



Volume #350, Issue #4

Editor: Ron Dehn

# FOOTPRINTS



This the season to pause and give thanks...



## ATALANTA 2019 - BRING ON THE TOGAS

The togas were on display again Saturday, August 3rd, to welcome 60 participants at the Atalanta 5 K run and 1.5 mile walk. The annual event was hosted by a group of SCR women runners for all women runners and walkers. Those participating were treated with perfect weather, amazing door prizes as well as popsicles and of course an apple. Awards and prizes were presented by this year's Greek God - Mark Gonzales.

The winner of the 5K race was Kayla Roman. Kayla's time of 21:45 beat a very speedy group. Rounding out the top 10 runners were: Rebecca Gedala, Michelle Pratt, B. Butero, Gina Hudson, Stacey Diaz, Dawn Ballas, Jitka McGivney, Anna Marie Neal and Hollie Brosseau.

Susan Montez took the top spot for the 1.5 mile walkers with a time of 21.05. Following Montez was Glenda Martinez, Marty Schlick, Valarie Montoya and Liz Vogel for the top 5.

The Girls on the Run program - run by Boys and Girls Club of Pueblo - will receive 20% of the proceeds from the race. The Girls on the Run Program empowers girls to have self confidence, make friends, and develop social skills all while training to run a 5 K.

Special thanks to all the volunteers and sponsors for making the race a success! This year's volunteers included: Gwen Steves, Shawn Loppnow, Danny Nelson, Don Thompson, Eric Medina, Kayla Medina, Luke Medina, Kristin Loppnow, Dave Diaz, Anthony Diaz, Herb Brockman, Ted Silox, Jerry Montoya, Malcom Singer, Lewis Fox, Steve Fox, Robert Pratt, Mike Baca, and Jason Castro.



Susan Montez receives her award from Greek God Mark Gonzales. More pics on page 23

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# Important News!!!



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

## Award Nominations

Southern Colorado Runners/Triathlete Members help us to select the "Highlight(s) of the Evening" for our 2019 Banquet! Visit the website <http://socorunners.org/> and nominate a Southern Colorado Runner and/or Triathlete for an award or 2. You can nominate 1 or more athletes that fit the nomination criteria for each of the awards.

The Award Selection Committee will also be looking for 7 members this year. It's super easy and there are no meetings. You review the selections and make your selections on your own. Contact Marilyn Vargas if you are interested at [vargas719@msn.com](mailto:vargas719@msn.com) or 719-250-5840.

## The next issue

Will be the February 2020 issue of Footprints Please have submissions by January 15 (will allow a few more days for banquet articles / pics). We love to hear of your adventures / training tips / upcoming runs / recipes / and whatever else you wish to contribute. Try to avoid dark photos. My photo editing software is primitive. Send contributions to [newsletter@socorunners.org](mailto:newsletter@socorunners.org) I will reply to ALL submissions, so if you don't get a response, I likely did not receive it. Thank you to all who contribute!!!

## Renew your Membership (Please)

Please check your membership expiration date on the mailing label of this newsletter. If your membership is about ready to expire – Please login to [runsignup.com](http://runsignup.com) and renew. Your membership entitles you to quarterly newsletters, discounts on several local races, eligibility for the annual banquet and awards, free quarterly subscription to Colorado Runner (if you opt in), discounts at Colorado Running Company and Runner's Roost, and lots of camaraderie. Thought of the day – If you buy a \$120 pair of shoes at one of the above stores and register for one race with an SCR discount, you have saved enough \$ to pay for a single membership.

Also – RunSignup will remind you to renew via email, but sometimes you have to check your Spam folder to get the message. Good idea to check your Spam folder periodically anyway.

**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. 4

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**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.

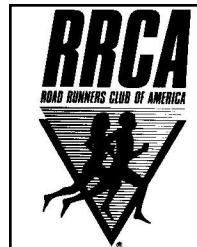
Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Kim Arline, Isobel McGivney, Wendy Garrison, Gwen Steves, Greg Arline, Marijane Martinez, Terri Tibbs, Ashlee Sack, Bianca Hicks, Cendy Moliere, Dave Diaz, and Eliud Kipchoge\*

**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 1/2 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.

\* Eliud Kipchoge of Kenya is the first human to run a marathon in under 2 hours. His time was 1:59:40 and average pace just under 4:35 / mile.



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



## Who is That? Meet Ted Sillox by Jane Murtha



When I overheard Ted Sillox referred to more than once as the “Green Chili Guy,” I decide to feature him in “Who is That?” His well-deserved reputation as a good cook should not overshadow our recognition of his running prowess.



Ted’s story starts in Pueblo. He’s a native and attended South High school. Upon graduating high school, he started working at CF&I and worked there for nine years until the steel industry collapsed. That fork in the road led Ted to college, where he earned a teaching degree. With a college degree in hand he started teaching at Pueblo County. He taught metal shop for six years and would stay busy during the summer by building houses. At times Ted

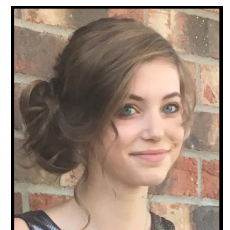
would juggle two jobs all while coaching his son’s hockey team. He also taught building trades at CHMIP for ten years. Ted would often run during his lunch hour at CHMIP and continued running off and on into his fifties. After participating in

a couple of corporate cup competitions, he realized he could be competitive in his age group. Once his son completed college and his commercial pilot training, empty nester Ted was free to pursue running more seriously. It seems like he needed an outlet for all his energy! Nowadays, Ted competes in distances ranging from 5k’s to half marathons. Among other races Ted competed in the Spring Runoff, the Raton Basin series this summer, and the Beulah Challenge. Although he doesn’t put too much emphasis on any one race, preferring to take them as they come, his work ethic is evident. He runs 6 days a week, averaging 25 miles a week. He is a fixture at the club’s Monday and Wednesday night runs. Ted also joins Danny Nelson in supplementing the club runs with a stair workout. Ted carries his construction expertise over to his training regime, crafting a smart plan that includes runs of varying intensity and strength training five days a week. Fitness is an important aspect of Ted’s life and he confides that running is his therapy, “It’s easier to take things in stride, things don’t seem as bad” after a run.

Ted schedules his busy fitness routine around caring for his mother and his uncle, fishing, and the occasional construction job. He is a voracious reader, studying both local and world history in addition to current events. As a lifelong Pueblo resident, he has a wealth of knowledge regarding Pueblo families and their history. Additionally, Ted avidly follows local high school sports, and regularly attending games at Dutch Clark. Ted’s favorite holiday is Thanksgiving because of its focus on family togetherness. To celebrate, he likes to deep fry a turkey and then add all the fixings to compliment the meal. With his fitness routine he doesn’t need to worry about the extra calories! He also enjoys cooking green chile, of course, and claims the secret to his recipe is all in the pork. It is evident that Ted is master of his craft whether it’s construction, running, or his famous green chili.

## SCR Banquet By Isobel McGivney

Mark your calendars for Saturday night, January 18, 2020 for our annual awards banquet. This year’s event will feature some of your favorite memories of 2019, great food (including many vegetarian options), awards for many of our stars, an entertaining & charismatic host, lots of door prizes, and infinite fun with your friends. The theme of the evening is “Red Carpet”, since it will be awards season and this is our own version. Start planning your knockout outfit for all of the paparazzi (yes, we promise paparazzi!); we encourage you to make a statement with your attire, along with your newest running shoes (this gives you an opportunity to show off your holiday gifts!). Be on the lookout for updates via e-mail.





## My Kona Journey

by: Gwen Steves

My journey to Kona started long before I even knew of the sport of triathlon. A routine snowboarding trip with my husband Justin in Breckenridge turned into us joining spectators on the slopes and base of peak 8 as they cheered skiers to a finish line. The finish was different though. Nearby I saw a “transition area”. With bikes lined up as part of what I later learned was for the Imperial Challenge. A race consisting of three sports; mountain bike from the town of Breckenridge to the base of peak 8, hike, run or snowshoe to the top of Imperial Peak, then ski down to the finish. It captivated me and I instantly wanted in!! The seed was planted and I was hooked.

### Swim-Bike-Run

I got a mountain bike and started riding. My friend Denise Crepeau took me on my first real training ride where within 3 short miles, I’ll admit, I was already getting a taste of the effort this sport would demand. I still wanted to do the race and kept at it. During the summer, I was coaching a local swim team and learned of the Tenderfoot triathlon in Salida from a fellow coach. My interest changed knowing I was a good swimmer and I would be much more competitive. My Big Brother Grant and I trained and raced together in our very first Olympic distance triathlon September of 2006. I was disqualified for wearing headphones during the run (my friends all told me this was ok and I never checked the rules!) I loved the sport and began the search for the next adventure. Grant and I had an even bigger challenge in mind, the 5430 long course in Boulder (now known as Boulder 70.3 Ironman). We found our niche -Endurance racing. I knew I wanted to attempt a full Ironman and after having my son Connor in August 2008 we found ourselves on the registration website for Ironman Wisconsin, September 2009.

### #1 Wisconsin 2009- 14hr 21min

I had never run a marathon so as part of my training, I signed up for the May, 2009 Colorado marathon. A work colleague told me of a very knowledgeable and talented athlete named



Michael Orendorff. I met Michael and his wife for coffee and a chat shortly after healing from the marathon. Hoping he would share with me key training workouts and racing tips, I was pretty disappointed when the entire 2hr meeting was strictly discussing nutrition. WHAT??? Little did I know his advice would resonate within me and would be the advice I pass on to many others. My goal for IMWI was simply to finish and finish happy. Strangely enough, I find myself com-

paring the similarities of Ironman to pregnancy. For at least 9, nine months your body is growing and changing. You deal with mood swings and various physical and emotional adjustments. When the big day gets close, time stands still and then you blink...it’s go time!!! You feel so unprepared. For 12 or so long hours of hard labor accompanied by “why did I ever do this” “this is not what I signed up for” self talks then, it comes moment they put that beautiful baby/ Finisher medal in your arms you forget all the pain of the day. You are dead but beaming. It is a defining moment but you swear you will never do it again... and then, after about a week you find yourself thinking of all the shoulda, woulda, couldas and how you can improve the next one.



### #2 Ironman St. George 2011- 13hrs 31min

IMSG was in its second year and already notorious for challenging hills and heat. I signed up knowing that I my good friend Tom Ratzlaff has signed up and would train and race beside me and make it not only bearable, but also memorable. In the end, the biggest difference between Wisconsin and St. George was the glow lights. During Wisconsin, I thought these were a cool accessory given out but in St. George I made sure to stay ahead of the glow light lady because this time I was determined to finish before the dark set in and I did. I was not only glow light free but also 50 minutes faster this time.

### #3 Ironman Texas 2013 – 12hrs 17min

During 2012-2013, Puebloans interest in the sport of triathlons boomed. It was during this time that the Southern Colorado Triathlon Club was born. Members of the newly formed club had shared goals of completing the full Ironman distance. With so many athlete friends training for the same event, Ironman Texas was truly sheer fun both in training and racing. Members included Previous Kona Qualifiers, Laurel and Curt Wright, Notable athletes in our realm like Cory Rose, Rob Archuleta, Shelby Austin, Nicky Golob, Kevin Cover and best of all, my family; Marshal, Molly, Melanie, my husband Justin Steves and my Brother Grant who would each be attempting their first full ironman distance race.

### #4 Ironman Boulder 2014 -12hrs 23min

Signup was July 2013 for a race to take place in August 2014. I got the wonderful news of my beautiful baby girl on the way expected Spring 2014. WHAT NOW?? My time spent training for Ironman Texas with Dr. Laurel Wright, benefited me more than I could know at the time. She offered to take me as her final patient and care for me during pregnancy and my deliver

(Continued on page 5)



## Kona Journey Continued



my baby girl including monitoring me as I simultaneously trained for Ironman. Dr. Wright kept close tabs on my health and that of my daughter Kentley. I completed Boulder 70.3 at 8 weeks, Pikes Peak Marathon at 10 weeks, and Ironman Austin 70.3 at 20 weeks. Although no PR's were set I maintained my health and thoroughly enjoyed each race. Although I had planned to fully resume training after delivering Kentley, it was slower than I anticipated due to an unplanned C-section. I started swimming (no kicking permitted) and at two weeks, I was allowed to start walking. I eased onto my bike on its trainer to get in some light spinning. After 6 weeks I was approved to start running and take my bike outdoors. I was not nearly at the level I hoped to be for this race when I signed up but it didn't change my desire to be there. It was the first Ironman that I did not cut time yet I was still very proud that I only added 9 minutes from my PR.

### #5 Ironman Canada 2016 -11hrs 53min

Ironman Canada would prove to be the most beautiful venue and memorable trip for seeing magnificent waterfalls and stunning forests. This trip was made absolutely fantastic with Kim Arline researching every sight and task to add to the agenda. Anyone that knows Kim, knows her talent of squeezing 26 hours of fun in a 24-hour day. This trip was filled with excitement from beginning to end. The race was also extra special as this was my first Ironman that I had a podium finish in. It was

this race where my Kona fire really started.

### #6 Ironman Wisconsin 2018 -11hrs 5min

The most fun training group a girl could ask for! GRLS (Gwen, Roger, Larry and Sean). You want to improve your running speed, find some fast runners to train with. This would be a 2<sup>nd</sup> race for Roger and the first taste of Ironman for Larry and Sean. We often found our-



selves on long training weekends that incorporated 4 families into a fun camping adventure. We all brought a different talent to the group that would prove to be key in training for this race. This would be my first effort in trying to achieve a Kona qualifying slot. I had the right training group, the right training plan and I had the right attitude for the race. The support of my Husband, family and friends led to the success of this race giving me in one podium placement better than Canada. A 4<sup>th</sup> place finish. Not quite good enough for Kona but I was still improving. This race was also extra special as the before and after was fun to recreate.

### #7 Ironman Boulder 2019 – 10hrs 32min

Lucky number seven would be the ticket to Kona. After finishing Wisconsin and knowing I was in great shape, I decided to sign up for Boulder while my fitness was peak and my training friends ready to keep me fired up. I've never had trouble training indoors through the winter months as I felt like I could still be a good mom and be present at home. I learned how to help with homework while doing 100 mile indoor trainer rides using the Zwift program. Several talks with my brother-in-law led to what type of race I would need to execute (Marshal qualified for Kona in 2016 at Boulder Ironman). He stressed it would not be



a fun race. He told me I had to put the blinders on and just focus on the race, "turn the pain switch off." That became my mantra. It was a bitter cold day at the start of the Boulder 2019. The swim went according to plan. I wore gloves and long sleeves on the bike and was still cold to the core. I had a solid bike time and enjoyed turning the race on at mile 80, a strategy taught to me by Marshal. Early in the race, holding back on the bike required the most discipline, as I felt though I was losing as my lead. My family was at mile 80 on the course and yelled "This is where your race starts." I was able to increase my watts and begin passing. I felt so strong coming off the bike as the T2 women's change tent captain informed me that I was holding 2<sup>nd</sup> place. The end of the run hurt, it hurt so bad. I just could not find strength in my legs to keep any speed. Another good training friend was also on the race course just ahead of me and was told of my struggles. He held back his run to help me finish. Cory Rose is a fantastic runner and has no business running my slow speed but he did just that the last miles. I finished in 3<sup>rd</sup> place, not sure if this was good enough for a Kona spot. At

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## Kona Journey Continued



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the award ceremony, the 2<sup>nd</sup> place woman had already been to Kona and wasn't interested in returning for the year 2019. Her spot rolled down to me!! Words cannot express the emotions I had when I was told I was going to Kona. I must've cried for at least three hours after accepting my spot.

### #8 Ironman World Championship Kona -11hrs 18min

I had every intention of going to Kona and just enjoying the race. I did not want to put on the blinders, I did not want to "turn the pain switch off". I wanted to give high-fives and kisses to my family as I passed them. I continued training as I still wanted to put out a decent race and as the months passed my fitness improved and my speed increased quite a bit on both the bike and the run. I felt like I could do better in Kona, so I entered the race with a new goal of trying to get in the top 25 in my age group. This was quite the goal considering the top athletes in the world would be there. I still felt like I had a chance. I had never swum in the ocean. This was the biggest thrill of all upon arriving in Kona. During my first practice swim, I found myself with a sea turtle. Buoyancy in salt water was fantastic. I took my bike for a test ride and found the cross winds were not as harsh as originally stated by athletes, at least on my practice ride. I was an incredibly fortunate athlete to have so many loved ones travel over 3000 miles to cheer me on. To my knowledge 17 people were in Kona to cheer for me including my husband and two children, my mother and father-in-law Susie and Mark Steves, my brother-in-law Marshal Steves and his family, the two doctors that delivered Kentley, Laurel Wright and Greg Berryman. My little sister Elisabeth, coming out for the weekend and the biggest surprise of all was my big brother, who Friday before the race hugged me and said "there's no way I was going to miss this moment!" Tears filled my eyes knowing how many were there to share this day with me and also thinking of the many people back home getting ready to track and watch the live feed. This was such an amazing day. Ironman knows how to do a World Championship Event. As I was racking my bike I look to my right and no other than Mirinda Carfree, in line waiting to rack her bike. A 3X Ironman world champion, right there with me! That doesn't happen every day.

You can imagine the nerves on race day toeing the line with 2500 other amazing athletes who all qualified for this World Championship event. The swim start was just as expected. Treading water with 400 other athletes in my wave start felt like a water polo match, kicking and shoving for the best spot to start in the front. I've never had a swim where the water was crystal clear and I could see all the swimmers around me. First race in salt water, I did not anticipate chafing under my arms from my tri-suit and salt. It started burning around 30 minutes into the swim. I exited the water with a quicker than the time I expected for my first ocean swim, 1hr 10min. The transition zone at Ironman World Championships is huge. I was awe-struck running around the pier to find my bike.

The bike course is beyond beautiful. A ride with ocean views the entire way. That being said, there is a lot of wind, espe-

cially as the day progresses. The crosswinds were brutal, many people being blown over on their bikes. I normally have a lot of fun on the bike but at mile 80 in Kona, I lost my positive attitude. I wanted to be off the bike. As I made the final miles into Kona just before the transition, I became very emotional, realizing I was just about to finish the IRONMAN World Championship Bike course. It was a wonderful feeling. The transition went by quickly and I got onto the run course feeling good. My feet were wet the entire bike ride from dumping water on my head to stay cool. The humidity did not allow for my socks to dry. My toenails hurt. I didn't want my feet wet any longer. During the run I tried dumping water on my head very gently so I would not get my feet wet again. It was not enough to cool me down. I started overheating at mile 3 of the run course and decided to walk some. This was not a race I wanted to DNF. I wanted that finish line..... I wanted that moment..... My brother and sister met me at mile 5 and told me to cool off at the aid stations and not worry about my wet feet. I continued running what I could and walking the aid stations. The aid stations in Kona are long. They are almost a half a football field. I had wonderful walk breaks. Kona finish line is everything it's made out to be. It seems like a mile stretch with barricades full of people cheering, big lights blinding your eyes, Tiki Torches glowing, every country's flags up on both sides of you and carpeted the entire way, and the big screens.....OHHHHHH the big screens!!!! It was such an emotional run going down the finish shoot. I made sure to stop and give my family and friends high-fives and was very well aware that I wanted to walk through the IRONMAN Finish line. I took in every moment I could. Even though it was not the finish time I had hoped for, it was the finish line I had dreamed of.

The following day the coulda, woulda, shouldas started and I have a desire to return. This Pueblo girl is not hanging up her bike just yet!!!

A  
Couple  
more  
pics on  
page 13



## Cradle of Car Camping and Recreation Started Here

### A Short History on Squirrel Creek Recreation District

By Greg Arline

Outdoor recreation in U.S. National Forests really began west of Pueblo in nearby Beulah Valley in the 1920s. Originally forest reserves were established in 1891, later becoming a national forest system in 1907. The early focus was conservation and resource management, which included grazing and timber management. The National Park Service was founded in 1916 and by 1919 the Forest Service hired Arthur Carhart (1892-1978), a trained landscape architect as their first Recreation Engineer. He worked out of the Denver office but found San Isabel National Forest and a push by local leaders in Pueblo to be ideal for fostering his new concepts. Carhart promoted the idea of recreational zoning of the forests like urban planners were using. He is often credited with the concept of wilderness protection and wrote a respected “Outdoorsmen Cookbook” still on shelves locally.

By the early twentieth century, the rise of the 40-hour work week, automobiles and better roads led to more interest in outdoor recreation. The City of Pueblo was known as the “Pittsburgh of the West,” with a bustling steel mill and thousands of Colorado Fuel and Iron (CF&I) Company employees at the mill and in the coal mining camps south of Pueblo. A labor strike in the coal mining areas was broken up by CF&I, then owned by John Rockefeller, and the National Guard leading to the tragic 1914 **Ludlow Massacre**. City of Pueblo leaders wanted to avoid similar unrest by promoting more outdoor recreation. The Forest Service in San Isabel National Forest was also interested in helping but had no funds.

In November 1919, local leaders in Pueblo and the Commerce Club created the nonprofit San Isabel Public Recreation Association (SIPRA) to acquire land and help fund the construction of campground and picnic facilities just inside the forest boundary of Squirrel Creek Canyon near Beulah. This included ten campsites, two shelters, twelve fireplaces, and a few toilets becoming the Squirrel Creek Recreation District, one of earliest attempts at fostering outdoor recreation and became a model for other areas to follow.



We can see many remnants of this era today as we wander the forest. But we don't see the most unique feature of the 1920s, Squirrel Creek Road. This was actually State Highway 76, a nice gravel road widened in 1925 allowing Model T Fords to drive up to Beulah and up the canyon to escape the heat of Pueblo. We can only imagine what Squirrel Creek Road was like winding up

the canyon with groups of campsites, fire rings, wells, and underground garbage units along Squirrel Creek. Up to 700 cars traveled up the canyon during summer weekends. Between 1923 and 1934, SIPRA constructed the Squirrel Creek Community House, later called the Lodge with the 0.75-mile Cascade Trail connecting the lodge to the campground. The privately run two-story Lodge served dinner and refreshments to travelers, lodgers and nearby campers. Many travelers packed their canvas tents, blankets, fishing poles, flour and bacon for their camping trip up Squirrel Creek. The Lodge remained a popular destination until 1942, but then had to compete for visitors with the other SIPRA funded Lake Isabel Lodge.

SIPRA watched over the Squirrel Creek Recreation District but made few improvements during the Great Depression and World War II. The Civilian Conservation Corps (CCC), the largest public works project was part of the New Deal during the Depression. The CCC put men back to work building trails, campgrounds, ditches, and other infrastructure projects on public lands. This included picnic facilities at the campgrounds, two cabins to rent near the lodge in the Squirrel Creek area, stone structures in Pueblo Mountain Park and Pueblo Zoo and the most notable is the Red Rocks Amphitheater are all part of the legacy of the CCC.

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There were some planned improvements for Squirrel Creek after the war but a flash flood in 1947 washed out all 14 bridges and many parts of the road. The campsites and lodge were no longer accessible, a large section of the Cascade trail was also lost in the flood. The inaccessible Squirrel Creek Lodge fell into disrepair and a forest fire in 1979 destroyed the Lodge leaving only its foundation in the middle of the forest today.

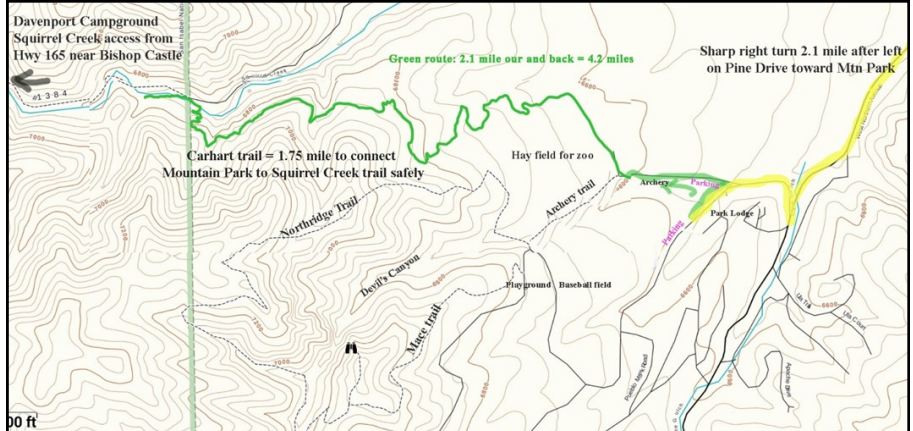
The Squirrel Creek area is recognized as the “cradle of car camping” with the first national forest campground planned for automobile accessibility. Squirrel Creek road was the first forest service road built mainly for recreation and sight seeing and Cascade trail may have been the first recreational trail in a national forest. These plans became a model for developing other parts of our national forests.

**Today**

At some point the county vacated the flood damaged Squirrel Creek Road (once Hwy 76) and the forest reclaimed the area as trees, rocks and shrubs narrowed the road to what is now narrow, rocky Squirrel Creek trail. The state built a new highway connecting Beulah to Colorado 165 taking a higher ridge avoiding the narrow creek canyons prone to flooding. About 9 miles of this Hwy 78 is still gravel like most state highways were well into the 1960s.

Today, you can find one historic 1920s road sign and parts of retaining walls along Squirrel Creek Trail. Most of the 38 campsites are covered in vegetation but still a bit visible. A section of the Cascade Trail and several campsites were restored in 2005 by Volunteers for Outdoor Colorado. Davenport campground was restored in 2009 for tent camping. The rest of the trail is mostly for dispersed camping or hiking.

The forest service still used Squirrel Creek trail to access the campsites, Davenport Campground and the national forest. By the 1990s legal challenges went to court when a property owner along Squirrel Creek Road blocked access and threatened trails users with her gun. The now 75-year old woman successfully won in court on a technicality the Forest Service has access to their property over the rough and difficult Northridge Trail from Pueblo Mountain Park. For nearly 20 years the public has been largely cut off from the Squirrel



Creek drainage recreation area from the Beulah side until the past year. The Southern Colorado Trailbuilders volunteers worked with the Forest Service and Pueblo Mountain Park to construct the 1.75-mile Carhart Trail in 2017-2019 skirting around this property owner and opening up the Squirrel Creek trail system to hiking, mountain biking and equestrians once again.

Cory Rose running down Archery trail by hay field for the Pueblo Zoo before heading up the new Carhart trail.

(Continued on page 9)





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Group photo beginning of run. 11 people rode their bikes 23 miles from Starbucks, 30 checked out the new trail



The feast after the run



Left: Mark Steves, Paulette Arns, Suzy Steves, Jane Murtha, Sherri Giordano, Dorene Miller, Gina Hudson took time out of this non-timed Predict to enjoy the new trail, check out the artistic forest features two ladies in Beulah built.

Below: Time to ride back to Pueblo: Gwen Steves, Kim Arline, Jane Murtha, Roger Giordano, Gina Hudson, Jessie Casarez, Mark Steves, Melanie Steves





## 2019 National Senior Games by Marijane Martinez

In approximately February of 2018 running friends from Las Vegas, Nevada mentioned they were going to run in the Nevada Senior Games to try to qualify for the National Senior Games that were going to be held in Albuquerque, New Mexico in June of 2019. I did some research on the National Senior Games and was intrigued.

I learned that the Games are held every two years and you must be 50 and over to participate. You must also qualify for the event in which you want to participate. If you qualify for the 5k you are automatically qualified for the 10k and vice versa. One can qualify by meeting specific time standards or by placing in the top four positions in a qualifying event.

I spoke to the ladies I run with in Pueblo who are over 50 and asked them if they would be interested in trying to qualify for the 5k/10k events. Gloria Montoya, Diane Lopez, Martha Drake, Melanie & Dan Nelson and I decided we would like to qualify. The Las Vegas contingent consisted of Katherine and Mac Singer, Donna Pfeffer and Maria Riach.

The National Senior Games, NSG's, are held every two years in a different location. In 2021 they will be in Fort Lauderdale, Florida. Having them in Albuquerque was a plus. I looked into the Colorado State Games and found they do not include running events other than track. It would be necessary for us in Colorado to qualify in a road race and send our results to the NSG for verification.

Gloria and I began our "Quest to Qualify" in May of 2018. We ran a 5k course in my neighborhood, complete with hills once a week and I recorded our times. Gloria managed to hit her qualifying time on our second training run. We all began running organized races in an attempt to qualify. All of the others managed to qualify on their first attempt! After two unsuccessful attempts, I qualified at the Liberty Point 5k in Pueblo West on July 4, 2018.

We all submitted our applications and awaited confirmation from the National Senior Games Association (NSGA). I received my verification in November and registered for the 5k and 10k in December. The 5k was to be held on a Friday morning, June 21st with the 10k two days later on Sunday morning, June 23rd.

After receiving our confirmation from the NSGA, we began our training. Keep in mind we are all well over 50 (the majority of us being 60+) so we couldn't push ourselves too hard for fear of getting injured!!

I made a call to my friends in Santa Fe, New Mexico who lived in Pueblo prior to Santa Fe and found that they also qualified and were also going to be at the National Senior Games. Tim and Rita Vigil are great runners and Rita actually qualified in two track events as well as the 5k and 10k.

Martha and I worked on finding an Air B&B that would accommodate 9 people. All of the spouses were able to make the trip too so we had cheerleaders as well! We found an Air B&B that was centrally located between both venues. Martha made all the plans for meals and everything worked out beautifully. The home had a pool table and the competition was fierce! The more margaritas we had the better we thought we were!

On the morning of the 5k, Albuquerque was covered in a cloud smoke that the winds blew in from a fire in Arizona. You could smell the smoke as well as see it! The course was at the field where the Balloon Fiesta is held each year. It was a flat course with a fairly significant hill in the second mile but a nice downhill before the finish. After finding it so challenging to qualify, I was absolutely in disbelief when I learned I had placed 1<sup>st</sup> in the 65-69 age group! A GOLD Medal in the National Senior Games!!! The 10k course was held on a beautiful path with a start and finish at the National Hispanic Cultural Center.

Another plus for an exciting weekend was that Katherine Switzer was a competitor in the 5k race! She was very gracious and posed for pictures with us. She also did a live Facebook interview for The 261 Fearless after the awards and since I was glued to her hip I was interviewed! The 261 Fearless (in honor of K. Switzer's number in her first Boston Marathon) is a global social network empowering and uniting women through running.

*(Continued on page 11)*



## Senior Games Continued

*(Continued from page 10)*

The entire experience was phenomenal! Running with people who are 50 and over is a totally different but neat experience. Every runner is given a number to pin on the back of their running shirt. The number indicates the age division of the runner for every competitor behind them to see. The downfall for me was if they were too far ahead of me, I couldn't tell if their number was a 60 or a 65!! And realistically knowing they are in your age division does not necessarily mean you can catch and pass them. Running two races so close together was not easy either. Overall our group of runners represented our respective states very well!

A few hours after the 10K I boarded a plane to Cancun, Mexico to vacation for a week with family! No rest for the wicked as they say!

The memories that are made on trips such as these are priceless! Hopefully there are many more to come. Maybe we will be participating again in 2021 when the Games will be held in Fort Lauderdale, Florida. Family, Friends and Running are a Perfect Combination!

Following are our final results. Medals were given to the top 3 overall and ribbons for places 4-8.

### Pueblo Runners

Gloria Montoya	70-74 Female, 7 <sup>th</sup> Place, 5K
5 <sup>th</sup> Place, 10K	
Martha Drake	65-69 Female, 10 <sup>th</sup> Place 5K
12 <sup>th</sup> Place 10K	
Diane Lopez	60-64 Female, 19 <sup>th</sup> Place 5K
18 <sup>th</sup> Place, 10K	
Melanie Nelson	55-59 Female, 14 <sup>th</sup> Place, 5K
14 <sup>th</sup> Place, 10K	
Danny Nelson	60-64 Male, 5 <sup>th</sup> Place, 5K
5 <sup>th</sup> Place, 10K	
Marijane Martinez	65-69 Female, 1 <sup>st</sup> Place 5K
4 <sup>th</sup> Place, 10K	

### Las Vegas Runners

Katherine Singer	75-79 Female, 9 <sup>th</sup> Place, 5K
Malcolm Singer	75-79 Male, 25 <sup>th</sup> Place, 5K
Maria Riach	60-64 Female, 30 <sup>th</sup> Place, 5K
Donna Pfeffer	70-74 Female, 18 <sup>th</sup> Place, 5K

### Santa Fe Runners

Rita Vigil	50-54 Female, 3 <sup>rd</sup> Place, 5K
1 <sup>st</sup> Place, 10K	
Track Events 800 meters, 3 <sup>rd</sup> Place	1,500 meters, 3 <sup>rd</sup> Place
Tim Vigil	55-59 Male, 1 <sup>st</sup> Place, 5K

**Top to Bottom**

**Don Thompson  
cheers on the  
group.**

**Dan and Melanie  
Nelson with  
KV Switzer**

**The ladies are  
celebrating!**



## Study Finds Ditching Dairy Helps Endurance Athletes Enhance Their Long Distance Running by Switch4Good

*Editors Note: This article was submitted by club member Terri Tibbs*



Cardiovascular exercise is generally promoted as a benefit to overall heart health, but as athletes continue to push themselves toward farther distances, they could be doing more harm than good. With the growing popularity of marathons and ultra-endurance races, researchers have found that many of these endurance athletes face an increased risk of atherosclerosis (plaque building up inside one's arteries) and myocardial damage (decreased blood flow to the heart). However, researchers at the Physicians Committee for Responsible Medicine (PCRM) believe that a dairy-free, plant-based diet may not only provide cardiovascular protection, but also enhance performance, allowing these athletes to continue to go the distance.

### **Plant-based diets are ideal for long-term health and sustained optimal fitness.**

In a 2019 review titled, "Plant-Based Diets for Cardiovascular Safety and Performance in Endurance Sports," the authors analyzed a wide breadth of studies that suggested a plant-based diet offered cardioprotective qualities and other health benefits.<sup>[1]</sup> The review then applied these benefits to athletes and explained how each could enhance athletic performance. Learn how a dairy-free diet can help you be a true endurance athlete and maintain the miles for years to come.

### **Leaner Body Mass**

According to PCRM, those who eschew dairy and other animal products have been found to have an increased amount of lean body mass due to the lower fat content of this diet. This is caused by an increase in energy expenditure following a meal, lower rates of endotoxins (which slow down metabolism), and an increase in VO2 Max, which allows one to use more oxygen during intense exercise. According to our Switch4Good scientist, the more oxygen one is able to use, the more one will experience an athletic "burn." In essence, all of this leads to less fat on the body while retaining non-bulky muscles one needs to power through mile after mile.

### **Increased Glycogen Storage**

Carbohydrates are broken down into glycogen in the body, and during intense exercise, glycogen is our primary source of energy. Because plant-based athletes tend to eat more carbohydrates than those who consume dairy and meat products (remember, fruit and vegetables are carbs), they can build a higher glycogen storage and truly tap into to their full performance potential. With a sufficient amount of glycogen stored, athletes can outlast those with fewer reserves.

### **Blood Viscosity**

As dairy-free and plant-based diets tend to be lower in saturated fat, fewer lipid particles exist in the blood. This enables the blood to be less viscous (less sticky) and move more freely around the body, delivering oxygen to cells at a rapid pace. This allows the body to be more efficient during exercise, for your cells are not starving for oxygen. Researchers found that plant-based diets also increase the strength of our arteries, which tend to be damaged over time as blood courses through them. Strong arteries are necessary for athletes, as they support the flow of nutrients to our bodies and carry waste products (such as lactic acid) away during exercise.

### **Reduced Inflammation**

Exercise inevitably causes minor tissue damage—it's the building blocks of strength training—the tiny tears in our muscles are forced to repair and over this process grow stronger. Free radicals are a side effect of this tissue damage, and unlike the minor tears in our muscles, free radicals can do major damage to our body, causing both acute and chronic inflammation over time. Antioxidants suppress these free radicals and allow the body to efficiently heal itself. As plant-based foods naturally contain more antioxidants than animal-based foods, athletes who eat plant-based can cut down on their post-exercise inflammation. PCRM also noted that meat-free diets have been shown to lower chronic inflammation as well.

Based on the above findings, the conclusion of this review is rather obvious: plant-based diets are ideal for long-term health and sustained optimal fitness. Many athletes are solely focused on the next six weeks or six months, haphazardly taking animal-derived "nutritional" powders or adhering to a strict animal-based, fat-heavy diet to experience "gains" for their next competition or race. However, these foods could be a detriment to their current performance and their longevity as a competitor. As an athlete, you don't give up. A plant-based diet helps to ensure your body doesn't either.

\*This article is reprinted with permission from [Switch4Good](https://www.switch4good.com).

June 10, 2019 **References**

<https://www.ncbi.nlm.nih.gov/pubmed/30634559>



# The 2019 Raptor Resolution Run by Ron Dehn



The 9<sup>th</sup> annual Raptor Resolution Run will take place at 10am December 28<sup>th</sup> at the NWDC (Nature and Wildlife Discovery Center) River Campus. The run is 5 miles in length and the walk is 2 ½ miles.

The course is mostly flat, 95% dirt (or snow) with only two short sections on concrete. Much easier on the knees and hips. A huge portion of the course follows alongside the Arkansas River, and it is beautiful.

Registration is open via RunSignup.com. Early registration ends at midnight December 13<sup>th</sup>. Online registration will continue until noon December 26<sup>th</sup>. Race day registration will take place from 8:30 – 9:40. Prices are \$40, \$45, and \$50 respectively. RunSignup fees are included in the prices. SCR members will receive a \$4 discount.

As usual, hot drinks and snacks will be provided after the race. A burrito from Burrito’s Betty will be provided to participants as well.

As in years before – our awards are the most unique of any race you have ever signed up for and will be given to the top male and female runners as well as first and second place in each division. Door prizes will be awarded as well. The walk is a fun walk with no awards for placing, however walkers are eligible for door prizes.

The prizes will be as follows:

Overall Male & Female - Birds of Prey Release or Night at Horseshoe Lodge (2)

1<sup>st</sup> Place in age division:

12 and under - Gift Shop Gear or Birds of Prey Presentation onsite at Raptor Center (2)

13-19, 20s, 30s, 40s, 50s, 60s, 70s, 80s - Drawing for the following Prizes:

- Family Membership (6)
- Night at Horseshoe Lodge (1)
- Birds of Prey Presentation (onsite or offsite within Pueblo County) (2)
- Adopt a Raptor Package (4)
- Kayak Trip (1)
- Guided Hike (2)

2<sup>nd</sup> Place: 18 Individual Memberships (18)

Door Prizes: Guided Hike (1), Birds of Prey Presentation (onsite or offsite within Pueblo County) (1)

You will have the opportunity to fill out a postcard with your New Year’s Resolution. This postcard will be returned to you in a few months as a reminder.

Join us for a beautiful run or walk next to the Arkansas River and for food and drink after. We will be using the Riverfront Building (former restaurant area) before and after this year instead of the yurt. This event is a fund raiser for the NWDC and we very much appreciate your support.

## A Couple More Kona Pics





## Gary & Carrie - Farewell and Best Wishes

by Ron Dehn

Two of SCR's long time club members recently moved to the Northwest. Carrie and Gary Franchi's new home is in Cheney just outside of Spokane, Washington.



Gary was born in MoTown (Detroit) and moved to Colorado in 1977. He began his running career in 1976 and at age 40 competed in his first triathlon – the Drag'n On In. Since then he has done 60+ triathlons up to the 70.3 distance, 3 marathons, and way too many organized races to count. In addition to running / walking, swimming, and biking – Gary incorporates gym workouts into his regimen. Gary is one fit guy.

During his working career, he was a reporter for three newspapers including 13 years as Sports & Business editor / writer at the Pueblo Chieftain. After his full time stint at the Chieftain, he wrote a monthly running and fitness column for many more years. He retired from Pueblo Community College as the Communication Specialist / Public Relations Director.

Gary joined SCR in 1981 and served the club in many capacities. He was the club's second newsletter editor and for 17 years, produced a monthly newsletter. During that time "Footprints" won 4 RRCA West Region awards and 2 national awards for being the best small club newsletter in the country. In addition, Gary's column "Great Stuff" was also recognized by RRCA both regionally and nationally. Speaking of "Great Stuff" – my best guess is that he wrote somewhere around 350 columns during the years as newsletter editor / contributor. In recent years he authored a newsletter column called "Geezernomics". Gary's sense of humor has made him the "Dave Barry" of "Footprints". I personally thank Gary for his support and mentoring when I took on the role of newsletter editor.

Gary served several terms both as president and later as secretary of the club. He rarely missed a meeting even

when he wasn't an officer. He was a frequent volunteer at packet pickups, and at many many finish lines, especially back when the procedure was pulling and spindling tags. Gary and his aluminum

folding chair became a tradition at the Spring Runoff. He was the recipient of SCR's Long Distance Runner Award several years ago.



Gary in Spring Runoff "Mode"

Carrie grew up in San Francisco, moved to Spokane after college for a job in another field for several years and in 1995 started her career as an Aquatic Therapist at Centura Health in Pueblo. She retired in May 2019. I am personally grateful to Carrie for the tender, kind, and professional therapy she gave to my Mother when Mom was in her declining years.

Gary is an excellent swimmer, but Carrie is a fish. In her younger years she was part of Team USA's synchronized swim team. Synchronized swimming was not yet an Olympic sport but had timing been adjusted by just a few years, her team would have represented USA at the Olympics. She did podium on the international stage when she competed in world championships in Montreal and California in both freestyle and backstroke. To top it off, her water polo team placed second in the world.

In addition to her swimming, Carrie is an all-around athlete. She competed in triathlons for 30+ years, completing 5 half-ironmans which resulted in appearances on the podium. She has run 4 marathons including Boston, has done the Pikes Peak Ascent a couple times, and has medaled in a regional biathlon (run and shoot) event. If that isn't enough, a few years ago Carrie took up pack burro racing and hopes to introduce the sport in her new hometown.

Carrie's contributions to SCR include several years on the Banquet Committee, Predict Series Coordinator for 2 years, and many appearances at the Spring Runoff and Rock Canyon finish lines and registration tables. She was honored as SCR's outstanding female runner a few years ago and was active in the predict series as well as other local races.

(Continued on page 15)

## Farewell Continued



Carrie after a pack burrow race

The Franchis have joined the Flightless Birds Running Club, the Bloomsday Road Runners Club and the Spokane Bicycle Club. Carrie has joined the Team Blaze Spokane Tri Club. It looks like they plan to stay active. By the way – they both won their age divisions in their first Spokane race.

Gary had this to say about his years of association with SCR: “We were just part of a group of many, many contributors to SCR... I am very grateful to the SCR for getting me involved with a whole lot of really good people. The club has had many creative, caring, and industrious individuals.”

Gary is right. There is a long list of dedicated, talented, and caring individuals who have sustained and nurtured our club since 1967 when Southern Colorado Striders was formed, and 1979 when a group of ladies formed a local chapter of Colorado Columbines. These two groups merged and became the “parents” of a co-ed running group named Southern Colorado Runners in 1980. Thanks to a new group of energized volunteers, we are now called Southern Colorado Runners and Triathlon Club. (See the February 2018 issue of Footprints for Kim Arline’s excellent historical article). Literally hundreds of volunteers have played a role in shaping who we are today.

Gary and Carrie, you have been a huge part of our history. I thank you both for your many, many contributions to the SCR / Tri Club and to the Pueblo Community. We appreciate you. In addition, your lifestyle choices serve as an example on how to live a life of fitness. Franchis - we wish you well on your new adventures and ask you to remember your Pueblo roots. You handed a bright and glowing torch to us and we will do our best to keep it burning.

St. Thomas More Hospital  
Centura Health  
FARA

Present:

# RESOLUTION RUN

2020

WEDNESDAY, JANUARY 1ST

\$25 adults / \$10 youth 18 and under  
1/2 Mile Kid's Race FREE  
Run along the beautiful Arkansas Riverwalk and Tunnel Drive

9:30 a.m. - 5K / 10K Start at PCC Campus in Cañon City  
10:00 a.m. - Kids' Run

Race fee includes:  
Long-sleeved t-shirt (Must register by December 15th),  
post-race snacks, aid stations, timing

Register at:  
joinFAR.org

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## THE JINGLE BELL RUN!

11/30/19  
Register at  
pueblocac.org



## Dispatch from the US Trail Running Conference

By Ashlee Sack

Last week the American Trail Running Association’s US Trail Running Conference was held in Estes Park, CO. Race directors from across the country attended and shared ideas, goals, tips, and brainstorming sessions. Participants learned how much we have in common as trail runners and event planners: we all love running and runners, none of us can figure out a way to solve the ‘how to get people to sign up early so we don’t end up running out of / ordering too many t-shirts’ dilemma, and we all are trying to find ways to share our love of trails with others. Here’s a breakdown of the sessions and some great take-aways:

**Diversity and Inclusion** – Event organizers have a responsibility to reach out to diverse groups of runners. It’s not enough to think, “My event is open to everyone.” We need to make sure that under-represented groups – including women, younger runners, LGBTQ, and diverse racial and socio-economic groups - feel welcome, wanted, and encouraged. To assist blind or visually impaired runners, for example, we can register our race with United In Stride ([unitedinstride.com](http://unitedinstride.com)) to pair runners with sighted guides. We can also reach out to organizations such as ‘Black Girls Run’, ‘Black Men Run’, or ‘Latinos Run’ to help encourage all to become involved in our events. Making sure that all of these groups are represented in our imagery – our marketing and FB posts – is also important.

**‘Greening’ Our Races** – Running races have a large impact on traffic, trash, and trail use. Therefore, we have an opportunity to be leaders in the ‘green’ movement. Some easy ways to ‘go green’ are: 1. Carry a reusable drinking vessel during races (check out [Hydrapouch.com](http://Hydrapouch.com)). 2. Carpool to all races and events in order to reduce your carbon footprint. 3. Recycle all of your cans and / or cups at events that serve food. 4. Participate in ‘plogging’ (pick up trash while running) and spread the word. 5. Recycle your used running shoes with organizations like Sneakers 4 Funds ([sneakers4funs.com](http://sneakers4funs.com)) or organize a shoe drive for your running group.

**Advocacy and Accessibility** – Thanks to a recent Outside Magazine article (‘Trail Runners are Lazy Parasites’, May 2019) which suggested that trail runners didn’t pull their weight when it came to trail maintenance, many in the running community have been on the defensive about their involvement. Enter ‘Runners for Public Lands’ ([runnersforpubliclands.org](http://runnersforpubliclands.org)), started this year in Ven-

tura, California: an organization created to harness the political and volunteer power of trail runners across the country to take an active part in preserving, protecting, and maintaining public land and public trails. Follow along as they grow, and consider also following organizations in our area, including Wild Connections ([wildconnections.org](http://wildconnections.org)), which endeavor to keep the public apprised of larger public land and recreation issues.

**Courses** – Trail running is a unique endeavor, especially when it comes to trail-based race courses: they’re difficult to plan and even harder to accurately measure. (Everyone’s Garmin will tell a different tale.) In the end, most race directors agreed that, for average events, the important factor is the scenery and the quality of the run. Most will not sacrifice a glorious overlook or add in another boring loop in order to hit a perfect mileage goal. Trail running is about enjoying the journey... even if that means your 5K is actually a 6K. (Though it’s important for race directors to accurately communicate that to runners.)

This event was hosted by the **American Trail Running Association** ([trailrunner.com](http://trailrunner.com)), which was formed in 1996 as a Colorado non-profit that serves the trail-running community. They currently have a database of thousands of trail races in the US and offer memberships to their organization. These start at just \$35 for individuals and this includes a subscription to Trail Runner Magazine and other worthwhile benefits. You can also follow them on Facebook and Instagram for inspiring stories and articles.

*Photos: (left) Participants at the seventh annual US Trail Running Conference were treated to panel experts in the field of trail running, including Terry Chiplin, owner of Running Vacations. Photo (below) The author on a group run to Gem Lake during the snow storm last Thursday in Estes Park. With only one glove.*





# The Middle Matters

By Ashlee Sack



Oh, those slim, agile, impeccably-attired runners that grace the covers of running magazines...how I aspire to be like them. Or do I? Do you? Should you?

The only time I've ever earned a medal at a race is when my age group category only included three people. (I won third place.) But, oh, how I love running. I love the feel of the dirt beneath my feet, I love the views from my favorite trails, I love the runner's high that I get after a long (ahem, that means 6 miles for me) run.

And I love my fellow middle-of-the-packers. While the winners of races will tell tales of sacrifices and intense training, the non-winners can tell you just as many. At our annual runBlossom race, I met a man who was running a 5K with his daughter. It was his first race and he had only recently quit smoking.

"I'm going to try it," he said, nervous but beaming.

At the end of the race, I checked back in with him.

"How was it?" I asked.

"It was awesome! This is the start of a new lifestyle for me," he said.

Since then, I've seen him post photos of his running on social media. He has said "no" to smoking and "yes" to feeling fresh air in his lungs and the wind on his face.

Finding time to run and train for races is difficult. Not everyone has the opportunity to spend an hour (let alone the many hours it takes to train for a long event) running when there are kids to pick up, dinners to make, and work to be done. Similarly, not everyone is going to have the same body type. Runners can be short, tall, ultra-thin, heavier, etc. The middle-of-the-packers who run a 13:00-minute mile have stories that rival even the

most dedicated athlete. As they say on the internet, "Never compare your beginning with someone else's middle."

I'd like to applaud those who may shuffle in at the end of a race or run a half-marathon and don't come anywhere near the 2:00-hour mark. I celebrate those who are perfectly happy with a middle-of-the-pack finish and don't necessarily aspire to get any faster, change their body type, or sign up for an Ultra. You and I, and anyone else who laces up a pair of running shoes, are RUNNERS. I'll see you out there...and give you a high-five.

*Photo: The author and friend (Mary Yang) enjoying a middle-of-the-pack run break on a new trail at the Royal Gorge in Cañon City. (To be officially opened soon!)*



## Invite for Fitness Opportunities From Rob Archuleta

Hello, Stay Invincible Colorado (SIC) s inviting the SOCO runners to train at SIC. SIC is no longer a Crossfit affiliate. We provide functional fitness, classes, Spin, yoga, Insanity, and now aerobic boxing. The gym will be open to SOCO member For Tuesday and Thursday night classes 4pm 5:15pm and 6:15pm. They will also open a Spin class at 6am on Friday. Come down everyone gets a free week. We will also work out a discounted price for SOCO Members . Thank you! Sheena



**Rock Canyon**

**1/2 Marathon**

**Sunday**

**December 8**

# Photo Gallery

Submitted by Marijane Martinez



Left Column top to bottom:

Georgetown to Idaho Springs Half Marathon (August)

Lamar Tin Man Triathlon (August)

Walsenburg Marathon of the Legends Relay (Zoila Gomez (left) 4th in the Olympic Trials Marathon in 2008) (August)

Right Column:

Walsenburg Marathon of the Legends Relay Team (August)

Liberty Run 5k, Pueblo West (July)





# The Liberty Point 5k

By Bianca Hicks



United Way of Pueblo County and Snap Fitness 24/7 Pueblo West's Liberty Point 5K presented by San Isabel Electric took place for its twelfth year in coordination with the Pueblo West 4th of July festivities on Thursday, July 4, 2019. The annual event kicked off at 7:30am with RECORD ATTENDANCE of nearly 650 participants taking off towards the scenic Liberty Point overlook and circling back to the start.

The event has cemented itself as a 4<sup>th</sup> of July tradition for many Southern Colorado residents, serving as a healthy, challenging activity for friends and family as well as a personal best test for serious runners and walkers. The 3.1 mile course follows Purcell Blvd from just south of the Joe Martinez intersection up a graduated incline to Liberty Point overlooking the Pueblo Reservoir before returning directly back to the starting line. The race features disposal chip timing by RaceRite with chips located in the race bibs. The 5K Run is a competitive event with awards given to the overall male and female winners and 1<sup>st</sup> and 2<sup>nd</sup> place finishers in each of nine age divisions. The 5K walk is held as a fun walk with chip timed results for personal use.

Community Health Center, Bank of the San Juans, Bechtel/PCAPP Partners, Collins Aerospace, Ent Credit Union, Housing Authority of the City of Pueblo, Minnequa Works Credit Union, Team Gets It Done - RE/MAX of Pueblo West, and media sponsors- KPHT 95.5 Pueblo's Greatest Hits The Pueblo Chieftain, in addition to several Mile Marker Sponsors. A special thank you to partners Snap Fitness PW, PW Metro District, and PW Chamber!

A BIG thank you to the many volunteers who came out early on the holiday morning to help the event be a HUGE success! In addition, the following businesses provided in-kind donations: Angelo's Pizza Parlor, Pueblo West Chamber of Commerce, Pure Spa and Wellness, and Snap Fitness 24/7. Visit the event Facebook page [www.facebook.com/libertypoint5k](http://www.facebook.com/libertypoint5k) to see photos from the event!

### Overall Winners

Men's

Walker Rudolph, Colorado Springs, Time: 16:05.29

Women's

Aspen Fullbright, Pueblo West, Time: 20:39.80

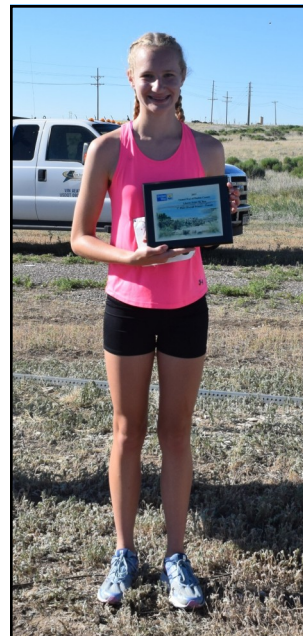


To play into the Independence Day fun, a Most Patriotic Photo Contest was held encouraging attendees to upload their patriotic photos with #LibertyPoint5K onto the Liberty Point 5K Facebook page. Three winners were selected-Emily Sutton, Joanna Buss & crew, Jessica Raquel Rodriguez & family, and Desi

Sandoval's team, plus an honorable recognition for Steve Hernandez!

This year's event was sponsored by San Isabel Electric Association, Parkview - Pueblo West Emergency Services, Black Hills Energy, Pepsi, TBK Bank, Pueblo

Full race results can be found at: <https://my1.raceresult.com/130122/results?lang=en>



**Aspen Fullbright & Walker Rudolph**



## Ramblin'

By Ron Dehn

This issue of Ramblin' consists of a several random thoughts related to safety, health, personal experience, and a little bit of bragging. I hope you enjoy.

### Ear buds / Headphones

I know many of you run while listening to music or pod casts. I understand your reasons and they are valid. However... please consider keeping one ear available to the outside world and here is an example of why. This summer I did a fair amount of bike riding on the asphalt trails in Pueblo West and on the River Trail. Quite frequently I came upon runners or walkers and would announce my presence by the "on your left" warning. Quite often the person in front of me could not hear my warning because their ear buds blocked outside sounds. I would slow down and carefully pass them, and they would be startled. But each time this happened, I couldn't help but think that this person was quite vulnerable to an assault. No – I don't want to encourage paranoia but I do wish to encourage safety and caution. Besides, you can't hear the sounds of nature with both ears plugged. I also recommend running with a friend or a pack. Not only is this a safer way to run, the conversations are priceless.

### Run on dirt

I occasionally see runners running on sidewalks. If you are in a high traffic area you are likely to be much safer on the sidewalk than dodging cars. Safety first! But understand that running on concrete is harder on your joints. Take a look at your running routine. Is it feasible to run on dirt or a friendly surface like that around Minnequa Lake? Years ago I had the good fortune to hear a presentation by marathon runner Bill Rodgers. (An amazing marathon runner – Google him if you are under age 50) During his presentation he said, "The single most important thing you can do to extend your running career is to run on dirt." I'm all for extending my career and opt for dirt whenever possible. Another thing Bill Rodger said is, ""Don't feel guilty about driving somewhere nice to run. If people can drive to a park to eat hot dogs, you can drive there to run." Again – health and safety first.

### The 2019 Fallen Heroes Half Marathon

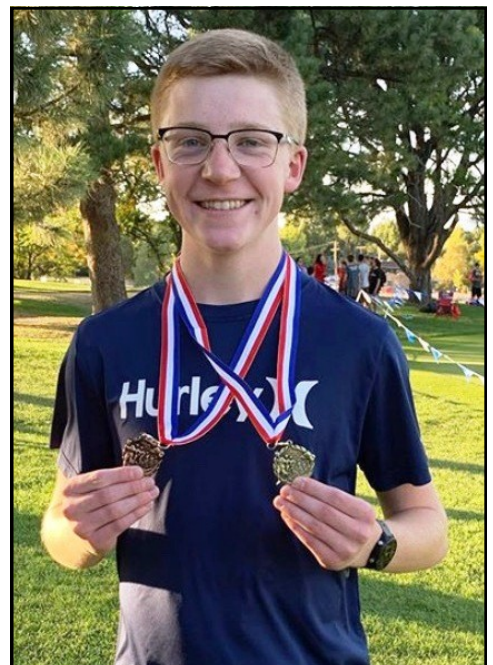


In September I had the privilege of running the Fallen Heroes Half Marathon in Oklahoma City. The 45th IBCT hosts a half marathon, 10K, and 5K in recog-

inition of the 18 brothers and 1 sister from its ranks who have made the ultimate sacrifice since September 11, 2001. The proceeds from the event are presented to the National Guard Association of Oklahoma and are earmarked for the Fallen Hero Family Member Scholarship Fund. Spaced along the half marathon course was a large poster for each of the Fallen Heroes which included a photo and a bio. As I passed each poster, I touched it and briefly glanced at the picture, read a bit about each soldier, and reflected. I saw several others doing the same. I couldn't help but think about the impact on the individuals and their families. Quite a moving experience. Several hundred runners took part and quite a few soldiers did the half marathon with a full pack.

### Running "with" Rylan

For the last 3 summers I have had the opportunity to take my grandson Rylan to cross country practice at Pueblo West High School. He is a junior and got his driver's license toward the end of this summer but still let me drive him to practice. Summer practice is considered optional and takes place at 6 in the morning starting the week after school lets out in the spring. While Rylan trained with his coach and the Cyclone team, I workout on my own. I don't like to run more than 2 days in a row, so I sprinkle bike rides into my workouts. I can usually get in 4-6 miles running or 10-15 miles on the bike. I really liked the consistency of training because on my own, I can easily bypass a workout. Outside of times he was on vacation, Rylan skipped only one day of practice all summer. He suggested that we skip one day and go to breakfast with Nana. That was pretty cool. His hard work paid off and he made varsity and received all South Central League honors by finishing the SCL meet in the top 7. The Pueblo West boys and girls teams both took first in this meet. His PR this year was 18:05 at regionals. I'm pretty proud of him as you can tell.



# Staying Visible While Running

by Cendy Moliere Personal Injury Law



Running is one of the best ways to stay fit and keep in good cardiovascular health. While it's always ideal to run along a wooded pedestrian-only path, sometimes it's impossible to avoid cars, cyclists, or other hazards. If you find that your run is interrupted by a few "close calls" with people who didn't see you, you'll need to increase your visibility to stay safe. Here are some top ways you can ensure that everyone on the road sees you:

## 1. Dress for the Time of Day

What you wear will be important depending on when you're going for a run. While we're not saying you should attach a disco ball to your rear side, you also shouldn't run in all black either. When you're running in the daylight, florescent clothing will be key. Think bright yellow, green, and pink here.

When it's night out it won't really matter *what* you're wearing because nobody will see you anyway. What's more important is being bright and reflective. Wearing clothing with reflectors built in will ensure that motorists will see you. If you're running on a path with no cars at all, you should have something that's flashing so other runners or cyclists can see you.

## 2. Follow Traffic Regulations

While it may be tempting to just stroll through a red light if you don't see anyone approaching, it's always much safer to follow traffic laws as if you were driving a car. While you may not see anyone at the time of crossing, it's possible a very fast car could turn around the corner and hit you. You're significantly smaller than a car, so it'll be much harder for motorists to see you. Speaking of running in the road....

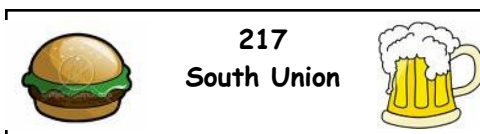
## 3. Always Run Against Traffic

You're always told to run against traffic growing up because it'll make it easier for oncoming traffic to see you. While this is true, what's far more valuable is you'll have a couple of extra seconds to see oncoming cars approach and be able to dive out of the way if there's a reckless driver.

## 4. Find a Running Buddy!

Two runners are always more visible than one. Three runners is a downright crowd. When you run with another person you'll be easier to see by everyone else on the road. Just be sure to not run more than two abreast to ensure you don't become road hogs. Additionally, when you run with a friend you're more likely to run further or faster than you would on your own! It's also easier to get up at 5 AM for a run when you have a friend relying on you.

*This article was provided by [www.personalinjury-law.com](http://www.personalinjury-law.com), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only*





# The Birthday Page



## November

1	Ross	Barnhart
2	Bruce	Rendon
3	Lukas	Combs
4	Jordan	Reese
5	Ernie	Aguilar
5	Jessie	Quintana
7	Tiffany	Marmolejo
	Jeffrey	Ross
8	Elizabeth	Roalstad
	Chris	Weidner
9	Elizabeth	Ross
12	Joey	Vickers
13	Esperanza	Marmolejo
16	O'Callaghan	O'Callaghan
17	Larry	Volk
18	Rachael	Capizzi
20	Kayla	Roman
22	Suzan	Mitchell
23	Chris	Dehn
24	Paulette	Arns
	Mary	Gradishar
26	susan	steves
27	Tim	Weckx
28	Jay	Shuler
29	ROBERT	QUINTANA

## December

1	Isobel	McGivney
2	Breea	Butero
2	Martha	Drake
2	Humberto	Paredes
2	Chris	Porter
3	karin	kyte
6	Annabelle	Corboy
6	Lisa	Heckel
8	Andrew	Caro
8	Dick	Greet
8	Katherine	Singer
11	Dave	Dehn
11	Zarah	Zenner
12	Anthony	Diaz
12	Donald	Swearingen
12	Donald	Swearingen
13	Lallo	Vigil
13	Laurel	Wright
14	Karissa	Dietz
14	Crystal	Horton
15	David J	Marmolejo
19	Jessica	Casarez
19	Terry	Cathcart
22	Amelia	Marmolejo
23	Rick	Hough
24	Gavin	Lopez-Cepero
27	Robert	Mclvor
27	Nathan	Ochoa
27	Evan	Parish
28	Melanie	Nelson
31	Roger	Giordano
31	Sara	Jemo

## January

1	Gwen	Steves
3	Jennifer	Tinnell
5	Wendy	Garrison
6	Shad	Pate
8	Evan	Wright
9	Lindsay	Schwalm
11	Vanessa	Madrid
11	Annmarie	Sammons
12	Kyle	Reno
13	Susan	Montez
15	Michael	Arnold
17	Rob	Pratt
18	Gloria	Montoya
19	Andrew	Hackler
19	Ted	Sillox
22	Cathy	Dehn
23	Justin	Steves
26	Allen	Drummond
26	Cheryl	Higdon-Holloway
27	Ashlee	Sack
29	Amanda	Conant
31	Danny	Nelson

## February

3	Trisha	Davis
4	Persephone	Haskell
5	Zachary	Zenner
6	Jay-Michael	Baker
6	Alexis	Romero
7	Cassandra	Pahls
9	Robert	Espinoza
10	Mindy	McAllister
11	Diana	Quattlebaum
24	Emily	Logan
25	diane	house
27	Patrick	Romero

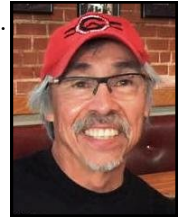
Note: If your name is incorrectly spelled, appears in the incorrect date, in all lower case, or all caps, you may make corrections in RunSignup.

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)



**November**

Sat Nov 2	9:00 AM	<a href="#"><u>Nelson's Pretty Fast Run #11</u></a>	<a href="#"><u>614 E Marigold Dr, Pueblo West, CO</u></a>
Thu Nov 28	9:00 AM	<a href="#"><u>YMCA Turkey Trot</u></a>	<a href="#"><u>Pueblo YMCA</u></a>
Sat Nov 30	9:00 AM	<a href="#"><u>Temple Canyon Run #12</u></a>	<a href="#"><u>Temple Canyon in Canon City</u></a>

**December**

Sun Dec 8	9:00 AM	<a href="#"><u>Rock Canyon Half</u></a>	<a href="#"><u>Pueblo City Park</u></a>
Sat Dec 21	3:00 PM	<a href="#"><u>Holiday Mini Marathon #13</u></a>	<a href="#"><u>4727 Walnutcrest Ct, Pueblo CO</u></a>
Sat Dec 28?	10:00 AM	<a href="#"><u>Raptor Resolution Run</u></a>	<a href="#"><u>Pueblo Nature Center</u></a>

**January**

Sat Jan 11	9:00 AM	Chile Willy	201 Jackson St, Pueblo CO
Sat Jan 18	6:00 PM	SCR Banquet	River's Edge Banquet Hall

**February**

TBA	9:00 AM	Valentines Twosome	Pueblo City Park
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**March**

Sat Mar 7	8:45 AM	Chieftain Spring Runoff	Dutch Clark Stadium
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**Left: Kayla Roman takes the lead**  
**Below: Mark Gonzalez and the race committee**



**A couple more Atlanta Pics**

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

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 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
Treasurer	Alexandria Romero	treasurer@socorunners.org
SoCoT2 Coordinator	Gwen Steves	socot2@socorunners.org
Webmaster	Paul LaBar	admin@socorunners.org
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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, 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. Note: we will be moving to the 1st Wednesday at the Rawlings Library on Abriendo in January 2020.

**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:  
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**The Final Thoughts...**

Never look down on anybody unless you're helping him up. -Jesse Louis Jackson

Some painters transform the sun into a yellow spot; others transform a yellow spot into the sun. -Pablo Picasso (1881-1973)

I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity. - Gilda Radner -actress and comedian (1946-1989)

I used to eat a lot of natural foods until I learned that most people die of natural causes. ~Author Unknown

As we run, we become. Amby Burfoot