of the race, but since I was not that fast at swimming two people ended up passing me and I ended up in sixth place, out of the age group. In the boys age group, I ended up in third place, so I received a plaque and got to take a picture of the age group winners for the boys.

I all my first triathlon experience was good and a challenge, but I plan on doing many more triathlons and I hope to get better every time, but now I know what it feels like to be a triathlete

### USATF Colorado Cool Runnings Youth Runners and Parents Bike Training day.





## Geezernomics

by Gary Franchi

### Here's what Levi thinks of his workout-junkie masters



Being who and what I am, I get curious about

things. For instance, I sometimes wonder what's going on inside that little noggin of our cat Levi. He sure gets his share of rest, but he also can be amazingly active. He certainly likes bugs and goes on these wild, random runaround bursts in our townhouse, with or without catnip stimulus. What could he be thinking?

More relevant to this publication, I wonder if he has any thoughts about his senior-citizen masters (wife Carrie is 65; I'm closing in on 70) and their quests for health and fitness. He certainly must hear them discuss their week's workouts and usually sees them leave and/or return from a run, bike, swim or some other mode of physical exertion.

To find out, I sought out the services of Mulder and Scully (X-Files). By exploring their scientist-related connections, they were able to arrange the installation of a brainwave-recording device in our household that could read Levi's thoughts whenever he was on the main floor of our homestead. Upon playback, the following were among Levi's thoughts that were picked up by the recorder:

**Carrie returns from a run** -- *"Look at Mama sweat. I just know she's going to*

*pick me up with those sweaty hands. Ewe! No one should have to endure what I do. Ah, but she's happy so it's a good time to put on a hungry face and guilt her into giving me a treat."*

**Gary makes it back from a bike ride** - *"Well, Papa's got that goofy hat on his head again and is holding those weird, clankety shoes in his hand. Man, he was gone for hours. I'd better hit him up for a snack before he dozes off in his easy chair like he usually does."*

**Carrie comes home after a before-work swim** -- *"Ooo, I just love to lick Mama's wet hair and taste that chlorine. Sure wish she wouldn't wash that away in the shower."*

**Gary gets a new pair of running shoes delivered** -- *"I don't get it. Papa doesn't run anymore but he still gets new running shoes delivered here. What's up with that? Wish he'd hurry up and empty that box and toss it on the floor for me to jump into!"*

**Carrie and Gary about to leave for a Test Track bike ride** -- *"I'll just stand here and make Mama and Papa feel bad about leaving me. Ha-Ha! Little do they know that I can't wait for them to take off and give me some sweet hours of peaceful, quiet sleep time while they're gone."*

**Carrie and Gary say goodbye to Levi**

**when leaving on an out-of-town event trip** -- *"Hey, now that you've left me heaping bowls of food, you can hit the road. Besides, Auntie Ro-Ro will be coming by and playing with me and feeding me almost every day, and she always brings me a new toy. This is such a great life!"*

**Gary puts together his post-workout recovery drink** -- *"I'm getting cheated. Papa is putting all kinds of stuff into that loud, glass whirring machine - a little of this powder, a little of that powder, this liquid, that liquid, and on and on. And all I get is a couple of spoonfuls of food out of a can. I feel cheated. This is discrimination, I tell you! Not to mention cruelty to animals. I'm reporting this to the ASPCA."*

Oh my. The truth is definitely out there now.



Levi pondering

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## The Triptych - A Hill Training Session

By Ashlee Sack



### Hill climbs.

If you're training for the Pikes Peak Ascent or Marathon, they're a necessary evil. Put your head down, pump those arms, and focus on finishing, right? Unless, that is, your hill climbs offered some of the most incredible views in Southern Colorado. A trio of trails near the Royal Gorge (outside of Cañon City) offer a hill-training session that is not only convenient, but also incredibly scenic. From the trailhead, tackle your session in 1-1.5 mile stretches of uphill / downhill, each with a stellar view of the Sangre de Cristo Mountains.

Three trails – Darkside of the Moon, The Maze, and Dream Weaver - share a trailhead at their west end and terminate fairly close to one another at the top of the hill. Park at the small parking lot on CR3A on the right, just before the small quartz bridge. From here, use the culvert to pass under the road. Need a long, slow climb to get you started? That's Dreamweaver, the northernmost trail. From the culvert, turn left (north). You'll wind about 1.7 miles up to the very top of a hill overlooking Cañon City and beyond. The trail will then take you down to the campground, where you can then join The Maze or Darkside of the moon for a loop descent.

For a technical descent / ascent, try Darkside of the Moon. For something a little easier on the ankles, The Maze is a 1-mile



stretch with fewer rocks and steep sections. Both trails will lead you back down to the culvert, where you can choose to go back up for another loop or finish your run by heading to the parking lot across the street. Repeat as necessary.

This area is also popular with mountain bikers and cows, so stay on your toes around corners and at junctures. If you encounter a bovine obstacle, just ask them to "moooooove" out of the way. And once you're at the top, don't forget to enjoy the view...between gasping breaths. You can also expand your run to other adjoining trails, like Canyon Rim and FAR Out, both of which are rocky but strewn with magnificent views of the Arkansas River and the majestic Royal Gorge.

For a trail map, visit [join-FAR.org/trails](http://join-FAR.org/trails). Join FAR on July 28<sup>th</sup> for their Run the Rim Trail Run that utilizes this trail system and offers a supported fun run with a post-race celebration.



**Top Photo: Ashlee on Dream Weaver**

**Left: Cassie Norden on The Maze**

## The Rim to Rim By Mary Yang



Come join us at the Rim to Rim Royal Gorge Race for our inaugural half marathon. This year, on Saturday, October 6<sup>th</sup>, we will host our 8<sup>th</sup> annual 5K/10K races. Our inaugural ½ marathon will be held on Sunday, October 7<sup>th</sup>. There will be a special rate for those individuals choosing to run on both days. The Rim to Rim Royal Gorge Races is the biggest annual fundraising event for Starpoint, a non-profit organization that provides essential services for children-their families and adults with cognitive or physical challenges.

This past year was our biggest year yet! It has been very exciting to continue to watch this race grow. It not only benefits Starpoint, but also draws in people from outside of our community. In fact, 70% of last year's registrants traveled from outside of Fremont County. We had several runners from all over Colorado. Our out of state runners traveled in from Minnesota, New Mexico, Arizona, Kansas, Illinois, and Pennsylvania. We even had one registered runner all the way from Kirkintilloch, Scotland!

All three races have challenging courses, which makes running across the Royal Gorge Bridge all-the-more rewarding. Running across the highest suspension bridge in the United States is quite unique and has an appeal for many runners, even those afraid of heights. One thing is for sure, on race day, we notice

as soon as runners begin to arrive to the Royal Gorge Bridge and Park, the excitement builds quickly. The scenery from the parking lot is epic and you can see the Bridge off in the distance. Then, as fellow runners begin to gather towards the start line and look around, they observe something else that is very unique about this race. The large presence of individuals with special needs along with their running partners. It quickly becomes known that these individuals are also eager to conquer a challenging course. Simply, a force to be reckoned with.

Over the past three years, The Rim to Rim Royal Gorge Races have partnered with Ainsley's Angels, a charitable organization that spreads awareness about inclusion and ensures that all individuals can participate in endurance events. Each year, we continue to see an increase in the number of Ainsley's Angels athletes along the race course. This past year, a team of individuals from AIM Home Health also represented a large group of athletes with special needs. Inclusion certainly had a win, of which, fully supports Starpoint's overall mission. It's incredible to observe.

AIM Home Health is one of our sponsors and it has been spectacular to observe their presence. In fact, there are several sponsors that come out to participate in the races and show their support, we just love it! It's no wonder this race continues to grow. It is an honor to host an event at one of Colorado's most scenic locations. The physical beauty of the race is made more beautiful by the true meaning of this event.

Because of the continued success of the Rim to Rim Royal Gorge Races, our planning committee agrees that we are at

a good point to add a 1/2 marathon. Who better than to sit down and discuss this with than Marv Bradley. When the initial Rim to Rim Royal Gorge race committee was formed in 2010, Marv was present for the initial planning of the races. He was called upon to offer his feedback then, and we called upon him now. We believe Marv is an expert in running races, and an overall great guy. He has completed 326 marathons and 77 ultra-marathons! At 78, Marv has eight marathons to go to complete his goal of six marathons in all 50 states. Sitting down with Marv has been an honor. As the Rim to Rim Royal Gorge race committee sets out on this new venture, we feel very fortunate to have him as a highly valuable, and much appreciated, resource.

Marv has helped us map our ½ marathon course. Though all three races start in the same location, the ½ Marathon will be primarily on the south side of the Bridge. The 5K/10K races run primarily on the northeast side of the Bridge, so each race offers different views of the foothills surrounding the famed Royal Gorge Bridge. It is a challenging course with approximately 2300 ft in total eleva-



*(Continued on page 11)*

## Note from the Broncos

Good Morning,

My name is Scott Lantis with the Denver Broncos and I am reaching out to let you know about our event, the Broncos 7K Pueblo coming to town on July 21. As a part of our Broncos Fit 7K Run Series, this fun event will be great for runners and Broncos fans alike and we are so excited to come to Pueblo for this fun event.



Clearly SCR is a well-established running community and we wanted to connect with your group to see if some of your club members would be interested in participating.

We have created a coupon code: **SCR** that is good for \$5 off each registration and we would love it if you would be willing to let your members know? We are also looking to see what resources you might have in promoting the event and would be happy to trade some assets such as including fliers to your club in our race packets, allowing you to have a 10x10 space at our

run, etc. if you were willing to help get the word out about our run to your running community.

Best,

**Scott Lantis**  
**Marketing Manager | Denver Broncos Football Club**  
1701 Bryant St., Suite 900 | Denver, CO 80204

## The Rim to Rim Continued

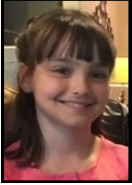


*(Rim to Rim Continued from page 10)*

tion gain. Some say it will be amongst the most challenging ½ marathons in Southern Colorado. We are thrilled and honored to have the opportunity to expand our race at one of Colorado’s most scenic locations. Also, it is exciting to watch this race continue to grow. It supports such a worthy cause. Hope to see you there!

**Ainsley’s  
Angels  
Athletes**

Visit us at [www.rimtorimroyalgorge.com](http://www.rimtorimroyalgorge.com) to register or find out further information. Also, you can find us on Facebook at Rim to Rim Royal Gorge Run.



# Girls on the Run Oklahoma Style

By Makena Jolly



Girls on the Run is a fun and interactive group for girls in 3<sup>rd</sup> through 8<sup>th</sup> grade. Twice a week for the spring semester this group gets together to do activities and run. Not only do they grow physically but mentally as well. At Girls on the Run we not only focus on running but self-confidence and believing in yourself.

I joined Girls on the Run because my best friend Anna had done it and told me about how great it had been. I remember her telling me what they do when they meet and it sounded like fun. I began to beg my mom to enroll me and this year she agreed.

Every meeting (Monday and Wednesday) we have a word we would focus on. We discuss it through activities. Sometimes it will be a tagging game and other times it requires team work. It is always fun and my favorite activity was on the meeting when our word was Joy. We played this really fun game called Meatball. We formed a circle and selected a girl to go in

the center. We went around the circle and asked the center girl questions. No matter what we ask, you have to say “Meatball”. We definitely found lots of joy in that! We had lots of laughs.

Each session, we pushed ourselves in how far we could run. We got a bracelet for every half mile we ran. When I first started out, I could only run a mile. But over the time together, our goal was to be able to run 3 miles or complete a 5K. My collection of bracelets rapidly grew as did my ability and confidence.

Completing the 5k was the best feeling ever. Everyone was cheering and whistling and saying “You go girl!” and “Finish strong!”. There were also fun things to do before the race began like happy hair. It is when you can get your hair sprayed with colored spray. Another activity is bling your bib. You put glitter, se-quence and diamonds on your bib. We were all number 1 because we are all first place in our own way. Another is a photo booth where you can take pictures with props.

I have learned so much through this program. If you believe in yourself you can do anything. I feel so proud and accomplished with myself and proud to be me. I feel as though I have grown not only as a runner but as a person by



being kind and believing in one another. I love this program and everyone in it. I would definitely recommend it!

Makena Jolly  
4<sup>th</sup> Grader from Oklahoma  
Chris & Ron Dehn’s Granddaughter





## Photo Collage



Photos from the Silver Dollar  
Predict Run  
Courtesy of Siria Aguilar



Photo from OMT  
(page 5)

Kim Arline says:

"And the photo I've been waiting  
6 years for - cool bike shots at  
the airplane turn around! Thank  
you Melanie Nelson"





## The Making of a Triathlete

by Marijane Martinez

I am the proud “grammi” of four awesome children. Grace who is 15, Emeri who is 12 and Trevon & Darius, twins who turned 6 the end of April. Grace did the OMT once and that was plenty for her. Emeri just finished her 3<sup>rd</sup> OMT and Trevon completed his first OMT in May!!! Last year as Emeri was doing the tri Trevon told me he wanted to do it. Darius said he did too. January came and the training for OMT was scheduled to start. I talked to Emeri, Trevon and Darius. Emeri and Trevon both said they wanted to do it but Darius was no longer interested. I was elated yet apprehensive because Trevon was only 5. His mom, my daughter Traci, was even more apprehensive but I assured her I would be sure he was trained well enough to do it. He & his brother had been taking swim lessons last summer and he loves to ride his bike so it was decided they would both start the training program offered by the tri club.

Practices were difficult because of weather but I worked with Trevon when he would get out of school as much as possible. Darius did all the training with the exception of the swimming. He doesn’t feel as comfortable in the water as his brother. The most difficult leg of the OMT for kids in my opinion is the bike. We trained on a hill in the University Park area and we did the actual OMT course at least twice. Emeri who is also a softball player and runs track at Corwin

International Magnet School was a lot more difficult to train. Her schedule was so packed with softball and track practices it was difficult to get her OMT training done. We did our best. I know how athletically strong she is so I wasn’t too concerned. Last year she used my compact road bike and this year she rode my bike and we had to raise the seat more than once!

The last OMT practice was the Friday before the actual event. It was a run/bike combo. We loaded up the bikes and headed to the campus. Trevon freaked out when he saw all the kids and said he didn’t want to do it. I didn’t want to pressure him so I asked his mom to take him home. I talked with him throughout the week and told him I knew he was ready and that he could do it but I told him he needed to believe he could do it too. I talked to Gwen Steves about how apprehensive Trevon was and she told me to bring his gear and if he decided he wanted to do it she would register him that morning. I told Trevon he could come and watch Emeri and if he decided he wanted to do it he could.

That morning I arrived on the campus and I saw a five-year-old girl on her pink bike with her bib number pinned to the front of her shirt. I asked her dad if I could take her picture and he said sure. I sent it to Traci and asked her to show it to Trevon and to tell him the girl was five and this was go-

ing to be her first triathlon too. I don’t know if that is what did it but he came to the campus fired up and ready to go.

Trying to watch both he and Emeri was difficult because their distances were totally different. Emeri struggled this year on the bike but finished strong. I could tell she wanted it to be over because when she got out of the pool she sprinted to the finish line. After her 4<sup>th</sup> loop of the bike she told me she didn’t think she could do one more loop and I told her I knew she could. After

Trevon and Emeri



## Making of a Triathlete (continued)

*(Continued from page 14)*

the tri I told her I didn't want to let her quit because I knew she would beat herself up after and I really knew she could finish.

It may have been one of the hardest things for her to do but she did it and anytime I am struggling I will think of her and how she pushed herself to finish and that thought will keep me going. WWED....What Would Emeri Do.....my new mantra. Trevon was amazing, he looked like he really knew what he was doing each time he transitioned from one event to the next. He stubbed his toe on his way into the pool and he still jumped in, swam and limped to the finish line!!!!

I was soooooo proud of both of them. I told Trevon he really looked like he knew what he was doing and his response was....."I was focused



Grammi"! I don't know if any or all 3 of them will do OMT next year but it is my hope that Emeri, Trevon, Darius and I will all do it. We shall see! In the meantime, I will bask in the glory of being an extremely proud Grammi!

**Above  
Big Dog Runners & spouses  
getting ready to be course  
marshals for OMT.**



**Ernie Aguilar ran the  
Albuquerque half  
marathon.**

**Siria ran the 5k**

**Also in the photo is  
their niece Layla  
Dees**





## LEADER OF THE PACK by Wendy Garrison



Strength, commitment, a love for running, dedication, and teamwork; these are traits possessed by all previous Atalanta honorary captains and will be continually honored by Atalanta. Previous honorees include Jessie Quintana, Barb Hadley, and Lois Pfof. This year's honorary captain possesses these traits. Race sponsors chose the woman responsible for bringing the race back to Pueblo four years ago. We are honored to announce the 2018 Atalanta honorary captain is our own Marijane Martinez.

Marijane has been a runner since the early 1980's and a member of Southern Colorado Runners almost as long. To say Marijane is just a member is an understatement. She has previously served as club President and Secretary. She has been race director for Atalanta, Women's Distance Festival, and sponsored a prediction race for several years. Add to this Most Improved Runner of the Year (1993), Female Runner of the Year (2001), and numerous articles for the club newsletter.

She has ran hundreds of races all over the country from 5Ks to marathons including Boston in 2004 and 2006. Her favorite: "Thelma & Louise half marathon in Moab, Utah! Debbie Gurule (fellow SCR runner and friend) had a pre-race party at her house with a Thelma & Louise theme and the party continued until after the race!". Her worst race:

"Bolder Boulder 2018 - it was a 'crappy' race . . . need I say more".

These accomplishments would qualify any lady for honorary captain but her running mates and those in the SCR community agreed that her biggest accomplishment is the friendships and mentoring she has created in the running community. Several of these runners, most who have been runners for decades, were asked to share a story about Marijane. While many stories were not appropriate for the newsletter, they did share the following:

Martha Drake - I probably would not be running today if not for MJ's inspiration and commitment to the sport. She always shows up for group runs and races. No excuses. Some MJ quotes "Put on your big girl panties", "You have to put in the work to do well at races", "Stretch out those long legs".

Debbie Gurule - Advice from MJ - When driving to a destination race rely on your GPS, 225 is an exit not an interstate and pack a lunch.

Gloria Montoya - She knows how to bring out the best in someone.

When you are around her, you get a sense of true friendship and love. MJ quotes "You're not fat I don't want to hear that", "Run your own race", "Are you ever going to run again?", "You can do this, quit being a baby". She truly brought running into my life & I will be forever grateful.

Diane Lopez - MJ is always so encouraging to everyone! She always told me to believe in my running abilities. She is real competitive and when one of her running partners beats her she would say "I train them to beat me".

Carmen Perez - I'm truly inspired by her motivation to keep going. She's always pushed me to go farther and try my best . . . Keep loose Carmen.



(Continued on page 17)



**Leader of the Pack (continued)**

*(Continued from page 16)*

Becky Medina - I met MJ in the mid 1990's. What I remember most is how welcoming she was. This really hasn't changed. She is always ready to say hello & invite you to run and ask about your family. As I started to run with her and her group, I really didn't think I could keep up, but she and the others were always encouraging and I realized that no one is ever left behind. One thing I really admire about her is how competitive she is while being so happy for you for a great time even if it beats hers.

Marijane has her own personal mantra "Everybody's hurting out here, not just you!" More recently it has been "WWED" or What Would Emeri Do? - a mantra she promised to explain in an article

she wrote about her grand kids competing in this year's Mini Mortals Triathlon. Her advice to fellow women runners is "Running has brought me many friendships and I have tried to maintain them throughout the years. Friendships with women are the BEST! Whether you are married or single ladies, maintain those relationships with your female friends! They will always be there when you need them, believe me I know".

The Atalanta 2018 5K run / 1.5 mile walk will be Saturday, August 4. The race and walk will be at City Park. The start time for the walk will be 7:45 am followed by the run at 8:00 am.

Awards will be presented to both the overall winner of the 5 K run and winner of the 1 & 1/2 mile

walk. Age group winners will also be awarded for each event.

Registration fees for the event are \$25. A \$5 discount will be given to all SCR members. Participants 17 years old and younger will be \$10. All participants will receive a headband, snacks and drawing for various door prizes. Online registration will be posted on the SCR website, Facebook site, Atalanta Facebook page or accessed through [runsignup.com](http://runsignup.com) search for Atalanta.

Twenty percent of all profits will go to Girls on the Run a non-profit program that works to encourage healthy lifestyles and self respect to pre-teen girls.





# The Birthday Page



## July

1 Jennifer Arellano  
 Amanda Blickensderfer  
 Marijane Martinez  
 Tanna Schut  
 2 Ron Cothran  
 Donald Pfof  
 4 Donald Moore  
 6 Darla Wade  
 Jay Zarr  
 7 Suzanne Miller  
 8 Ferdinand Weckx  
 14 Michelle Cisney  
 julia house  
 Mary Oswald  
 15 Kevin Hughes  
 17 David Dietz  
 REGIS Marquez  
 18 Dennis Wait  
 20 Aydon Atencio  
 Leroy Atencio  
 Daniel Myers  
 Bill Veges  
 23 Danielle Caro  
 Sarah Staples  
 25 Kaden Siddoway  
 27 Mary Porter  
 Jayme Stangier  
 29 Darryl Clark  
 31 Kaelynne Caro  
 31 Malcolm Singer

## August

2 Aicha Hull  
 Rae Timme  
 3 Shonda Curtis  
 Tom Ratzlaff  
 4 Rachelle Jacquart  
 Marcia McKeen  
 5 Zeno Pfau  
 Janique Rizer  
 6 Melanie Ripke  
 Jon Teisher  
 7 Carla Cano  
 8 Connor Steves  
 9 Dave Diaz  
 11 Ron Dehn  
 12 Ross Westley  
 14 Frank Lopez-Cepero  
 15 AARON POTOKAR  
 18 Ken Hughes  
 Maxton Pfau  
 19 Emily Lucero  
 Katherine Marrin  
 Aden Martinez  
 21 Charles Lucero  
 22 Gina Hudson  
 23 Kathy Paulson  
 Bryan Thompson  
 24 Michael Ulisse  
 25 Aimee Atencio  
 Brie Horton  
 Taylor Lopez-Cepero  
 26 Joe Lane  
 Kylee Lucero  
 29 Samantha Sikes

## September

1 Steve Fox  
 2 DWIGHT BLICKENSDFERFER  
 2 Barbara Gonzales  
 3 Missy Dunnahoo  
 3 David Horton Jr.  
 4 Jane Murtha  
 6 Jessica Weckx  
 9 Chris Gredig  
 9 Chris Gredig  
 10 Logan Thompson  
 10 natalie veges  
 12 Dawn Zenner  
 13 Ted Johnson  
 15 Katie Pasqualetto  
 15 Cory Rose  
 15 Cory Rose  
 20 Donna Tieken  
 21 Jason Biggerstaff  
 21 Stacey Diaz  
 22 Ronald Olson  
 22 Michael Orendorff  
 23 Gary D Franchi  
 24 Chloe Nicolay  
 25 Kim Dodds  
 25 Dean Hall  
 25 Kerry Roman  
 25 Katie Teisher  
 26 Siria Aguilar  
 27 ERIK GIBSON  
 27 Deb Hadley  
 27 Nathan Harper  
 27 Cassie Pate  
 27 Ava Siddoway  
 29 Rylan Dehn  
 30 Patrick BLICKENSDFERFER  
 30 Thomas Herzog  
 30 Helen Whitener

## October

2 Nina Gonzales  
 5 Ryan Can  
 6 Michael Atlas-Acuna  
 Jim Sharp  
 8 Lottie Delgado  
 10 Brian Zenner  
 12 Michele Heusel  
 Jonnalea Tortorelli  
 13 Peggy Oreskovich  
 16 Melanie Steves  
 Terri Tibbs  
 17 Sheri Giordano  
 19 Jane Chess  
 Evan McCulloch  
 Raelene Moore  
 Denny Stangier  
 Arnold Tsosie  
 Rosalinda Vargas  
 20 Lynn Dietz  
 Paul Hindman  
 22 Ann Macartney  
 Filomeno Vargas  
 "Meno"  
 26 Dorene Miller  
 27 Thomas Sheehan  
 28 Eileen Baracz  
 Marvin Jones  
 31 David Rael



## Race Calendar by Dave Diaz

Race Directors: If you wish to make changes, please notify Dave at: [calendar@socorunners.org](mailto:calendar@socorunners.org)

### JULY

Wed 4	7:30 AM	Liberty Point	5K	Pueblo West, CO	<a href="http://pueblounitedway.org">pueblounitedway.org</a>
Sun 8	7:00 AM	Summer Roundup	1/2 Mar	Cheyenne Mtn Park, CS	<a href="http://summerroundup.com">summerroundup.com</a>
Sat 14	6:00 PM	G U Rule Pred #7	4M	23 Barrington CT	<a href="http://socorunners.org">socorunners.org</a>
Sun 15	7:00 AM	Barr Trail Mtn Run	12M	Manitou Springs, CO	<a href="http://bartrailmountainrace.com/">bartrailmountainrace.com/</a>
Sat 21	8:30 AM	Denver Bronco 7K	7K	Pueblo City Park	<a href="http://denverbrancos.com/fit/7kseries">denverbrancos.com/fit/7kseries</a>
Sat 28	7:00 AM	Classic 10K	10K/5K	Colorado Springs	<a href="http://csgrandprix.com">csgrandprix.com</a>

### AUGUST

Sat 04	7:45 AM	Atalanta	5K	City Park, Pueblo	<a href="http://socorunners.org">socorunners.org</a>
Sat 11	7:00 AM	Geotwn to Idaho Sprgs	13.1M	Georgetown, CO	<a href="http://gtishalf.com/">gtishalf.com/</a>
Sat 18	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO	<a href="http://pikespeakmarathon.org">pikespeakmarathon.org</a>
Sat 18	7:00 AM	Melon Run	5K/10K	Rocky Ford, CO	<a href="http://arkvalleyfair.com">arkvalleyfair.com</a>
Sun 19	7:00 AM	Pikes Peak Marathon	26.2M	Manitou Springs, CO	<a href="http://pikespeakmarathon.org">pikespeakmarathon.org</a>
Sat 25	7:00 AM	Pray for 4....Pred #8	4M	Pueblo West	<a href="http://socorunners.org">socorunners.org</a>
Sun 26	7:00 AM	Walsenburg Relay		Walsenburg, CO	<a href="http://cocorelays.net/">http://cocorelays.net/</a>

### SEPTEMBER

Sat 1	8:00 AM	State Fair Stampede	5K	State Fair Grounds	<a href="http://coloradostatefair.com">coloradostatefair.com</a>
Mon 3	7:00 AM	ADT Marathon	Mar & half	Colorado Springs, CO	<a href="http://pprrun.org">pprrun.org</a>
Sat 8	6:00 PM	Run the Gold Belt	5K	Florence, CO	
Sat 22	9:30 AM	Hoof it 4 Harlie	1/2 5K	Colorado City, CO	<a href="http://active.com">active.com</a>
Sat 29	8:00 AM	Crimestoppers SWATT	5K	Pueblo City Park	<a href="http://runsignup.com">runsignup.com</a>
Sat 29	7:00 AM	Colorado Springs Marathon			<a href="http://thecoloradospringsmarathon.com">thecoloradospringsmarathon.com</a>

\*\*\*Note the date/place for the Sept Predict is not set. Robert Pratt is out of town.

### OCTOBER

Sat 6	8:00 AM	Beulah Challenge	1/2 Mara	Beulah, CO	<a href="http://beulahchallenge.com">beulahchallenge.com</a>
Sat 6	8:30 PM	Rim to Rim	5K/10K	Royal Gorge	<a href="http://rimtorimroyalgorge.com/">rimtorimroyalgorge.com/</a>
Sat 6	8:30 AM	Rim to Rim	1/2 Mara	Royal Gorge	<a href="http://rimtorimroyalgorge.com/">rimtorimroyalgorge.com/</a>
Sat 13	4:30 PM	Harvest Run	5K	TBD	
Sat 20	9:00 AM	Dr Dans Memorial	5K	Thunder Bowl	

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

**Address Service Requested**

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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	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](http://www.socorunners.org)  
[www.socorunners.org/triclub](http://www.socorunners.org/triclub)

"Like" us on Facebook:  
[www.facebook.com/SoCoRunners](http://www.facebook.com/SoCoRunners)

**The Final Thoughts...**

If you want to be happy, practice compassion. If you want others to be happy, practice compassion. -The Dalai Lama

Spend the afternoon. You can't take it with you. - Annie Dillard , author

As a well spent day brings happy sleep, so life well used brings happy death. -Leonardo da Vinci

The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart. - Iris Murdoch, writer

I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs. Jesse Owens