



**SOUTHERN COLORADO  
RUNNERS**

Volume #350, Issue #1

# FOOTPRINTS

The Valentine Edition

Editor: Ron Dehn



**Southern Colorado Triathlon Team**

## The Annual Banquet

The 2019 Southern Colorado Runners / Southern Colorado Tri Club Awards Banquet took place on January 19<sup>th</sup> at the River's Edge Banquet Hall. Sheri Giordano and her associates (more on them later) put together a fun evening for our club. We laughed some, were inspired by accomplishments, heard about goals, honored many members for their contributions and deeds, ate a fine meal, and enjoyed each other's company.



**Katie and Steve Fox**

Katie and Steve Fox greeted and checked in guests. Dave Diaz organized the appetizers and slide show. Our MC, Darryl Clark welcomed guests, introduced the club officers, and club president Kim Arline spoke for a few minutes.

Darryl and Sheri recognized guests who achieved goals in the prior year. At the 2018 Banquet, attendees were given a Goal Card to complete with their Mantra and Goals for 2018. Sadly some of these cards were thrown out as tables were being cleaned. We did send out an email to members trying to catch anyone and did hear back from some of you folks so thank you for following up. There are some pretty

impressive achievements and some darn funny Mantras.

The winning Mantra was submitted by Sean Staples. "Every day is a chance to be active." In the humor category, Al Arline said, "Sweat is just Fat Crying." And Steve Fox came up with, "I'm good enough, I'm smart enough, and doggon it, people like me!" A couple of our youngsters came up with some good ones. Andrew Caro tells us, "Don't give up... get back up and do it!" Kaelynne Caro said "Keep striving for SUCKSES!!!!!!!!!"

See page 7 for the list of impressive goals and results.

Next came the recognition of First Timers. These mark the first time a member has accomplished a specific feat.

Here is the list of First Timers: Trevor Walker: Ordinary Mortals Sprint Triathlon, Rock Canyon Half, Royal Gorge Rim to Rim, Spring Runoff. Paulette Arns: Mt. Evans Ascent. Breaa Butero (12 years old) Rock Canyon Half. Jessica Weekx: Spring Runoff. Melanie Nelson, Danny Nelson, Martha Drake, Gloria Montoya, Diane Lopez, Marijane Martinez: Qualified for 2019 Senior Games. Isobel McGivney: Rock Canyon Half.

For fun, Jane Murtha came up with "Superlative" Awards for various club members. Since Jane was not able to at-

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## Letter from the President Kim Arline

I just entered my second year as your club president. I look forward to another great year of events, runs and friendships this club has fostered the past 39 years in Southern Colorado! This past year we were able to create an archive of Footprints newsletters on our website under “News – Newsletter Archives.” We owe Becky Medina and the Boys and Girls Club a tremendous amount of gratitude for their help in scanning over 10 years of newsletters for us! We have had a few more newsletters surface Pre-1991 and want to invite anyone with historical newsletters to bring them forward and let us scan them to post online for everyone to enjoy.

I really enjoyed digging through the archives to write the history of SCR article in this issue. This club has accomplished so much in our community over the years. I am proud to be part of an organization like this. We were able to donate some of our proceeds to local efforts promoting health and wellness this past year through our first grant program. Enjoy the Annual Financial Report to see where some of the proceeds went in 2018.

*We owe Becky Medina and the Boys and Girls Club a tremendous amount of gratitude for their help in scanning over 10 years of newsletters for us!*

*We have had a few more newsletters surface Pre-1991 and want to invite anyone with historical newsletters to bring them forward and let us scan them to post online for everyone to enjoy.*

The club used to host more events in the past that really stretched our volunteers thin. There are so many events taking place in Southern Colorado and beyond, we now just host the Spring Runoff, Funner to be a Runner, Ordinary and Mini Mortals Triathlon, Atalanta and the Rock Canyon Half Marathon. Please consider volunteering or racing these events to support our club and local efforts. If you can volunteer, you allow another club member to participate. Registration is now open for Spring Runoff, Funner to be a Runner and OMT and MMT so share these events with family and friends and sign up!

We are looking for a DJ for the Ordinary Mortals race on Saturday, May 11<sup>th</sup>. My husband is usually the voice of OMT but we are out of town that weekend for our daughter’s college graduation. Please let me know if you are interested! I hope our regular volunteers come back to execute their part of the triathlon as that day is very demanding and needs lots of volunteers! I want to thank Peggy Oreskovich for stepping up to lead the races that day but will need our entire community of triathletes to pull it off! If you want to get more involved in SCR but unsure how, just ask! We need a little help with our social media assisting race directors promoting events, highlighting upcoming events and sharing a little friendly running love on our pages. Please email me if you are interested!



**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. 350, Issue No. 1

“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 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: Kim Arline, Ashlee Sack, Mary Yang, Stacey Diaz, Jane Murtha, Dave Diaz, Sheri Giordano, Melanie Nelson, Patrice McGivney, Marilyn Vargas, Gwen Steves, Jay Zarr, and Jeff Arnold\*

**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.

\* Jeff Arnold was SCR’s first president. Jeff was not able to attend the first meeting but was elected as president.



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

## Banquet (continued)



**Dr. Robert Pratt**

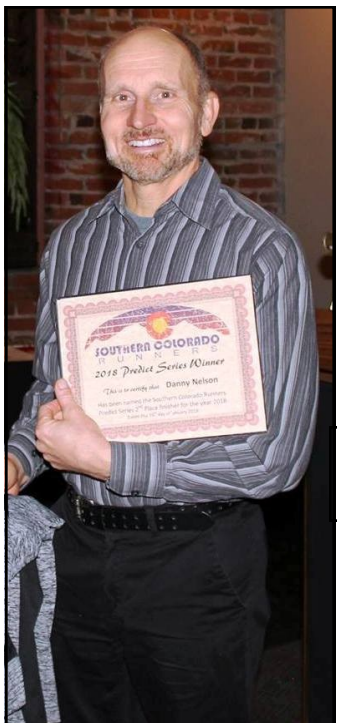
(Banquet, Continued from page 1) tend, Dr. Robert Pratt made the announcements while Lois and Don Pfost and Kim Arline handed out the “awards.” For Jane’s clever awards, see page 6.

Dave and Stacey Diaz passed out awards for the Predict Series and those participants with 6 or more races received very cool SCR tech shirts.

The top four predictors were: first - Larry Navarro, second - Danny Nelson, 3<sup>rd</sup> - Cassie Pate and fourth - Jitka McGivney.



**Humberto empties the Kleenex box**



**Left: Danny Nelson,  
Above: Jitka McGivney**

Stacey then passed out the Marathoner Awards.

Kim introduced Laurel Wright and Laurel gave a fascinating presentation on Multi Day Stage Racing. See

the separate article on page 15 on this type of amazing adventure.

Darryl along with Lois and Don recognized the race directors for 2018.

Gwen then led the room with various crazy and zany games. The tables competed in contests such as emptying a Kleenex box one tissue at a time, and sorting M&M’s by color into cups. This led to lots of hooting, hollering, and displays of amazing dexterity.

Sean Staples received the Triathlete of the Year award.

Gwen and Kim gave out the Feldman Challenge Awards to: Gary Franchi, Jessie Hanson Casarez Jeremy Hamm Roger Giordano Sheri Pillitteri Giordano, Sean Staples, Larry Navarro, Kim Arline, Tim Weckx, Paul Dallaguardia, and Jasmine Carlson. The awards are custom made donut medals complete with sprinkles. The award goes to anyone who can complete a 4 mile swim with in a single 24 hour period. They can split up the sessions but the full 4 miles must be completed in one day. The donut represents the snack that we all had after doing the first Feldman challenge for our club.

The Dirty Socks Award is selected by the Board Members and is given to a person who consistently does volunteer work which is largely behind the scenes and yet is critical to operations of our club. This year’s recipient is Shawn Lopnow.

Marilyn Vargas forms a committee to select the rest of the major club awards. This year’s members were: Paul Labar, Tiffany Marmolejo, Carla Cano, Danielle Caro, Paul Dallaguardia, Jessie Hanson Casarez, and Eric Castellano. Nominations for the awards are accepted for several weeks prior to the banquet. Names of nominees are blacked out and committee members make selections based upon the submitted narratives.



**Darryl Clark (right) presents the plaque to Dirty Socks Recipient Shawn Lopnow**

(Continued on page 4)

### More Banquet

(Continued from page 3)



**Most Valuable Club Member Alexandria Romero and husband Patrick**

The 2018 honorees are: Most Valuable Club Member – Alexandria Romero. Long Distance Runner - Stacey Diaz. Female Runner of the Year – Melanie Steves. Male Runner of the Year – Eric

Castellano. Female Youth Runner of the Year – Patrice McGivney. Male Youth Runner of the Year – Lorenzo Wade. More information on the recipients can be found in a separate article in this newsletter.

Five years ago Darryl Clark started the tradition of honoring one of our lady runners with the Bib 261 award. Marijane Martinez was this year's recipient following Kim Arline, Gwen Steves, Stacey Diaz, and Becky Medina.

Kim gave closing remarks and the 2018 Banquet was a wrap.



**Above Right: Female Youth Runner of the Year Patrice McGivney (left) and sister Isobel**

**Right: Female and Male Runners of the Year Melanie Steves & Eric Castellano**

**Lower Right: Male Youth Runner of the Year Lorenzo Wade & Dad Jim**



**Above: Long Distance Runner of the Year Stacey Diaz and husband Dave**

**Left: A parting shot by Banquet Chair Sheri Giordano**

Editor's Note:

Banquet Photos courtesy of Sheri Giordano and Melanie Nelson



### More Banquet Pics



Clockwise from Upper Left

Triathlete of the year Sean Staples with wife Sarah and daughters Erin and Loren

Don Pfost, Darryl Clark, Lois Pfost

Al & Kim Arline

Robert and Jessie Quintana

Meg Scarlett & Lewis Fox

Danielle Caro & Family

4-Mile Feldman Award Recipients

Bib 261 Honoree Marijane Martinez

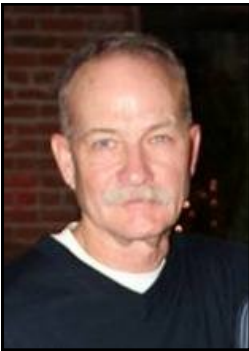


## The 2018 Superlative Awards

by Jane Murtha



This athlete has apparently been studying some principles of physics and applying them to his training this past year. In 2018 not only did he crush his road and trail races, he also PR'd all his triathlon distances. While disciplined, meticulous training, and hard work surely contributed to his impressive performances, some of his success must be attributed to the his silky smooth, clean shaven legs. Even though his training group refers to themselves as the GRLS, we don't REALLY think he wants to be one. SURELY, he's applying elementary physics ...Smooth legs, less wind resistance, more speed. Winner of the Norelco close shave award is **Roger "the Rocket" Giordano**. We have a Norelco razor for you to keep your legs smooooooth and aerodynamic and a rocket for you because we know you will be blasting off to more amazing performances this year with those smooth legs.



"Marshal Dillon"

It is no surprise that this individual's favorite movie is "Lonesome Dove" Not sure how Hollywood missed casting him into a starring role as he personifies the the image of the classic western sheriff. His deep voice and commanding presence demand respect and acquiescence. Our sheriff Marshal Dillon award goes to **Daryl Clark**. We have a sheriff star for you. We know you'll keep this unruly crowd in order.

This individual thrives on training adventures. Not content to explore new things by herself, she leads and encourages others to follow in her footsteps. Her training partners think they are doing one thing, then she ups the ante and throws down a bigger crazier, challenge. The Pied Piper of the triathlon club is **Gwen Steves**. Gwen, we're presenting you with a kazoo so you can continue to lead the way on more adventures.

This quiet, modest individual is held in awe by those aware of her accomplishments. She quietly lines up at races and triathlons alike and kicks butt. This year she placed fourth in her age group at the Boulder Iron Man. The race was held under brutally hot conditions and yet she had the second fastest run time in her age group. This propelled her to a fourth place AG finish. The only thing she enjoys more than competing is drinking red wine. Makes one wonder if the alcohol fuels her success, similar to an octane booster.

This year's Wonder Woman award goes to **Peggy Oreskovich**. We have a Wonder Woman Tiara and a bottle of wine for her. Wonder if she'll drink it the night before her next competition? Nah...it won't last that long...

This individual adheres to the motto "Be prepared." No, we're not referring to the little foil packet you stumble across in

your teenage son's wallet. After all, who is ever prepared for that? We are referring to the most amazing scout leader we know. Her kids constantly tempt us with Girl Scout cookies and Boy Scout popcorn. Don't know if she's been recognized nationally but we definitely think she should be "Scouting Mom of the Year."

The "Be Prepared" award goes to Scouting mom extraordinaire, **Danielle Caro**. While no one can be prepared for the teenage years, we have a first aid kit for you, in case emergencies arise. We're sure you already have one...

Some of you may have heard of the grass roots movement "Pimpin Joy." It's about promoting joy and kindness. This individual exudes that sentiment by spreading positivity wherever she goes. Anyone who has ever had a conversation with her, walks away with a major boost in their self esteem and a smile on their face. How can they not after hearing "You're so awesome! You rock! You're so cool! You're amazing!" Her positivity makes every day a little brighter and a little happier. If there were more people like her in the world, there would be no need for Prozac.

To thank her for spreading such joy throughout the universe, we have a Pimpin Joy beanie for **Suzie Steves**. She puts a smile on all of our faces. We hope the beanie keeps her head as warm as her heart.



Don Pfost gives Danielle her award



Suzie and Gwen Steves

Name	Goals
Sean McGivney	To Run 1000 miles and do 10,000 pushups
	ACHIEVED!
Jitka McGivney	To run two Half Marathons
	Revel in the Rockies and Rock Canyon
Roger Giordano	Do second Ironman and finish the Colorado 14ers
	Did Ironman Wisconsin and finished the 14ers strong on Capitol Peak
Olivia Medina	Run 5 miles a day
	ACHIEVED!
Kim Arline	See the world
	Climbed Mt Fuji in the Southern Alps and Komengate in the Central Alps of Japan. Hiked the Inca Trail to Machu Picchu and then had a 47 mile trek at 15-17,000 ft. around a 21,000 sacred mountain and did a 1-mile run at 15,000 to see her not so fast pace.
Al Arline	Do something new and don't get hurt
	Al took up Tai Chi and Kung Fu and remains injury free
Sean Staples	Sprint Tri, Olympic Tri, Half and Full Ironman
	Sean completed all with the exception of the Olympic distance Tri. After sustaining serious injuries from a bike crash he was not able to compete but did show up to support his friends.
Lauren Staples	Mini Mortals
	Completed Mini Mortals and did a second Tri -the Iron Kids in Wisconsin
Erin Staples	Mini Mortals
	Took first in her age group at Mini Mortals and did a second Tri-Iron Kids in Wisconsin
Stacey Diaz	Stay Healthy and Keep Running Marathons
	Charleston in January and Marine Corp in October and remains very healthy
Cory Rose	To live my most athletic self and to say I gave it my all at every race. Hopefully Kona
	Did not make Kona but the amount of training and participation is worth noting: Super Half Marathon, Spring Runoff 10 mile, St George 70.3, Ironman Boulder, Boulder Sunrise Sprint, Boulder Peak Olympic, Tri Boulder Beast, Boulder 70.3, Ironman Wisconsin, Ordinary Mortals and Octoberfest Sprint
Gwen Steves	Become a better runner off the bike, Incorporate more family involvement when training, make training as much fun as possible
	Placed 4th in Ironman Wisconsin, 6th in Boulder 70.3 and completed three 14ers with her family, Justin, and kids Conner and Kently
Connor Steves	To do mini Mortals and climb mountains with his mom
	Mini mortals and three 14ers with his family
Breea Butero	To Run a Half Marathon
	Rock Canyon
Marilyn Vargas	To do three sprint Triathlons
	Rocky Ford Melon Man, Lamar Tin Man and OMT
David Real	To do three sprint Triathlons
	Rocky Ford Melon Man, Lamar Tin Man and OMT
Robert Pratt	To run a sub 3:30 Marathon and run 1500 miles
	Ran sub 3:30 Revel in the Rockies and totaled 1700 miles of running

## Goals & Results Set by Members

These are goals set at last year's banquet by some of our members. See page 1.

*Editor's Note:*

*Who are these people?*

*Really?*

*10,000 pushups?*

*Climbing all the 14ers?*

*Completing Ironmen?*

*Climing Fuji. Komengate, and a 47 mile hike waaaay above sea level?*

*Seriously—our hats are off to all of these members from running their first half marathon to doing Tai Chi, to climbing Mt. Fuji.*

*You put your mind to it, trained for it, and accomplished it.*

**CONGRATS!**



## Banquet Committee and Volunteer members

By Sheri Giordano

I asked the Committee Members to say a few words. Several did, but if they didn't, I wrote a few comments for them.

### **Darryl Clark** – Master of Ceremonies

Darryl has been my go-to guy for many things. I met Darryl through the club and have always been impressed with his level of professionalism and knew he would make the perfect Master of Ceremonies. He is a master of keeping us on track and in line. This year he was awarded a Sheriff Star by Jane Murtha, how perfect is that!

### **Katie and Steve Fox** – Set up, Greeters, created our amazing centerpieces and volunteered for misc. tasks.

Katie said: “Steve and I love to run and have such a great time volunteering and being a part of the runners banquet and club! The last year or two, our busy schedules have not allowed us to stay connected as much as we would like. But every time we are around the group, we are loved and welcomed with open arms! There are so many great people in the club that bring so much encouragement and joy when we are there! Just makes us want to keep trying harder and keep coming back. We are always so inspired and motivated by the other athletes!! Helps us to focus on where we want to be in the future!!”

### **Dave Diaz** – Predict awards and Dirty Sock Award.

Dave has been the backbone of the club for many years. He is an outstanding athlete whose love of running extends to the Pueblo community. He has literally spent thousands of hours providing opportunities for our community to stay fit.

### **Kim Arline** – Gave the “Where Did She Go” Award.

Kim said: “I just followed Sheri's lead and agreed to all of her ideas.” Well – it was a lot more than that. Kim kept me organized and provided leadership to pull this event off.

### **Jane Murtha** – Superlative Awards

*Regrettably, Jane was not able to attend the banquet this year. She played one of the most important rolls...the funnest awards of the evenings. These awards take a lot of work. When you read them, you realize how much time she takes following the members on social media so she knows what they are up to. Whether it is something fun, interesting or just corny, she will find it.*

Jane said: “The success of this year's banquet is a testament to teamwork. Everyone worked to produce a memorable and enjoyable evening.”

### **Robert Pratt** – Read Jane Murtha's Superlative awards.

Robert said: “I just showed up and read my script. I am always happy to help and I enjoy giving out awards to deserving club members.”

### **Don and Lois Pfost** – Handed out awards and door prizes. Lois and Don fit into the same category as Dave Diaz.

They have been pillars of the club for years and go about their volunteerism quietly and humbly. I really respect their many years of service to the club and I am glad they are still involved.

### **Stacey Diaz**– Marathon awards, donated door prizes

I would like to add that the Marathon awards were fun and she read some clever quotes. The chocolate candy bars that she gave out were individually wrapped and that took some time and the recognition certificates were classy Stacey said: I did not do much, just what I always do. The volunteer t-shirts and the marathon awards.

### **Gwen Steves** – Tri Awards and GAMES!!

Gwen said: “For me the best part of being on the banquet committee is making the donut medals. I don't think people realize how hard swimming four miles in one day is. It takes a lot out of you. I really do enjoy rewarding the people that take on that challenge with a very special medal made personally by me. I also enjoy being the “Game Master” and finding new ways to incorporate each person at every single table to be involved with festivities. I love it when they have smiles on their faces when a competition arises between one table to the next. It is fun to see the runners out of their element trying to compete in something they are not quite comfortable doing. I also love the roar of the crowd when they are having fun.”

### **Marilyn Vargas** – “I have enjoyed being part of an awesome team and simply making people smile.”

**Melanie and Danny Nelson** – Set up and photographer  
Melanie said: Helping with the banquet is my way of giving back to the club. Helping the committee kind of takes the pressure off the chair and gives her a little more freedom so she can delegate a little bit. And I enjoy spending time with others so I can know them a little better.

**Me** – Two years ago when Stacey asked me to assume the responsibilities of banquet chair, I did not jump on board right away. It took a few days to think it over. The first thing that came to mind was how fun it would be to create a memorable and exciting event while doing my best to involve every person in the room if possible. I thought to myself that without the athletes, there would be no banquet and without people who have the want and desire to recognize these athletes, well again there would be no banquet. It was this symbiotic beautiful relationship that made me realized that I *did* want to be a part of it, so I said yes.

(Continued on page 9)



**Banquet Committee Members (continued)**



*(Continued from page 8)*

Stacey and those before her had already laid down the groundwork, now it was my turn to put a new spin on it. Then it came to me... FREE BEER! Yep, that's where it all started. Folks, I really did not do much. I had an amazing group of very seasoned experts who've been doing this long before I came along! I was even able to recruit a few newbies who rounded off the group beautifully! I was simply given a great opportunity to steer this vessel, but it was this great bunch of salty dogs, aka banquet committee/volunteers, who made it happen! Our committee came up with exactly what I envisioned. The stories and the laughter will be with me forever! I am honored and humbled.

The purpose of the banquet is to recognize club members who have achieved an extraordinary level of athleticism or contributed to the club in some way. The committee members, volunteers and those who took the time to nominate and recognize a friend or family member are extremely passionate about stepping out of their lives so they can give to others. Attached to that plaque, jacket or fun award that is handed to the award recipient is a person or group that has the genuine desire to be physically and emotionally involved in sharing that moment with that athlete!

So, congratulations to the Athletes and those that recognize their hard work and dedication.

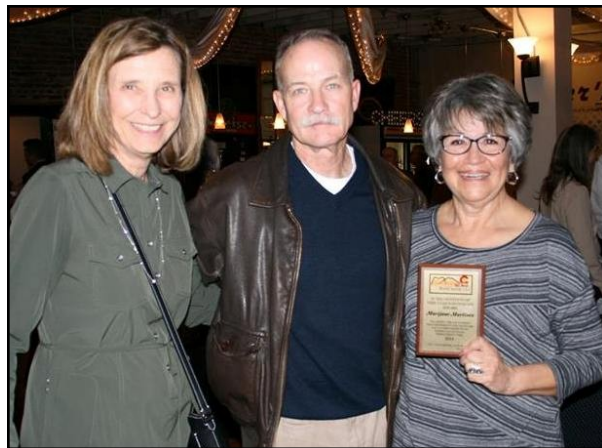
I am passing the torch to Sean McGivney and family. Thank you Sean for stepping up! Let's support them and help them make next year's awards banquet a success by getting involved in the club through volunteering at a race, participate in club activities and most of all, take time throughout the year to think about who is worthy of an award or work on being the one on the receiving end! Then please attend next year's banquet! I promise, you will have a good time and it only comes around once a year!

As you read the many incredible stories of our nominees, I think you will agree, they are all winners!

Cheers my friends!

Sheri Giordano

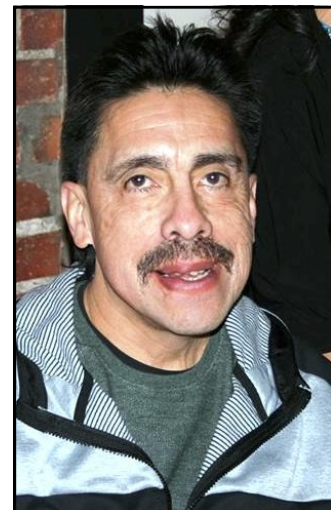
**And... A few more banquet pics**



**Top: (L to R) Martha Drake, Darryl Clark, Gloria Montoya**

**Center: Paul DallaGuardia, Paul LaBar, Melanie Nelson**

**Bottom: Anthony Diaz**





## Volunteer Awards



Our Club is organized, run, and supported, by a cadre of volunteers. Take a look at the article about Banquet Volunteers. It takes a village to bring that whole thing together.

When you go to a race—The Spring Runoff, the Rock Canyon Half, the Atalanta, any of the Predict Races, The Ordinary Mortals, etc, etc.—realize that there is a small army of people behind the scenes making sure that permits are obtained, water stops are manned, the finish line will be picked up, delivered, and prepared, that bathrooms are available, t-shirts are ordered, bills are paid, an accurate course is marked, timing is precise, clean up takes place, and a hundred other things. And coordinating that army is a person called the Race Director.

There were at least 14 volunteers who contributed photos and articles to this newsletter.

Then there are club officers who take care of running the meetings, paying the bills, satisfying the IRS, taking minutes, keeping up the club’s presence on social media, taking care of the calendars, keeping track of membership, predict points, and volunteer points among “other related duties”.

Each year at the banquet, the club honors volunteers who have earned at least 50 points within 2 years. (points expire at the end of 2 years) Members earn points by helping out at a race, submitting newsletter articles, attending meetings, being a member of the banquet committee, etc. Check out the club website to see the entire list. The awards can be a

club t-shirt or credit toward entry to a club race. At the banquet, the following people were honored for their service to the club:

Robert Lucero, Lisa Lucero, Becky Medina, Dave Diaz, Stacey Diaz, Sheri Giordano, Roger Giordano, Melanie Nelson, Dan Nelson, Melanie Steves, Eric Castellano, Kim Arline, Gwen Steves, David Rael, Marilyn Vargas, Cassie Pate, Patrice McGivney, Humberto Paredes, Ron Dehn, Alex Romero, Paul LaBar, Shawn, Loppnow, Kristin Loppnow, Peggy Oreskovich, Don Thompson, Paul DallaGuardia, and Sean McGivney.



**Sheri and Roger Giordano who volunteered at the Raptor Resolution Run chat with participant Paulette Arns.**

**THE GOLD DUST**  
Saloon, Craft Beer and Grill



Need a burger & fry fix?  
217 South Union

**The Diaz Clan at the Marine Corp Marathon**

**Stacey and Matt in front of the Iwo Jima Memorial**

**Below: Dave & Stacey at the Expo**





## Vacation Races vs. Racing on Vacation

By Ashlee Sack

In 2018, I endeavored to run in new and interesting places across the West. To do this, I either took a vacation to participate in a race, or I snuck in a race while I was vacationing.

In January (my birthday month, in case anyone’s keeping track), my friend, family, and I traveled to Moab, Utah, for a bucket-list-worthy half-marathon in the heart of Arches country. The race – Mad Moose’s Arches Ultra and Half-Marathon – is marketed to runners who are eager to see a new place, travel far from home, and see some of the country’s most inspiring landscapes. It certainly delivered. On our run, my running partner and I traveled over moonscapes of sandstone, dust, and chalcedony. At one point we traversed the rim of a centuries-old ravine, laden with juniper trees and the detritus of a thousand years of flash flooding. Pockmarked red boulders the size of our cars laid haphazardly thrown by the force of nature’s fancy.



**Mad Moose Event's Arches Ultra**

The skies were clear, the air was crisp, and our hotel’s hot tub felt incredibly well-earned after our unanticipated 6 miles on slickrock. We wore our trucker hats, custom medals, and tech

shirts with pride. The next day, we ventured out into Arches National Park with the kids and experienced a beautiful day in one of our nation’s most exquisite public spaces. Our vacation race was a great success.

Months later, as the cottonwood leaves began to mimic the colors of the setting sun, we found ourselves vacationing a few hundred miles downriver of Moab, in the adventure capital of Southern Colorado: Fruita. Camping trailer and bikes in tow, my family and I were on fall break from school. The kids tackled singletrack on Kessle Run at 18 Road, I took a spin on Mary’s Loop with a friend, and my husband even dusted off his college-era mountain bike to take a stab at Pumps, Bumps, and Rollers. (Side note, if you’re going to follow suit, remember to give your bike’s chain, derailleur, and brakes a good once-over.)

Days before, as we were planning our trip, I had added one extra item to our itinerary: a 10K for mom (me). Using my favorite online tool – runningintheusa.com – I had found a local organization’s fundraising run and had signed up online. The Hope of the Grand Valley 5K & 10K was a newer race

that featured the brand-new paved path from downtown Fruita to the Kokopelli Trail system near Loma. It was clear that the community was proud of the new addition and was eager to utilize its ease of access from the Rec Center along the highway. I’m a sucker for a good cause.

After a night of s’mores and late-night laughing, I woke early and rode my bike from the James M. Robb Campground to the Fruita Rec District. There I found a cheerful, helpful, and eager group of volunteers doling out t-shirts and race packets. I could tell that each one had been carefully packaged by people who knew the real reason for the morning’s event: to raise money and awareness for the Hope of the Grand Valley service provider. As we started off, the cold air hastening our pace, the organizer’s cheers held in the air.

We passed sprawling properties, witnessed the sun rise over the mountains to the north, and marveled at the personal touches evident along the new pathway. The course was not necessarily the most beautiful I’ve ever run, and there certainly are more inspiring vistas in the Grand Valley than a concrete path adjacent to a busy highway: the area abounds with world-class trails and serene country roads. Nevertheless, I will treasure the memory of that community race for a long, long time. Volunteers along the route cheered mightily, wearing their event tees and proudly supporting an organization they either volunteered for or utilized the services of. At the end of the race, runners gathered on the lawn of the Rec Center, joined by our families and friends, who were encouraged to take a complimentary sandwich while we waited for the awards. This race within a vacation was an experience that I intend to duplicate as often as possible. Being a part of the community, raising money for a worthy cause, and experiencing the very heart of a new place has bound me to it indefinitely. While there may not have been flashy medals for every finisher or a snazzy tech t-shirt, I will always remember this event as the apex of my vacation. Whether it’s with a big-name race company dedicated to vacation races, or a small

community event attempting to bring awareness to a cause, the memories of a new race remain the same: treasured.



**The Hope of the Grand Valley Race in Fruita, CO**



## A Hidden Gem in the Wet Mountains

By Mary Yang

The Beulah Challenge is back! As runners, we all have our favorite races that we look forward to running each year. When the Beulah Challenge was canceled last year, many runners were saddened by the news. Still, many held onto hope that the event would return this year. Thankfully, for one runner, holding onto hope was not enough. She was determined to make sure that this race would return. This runner's name is Jessica Hartkop and she is the new race director for the 2019 Beulah Challenge! While considering a topic to write about for the newsletter, the timing felt just right to celebrate the race being back on, and to highlight the new Beulah Challenge Race Director.



John Maynard and I are co-race directors of the Rim to Rim Royal Gorge Races. We recently had the honor of meeting Jessica and one of her race committee members, Adam Davidson. We reached out to Jessica once we heard the race was back on. We were thrilled to not only hear the good news of the race coming back, but also that the Beulah Challenge had been moved to another weekend. Historically, the Beulah Challenge fell on the same weekend as the Rim to Rim Royal Gorge Races. This left a good number of local runners feeling conflicted about which race to run each year. Jes-

sica was thoughtful in her decision to move the race. Turns out we have both wanted to participate in one another's home town events but were committed to our own.

Jessica first ran the Beulah Challenge 10K race in 2015. She then went on to run the half marathon in 2016, and the 5K in 2017. She told me she was disappointed when she found out that the 2018 event was canceled. When she later found out that nobody had stepped up as a race director for 2019, she immediately stepped in to fulfill that role. Jessica informed me that she is excited to bring this race back. She stated, "we have a great team that is ready to make sure 2019's race is back and better than ever!" This race has become one of Jessica's staple runs each year and it is apparent how much it has come to mean to her. While describing the Beulah Challenge she simply stated, "this race is a gem hiding in the Wet Mountains."

Jessica is from Portland, Oregon. While living in Portland, she enjoyed the pockets of forest and green trails that were scattered throughout and surrounding the city. She moved to Colorado nine years ago and met her husband. She and her husband chose to live in Pueblo due to its ranking as one of the sunniest cities in the United States. Jessica has always loved running and hiking. Her love for outdoor recreation continues here in Pueblo. She enjoys running along the Arkansas River trail and being out along the Lake Pueblo trails. Her favorite organized races here in Colorado have been The Beulah Challenge (given), the Hard Scrabble 10K in Westcliffe, and the Rock Canon Half Marathon in Pueblo. So far, the only 14'er she has completed is Pikes Peak...key words, "so far."

While discussing her greatest inspira-

tions, Jessica said, "I love my three kids and husband." Jessica and her family like to get away on various "stay-cations" in Colorado whenever their busy schedules allow. Jessica commented, "we love making the most of the amenities that are close to us." "Other than running and hiking, she loves to read and is part of a book club that has been going strong for ten years.

Getting to know Jessica over the past few weeks has been great. We have become fast friends and are passionate about many of the same things. We both obviously share a passion for running. We also share a passion for supporting local non-profits and charitable organizations. The Beulah Challenge and Rim to Rim Royal Gorge Races both support very worthy causes. Proceeds from the Beulah Challenge will benefit the Beulah Educational Support Team, a non-profit organization which provides funding for educational programming at the Beulah School of Natural Sciences. Proceeds from the Rim to Rim Royal Gorge Races benefit Starpoint, a non-profit organization that offers essential services to individuals with physical and cognitive challenges.

Jessica is community minded and has some great ideas on the horizon. Currently, she works for Solar Roasters in the wholesale office. When I asked Jessica about Solar Roast Coffee, she informed me that it is the world's only commercial solar powered coffee roaster. She stated, "We roast our coffee slow and low, like a good BBQ." The slow roast is what gives



(Continued on page 13)



**A Note from our  
Co-Secretary  
Patrice McGivney**

I would like to start by thanking SCR, my nominator, and the awards committee for the honor of receiving the Female Youth Runner of the Year award at our January banquet. 2018 was a difficult year for me in running, but I have put my energy and efforts into other areas of the club and it feels good for that to be rewarded.

In January 2018, I signed up to be the co-club secretary, alongside Cassie Pate, not really knowing what to expect or what was expected of me. As club secretary, I attended the monthly club meetings and took minutes to present at the next meeting. It is not a very difficult job, but it requires a monthly time commitment and a passion for the club. At my first meeting, I glanced at the old minutes, copied the format, and tried my best to write down everything that was said. I was so scared I was doing it wrong, but I think I did okay since I didn't get kicked out of the club at the next meeting! I got better every month, and by the end of the year I was more confident about speaking in meetings, presenting my own questions or ideas, or even just chatting about running. I certainly learned a lot this past year, especially about the more "business" side of the club. So much work and planning is involved in race directing, running the club, and continuing our presence in the community. I would encourage every club member to sit in on one of these



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

The youth we encounter come with a many different gifts. Many times one overlooks what a they have to offer, "because they are young". Southern Colorado Runners Triathlon Club embraced the gifts of one of youth members, who has been a great asset to the club. It's been great to have youth member "Patty" on the Board of Directors as the Co-Secretary.

meetings when they have the time, especially if they want to learn how they can help the club. I am also so grateful for the opportunity to just sit and talk with members of the club and make new friends, as I don't think I would have otherwise.

Overall, being co-club secretary for a year has really taught me and lot and I am glad I took on the job. Becoming more involved in SCR has been one of my favorite accomplishments of 2018 and helped me and the club.

*Editor's Note: We thank Patrice for her diligence as co-secretary. She did an amazing job and we will miss her as she will be heading to college in the fall. THANK YOU Patty!*

*(Hidden Gem Continued from page 12)*

the coffee beans a smooth taste. I have wanted to try the coffee ever since she provided this description!

Also fascinating about Solar Roast Coffee, is that they have added a new non-profit called Solar Roast Cares. This non-profit was formed to have a place for the Beulah Challenge race committee to be housed. Their mission is to use outdoor recreation and other activities to support environmental educational, conservation, and advocacy in the Wet Mountain and Greater Pueblo Region. Jessica commented, "we want to support our community here in the greater Pueblo area." She then went on to say, "once I get a handle on the Beulah Challenge and how to put this race together, we will expand with additional fundraiser projects."

After talking with Jessica, I discovered that this is not just about becoming a new race director, this is about so much more. This is a young lady that is highly invested in her

community and the opportunity to not only continue to be inspired by outdoor recreation, but to share her inspiration with others for a greater cause.

This year is a big year for both the Beulah Challenge and the Rim to Rim Royal Gorge Races. We have shared some wonderful ideas with one another and have decided to team up in an epic way! Stay tuned as we continue to work out the details.

*Note: Mary Yang is Co-Race Director for the Rim to Rim Royal Gorge Races (alongside John Maynard)*

*You can follow both races at the following:*

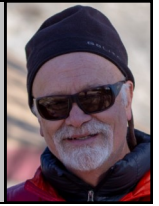
*Facebook: The Beulah Challenge Run or [www.beulahchallenge.squarespace.com](http://www.beulahchallenge.squarespace.com)*

*Facebook: Rim to Rim Royal Gorge Run or [www.rimtorimroyalgorge.com](http://www.rimtorimroyalgorge.com)*



# The Raptor Resolution Run 2018

By Jay Zarr



What has happened for the last 8 years on the last Saturday of the year?

What has happened when two organizations, the Southern Colorado Runners Club and the Nature and Raptor Center now the Nature and Wildlife Discovery Center comes to together to support the great work of rehabilitation and Care of Raptors (eagles, hawks, owls, and kites)?

(Other major Sponsors were Summit Education Group and SUNPOWER by Photon Brothers)

What happens when the same core of volunteers, led by Ron Dehn show up no matter what the weather is to ensure runners and walkers that a great event will take place?

What event provides participants, families and friends breakfast burritos?

What 5-mile run and 5K walk has prizes such as a raptor release, overnight stay at the Mountain Park, a personal Raptor Presentations to a kayak trip for two at Lake Pueblo?

The what is the **Raptor Resolution Run**. The event as now become an annual event, with the running course paralleling the nature trail and the Arkansas river. The walk a stroller and dog friendly course on the nature trail.



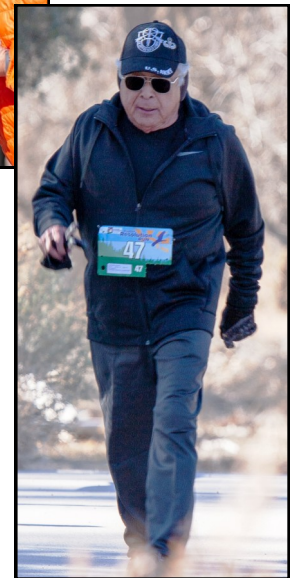
This year's event starts out as another No wind, a lot of sunshine "brisk" December day with the start time of 10 am. The hardy group of about 100 participants anxiously waited at the starting line for the release of a beautiful Red Tail Hawk to start the race. Diane Miller the Raptor Center Director and with the help of one of the participants release the hawk and the 8<sup>th</sup> annual Resolution Run was off.

The overall winners were Jon Teisher (34:15) and Ashlee Romani (35:36). Overall everyone had a good time, burritos were enjoyed at the end of the race, "awards" and door prizes were given out, resolution cards were filled out and collected to be mailed back to everyone in July.

Hopefully everyone went back home and circled the date

for next year's race which is December 28<sup>th</sup>, realizing that they had a helping hand with keeping one of the three remaining raptor centers in Colorado open for another year.

See you on December 28<sup>th</sup>, 2019.



Top to Bottom  
 Donna Nicholas-Griesel  
 Ron congratulates  
 Ernie Aguilar  
 Robert Quintana  
 Ted Sillox  
 Rylan Dehn



**WHERE'D SHE GO?**

*Laurel Wright trained high this past summer and raced even higher in November 2018. She ran the Everest Trail Race, a 6-day, 160-km (nearly 100 miles) in the Himalayas of Nepal in the Solukhumbu area with a difference in altitude of more than 29,000 meters (almost 18,000 ft)*



2019 SCR Award

*Kim Arline introduced Laurel Wright at the Banquet and presented her with the 2019 “Where’s She Go?” Award. Following is Laurel’s presentation on Multi—Day Stage Racing.*

As I have gotten older, I have become more intolerant of being swum over or kicked during a swim, saddle sores from hours on the bike, and the constant pounding of feet on pavement. So, after competing in multiple Ironman Triathlons and road Marathons for a number of years, I decided to focus on the training and the challenges of a different endurance sport: Trail Running, Ultra Running, and Multi - Day Stage Racing. In 2017 and 2018 I participated in “Grand to Grand” and the “Everest Trail Race” consecutively. Both were multi-day stage races. Each of had their own training challenges, racing challenges, and rewards.

### **What is a Multi - Day Stage Race**

Multi-day races are subset of ultramarathons. These running events which are typically segmented into daily segments of a specified distance and time for a course set over a number of days. Multi-day races can range from continuous 48 hour running events to staged transcontinental treks. Stage races can be repetitive segments but will typically be from point to point. They can range from 3 days to multiple day challenges such as the “Transrockies” in Colorado, the “Trans-American Footrace” coast to coast (which took place in 1928 LA to NYC 3,425.5 miles), the “Gobi Desert March” (a seven-day

## **Multi - Day Stage Racing**

**By Laurel Wright**

journey across the Gobi desert), or the “Yukon Arctic Ultra” in the dead of winter. Many of these races are self-sufficient or semi self-sufficient. All these events, especially the longer races, take the runner to a different level. For the runner, the race becomes a way of life both physically and psychologically.

### **History of Stage Racing**

Popularity of multi-day races stretch back to the 1870s and 1890s which is considered the “golden era”. They were held on an indoor track and there were substantial prizes. Contestants were known as pedestrians and these athletes established records which in some cases have not been beat. “Pedestrianism” was a form of competitive racewalking/running, professional and funded by wagering, from this the modern sport of racewalking developed.

The most common multi-day race prior to the “golden era” of was the six-day foot race from Monday to Saturday with Sunday being the day of rest. From this origin, multiple day and point to point races developed. A notable “Pedestrian”, Edward Payton Weston was largely responsible for the rise in popularity of the sport in the 1860’s-1870s. In 1867 Edward Weston won the \$110 prize completing 1,326 mile stage foot race from Portland, ME. to Chicago, IA. The race took 26 days. The competitors could use a combination of walking, jogging and running. The sport became a popular form of entertainment. By 1877 up to 70,000 paying visitors came out to watch the “Pedestrians” battle it out. Numerous multi-day foot races appear in the record by 1870 - 1890 and became quite popular in the United States as well as Europe.

In more recent times, several multi-day point to point races have been developed. One of the most popular is the “Marathon de Sables”. This race was developed by Patrick Bauer who in 1984 crossed the Sahara in a running challenge. He was self sufficient carrying his water and food over 12

*(Continued on page 16)*

## Multi - Day Stage Racing (Continued)

*Continued from page 15)*

days. In 1986 - 23 runners including Patrick Bauer pioneered to create the first Marathon de Sables and labeled it as the “Toughest Race on the Planet”. The race 250 KM (155mi) in the Sahara. It takes place over 7 days and consist of 6 stages. By 1995 there were 1,500 runners. April 2019 will be the 34th Marathon de Sables. The race consists of 250 KM (155mi) in the Sahara. It is self-sufficient and takes place over 7 days and consist of 6 stages.

### Common Multi-day Stage Racing Format:

Every race is different, but currently a popular and common multi-day stage format consists of a race distance of 250 KM (155mi). However, this will vary depending on the terrain and the desired length of the race. The race may take 6-7 days, 6 stages with each stage having a certain distance and cut off time. Common mileage each day/ stage may consist of 30, 26, 52, 26, 26, 8 miles a day. There are multiple required checkpoints along each stage. Generally, if a check point is missed, the runner must go back to the check point and check in or will be disqualified. Water is supplied at the checkpoints. The campsite is raised each night, water and tents are provided. Tracking and Medical assistance is provided. If the race is “Self Sufficient”; the racers must carry for the entire race the required food and required gear (sleeping gear, survival gear, appropriate clothing for weather etc.). Races that are not “Self Sufficient” typically will supply food, water, sleeping gear, and will carry your personal gear. For this race, all you would to carry would be a running day pack. Race ranking typically is the accumulative time at the end of the race.

### Training for a Multi-day Stage Race

Since the race requires for you to perform day after day, the biggest requirement is to build your endurance. You can work on endurance through different cross training (cycling, rowing, hiking, swimming). In addition, build the running mileage for the average daily distance that will be covered. After you become comfortable with the distance, then start some 2-3-4 days of “back to back” with each day covering at least 3/4 of the

average daily distance of the race. Because you will be carrying a required back pack that will weigh anywhere for 15-23 pounds, it is important to increase the weight you carrying as you are increasing your distance training. Start out with a five-pound running pack, then increase a pound a week until you are at the desired weight you will be carrying. Don’t forget to add in the variables of extreme heat or cold, altitude, and ascent/ descent with varying terrain. Lastly but most important is the mental pacing and positive attitude. These races are not only physically but psychologically demanding. It is important to keep your motivation high over a long period of time.

### Popular Multi-day Stage Races

There are many races out there to choose from. The top on my list are: Grand to Grand, Marathon de Sables, Everest Trail Race, Mauna to Mauna.

Grand to Grand starts at the north rim of the Grand Canyon and finishes on the summit of the Grand Staircase. The course takes you through high desert landscapes, sand dunes, red rock canyons, mesas, slot canyons, and hoodoos. With the permits for the race, you are in remote parts of this country off the beaten path that the general public does not see. The race is self-sufficient where food and gear must be carried. Water and tents are supplied. The race consists of 6 stages, 7 days. Daily mileage as follows; 31, 26, 52, 26, 26, 7 miles/day. The finish and the post-race party are outstanding.

Marathon de Sables also known as MDS. The race is a grueling multi-day stage race through the inhospitable Sahara Desert. This is also a self-sufficient race where you carry everything you need to survive except water. They supply water and tents. The daily mileage is similar to Grand to Grand. This is a very popular race and hosts approximately 15,000 competitors.

Everest Trail Race is one of the toughest high-altitude ultramarathons. It is set against the backdrop of Mount Everest and the Himalayas in Nepal. The race winds through the trails in the Solukhumbu region following the footsteps of Sir Edmond Hillary. The footrace is 160 KM (100

*(Continued on page 17)*



## Multi - Day Stage Racing (Continued)

(Continued from page 16)

miles) with accumulative altitude change of 25,000 meters (82,000 ft) over the 6 days! The trails are over ancient pathways, with scenic views. There is a true sense of accomplishment and emotion with the completion of this race.

### Other Multi-stage races around the world

Very popular in Europe. Rising popularity in the United States.

4 Desert Series: Each is 250 KM. These include: Atacama Crossing (Chili), Gobi March (China), Sahara Race (Egypt), The Last Desert (Antartica)

Racing the Planet Series

World Marathon Challenge: 7 marathons, 7days, 7 continents

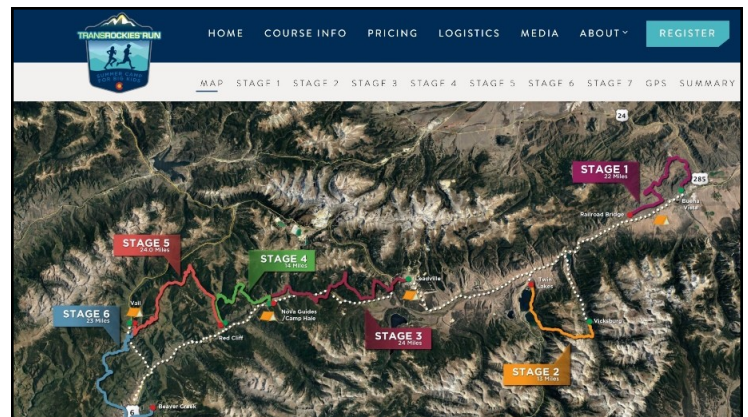
Most popular/scenic stage races: French Pyrenees Patou Trail, RunIceland Adventure Trail, Grand to GrandUltra, Carrera de Baja Mexican Trail, Everest Trail Race, Namib Desert in South Africa, Sicily Volcano Trail, Marathon De Sables in Morocco, Gobi March in China.

United States multi-day stage races: Grand to Grand Ultra - September 22-28, 2019  
Transrockies Run - August 13-18 2019  
Chattanooga Mountain - June 15-17, 2019,  
Mauna to Mauna Ultra - May 17-23, 2020.

The photos provided for the website include, Marathon de Sable, Transrockies, Grand to Grand, Everest Trail Race



Everest Trail Race



Transrockies





## Award Nomination Narratives

Submitted by Marilyn Vargas

*Editors Note: The narratives have been shortened in the interest of space. These descriptions offer only a sample of each recipient's accomplishments and contributions.*

### Female Runner of the Year:

Nominees: Meg Scarlett-Fox; Melanie Steves; Gwen Steves; This lady had a very successful year racing, she placed very well age group wise in most of the races she competed in this past year. Some of her race accomplishments included, Revel Rockies 13.1-PR 1.45.40, Mt. Sneffels 13.1-4th plc, Spring run-off 10 mile, Slacker half, liberty point 5k-2ndplc, state fair stampede-1st plc, Walsenburg duathlon- Overall Female, Atlanta-1st plc., Walsenburg marathon relay 1st plc team and three time Legends Marathon team relay winner. Her Volunteerism to this club includes: Rock Canyon-race co-director, OMT-registration, and co-hosted a predict race. This runner usually runs more but with her college and work she cut down. She states "I love running over the years, it has brought me much joy. It's been nice being a bigger part with the club and getting to know everyone more. I always try my best come race day, but it is the practice days that I appreciate and am grateful for most of all." She accomplished all these exploits while attending school full time, working, and being an outstanding mother.

Southern Colorado Female Runner of the Year, 2018: Melanie Steves

### Male Runner Of The Year:

Nominees: Dean Hall; Eric Castellano; Larry Navarro; David Diaz; Robert Pratt

This nominee has developed into a phenomenal runner, specializing in the marathon. He has completed several marathons and half marathons this past year to include, the Colorado, the REVEL, The Ouray marathon, Mt Sneffles marathon, slacker half, Three Creeks half, super Spartan, all with a purpose of qualifying for the Boston Marathon. Although he came up a bit short in this endeavor, his passion & determination remained as a strong as ever. He participated and completed most of the monthly predict runs. His volunteerism for the Club has been noted in hosting the Black Jack predict run, preparing yearly, the Temple Canyon predict course and stepping up to be the co-director of the very successful Rock Canyon half marathon bringing a whole new flavor to the race... and smiling through it all. His volunteerism in promoting running goals of others, outside the club, include being a Beast Pacer for events throughout Colorado, and Palmer Lake volunteer aid station.

This three time Legends Marathon team relay winner is a positive role model in the Pueblo running community and is always willing to lend a hand. He does this while he works two jobs. He is one of the nicest guys and loves running. He is generous with his knowledge and time. With his easy manner, bright smile and sense of humor, he is a pleasure to be around.

2018 Southern Colorado Male Runner Of The Year: Eric Castellano

### SoCoT2 recognizes one ExtraOrdinary Mortal as Triathlete of the Year.

At the beginning of this year (2018) this dedicated and personable athlete had not competed in a single triathlon, but with pure determination and dedication this athlete set out to try triathlons. His goal was to compete in four triathlons a sprint (OMT), Olympic (Lake to Lake), half (Boulder) and full ironman triathlon (Wisconsin). Quite a goal for his first year. This athlete completed three out of the four events he set out to do. A bad bike accident, resulting in required surgery of a broken collar bone and extensive and painful "road rash", kept him from competing in the Olympic distance triathlon, he had been training for. However, being the amazing individual that he is, once recovered he, continued to conquer his training challenges such as: Feldman Challenge, The incline and Barr trail, Super Half Marathon, Spring Run Off 10M, Biking up Pikes Peak Climb, Biking up Triple Bypass, Biking up Independence Pass

Training with conviction, two months following the bike accident, this athlete went on to compete in Ironman 70.3 Boulder. He then stepped it up, compete and finish Ironman 140.6 Wisconsin in September. His hard training resulted in Very impressive standings for a first time triathlete as each distance he competed in. OMT 1:03:23 10th OA and 1st in AG, Boulder 5:50:53, Wisconsin 12:47:31

This athlete continued to show athletic abilities, at the Rock Canyon Half Marathon this year he finished 29th out of 345 overall with an impressive time of 1:34. This friendly athlete greets people with a big smile and a hand shake and/or a big hug. He always has something supportive and encouraging to say to his fellow runners and triathletes. He is always there to volunteer his time to help setup and take down triathlon and running events and he helps train the youth SCR triathletes.

It's evident that this athlete has overcome many obstacles. However, we understand that, obstacles or not, he is setting up his 2019 triathlon schedule.

The 2018 Southern Colorado Triathlete of the Year: Sean Staples.

### Youth Female Runner of the Year:

Nominees: Patty McGivney; Michelle Pratt;

This young lady has been involved with the Southern Colorado Runners club for many, many years. Not only did she participate at numerous SoCo Runner sponsored events, she also volunteered at many of them as well. This past year, She stepped into a leadership role for SCR and has served as our club secretary. She quietly listens and takes diligent minutes at our meetings but periodically raises her hand and shares a most insightful comment or idea for improving an event or

(Continued on page 19)

## Award Nomination Narratives (continued)

*(Continued from page 18)*  
procedure.

This youth female started running in grade school and has run every Spring Run Off race since then as well as being one of the smallest runners to finish the Woman's Distance. She has earned four letters as a member of the East High School Cross Country Team as well as being their #1 runner in her sophomore year and team captain in her senior year. Although she battled injuries in her junior and senior years of cross country, she was still able to compete and contribute significantly to the training, morale and well-being of her fellow teammates.

Not only is she a dedicated and accomplished runner-athlete, she also excels in academics earning academic letters every semester she has: Lettered in Music, Orchestra, Lettered in Music, Choir, Lettered in Speech & Debate, Captain of the Speech & Debate team, Captain of the Knowledge Bowl Teams, Participated in two East High school musicals, Will graduate with an International Baccalaureate (IB) Diploma, National Merit Semifinalist.

This well-mannered and courteous young lady's inherent work ethics and motivation in both athletics and academics, highly qualifies her as Southern Colorado Runner's Youth Female Runner of the year.

Our Southern Colorado Youth Female Runner of the Year, 2018: Patty McGivney.

### **Youth Male Runner of the Year**

Nominees: Rylan Dehn; Lorenzo Wade

I would like to nominate Lorenzo Wade, for Youth Male Runner of the Year. Lorenzo is a student at Skyview Middle School. Academically this runner is a member of the National Junior Honor Society (for 3 years) and has been on the principal's honor roll all through middle school. Lorenzo does volunteer work for PAWS and is a Bell Ringer for the Salvation Army. He is on the Skyview Middle School cross-country and track teams.

He is a member of SCR, and you probably have seen him and his family participating in the predicts and other local races. In addition, he challenges himself by competing in many non-school related races such as running (5k to Half Marathon), triathlons, mud runs and biking events.

This last year he has participated in: Mosaic 5K, Paws 5K, Liberty Point 5k, Hot to Trot 5K, YMCA Benton Harbor 5K, YMCA Turkey Trot, Rock Canyon Half, Big Dog Mud Run, Elephant Rock 40 mile bike ride, MMT, Melon Man Tri, Tin Man Tri, Spring Run Off 5k, YMCA 5K, Benton Harbor Michigan, District 60/70 XC championships, Team Middle School, Champions at the City/County XC Championships, Masters of the Rockies run/kayak/bike/shooting relay Raton NM, Rock Canyon Half Marathon.

In the Rock Canyon Half Marathon this year he improved his time by 11 minutes over last year's time and improved his mile pace from 8:26 to 7:36. Despite his young age he is an ex-

tremely dedicated and hardworking runner who is always open to suggestions to improve his running and fitness.  
Southern Colorado Youth Runner of the Year, 2018: Lorenzo Wade

### **Long Distance Service Award:**

Nominees: Mary Jane Martinez; David Diaz; Shawn Loppnow; Stacey Diaz; and Sheri Giordano

This Member has been a runner for over 35 years and a club member for over 30. Last year she ran 2 marathons, the Charleston Marathon and the Marine Corps Marathon. In 2016, she ran the Boston Marathon and has run 13 marathons total. She is a former President of SCR and has been the volunteer point's keeper for SCR for more than 10 years. She was the race director of the Atlanta Women's Race for over 10 years and now is in her 4th year as co-race director of the Spring Runoff. She and her husband co-host the Spring Runoff Tune-Up Predict in February, the Harvest Run Predict in October and the Mini, mini marathon Predict in December. She was the SCR Banquet co-coordinator for over 10 years. She regularly attends club meetings and newsletter stuffings and also submits pictures and articles to the newsletter. This year she worked the finish line at the Hot to Trot, PAWS run and the State Fair 5K and also worked packet pick up for the State Fair. She volunteered at the Rock Canyon Half Marathon for over 20 years. She also helps update the club's Facebook page and sends sympathy cards and flowers to club members when needed.

Our Southern Colorado Runners/Tri Club Long Distance Award goes to Stacey Diaz.

### **Most Valuable Member**

Nominees: Shawn Loppnow; Alexandria Romero; Dave Diaz;

This member has been a fairly quiet member until bursting onto the scene and getting a lot more involved in the club the past year. She and her husband opened the year by hosting a new Predict race and then she started attending the board meetings. As an accountant she offered to complete the club taxes, looked over previous year's taxes and managed to get over \$1800 back from the IRS. She helped the club adopt new financial policies for more transparency and tracking of funds coming in and going out of the club based on the latest practices. She investigated newer accounting software to update the Treasurer report, financial statements for each event and the annual financial report for the club. She has been nominated for Treasurer to take the club even farther into financial accountability.

Southern Colorado Runners/Tri Club Most Valuable Member Service Award Goes to Alexandria Romero



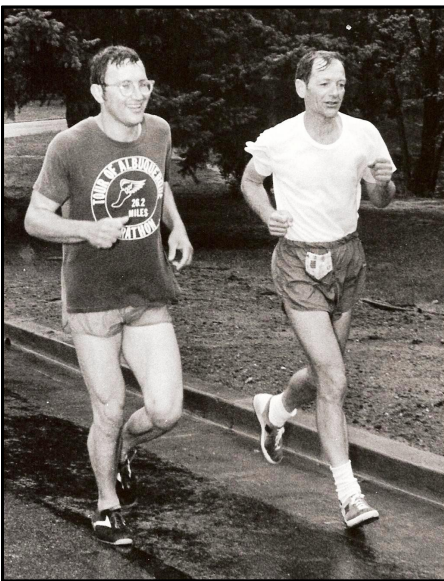
## History of Southern Colorado Runners and Southern Colorado Tri Club

By Kim Arline

*Editor's Note: "If I have seen further it is by standing on the shoulders of Giants." — Isaac Newton. Our club did not just pop up overnight. There are many many people who have built our club and our club continues to evolve thanks to the talents of our current volunteers. A big thank you to Kim Arline for all her research and efforts to document our history. Kim reached out to many "old timers" for information and we thank them for sharing. Enjoy!*

Southern Colorado Runners has a long and decorated history many of us under the age of 65 are largely unaware of. SCR was officially formed 39 years ago in 1980 but it really began 13 years earlier. A lot of great things started in 1967 besides just me. That was the year Katherine Switzer registered and was the first woman to finish the Boston Marathon despite the race director trying to physically remove her from the course because marathons were considered too dangerous for women.

Here in Colorado some talented athletes and coaches were coming together to promote running. The Olympic Marathon trials were held in Alamosa in 1967 for the 1968 Olympics in Mexico City. Larry Pickering was coaching state cross country champions at Centennial High, Joe Garcia coached at East High, a local decathlete Jack Stucki was training for a spot on the US Olympic team, Wilbur Arnold (Jeff's father), Jim "Spank" Blasing track coach at USC and Don McMahill, Phys Ed Director at YMCA all came together to start the Southern Colorado Striders in 1967. Stucki was the first president, meetings were often held in McMahill's basement and later Blasing offered his classroom at University of Southern Colorado which was later renamed to CSU-Pueblo in 2003.



By 1970 the Striders were hosting daily runs from the downtown YMCA to Mineral Palace Park, track meets at the old Centennial Field, staggered-start handicap races at City Park and Colorado Springs Memorial Park (which later in the late 80s evolved into the SCR Handicap

Jeff Arnold (L) 30, and father Wilbur 58, during a segment of 58 mile run. They did it in segments but ran

the 58 miles to celebrate his birthday. Wilbur was also a mountain climber. In 1950 he became only the 34<sup>th</sup> person to climb all of Colo's 14'ers. Eventually he climbed all at least 3

series we now call the Predict Series), two annual Rocky Mountain AAU Championships and started the Holiday Marathon in December 1969.

Some of the Striders founders moved away from Pueblo so the group disbanded by the mid-1970s but running continued to grow with various events held by former Striders. In 1979, Judy Tucker was training for two marathons and wanted to share the joy she found in running with other Pueblo women. She put a little notice in The Pueblo Chieftain inviting women to run and 40 women gathered at the River Trail just north of City Park on a September morning.

Judy and a core group of women including Kathie Arwood, Donna Banning, Mary Creager, Pat Gonzales, Barb Hadley, Fran Hruby, Lila Gradisar, Diana Medina, Pauline Montoya, Marcia Spinuzzi, Sheila Spiro started meeting in Mary's basement. They started as a chapter of the Colorado Columbines, a Denver area women's running club to learn the ropes on organizing a club and staging races. Within months, there were nearly 70 women involved and they formed the Atalanta Women's Running Club of Pueblo. They hosted the first Atalanta Women's 5-km at City Park in 1980 with the help of Jeff Arnold, Bill Banning, Cecil Townsend, Larry Rogers, Tim Spiro, Andy Ballou and Jeff Sherman. Atalanta was held in Nov originally



Some of the Atalanta pioneers returned for the 2007 event: (L to R) Mary Creager, Jan Dudley, Susan Campbell, Judy Tucker, Barbara Hadley

By late 1980, Jeff Sherman the Fitness Director at the Pueblo YMCA, had approached different players in the Pueblo running scene like Andy Ballou of the Prairie Runners in Pueblo West and the Atalanta ladies to see if they wanted to create a coed running club. The first meeting for a coed running club was held at the YMCA and the Southern Colorado Runners were

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## History Continued

(Continued from page 20)

born. Monthly meetings continued at the downtown YMCA until April 2009 when the YMCA moved to the Pueblo Blvd location. SCR meetings continued there until 2015. SCR even stored equipment at the YMCA for a number of years before renting a shed. The Southern Colorado Runners and the Pueblo YMCA hosted many joint events over the years under the dynamic leadership of YMCA employees, Jeff Sherman and Ben Valdez such as the Ordinary Mortals Triathlon in Pueblo West, The Pueblo Marathon, Corporate Cup, Frostbite Five, Pumpkin Pursuit, Drag'n On In Olympic distance triathlon at the Rock Canyon Swim beach initially and then the North Marina of Lake Pueblo, and the Y-Bi Duathlon from the Shriners Club in Pueblo West.

While SCR formed in 1980, it was six years before becoming a legally incorporated entity in 1986. But it wasn't until 1998 that SCR pursued 501(c)3 non-profit status through Road Runners Club of America (RRCA) that we continue to be affiliated with as members and are insured through.

Jeff Arnold was elected the first president of SCR in 1980 but wasn't even at the meeting he was drafted at. He was well known in the community coaching and hosting the Pepsi 10-km at the State Fairgrounds with 500-600 runners and the Turkey Run at Mineral Palace Park for several years. He says Andy Ballou and Judy Tucker were the key players in those early years hosting races and typing and mailing results in the early days of the Footprints newsletters.

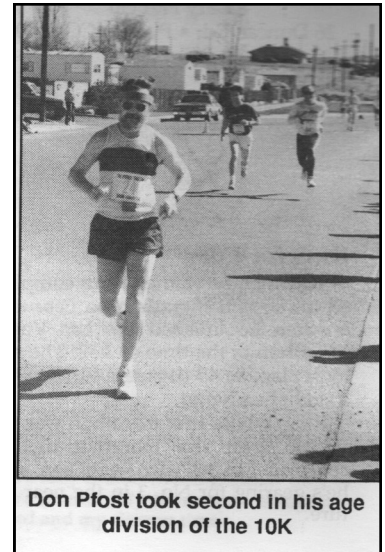


**Marijane Martinez and Judy Tucker. Judy is wearing a Pueblo Women's Distance Festival shirt**

Judy Tucker was the original newsletter editor turning out copies on the distinctive smelling purple ink mimeograph machine the under 45 crowd might never have experienced. Gary Franchi was the newsletter editor for 17 years, typing race results by hand for many years. His second year as a business writer at the Chieftain, Gary was introduced to the first Macintosh computer and "Ready Set Go"

desktop publishing program he used on Saturdays to churn out many early issues of Footprints. Another legendary runner worked at the Chieftain, Hal Walter, our favorite Burro racer from Westcliffe thought this was the way to the future and encouraged Gary to spend \$12,000 on his first Macintosh computer, several software packages, scanner and laser pro printer. Gary found extra work doing newsletters for a number of local companies and organizations to pay off that investment and make ends meet raising kids as a Chieftain writer.

In 1982, Larry Rogers, a teacher at Ben Franklin Elementary with Franklin kids meeting at 7:30 am to run weekdays took over as President. He helped start Saturday morning fun runs at City Park. He is quoted in 1995 Footprints, "Back then running was extremely fun. Running was new, and people ran more for the fun of it, a lot of us ran just to be friends." But many of our longtime "old timer" members say the competition was pretty significant as proven by a lot of seriously fast finish times listed in our newsletter archives. How many of you knew Don Pfof ran 7:25 miles in his 50s?



**Don Pfof took second in his age division of the 10K**

Cecil Townsend, East High School swim coach (we now know him through the Master Swim Club and County diving team), served as president in 1983 and started the first River Trail Marathon on the recently but poorly paved (only 2" depth in many sections) river trail. By 1987 Andy Ballou was president and helped create the Autumn Challenge, a three-race series including the State Fair 10-km, the Osprey Half Marathon and the River Trail Marathon. Marijane Martinez served as president in 1988 and in 1989 under Nick Leyva, the club started structuring race directing fees for the traveling race directing team of club members hosting frequent races in and out of town. The club also started picking up the tab for members for the club picnic and annual banquet.

In 1990, Lois Pfof was club president after moving to Pueblo three years earlier with her runner husband, Don. That year Pueblo started adding and replacing sections of crumbling pavement laid in late 70s and 80s along the river trail with concrete surface and even though Lois didn't run, Larry Volk and Jeff Arnold advocated for a dual surface for runners. I continued to advocate for soft surface alternatives when the old pavement was replaced through Lake Pueblo in 2016. Unfortunately, our pleas were overruled by lower longterm maintenance concrete. Lois continues to enjoy walking our events and often volunteers at our events.

By the 15<sup>th</sup> anniversary of the club in 1995, Rich Barrows was president and had been race director of the Spring Runoff (SRO) a couple years already. From 1979 through 2000, the SRO was hosted on the northside of Pueblo and included a Toddler Run since the mid-1990s. In 2001, Terry Cathcart became the race director and moved the SRO to finish at Dutch Clark stadium where it continues to be Pueblo's longest and continuous running event celebrating 40 years last year. The Funner to be a Runner free kids run started in 2002 and contin-

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**History Continued**

*(Continued from page 21)*

ues to attract hundreds of local youth to run a little over a mile.



**Terry Cathcart and Paulette Stuart the Chieftain liaison for many years**

In 1996, the City of Pueblo police set aside overtime funds to help escort local races which made races a little more profitable.

Economic downturns and decreased tax revenue stopped this practice at some point making some races more expensive to host each year. Saving money on taxes starting in 1998 when SCR became a non-profit entity improved the club's finances. But the club still struggled with the sticker shock in 1997 when they purchased a new finish line clock for \$2,000 and asked for club member donations to help replenish \$1,100 of club funds. Some longtime SCR members continue to donate to the "equipment fund" when they renew their memberships and now I understand why. It appears from the newsletter archives the club purchased the first club computer in 1998 and set equipment rental fees to charge \$100 per race event and \$1 per person over 100 participants to provide finish chronomix, race clock, finish board, finish chute, finish line volunteers and results plus course marking and measurement.



**Ken Raich (L) presenting an award to Lois and Don Pfost**

Thanks to the expertise of Ken Raich, SCR joined the worldwide web launching socorunners.org in 1999. Gary Franchi had already served 17

years as the club newsletter editor and had won national awards for the newsletter at the RRCA conference by 1999. He was followed the next 12 years by our current newsletter editor, Ron Dehn. Thanks to the many contributions of club members, the newsletter again received both regional and national awards. Dr. Rocky Khosla had a monthly "Rocky on Fitness" article in the monthly Footprints throughout the 1990s until 2006. Dr. Shaun Gogarty submitted a monthly "Trail Notes" article also during that same time. Gary continued to write "Great Stuff"



**Left: 17 Year newsletter editor Gary Franchi in his Red-wing jersey**

**Below: Rocky Khosla receives the Long Distance Runner Award for his newsletter contributions**

and Ron wrote a "Ramblin'" column for many more years. Laura Wehrwein, Becky Medina, and Olivia Medina have also served as "Footprints" editors.

Anyone that has "stuffed the newsletter" are familiar with the Gold Dust but might not know how involved Ruth McDonald and Shelley Riddock, the owners of the Gold Dust until last year, were since the early days of the club. The annual banquet was held on Union and D St at the original Gold Dust location, now Irby Jewelers. They helped with registrations, packet pick up for most of SCR races and stored the SCR bibs for other event organizers to purchase for their own races. This newsletter has been "stuffed" and mailed by volunteers meeting at the Gold Dust literally working for peanuts and popcorn for many years. Now the new owner continues to promote running with a Monday night 5-km Beer Run for a drop-in run then free beer between 5:30-7:30 pm.



In 2000, SCR member and SRO Race Director Matthew Martin helped organize the SCR "A Shoe for Every Foot" campaign with a goal to collect 100 pairs of shoes by December 20<sup>th</sup> to help the less fortunate in Pueblo. Instead, SCR members helped collect 2,200 pairs of shoes throughout Pueblo to donate to the Wayside Cross Homeless Shelter, Posada, Pueblo Boys and Girls Club and the YWCA Family Crisis Center!

In 2001, SCR started the yahoo listserv some SCR members still email others on but fewer and fewer can get access to it. Record crowd turned up the Rock Canyon that year with 199 registrations.

It appears a lot changed in 2005 when three longtime SCR movers and shakers departed. Marijane Martinez moved to Nevada with Nick Leyva and Ben Valdez, an instrumental

*(Continued on page 23)*

## History Continued

(Continued from page 22)



**Some of SCR's Leaders in the early 2000's L to R  
Top: Ben Valdez, Chief Reno, Marijane Martinez, Ken Raich, Gary Franchi, Jeff Arnold. Bottom: Rich Hadley, Terry Cathcart, Nick Leyva, Dave Diaz**

leader and organizer of events in Pueblo took a job in a Colorado Springs School District after 24 years of service in the YMCA. Without his leadership many events eventually became history. Multisport in Pueblo was active during Valdez's time at the YMCA but became dormant for a number of years.

Ordinary Mortals Triathlon ran from 1987 to 2006 at the Pueblo West venue but ended after Ben's departure and challenges with increasing traffic. But OMT made a comeback in 2012 when Gwen Steves and I worked with CSU-P Event Management class to resurrect the race. That was one year after we worked with the YMCA to host a youth triathlon club and Y-Tri youth triathlon at CSU in 2011. These efforts led to Gwen Steves approaching SCR to consider an add-on option for SCR members to also join the newly formed Southern Colorado Triathlon Club/Team (which explains SoCoT2 abbreviation many have asked about). In September 2012, the first meeting for a fall membership drive for triathletes took place at the Pueblo Blvd YMCA and multisport came back to Pueblo. SoCoT2 volunteers continue to host the Ordinary Mortals and Mini Mortals Triathlon at CSU-Pueblo each May.

The newsletter and socorunners.org and yahoo listserv were the main forms of communication until February 23, 2011 when SCR started the Facebook page we continue to use to share updates and photos. For those that didn't join Facebook, we struggled to keep an effective form of electronic communication going. In 2012, Paul Labar and Lallo Vigil changed the socorunners.org website to Joomla, a Content Management System for easier updating requiring less HTML skills allowing more lay person updates. We had a long learning curve and challenges keeping races pages updated and user friendly registration system for race directors.

In December 2012, the club purchased a chip timing system we could use for our running and triathlon events. That \$12,130 investment saves us around \$4,000 per year thanks to our volunteers timing events for us. Paul Labar who served as club president and webmaster many years pioneered how we initially chip timed our races along with Paulette Arns who served as SCR Treasurer for 6 years. Arns and Labar dedicated most weekends to timing events SCR held or helped with in Pueblo for a few exhausting years.

After this purchase, the equipment rental and race timing fees were increased for the first time since 1998 to \$300 per event and \$1 per entrant. This was due to equipment replacement costs and the complexity of chip timing being more demanding for the few trained volunteers with enough experience and comfort level to time races.

SCR volunteers were spread so thin, our own club events suffered from lack of volunteers and communication and many of our members never got to enjoy running themselves. We had to refocus on what events we could effectively host and help with and promote other organizations hiring their own timing or race management organization. Today, Gwen Steves, our former club president, chip times our races usually on her own. We still need more trained, detail-oriented people to volunteer to chip time our races so let us know if you are interested in learning!

The Pueblo Downtown Social Shuffle also started in 2012 by a couple veterinarians that were runners and noticed Pueblo had some overweight dogs. The dog friendly run has continued every Wednesday evening since with a 5-km run or 2-mile walk downtown. SCR gave the Shuffle runners a grant this past year to buy some advertising and apparel for reaching a certain number of Social Shuffles.

For three years I struggled to work with an online membership systems and bulk email programs. It wasn't until 2016 when we adopted runsignup for our club membership, that I actually started to like that job. In 2017 all of our races were fully on the runsignup platform using that as the webpage and registration system making club discounts seamless and more flexibility sharing of information and financials with board members and race directors. We also now have a good bulk emailing option to members and race participants using the runsignup program.

We have Dave Diaz mostly to thank for regular emails to members. He has longtime served as the Calendar Keeper keeping everyone updated on upcoming events via email, Facebook and the website. He has been a tremendous advocate for running and the club for many, many years. Not only did he serve as the Rock Canyon race director for 21 years, he has co-led the Spring Runoff the past 3 years and has always been the main coordinator of all SRO activities on the track and field. But he also served as the club Treasurer for many years and continues to be on the bank accounts as a check signer.

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History Continued

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A 2009 pic of Dave & Stacey Diaz, Peggy Oreskovich and Gary Franchi after a triathlon



In 2018, we were handed a treasure trove of old Footprints newsletters and we searched for a volunteer to scan the newsletters so we could have them archived on socorunners.org. Becky Medina offered to do this with a few responsible teenagers at the Boys and Girls Club using their high-speed scanner for a nominal fee for scanner use. Dave Rael, Paul Labar and I managed to get newsletters back to 1991 posted for your viewing pleasure under the News tab and “Newsletter Archives” on socorunners.org. Searching this archive and calling longtime members allowed me to write this history of our amazing club that has fostered running, health and wellness in our area for almost my entire lifetime. There are many, many more stories, photos and race results waiting for someone to find in our archives and share in a future article or on our Facebook page. So enjoy your club from yesterday, today and for years to come!



Above: Rich Hadley, Upper Right: Deb Hadley Right: Kim Arline

SCR Officers		
President	Paul Barela	544-8645
Vice President	Jeff Arnold	947-3682
Secretary	Mike Orendorff	561-2956
Treasurers	Melinda Orendorff	561-2956
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	545-2603
* Editorial Consultants: Nick Nasch, Blind Melon Chitlin		
* Special Guests: Grog, Calvin, Hobbs, Beetle Bailey, Troll, Seargent Snorkle, Garfield, Rudolph, Santa, Snoopy.		
* SCR meetings are held the 1st Tuesday of each month at the Pueblo Family YMCA beginning at 7:30 p.m. Any SCR member may attend club meetings and have input, which includes having a vote on all issues discussed.		

**Editor's Note:**  
 I struggled with this photo gallery. I wanted to include 100 more photos. There are so many people who made and continue to make contributions to the club. I apologize to all those I did not have space to include.



Top to bottom, Left to Right: Larry Volk, Jim Robinson, Helen Robinson, Marv Bradley, Michael Orendorff, Gwen Steves, 1993 Club Officers, Ross Barnhart



# Welcome to the 41st Annual:



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**3 Races! 10 Mile, 10K & 5K  
Run/Walk**

**Plus 2 FREE Youth (1.2 miles) and Toddler (50 yard dash) Runs**

**Sunday, March 3, 2019  
Dutch Clark Stadium,  
Pueblo, CO**

**Register Now!**

**SCR Members pay only \$20 for the 5K & 10K  
and \$25 for the 10 Miler until Feb 9<sup>th</sup>  
(18 & Under pay \$15 and \$20)**

**<https://runsignup.com/Race/CO/Pueblo/SpringRunoff>  
for more information.**



# The Birthday Page



## March

1	Bobby	Streip
2	Rick	Acosta
2	Kim	Arline
2	James	Gallagher OV
3	Aaron	Levinson
3	Lisa	Vigil
5	Julius	Romero
6	Shawn	Loppnow
9	Erin	Staples
10	Kimberly	Swearingen
13	Dennis	Krall
13	Bobby	Quintana
13	Mindy	Urdiales
15	Nelson	Brentlinger
16	Emily	McElwain
17	Patrice	McGivney
20	Lisa	Lucero
21	Randy	Oles
22	Kristin	Loppnow
22	Emeri	Whiting
24	Lorie	Moreno Roch
25	Rebecca	Medina
25	Kimberly	Vamer
26	Marv	Bradley
26	Sarah	Liebel
28	Aubree	Powers
28	Meg	Scarlett
31	Cora	Marmolejo

## April

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

## May

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

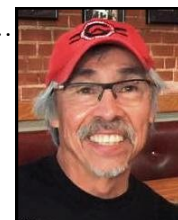
## June

1	Elizabeth	Ortiz
	George	Purcelley
4	Toby	Salinas
5	Lewis	Fox
	David	Horton Sr.
	Jeremy	Keener
8	Robert	Lucero
9	Cara	Kelsch
9	Stephen	Smith
10	Margaret	DiMatteo
	Gabriel	Marmolejo
	Gabriel	Marmolejo
	Jaylen	Vargas
11	Rahel	Gredig
	Rahel	Gredig
	Sean	McGivney
12	Lathen	Biggerstaff
13	mark	house
	Carrie	Tucker
15	Sandy	Vanderstoep
	Grace	Whiting
16	Traci	Whiting
18	Donald	Montoya
	Hilbert	Navarro
19	Dani	DeGraw
	Dani	DeGraw
20	Kira	Hughes
	Donna	Nicholas-Griesel
21	Carol	Brimmeier
	Retzio	Gredig
	Retzio	Gredig
	Cindy	Nicolay
22	Jessica	Updegrove-Arrazcaeta
23	Mary	Yang
24	Kristine	Cason
	Erin	Kennedy
	Laurice	Lopez-Cepero
25	Michael	Baca
27	Eric	Castellano
	Dawn	Gruber
		Ross
29	Sean	Staples

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

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

Thank you.



## Race Calendar by Dave Diaz

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

### February

Sat Feb 9	Snow Queen 10K, 5K	Canon City, CO
Sat Feb 9	PPRR Winter Series III	Colorado Springs
Sun Feb 10	Valentines Twosome Relay	Pueblo City Park
Sat Feb 16	SRO Tune Up 10K/5K Predict #2	Dutch Clark Stadium
Sat Feb 23	PPRR Winter Series IV	Colorado Springs

### **March**

Sun Mar 3	Pueblo Chieftain Spring Runoff	Dutch Clark Stadium
Sat Mar 9	Salida Run Through Time	Salida CO
Sat Mar 16	Bluesky Blizzard Run	State Fair Grounds
Sat Mar 16	St Pats 5K	Colorado Springs
Sun Mar 17*	Tour de Fair Predict #3	State Fair Grounds

### **April**

Sat Apr 6	Baylon Michael Meyer 5K 10K	Pueblo West
Sat Apr 20	Silver Dollar Predict #4	1159 29th Lane

### **May**

Sat May 4	Blossom Run	Canon City, CO
Sat May 11	Ordinary Mortals Triathlon	CSU Pueblo
Sun May 12	Yappy Dog Predict #5 8.63 mi	South Mesa Elementary
Sat May 27	Mosaic Run	Amazing Grace Church

\*date for Tour de Fair may change



## **SCR's Financial Report**

**By Alexandria Romero**

2018 was a very successful year for the Southern Colorado Runners. Our Club's total revenue for the year was \$70,459 with Club expenses totaling \$61,088. The Club's net income for 2018 was \$9,371!

The Rock Canyon Half Marathon brought in over \$10,000 this year! Way to go Melanie Steves & Eric Castellano!!! Not to be outshined, the Ordinary/Mini Mortals Triathlon had a net revenue of over \$7,000 and the Spring Run Off came in just over \$6,000.

One of the benefits to being a race director for one of the SoCo Runners events is you get to donate 20% of the profit from your race to a non-profit or charity of your choice. With the outstanding results of our races this year, it allowed the Club to make a larger impact in our community through donations. This year also marked the first time (at least since I have been a member) that we did a Community Grant Program. We had 6 grant winners totaling \$4,000 in grants given! All of the winners, with their amount are listed on the Annual Report.

Let's make 2019 even better with more participation in our SoCo races and events, allowing us to provide more grants and donations to support improved health and well being for our community.

Your Southern Colorado Runners 2019 Treasurer,,

Alexandria Romero, CPA

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

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***If you plan to move,  
 Let us know!***  
 Issues of "Footprints"  
 are not forwarded.  
 Hence, if you are going to  
 move, please get your new  
 address to the SCR Mem-  
 bership Chair at the address  
 listed above.

**Contact Us**

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

President	Kim Arline	president@socorunners.org
Vice President	Marilyn Vargas	vicepresident@socorunners.org
Secretary	Pate/McGivney	secretary@socorunners.org
Treasurer	Alexandria Romero	treasurer@socorunners.org
SoCoT2 Coordinator	Gwen Steves	socot2@socorunners.org
Webmaster	Paul LaBar	admin@socorunners.org
Newsletter Editor	Ron Dehn	newsletter@socorunners.org
Race Calendar	Dave Diaz	
Group Run	Sheri Giordano	groupruns@socorunners.org
Tri Club Calendar	Gwen Steves	calendar@socorunners.org
Predict Series	Shawn Lopnow	predict@socorunners.org
Membership Chair	Gwen Steves	membership@socorunners.org
Volunteer Points	Stacey Diaz	volunteer@socorunners.org

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

**Visit our Web Site:** For racing schedules, results, contact info, etc,  
 see: [www.socorunners.org](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...**

To live for some future goal is shallow. It's the sides of the mountain that sustain life, not the top. -Robert M. Pirsig, author [Zen and the Art of Motorcycle Maintenance]

Heaven is under our feet as well as over our heads. -Henry David Thoreau, naturalist and author (1817-1862)

God gives every bird his worm, but he does not throw it into the nest. -Swedish proverb

Remember, the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running. Sarah Condor

A celebrity is a person who works hard all his life to become well known, then wears dark glasses to avoid being recognized. ~Fred Allen