



Volume #350, Issue #3

Editor: Ron Dehn

FOOTPRINTS



The HOT Summer Edition



Ordinary Mortals and Mini Mortals Triathlon 2019

by Peggy Oreskovich

On May 11th, 2019 the Ordinary Mortals and Mini Mortals Spring Triathlon was held at CSUP in Pueblo. The race is a reverse order sprint triathlon that starts with the run, then the bike and finishes with a pool swim. This triathlon is put on

every year by race directors Kim Arline and Gwen Steves at Colorado State University Pueblo.

There were 162 participants in the adult race which started with a 5k run, then a 12.5 mile bike and finished with a 300 yard pool swim. The mini mortals had 64 participants ranging in age from 8 years old up to 15 years old and, depending on their age, competed at different distances.



Female age group winners Marisa Farro-Miro, Cheryl Farrer and Nicole Cummings

I have competed in this race and I have been a volunteer as well and it has always been a wonderful experience. A year and a half ago at the 2018 Rock Canyon Half Marathon, Kim Arline approached me and asked if I could help out by filling in as the race director on the day of the race in 2019. I said "Sure" without really realizing what exactly I was getting myself into, however, as the months passed and the race got closer and closer the amount of work that goes into putting this triathlon together became evident.

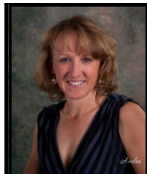
Luckily, Kim was still involved in the organizing, tasks and meetings that are required for this event. The

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Letter from the President Kim Arline

SCR had a good year of fundraising races despite the bad weather at times. We like to give back to the community and organizations supporting health and wellbeing through more activity or creating places to be more active outdoors. We also like to sponsor youth or low-income individuals needing shoes or training opportunities. In the past the club has donated to improving community spaces like the River trail, Nature Center, Pillars Park, the construction of the YMCA campus. We are currently funding a porta potty along a Pueblo West trail junction to address those calls of nature on the run. We are pleased the porta potty has been highly used and no reported vandalism so we just renewed it for another year!

Members are our eyes and ears so let us know your ideas on how some of our funds can make a difference in the Pueblo area. Please see the Grant Funding page in the newsletter for more details, fill it out and submit requests or share with others making an impact locally!

Our next main event is the Atalanta Run on August 2nd. Tell all your women friends about this women only event and have them join the fun. This is a fun day to have all the guys dressed up in togas serving the women walking and running!



Information on Colt Summer Running Club By Robert Lucero

Colt running club is optional, however it is highly encouraged to improve your chances to make varsity in the Fall. Cross Country is a great way to earn a letter, community service hours, PE waiver, meet new friends, get in shape and get involved at South High School in a fun family environment.

Practices are Tuesday Through Friday 7:30 AM to 8:30 AM. The first practice for returning athletes will be Tuesday, June 25th in the park. The first practice for FRESHMEN will be July 2nd. We will meet at South HS that one day only. By the horse-shoe. The rest of the summer we will be in City Park In the SW corner. At the corner of Nuckolls and Zoo Ave, just past the dog park.

Contact Information: Coach Zundel. Email: Clint.zundel@pueblocityschools.us. Phone: 549-7255 or 549-7264



**Southern Colorado
Runners**
www.socorunners.org

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

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

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

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

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

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

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

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

Newsletter Advisor: Chris Dehn

This month’s Contributing Writers / Photographers: Kim Arline, Peggy Oreskovich, Robert Lucero, Jane Murtha, Wendy Garrison, Martha Drake, Becky Medina, Stacey Diaz, Jessie Casarez, Melanie Nelson, Marijane Martinez, Dave Diaz, and Neil Armstrong, Michael Collins, and Buzz Aldrin*

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.

* Neil Armstrong, Michael Collins, and Buzz Aldrin, the crew of the Apollo 11 mission which resulted in mankind’s first footprints on moon on July 20, 1969, 50 years ago.



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



Who is That? Meet Gina Hudson by Jane Murtha



The latest installment of *“Who is That?”* shines the spotlight on a new club member, Gina Hudson. Gina recently burst onto the local running scene, joining the Southern Colorado Running Club just this past year. She utilized Google to find the club, but like many new members she did not participate in a lot of activities at first. A chance encounter with Roger Giardano, while volunteering at the local Care and Share, changed that. He prompted her go to the Temple Canyon predict and since then she has become a regular at local events.

Gina is originally from Minnesota, near the border of Wisconsin. She is the middle child with both an older and younger sister. She described herself as always being something of a nonconformist. Her strong will and non-traditional views first led her to move out on her own at 19. She then began questioning her diet and eventually adopted a plant-based lifestyle, enjoying the positive health effects while minimizing her carbon footprint. She eventually made her way to running in her mid-20’s when she was seeking some discipline in her life.

Gina joined the Coast Guard in 2000 and was stationed in Seattle, where she served on a 400ft icebreaker that took her to Antarctica. While in Antarctica, she raced in her first ever 5k. The conditions were comparable to a Minnesota winter and she was battling a hellacious hangover, but she pushed through, knowing she had already told everyone she was competing. I guess you could say this run taught her a thing or two about accountability. Over the years she continued to enter races sporadically, just one or two a year, until recently.

Gina has recently started entering more races and she learns something new with each race. The Spring Runoff taught her the importance of a pre-race routine. She now carefully watches what she eats the night before a race and chooses nutritionally dense and easy to digest foods before her runs. Her latest go-to race breakfast is chocolate chia pudding with dates. She was recently fueled to a first-place finish at the Canon City Run Blossom this year. She capitalized on her strong uphill running to power her through the Garden of the Gods ten-mile race. She also ran the notoriously difficult Hard Scrabble trail run and the Bolder Boulder this year. Gina is having fun “seeing improvement from hard

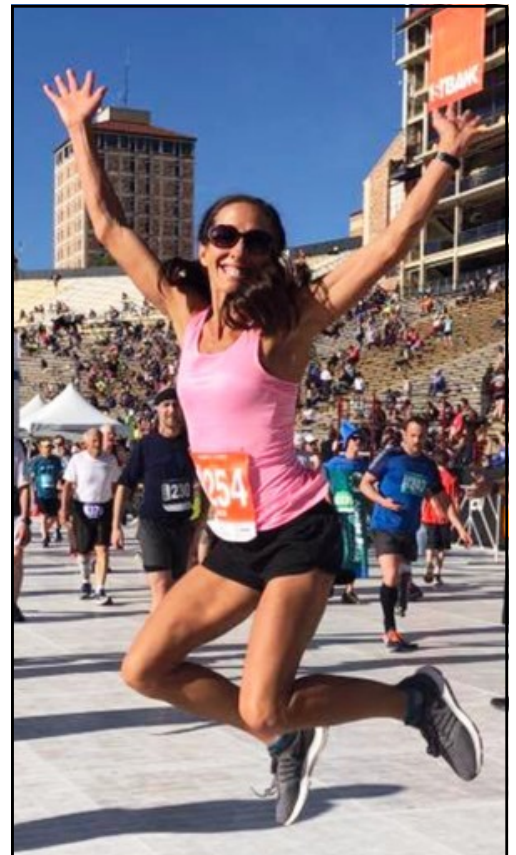


work”. This hard work includes twenty mile “fun” runs – emphasis on the “fun”. Gina’s hard work extends to her nutrition and she leans on vasodilators like beet juice, leafy greens, carrots, and cucumbers to help speed her recovery. Based on her recent race results, it appears her approach is working well. She is focusing on the Triple Crown this year which fits in nicely with her love of hard courses. She’s excited to see how her new training and focused nutrition impacts her performance.

Outside of running, Gina’s latest passion is mountain biking. She is new to the sport, but she particularly enjoys the challenge of the uphill. (She might be part Mountain goat!) She also likes to indulge in a glass of red wine, a cup of coffee, or a handful dark chocolate covered almonds with sea salt.

Gina’s craziest life experience (so far) happened in Australia while serving in the Coast Guard. She was at a night club with some friends when candles caught the curtains on fire. The staff fled and Gina and her friends were forced to crawl out the back door. Firemen met them at the back and doused them in water. The heat had melted holes in her skirt, but they all made it out in one piece.

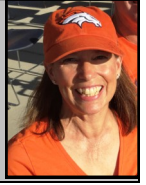
When asked if she would prefer to run in heat and humidity or extreme cold, like the Boston Marathon in 2018, she chose the heat. She became fairly heat adapted while living and running in Texas. Her recent race results indicate whether she’s escaping fires or running in extreme heat, Gina Hudson is blazingly fast. If you’re trying to put a face to this name you better look quick!





The 2019 Atalanta Run

By Wendy Garrison



**The Honoree for 2019
Katherine Singer**

Attention all female runners, joggers and walkers - the Atalanta 5K run / 1.5 mile walk is back again this summer just for you.

The event will be at City Park on Saturday, August 3rd. The 1.5 mile walk will begin at 7:45 AM and the 5 K run begins at 8 AM. Registration is now open. Log on to runsignup.com and search for Atalanta - Pueblo CO. Registration prices are \$20 for SCR members, \$25 for nonmembers and only \$10 for youth participants (ages 17 and under). Race day registration is available until 7 AM (no exceptions) for \$30.

All participants will receive a race headband and refreshments at the finish. Door prize drawings

will also be held at the end of the race for some pretty cool stuff. Overall winners in the walk and run categories will win a handmade, Atalanta 2019 inscribed, bowl made by SCR's very own Ron Dehn. Age division winners will receive an Atalanta bracelet. Awards will be given for 5 year age divisions for the 5 K and 10 year divisions for the walk.

The 2019 Atalanta honoree is Katherine Singer. This recognition is awarded to a female runner who proudly represents all women runners through her accomplishments in the sport. Katherine, born and raised in Pueblo, has been running since 1970. That's 49 years (and many

miles) for anyone who is counting. She has run 20 marathons - including Pikes Peak (2x), New York, and Boston (3x). Katherine's PR for a marathon is 3:15:45 in 1981. She has also run 18 half marathons with a PR of 1:31 also in 1981. Katherine now resides in Beulah during the summer and Las Vegas during the winter. While in Beulah, Katherine continues to run the Beulah Challenge and Atalanta.

Our 2019 Atalanta sponsors are : Dr. Cheryl Cavalli, Jeremy Hamm - Dave Solon Nissan, Barbara and James Hadley, the Lopez family (Diane, Jerry, Aaron and Nicole), Mark Gregory - State Farm Insurance, Dr. Robert Pratt. The generous donations from these sponsors have allowed our group to continue this all women's race.

Twenty percent of Atalanta's proceeds will go to a non-profit organization of the race director's choice. As of this writing, an organization has not been selected yet.

Ladies of all ages and abilities - please join us for a great day at City Park. Sun, friends, exercise, snacks and maybe a prize - now that's worth signing up for.



**Committee Member Martha Drake
with one of the Overall awards**

The Cherry Blossom Run

By Martha Drake



I ran the Cherry Blossom 10 Mile Run in Washington, D.C., on April 7 accompanied by my husband Bob, Sam (our son Aaron's girlfriend), and my nephew Greg who participated in the 5K run-walk. It was a cool overcast morning, perfect for running. The cherry blossoms were in full bloom. The loop around East Potomac Park was particularly beautiful with a canopy of blossoms for 4 miles.



Bob, Martha, Sam, and Greg

My nephew Greg ran his first 5K at a respectable time of 23:04. He is an engineer and had a hard time grasping his 0.5904 age grade. He is 39 and a 40 year old who finished at the same time had a lower age grade. After several emails and phone calls to my son Matt who is an accomplished runner, he felt satisfied. I thought you might want to hear Matt's explanation

Got it. There are a few different age grading systems. Some are as simple as a percentage of the world record for that age, whereas others are based on empirical distributions of results for each age.

I don't know what system they are using, but I'm guessing it's an empirical one based on what you observed. 40 years old is the beginning of the master's age group at races (which often has separate prizes/awards), as a result, a lot of runners are more motivated to train/compete at a higher level upon hitting 40 (when they'll have an age advantage over the older master's runners). So the empirical population of results would be shifted slightly faster than expected at 40, and the same time may end up falling at a lower percentile of that population than it would for a 39 year old (the 39 year old population doesn't have the extra incentive of placing in the master's standings). Turning 40 is also a big deal physiologically for a lot of guys, so there may also be a lot of psychological reasons for a guy to try to get in better shape right at 40.

A similar thing has happened for me upon turning 30. I'm just as fast, but I place worse in my age group than in my mid 20's because more former high school/college runners get back to training seriously after taking a break to start their careers. Also, 30 is a common age to switch up to the longer distances that I compete in.

Anyways, that's my best guess without looking into the exact calculator they used.

Matt



Aaron, my younger son who lives in D.C. (he was in Colorado for a friend's wedding), gave me cherry blossom running tights for a Mother's Day gift to commemorate the event.



Girls on the Run

By Becky Medina & Kim Arline



Members and coaches at the Mosaic Run

This was the 2nd year the Boys & Girls Club of Pueblo County hosted and facilitated *Girls on the Run* for 3rd-5th grade girls. The 10-week curriculum and training concluded with a 5-km run at the Mosaic Run in Pueblo West on Memorial Day weekend.

Club member Becky Medina (front row center) has spearheaded this program with fellow SCR member coaches, Melanie Nelson and Carmen Perez. Other coaches were Kaylee Delao and Trudy Delao. The coaches not only commit to being prepared for the weekly lessons, but also participate in online and in person training. The girls and coaches met every Friday at two different Clubhouse locations for 10 weeks to train for a 5-km while building teamwork, positive emotional, social, mental and physical development. The girls make new friends, build their confidence and learn positive life changing lessons with the *Girls on the Run* curriculum. Fifteen girls completed the program and ran with a dozen community volunteers as a running buddy during their 5-km running event.

Thanks to Marilyn Vargas for being supportive of the program so the girls can run locally with their families cheering them on. Marilyn also helped recruit several running buddies. *Girls on the Run of the Rockies* helps support the local program as well as funding generated through the Atlanta all women 5K and 1.5 walk. This SCR event is set for this year on August 3 and will again donate 20% of the profit to the Boys & Girls Clubs *Girls on the Run* program. The Boys & Girls Clubs hopes to expand the program to a third site in 2020.

More Girls on the Run

(Continued from page 6)



Right: Second year participants improved a lot and made it look easy!
Left: The coaches that make it happen!



At the Silver Dollar predict, as we were enjoying our delicious pot luck breakfast, Cathy Dehn suggested that we begin a new feature in the newsletter. And so the Recipe Column is born. Stacey Diaz and her delicious corn casserole was the inspiration, so Stacey provided the recipe. She got it off the Internet so we also give credit to the original cook, Ms. Polly Woodard. Thank you Polly and Stacey! We invite you to submit your favorite to be included in the November issue. We will publish the first 2 or 3 that we receive depending on space.

Recipes



Corn Casserole I
 ★★★★★
 547 made it | 311 reviews | 25 photos
 Recipe by: Polly Woodard
 "This is the best corn casserole I've ever made. I know you will love it too! It tastes more like a souffle than anything else!"

- + 2 eggs, beaten
- + 1 (15 ounce) can cream-style corn
- + 1 (8 ounce) container sour cream
- + 1/4 cup butter, melted
- + 1 (15.25 ounce) can whole kernel corn, drained
- + 1 1/2 cups shredded Cheddar cheese
- + 1/2 cup chopped onion
- + 1 (4 ounce) can diced green chilies, drained
- + 1 (8.5 ounce) package dry corn muffin mix

Directions

	Prep	Cook	Ready In
	15 m	1 h 15 m	1 h 30 m

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- 2 In a large mixing bowl, combine eggs, cream style corn, sour cream and melted butter. Stir in whole kernel corn, cheese, onion and chilies. Stir in the corn muffin mix until just moistened.
- 3 Bake in a preheated 350 degrees F (175 degrees C) oven for 75 minutes; or until an inserted knife comes out clean and the top is golden. Let stand 5 minutes before serving.



**RUNNING THE 2019 COLFAX MARATHON
WITH FRIENDS AND MY PR AT AGE 52**
By Jessie Casarez

26.2



**Peggy, Jessie, and Jane
before the race**

boost to keep on moving. Later in the race, my wonderful husband, Rocky, drove up to Denver. He brought his bike along, and road out to the 20 mile marker. He began to ride along with me until I was only about a mile from the finish, cheering and encouraging me all the way. Jane and Peggy were waiting for me about a half mile from the finish cheering me to the finish. I made it to the finish, despite the pain in my feet, and finished in 5:26:47. I did it!! I PR'd and a few minutes earlier than I had hoped.

Now, I am looking to FINISHING the Ironman Arizona 140.6 in November.

When I signed up for this, my second marathon, I had high hopes. I wanted to at least do better than my first marathon finish time of 5:58:14 at age 50; that was my primary goal. My hope was to try to finish it in 5:30. I know that this is not fast compared to others in our club, but for me, this would be a big accomplishment. Just like with my first marathon, I was using this race as a kick start to my Ironman training. I needed a goal and a training plan to get me on track and give me a refreshed mindset. I can say without a doubt, that this race did that!

Celebrating After

I ran the Colfax Marathon on Sunday, May 19th, with my two awesome friends, Jane Murtha and Peggy Oreskovich. We spent the night before the race at an Air BNB in Denver and enjoyed some quality girl time. These two ladies inspire me daily to be the best athlete I can be. Despite my sciatic issues and the foot pain I had experienced all the way through my training, which continued into my marathon, the excitement of the race and the sights along the way, helped me to keep my mind off my discomfort. I would have to say running through the Bronco's stadium was the highlight of the race for me.

Along the way, already on his way back toward the finish, I saw a friendly Pueblo face waving at me and smiling; it was Roberto Thomas! That gave me a little





The Silver Dollar Predict By Melanie Nelson



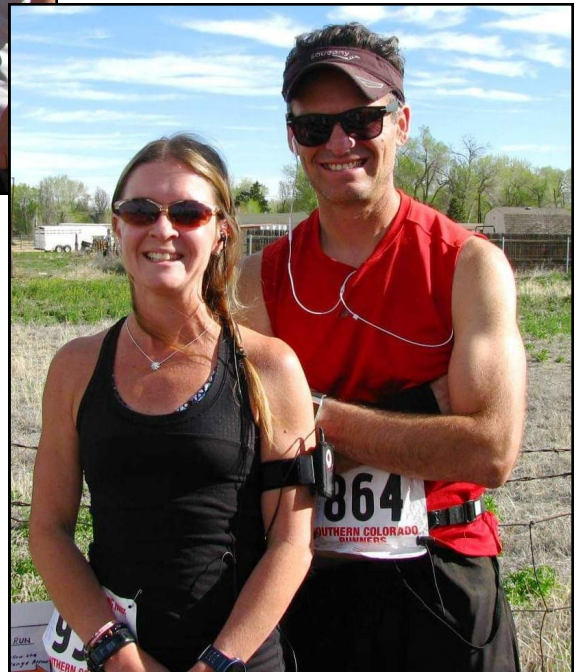
Left:
Gloria Montoya, Martha Drake,
Danny Nelson,
Wendy Garrison, & Becky Medina

Below:
Rebecca Gedala & Jason Castro

Dan and I hosted the Silver Dollar predict run on April 20th. We were greeted by over 50 participants and pleased to see and meet some new faces. It was a beautiful warm pre Easter spring day for the 5 mile run or 2 mile walk/run. The course ran around the county lanes where runners passed new and old farmhouses with tulips blooming in the yards and a variety of fruit trees budding along the fence line. Turn the corner and there are fields filled with alfalfa. On the other side of the road, if you didn't notice, I'm sure you were being watched by a mixture cows and goats with a few dogs guarding their property.

We would like to thank everyone for bringing their dish for the potluck, there was a feast to be had along with some great conversation and a lot of laughter. Afterward, Dan coordinated a raffle for door prizes where most left with a little change. When the results have been determined, we will award the Silver Dollar to the winner, for being closest to his/her time.

Thank you all for sharing your time with us, we are truly Blessed to have such a great running community and friends. Dan and Melanie



**Ron Dehn,
Cathy Dehn,
Robert Pratt,
Stacey Diaz,
Anthony Diaz**





Musings by Mojo



In the eyes of a child.....

My daughter, Traci and my 4 grandchildren, Grace, Emery, Trevon, Darius & I went on a hike to Seven Bridges in the Colorado Springs area recently. While hiking Trevon was with Traci and began to categorize our group. He told Traci, “we have 2 kids, 2 teenagers, 1 adult and one ELDERLY”!!! Traci laughed and Trevon said, “that’s what Grammi is right mommy?”

Right: My grandsons, Trévon & Darius Whiting after finishing Mini-mortals tri .8 seconds apart!



Summer is not technically here (June 21 and I am writing this on June 19) but the weather is delightful for running in tank tops so be one of the first to order your SCR tank top today! Go to RunSignUp then to the store and order yours today! The tanks are bright yellow with the SCR logo which was voted on at a Predict Race. The material is light and will wick away all that sweat you will no doubt work up on your next run. They come in both men’s and women’s cuts and the sizes are pretty true to size. You will find a choice of where you want to pick your tank up, either at the Gold Dust Saloon, 217 S. Union or at a Predict or SCR race. In addition, I had a request to give members the option of ordering scarves, which can be worn by your pets in addition to having a matching one for yourself. I am including pictures of both. The prices will be listed on RunSignUp along with all the other information you will need. However, if you still have questions please feel free to contact me, my information is available when you order. Please be aware that since orders are placed infrequently it may take a little longer than usual to receive your order. However, if lots of people order the order can and will be filled more quickly. Thank you!

Get your Tank On



OMT Continued from Page 1

(Continued from page 1)

amount of work that goes into this race was eye-opening to say the least! Kim has everything down to a science and has assembled an “OMT Bible” with all the information you could possibly need for this race. The thing that amazed and impressed me the most (well, almost as much as how much Kim does to put this race on) is the incredible amount of volunteers and community members that must come together to make this race successful! No matter how much Kim organizes and plans, this race cannot happen without the incredible volunteers!

Here are some of the volunteers and just a small portion of what they do to make sure this triathlon goes smoothly. Don Thompson, the bike captain, makes sure the police and sheriff are on the course and keeping everyone safe. Dave Diaz marks the run course and is the lead bike for the runners; Ken Sharp makes sure the transition area is set up and working for the athletes, and Gwen Steves has the demanding task of timing this race along with Shawn Loppnow. Not to mention, Melanie Steves who manages registration and Eric Castellano who sets up the pool and supervises the swim portions of both races. Roger and Sheri Giordano count the laps for the mini mortals on the bike course and Sheri is on the course throughout the event taking pictures. This year Robert Pratt was the host with most...personality! Michael Orendorff marks the mini mortals run courses with colored tape for the different age groups and, along with Cheryl Farrer and Tim Weckx, is a lead bike for the mini mortals' run.

Now this does not even begin to cover all of the other volunteers or community members who give of their time to provide the participants of this triathlon a safe, challenging, fun and fantastic race! I may not have been able to mention all of you but I want you all to know that you are appreciated greatly!

I will admit I was more than a little nervous to step in for the day and try to fill Kim's shoes, but the amazing amount of work that she and does to prepare for this day and the other amazing people who really make this race a success helped me get through it.

So, next time you are competing in this triathlon or any race make it a point to say “Thank you!” to the volunteers on the course because without them you probably wouldn't be able to be out there doing what you love to do!



Top Right: The overall men's winners: Tim Hola, Cory Rose and Tim Sandell

Right: 2nd place OA Jessica Cygan, 1st OA Sara Mercer

Bottom Right: Mini Mortals run start





Survey of Predict Series and Volunteers

By Kim Arline

Thank you to the 39 people that took our survey to give us feedback on the Predict Series and Volunteer recognition. Timing, removing non-members, scoring and publishing results every month to the website is a challenge for one volunteer that works full time and runs and races a lot. So we wanted to see what people like most and if needed, a monthly run here and there might just be more social and not timed and scored.

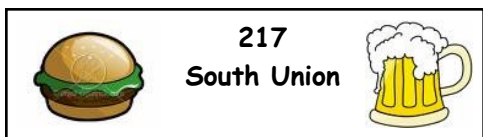
Overall the vast majority appreciate the social aspect of the Predict series, earning a t-shirt and running different places. All other questions had pretty overall neutral responses so we have some flexibility based on volunteer availability. If nobody is available to time a predict, or if the host prefers to not time the event and just run, we have that option but Shawn plans to continue to time and score as before for now. Luckily some members are interested in learning timing so Gwen and Shawn scheduled a timing class June 13th. And Dan Nelson offered to help get results posted to the website.

The Predict host also makes the call if there is a potluck after or not, especially if the run is at a public meeting

spot.

Regarding membership, we think we might have an easier way to track members coming and going. When you pick up your predict bib, you now will have a membership address label attached to it. It will include when your membership expires so make sure you stay current or that event won't count. Also check your address and update it in runsignup so newsletters aren't returned with postage due to the club. If you don't have a bib and we don't have an address label for you, your membership has expired and you need to renew! Just an FYI, the address label on this newsletter gives you the same info and lets you know when renewal time is coming up. Seems like a lot of people put runsignup emails in their spam and miss all the reminder emails.

Tracking volunteers with an hours-based system was received favorably but since we are already halfway through the year, we will try to implement that in 2020. Please let us know if you would like to be the Volunteer Coordinator!



From the Editor:

A few thoughts:

1. A huge thank you to all the contributors for this edition. A complete list of those who made this thing happen is on page 2.
2. If you are a reader, then you can also be a writer / photographer for the November issue. We love to hear of your adventures / recipes and health related ideas, thoughts, and experiences. The deadline for the November issue is October 15, but earlier is definitely appreciated. When submitting photos, try to make sure that your subjects are not in shadows. We want to see your faces.
3. Wear Sunscreen and a hat. The not so pretty photo of my head is the result of surgery to remove a silver dollar sized area of squamous cell carcinoma skin cancer. We SCR / Tri Club members are outside. We run, we bike, we swim, we hike, we ski, we paddleboard, we are exposed to lots of UV rays. By the way, I found out that several of our fellow SCR members have also had various forms of skin cancer. Being outside is what we do. **Protect yourself. Skin cancer is not only uncomfortable, it can be quite serious.**



P.O. Box 8026
Pueblo, CO 81008

June 6, 2019

Southern Colorado Runners and Triathlon Club (SCR) raises money each year at club sponsored races, through membership fees and donation drives to support community efforts to improve the health and active opportunities in our local community. Community groups, coaches and individuals working to improve the community health and wellbeing through more activity, helping a student athlete needing financial assistance for shoes or training, or improving community public spaces are encouraged to request a grant from SCR. The club typically offers up to \$50-250 to individuals but up to \$500-1,000 may be granted if the project will benefit a larger population in the local community.

Requests for funds from SCR will be accepted starting June 16th and must be emailed or received by mail by August 2nd 2019 for consideration at the August 14th meeting. Applications can be emailed to vicepresident@socorunners.org or mailed to SCR, PO Box 8026, Pueblo, CO 81008. The grants will be reviewed by a committee and funding decisions will be made at the August board meeting.

Organization/individual for grant funding: _____

If a student, please list age: _____ and School attending: _____

Point of contact: _____

Email: _____ Phone: _____

Address: _____ City: _____ Zip code: _____

Grant funding summary. Briefly describe how the grant funds will be used, who will benefit from the funds and how much funding is requested. If equipment or training is being requested, please specify the costs associated and any timelines for completing the project or requested funds. (300 words or less)

Describe why this project or equipment/training is needed. (100 words or less)

Describe how the SCR club will receive feedback from the grantee on how the funds were used, what impact they made and show SCR members how their funds are helping others in the community. Examples in the past include: offer short class or seminar at a group run, photo and short write up from grantee for the SCR newsletter and/or Facebook page.



The Birthday Page



July

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

August

2	Rae	Timme
3	Tom	Ratzlaff
4	Marcia	McKeen
5	Ami	Chamberlain
	Janique	Holbrook
6	Jon	Teisher
7	Carla	Cano
8	Connor	Steves
9	Dave	M Diaz
10	Pam	Gonzales
11	Richard	Craft
	Ron	Dehn
	Miguel	Solis
12	Ross	Westley
14	Frank	Lopez-Cepero
15	Mark	Gonzales
	AARON	POTOKAR
16	Jessica	Gillis
	Shannon	Vargas
18	Ken	Hughes
19	Emily	Lucero
19	Aden	Martinez
21	Charles	Lucero
22	Gina	Hudson
24	Michael	Ulissee
25	Brie	Horton
	Taylor	Lopez-Cepero
27	Angela	Siegel
29	Amber	Cote
	Samantha	Sikes
	Heather	Wellman

September

1	Steve	Fox
3	David	Horton Jr.
4	Jane	Murtha
8	Christopher	Prado
9	Hollie	Brosseau
	Chris	Gredig
10	Madison	Musso
12	Dawn	Zenner
13	Ted	Johnson
	Austin	Scott
	Carolyn	A Sharp
15	Matthew	Diaz
	Cory	Rose
20	Donna	Tieken
21	Stacey	Diaz
22	Ronald	Olson
	Michael	Orendorff
23	Gary D	Franchi
24	Chloe	Nicolay
25	Kim	Dodds
	Dean	Hall
	Kerry	Roman
	Katie	Teisher
26	Siria	Aguilar
27	Nathan	Harper
	Cassie	Pate
	Shawna	Rash
29	Rylan	Dehn
30	Thomas	Herzog
	Helen	Whitener

October

3	Matthew	Whitaker
5	Kira	Bozarth
	Ryan	Can
6	Michael	Atlas-Acuna
10	Jason	Masters
	Brian	Zenner
12	Denise	Crepeau
	Michele	Heusel
13	Peggy	Oreskovich
14	Eve	Kwiatkowski
	Kim	Reed
16	Melanie	Steves
	Terri	Tibbs
17	Sheri	Giordano
19	Raelene	Moore
	Denny	Stangier
	Rosalinda	Vargas
20	Lynn	Dietz
	Paul	Hindman
22	Ann	Macartney
	Filomeno "Meno"	Vargas
25	Parker	Gruber
26	David	Marmolejo
	Dorene	Miller
28	Eileen	Baracz
	Marvin	Jones
31	David	Rael

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

JULY

Thu 4	7:30 AM	Liberty Point	5K	Pueblo West, CO
Sun 14	7:00 AM	Summer Roundup	1/2 Mar	Cheyenne Mtn Park, CS
Sat 20	7:00 AM	Classic 10K	10K/5K	Colorado Springs
Sat 27	5:30 PM	FAR Run the Rim Trail Run	5K/5.5M	Royal Gorge Park Trails
Sun 28	7:00 AM	Minnequa Mayhem	5K	Lake Minnequa
Sun 28	7:00 AM	Barr Trail Mtn Run	12M	Manitou Springs, CO

AU-

GUST

Sat 03	7:45 AM	Atalanta Women's Run	5K	City Park, Pueblo
Sat 03	7:00 AM	Melon Man Triathlon	Sprint	Rocky Ford, CO
Sat 10	7:00 AM	Geotwn to Idaho Sprgs	13.1M	Georgetown, CO
Sat 17	9:00 AM	YMCA Escape Trail Run	3M	Camp Jackson, Rye CO
Sat 17	5:00 PM	FARm to Table	5M	Canon City
Sat 17	6:30 AM	Melon Run	5K/10K	Rocky Ford, CO
Sat 24	7:00 AM	Pray for 4....Pred #8	4M	Pueblo West
Sat 24	7:00 AM	Pikes Peak Ascent	13.3M	Manitou Springs, CO
Sun 25	7:00 AM	Pikes Peak Marathon	26.2M	Manitou Springs, CO
Sun 25	7:00 AM	Legends Relay Marathon	26.2M	Walsenburg, CO
Sat 31	8:00 AM	State Fair Stampede	5K	State Fair Grounds
Sat 31	7:30 AM	FAR Point Alta Vista Trail	Half Mar	Buckskin Joe's

SEPTEMBER

Mon 2	7:00 AM	ADT Marathon	Mar & Half	Colorado Springs, CO
Sat 7	7:45 AM	Corp Cup Run	5K	Pueblo YMCA
Sun 8	8:30 AM	Corp Cup Bike	12.4M	Pueblo YMCA
Thu 12	6:00 PM	Corp Cup Mile	1 M	TBD
Sat 28	8:00 AM	Crimestoppers SWATT	5K	Pueblo City Park
Sat 28	7:00 AM	Colorado Springs Mar	Mar & Half	Colo Springs
Sat 28	8:30 AM	Beulah Challenge 5K, 10K	1/2 Mara	Beulah, CO

***Note the date/place for the Sept Predict is not set.

OCTOBER

Sat 5	8:30 AM	Oktoberfest	5K/ 1/2 M	La Veta, CO
Sat 5	8:30 AM	Rim to Rim	5K/10K	Royal Gorge
Sun 6	8:30 AM	Rim to Rim	1/2 Mara	Royal Gorge
Sat 12	4:30 PM	Harvest Run Predict #9	5K	Gold Dust Saloon
Tue 15	Nov Issue Newsletter Deadline newsletter@socorunners.org			
		Rock n Roll Denver	5K,	
Sun 20	7:00 AM	10K	1/2 Mara	Denver CO

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

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***If you plan to move,
 Please update your
 information!***
 Issues of "Footprints"
 are not forwarded and re-
 turned issues cost us \$.
 Hence, if you are going to
 move, please update your
 address in Runsignup.

Contact Us

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

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

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

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

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www.facebook.com/SoCoRunners

The Final Thoughts...

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

You've got to do your own growing, no matter how tall your grandfather was. -Irish Proverb

There are no passengers on spaceship earth. We are all crew. -Marshall McLuhan (1911-1980)

Each snowflake in an avalanche pleads not guilty. -Stanislaw J. Lee

I run because long after my footprints fade away, maybe I will have inspired a few to reject the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always takes me where I want to go.
 Dean Karnazes