



FOOTPRINTS



Wow 2020—It got here so fast!



The Annual Banquet by Isobel McGivney

The annual awards banquet was on Saturday night, January 18, at the Library in downtown Pueblo. Over 80 Club members and their friends and family members attended. It was really great to see everyone dressed up and smelling nice, since our usual encounters with each other are when we're in various states of physical exhaustion.

The theme for the night was Hollywood Awards show with Red Carpet arrivals. If you didn't attend, you missed appearances by Jake Jabs, Taylor Swift, Calvin Turner, Earth & Fire (no Wind), Peyton Manning, and Frank Azar (Note: you may have also missed these appearances if you did attend).

There was a great menu with a variety of dishes served by East Coast Pizza. Our family enjoyed the desserts particularly. If you've never been, East Coast Pizza is on Highway 50, and it is one of our family's favorite local restaurants.

In addition to our deserving award winners, those who ran a minimum of 6 Predict series races received great new shirts, we played some fun games, saw a

Jitka, Sean, and Isobel McGivney walk the red carpet

The McGivenys took on the role of banquet organizers for this year's event



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A letter from the President Kim Arline



I want to thank Sean, Jitka, and Isobel McGivney for creating such a wonderful night celebrating our members at the Annual Banquet Jan 16th! They offered to take over the banquet organization last year and they did a tremendous job after some early kinks with our prior venue. I really enjoyed seeing everyone dressed up and in running shoes on the red carpet.

The Valentine Twosome is on Sunday, February 9th at 9 am. We actually get to use the pavilion and restrooms so grab your sweetheart, kiddo or friend and join the fun relay! As always, the awards are chocolate!

The Spring Runoff is Saturday, March 7th and we can always use more volunteers so please reach out to our new race directors, Dave Rael and Marilyn Vargas (vicepresident@socorunners.org) to get involved. I can always use more help as course marshals for the free kids run at 10:45 am. It is great to see all of you get to have a great race, but discouraging to see you go while the volunteers that arrive by 6:30 am are still working for the kids race and then packing up equipment from the race in the stadium. The more hands the better to get us all on our way after a successful race.

We still need a secretary to take minutes at the monthly meetings now held the first Wednesday of each month at 6 pm at the main Rawlings library on Abriendo. This is a 2 hour meeting unless we can race through the agenda and really is the backbone of the club to function and communicate well so we can continue the Predict Series and all 5 races we host locally. Please email me at president@socorunners.org to join the board!

Kim

THANK YOU Photographers!

From the Editor: For this issue I "borrowed" photos from several people for the Raptor Run, Rock Canyon Half, and the Banquet. Thank you to Lew Fox, Sheri and Roger Giordano, Roberto Thomas, Kim Arline, Jasmine Shepherd, Lisa Lucero, Jay Zarr, and I apologize for anyone I missed.



Southern Colorado Runners
www.socorunners.org

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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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SCR Monthly Meetings: are held the 1st Wednesday of each month at 6pm at the Rawlings Library on Abriendo in the Brett Kelly A Room. 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: Isobel McGivney, Lew Fox, Sheri & Roger Giordano, Stacey & Dave Diaz, Roberto Thomas, Kim Arline, Jasmine Shepherd, Lisa Lucero, Jay Zarr, Jane Murtha, Robert Pratt, Melanie Steves, Michael Atlas-Acuna, Patricia Potter, Alex Romero, Marijane Martinez, & Shawn Loppnow, Honorary Mention Clayton Melster*

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.

* Clayton Melster, Finisher of the US Marine Corp Marathon. See Robert Pratt's article on page 6.



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



Who is That? Meet by Jane Murtha



This installment of “Who’s That?” casts the spotlight on eight-year club member Ernie Aguilar. Ernie is a gifted athlete and a positive role model with a passion for old Ford trucks, “pork chops”, and his family. He is a Pueblo native and graduate of Pueblo County High School. He has put his personal stamp on a winning, classic small-town life. His numerous and varied achievements have led to personal fulfillment and an enriching close-knit family life.

In high school Ernie wrestled at the 98(!) pound weight class all four years. At the state championships he defeated a wrestler that had never lost a match. After the match when he spotted his opponent sobbing, he asked what was wrong with the obviously distraught grappler. Upon finding out it was because it was his first loss ever, Ernie shrugged and simply stated “Well, he never wrestled me before.”

This quiet confidence served him well when his wife Yvonne, a court member, needed an escort for the Holy Rosary Church Festival. He volunteered, and the rest is history. They’ve been together 42 years, have raised a son and a daughter, and now have five grandchildren. Ernie is very involved in his grandchildren’s lives, coaching his grandson’s baseball team and his granddaughter’s basketball team to highly successful seasons year in and year out. His granddaughter also expressed an interest in running so he took initiative and started an after school running program. They meet at City Park and train for local 5k’s, including the Spring Runoff. In a show of appreciation, Ernie’s granddaughter nominated him for Male Runner of the Year stating, “Ernie Aguilar is a positive role model for many, as a club member and in the community, and especially in our family. He inspired my mom and me to learn how to run and to become members of SoCo’s Running Club. He started an after school running club for children to encourage his granddaughters, grandson and their friends to run.” She wrapped up her nomination with “He always has a smile and is fun to be around.” Sounds like a winner of a grandad for sure!

In his professional life, Ernie was a linesman for Black Hills for 29 1/2 years, where he encountered many dangerous situations. During one memorable emergency call, he found a downed live wire that had killed a deer, a cow, and a horse. Disappointingly, he did not harvest any of the meat ala Bear Grylls. He also managed to rack up several podium finishes in the Rocky Mountain Linesman Rodeo, which encompasses 32 states. The linesmen compete in climbing poles, splicing wire, underground splices and deadman saves (where you haul your buddy on your back to safety). Ernie stood on the podium three different times with 1st, 2nd and 3rd place finishes, showing he was a winner in his professional life as well.

Outside of running, family, and work, Ernie loves old cars. His favorite TV show is “Garage Squad” and he owns two Ford trucks, a 1936 and a 1950. He enjoys entering his



L to R: Ben Aguilar, Crystal Horton, Yvonne (Ernie’s son, daughter, & wife), Ernie

trucks into car shows, and of course, true to form, his trucks are prize winning. His 1950 truck a showstopper and even earned the name nickname “Abadas” from his granddaughter. Ernie’s favorite food is pork chops, which is an ode to an inside family joke. Ernie claims that there is a pork chop in every can of beer. Apparently, Miller Lite produces a particularly delicious pork chop.

When he isn’t coaching his grandchildren’s teams, “eating pork chops”, or dominating car shows, Ernie goes on mid-day runs, averaging 20-25 miles a week. He does “all the normal runner stuff”, lifting weights and strength training a couple of times a week to compliment his running. He regularly attends the club predict runs and enjoys earning the coveted attendance T-shirt. Ernie also enjoys entering and running races with his family. In 2019, he and his wife Yvonne both won their age groups at the Taos Half Marathon. On the radar in 2020 is The Spring Runoff and the Bolder Boulder. He also set a goal to run a half marathon every other month. It’s a given that he’ll quietly go about his business and achieve that goal, as he has succeeded in so many areas of his life. The best part is knowing, as stated by his granddaughter, he will do it “with a smile on his face.” Ernie clearly is a winner in life.

NYC Marathon/The Loudest Roar

by Stacey Diaz

In my opinion, no race is as amazing as the New York City Marathon. The 49th [New York City Marathon](#), took place Sunday, November 3rd, and I was a part of it. It is the world's largest marathon, and this year it brought together more than 50,000 runners from over 125 countries, plus 10,000 volunteers and one million spectators. So much of the allure to the NYC Marathon is its route. It's run through one of the largest and most popular cities in the world. In fact, the course is a tour through the city's different cultures as it winds through the city's five boroughs.

The course isn't just unique. It's also tough. It's considered a slow, and technical course that winds through the streets of Staten Island, Brooklyn, Queens, Bronx and Manhattan. Connected by a series of bridges and interlocking the five boroughs, the 26.2 miles that make up the annual TCS New York City Marathon are known all over the world for their difficulty and their diversity.

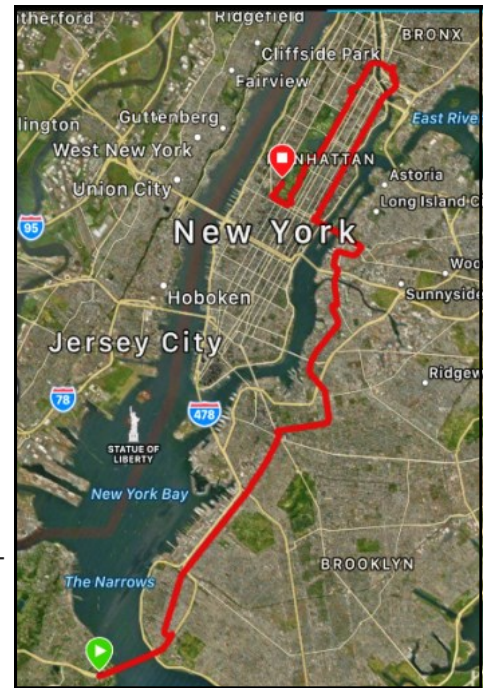


View of Runners on the Bridge

The current route has been in effect since 1976. The race starts near the approach to the Verrazano Narrows Bridge in Staten Island, leading runners over the bridge and into Brooklyn. For the next 11 miles, the course goes through Brooklyn along Fourth Avenue and Bedford Avenue, crossing the neighborhoods of Bay Ridge, Sunset Park, Park Slope, Bed-Stuy, Williamsburg, and Greenpoint. Next, at the halfway point, runners cross into Long Island City, Queens via the Pulaski Bridge. After just 2.5 miles in Queens, runners cross the Queensboro Bridge into Manhattan. This upward climb is one of the toughest points of the race. Now, 16 miles in, participants head up First Avenue and into the Bronx using the Willis Avenue Bridge. We're only in the northernmost borough for one mile, though, and then loop back into Manhattan via the Madison Avenue Bridge. The race then heads down Fifth Avenue, through Harlem and past Museum Mile, along Central Park South, and back into the park to finish just outside Tavern on the Green.

The fans are absolutely incredible. In many spots the crowd is ten deep, it's like tailgating the marathon. There are people screaming, cheering, and yelling the entire way. And then there are bands playing, people singing, and more people yelling. Forget about going into any type of meditative running state, it is nearly impossible and forget about listening to music along the way, did I mention how loud it is? Although I cranked up my volume all the way, at most points I couldn't hear my tunes over the roar of the crowd. Oddly there is the quiet of the bridge sections and then after coming off the bridges you're hit with this amazing wall of sound. But there is a tremendous energy coming from the thousands of spectators that you can only see in NY. Is like being in the greatest parade on earth and I was the star. The support

(Continued on page 5)



NYC Marathon Continued

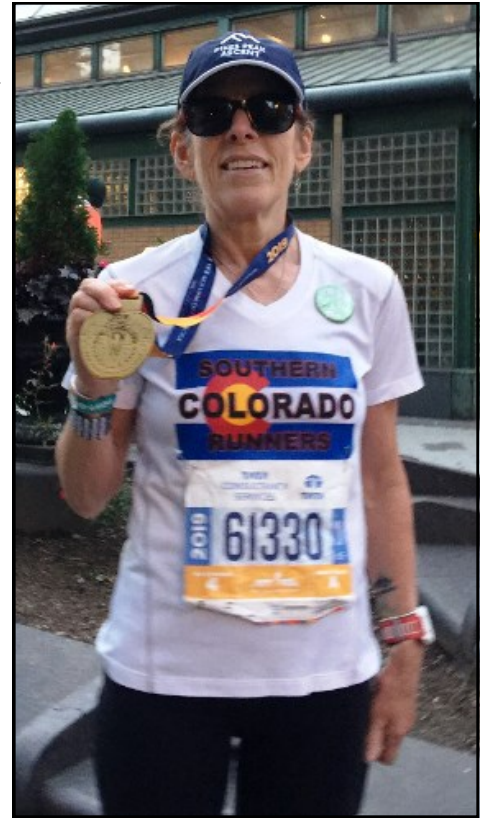


(Continued from page 4)

and the way New Yorkers come together for race day is nothing short of incredible.

This was my second time competing in the NYC Marathon. I first ran it in November 2015 then again Last November 2nd. This is a difficult race to get into. In 2015 I qualified but this last time I was lucky enough and quite surprised to get in through the lottery. My journey on marathon morning to the start line of this epic event started on foot, walking about a quarter mile to the subway, then hopping on the train and heading to the Battery to catch the Staten Island ferry. After boarding the ferry and being dropped off in Staten Island, we boarded a bus for the three mile drive to the Runner Villiage staging area located at Fort Wadsworth, which is at the base of the Verrazano Narrows Bridge. Only registered entrants and guides are allowed in Fort Wadsworth and the start area. Runners Village is like a huge, energy filled party. There is coffee, water, bagels, music, porta potties and practically anything else you can think of all free of charge for the participants. Also available in the runners village are the coveted, famous pink and orange Dunkin' Donuts hats. I was excited to get one and I also was lucky enough to pick one up for Dave, although he wasn't quite as excited about it as I was. I know Robert Pratt is just as excited about his as I am about mine. I was able to run in shorts and short sleeves as the weather was perfect. After finishing the race I had to walk another mile and a half to exit the park and to find Dave at our pre-planned meeting place at the subway stop at 72nd Street and Broadway for the short ride back to our brownstone rental. We spent the rest of the afternoon and evening eating, drinking, and high fiving other finishers at a loud, hip and lively Irish Sports bar down the street from our condo called Iberia

Hell's Kitchen. A truly amazing end to an amazing day full of adventures in one of the most beautiful and exciting places in the world, New York City. We brought home many great memories. Life is truly good and we are indeed grateful and blessed.



Stacey proudly wearing her SCR running shirt and her finisher medal

Stacey and Dave Diaz, on behalf of the Southern Colorado Runners and the Spring Runoff, present a check for \$500 to the Sunset Inn's Chuck and Gerda Chavez for their 31st annual holiday gift drive. Last year, the Sunset Inn was able to donate hundreds of wrapped presents to the Posada Housing Agency which were then given to needy kids and their families in the Pueblo area. SCR and the Spring Runoff are happy to support this deserving cause.





The Adventures of a One-Time Angel

by Robert Pratt

As runners and Triathletes, we all expect and face challenges. Overcoming and triumphing over those challenges are a part of what make this sport the joy that it is to each of us. Our challenges however are mostly our choices: Running a marathon, Doing an Ironman Tri, Qualifying for Kona, Qualifying for Boston, running a PR in a 5K, etc.

Imagine the challenges of everyday life confined to a wheelchair. I had the opportunity to witness those challenges firsthand. Just getting ready for the day is a major obstacle. Touring Washington DC was time consuming, always seeking an elevator and then waiting for it to arrive while the rest of the group just goes on their merry way. But I digress.

Participating as a part of the Ainsley's Angels group in Washington DC as a part of the Marine Corps Marathon was, challenging, inspiring, revealing and a triumph. Let me explain.

On the Wednesday night before my departure we contended with a significant snowstorm driving to Denver. A few days before my departure I had a vase fall on my bare foot and cut it open quite deeply. Upon arrival to our hotel room in Denver I took my sock off and accidentally ripped off the bandage which was stuck to an edge of the cut. Blood everywhere... Yikes! Will I be able to run?

On Friday Clayton Melster, (my rider) and his parents went with me to the Marathon Expo. I had gone previously by Metro but they had a van and we were trying to navigate getting there during rush hour traffic. Sometimes Google Maps can be misleading and is the understatement of that moment. The expo was great and as we were leaving, I convinced everyone that we needed to take a photo in front of the "I got my Bib #" backdrop...with our bibs in our hands. We failed to procure the Bib from Clayton and return it to the bag we were given. It was lost. Would he be able to participate?

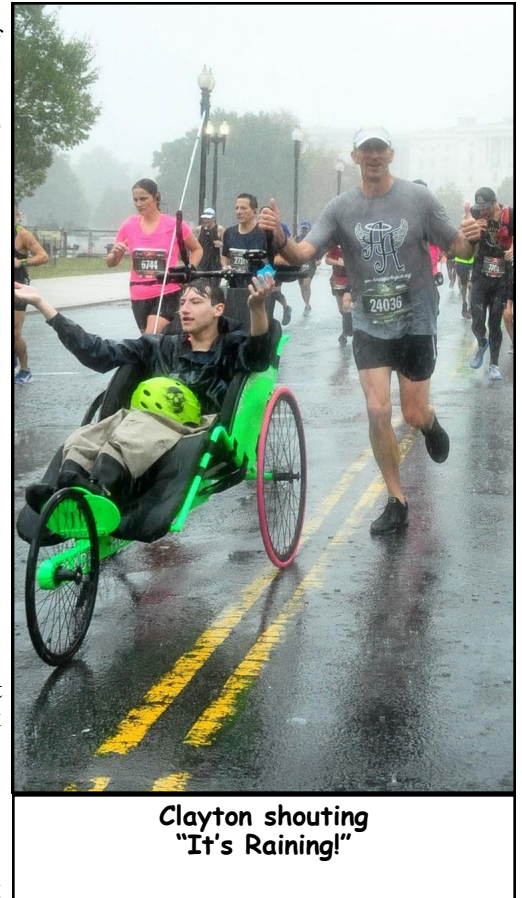
Saturday the bib was found at the expo and was retrieved. I went for a short run and the foot was doing well using an "advanced bandage". Things were looking up. That night Ainsley's Angels held a pasta banquet. Overall there were 120 chariot teams participating in the MCM. Our group was 40 of those teams. There were all types of riders. Some who will likely not see their teens. A senior that partially propels herself with one foot while sitting. Some who can walk, but, with difficulty. Some that can communicate clearly and others not so much. One young lady recently wrote a book about her life experiences.

The nights events were punctuated with the gifting of 3 specialized chariots to unsuspecting recipients. Tears of joy and exclamations of thanks permeated the air. There was likely not a dry eye in the hall. New friendships were established and others renewed. I chatted with the parent of a young boy who has a few more years to live, perhaps only months. Hearing of her courage in facing what she does humbled me as I think about my attitude towards my "Challenges" in life. She is grateful for the opportunity her son has to race and connect with the running community.

The morning of the marathon was warm and rainy. Trying to stay dry was futile but, we tried. After witnessing the start of the first ever MCM 50K start, we listened to a rousing rendition of our National Anthem, and then we were off. I had a good steady start during the hilly portion of the first few miles. However, on a downhill portion past the 3 mile mark I had a flat tire. Somehow I was able to phone the "pit crew" despite the rain making a phone call difficult and they met me just after the 4 mile mark. They were as efficient as the professionals for stock cars and off I went. Unfortunately, whatever condition caused the flat likely caused a little brake rubbing the rest of the way. Yikes! Will I be able to push through that?

The middle miles were met with strong winds in our faces at times, soggy streets with ankle deep water at times and the challenge of avoiding having people weave into the front tires of the chariot. However, Clayton kept it all in stride with joyful shouts of "It's Raining", or his desiring to connect with runners beside us which cheered their spirits and inspired them to continue. We were also met with encouragement from random runners and spectators shouting specifically to us and our adventure as a team.

As we were nearing the last few miles the skies cleared and we were able to chat with my daughter Michelle on the phone. Apparently, the rain had made satellite connection slow and our spectators kept missing us. With a little more than a mile to go we connected with my cheering squad and Michelle ran with us through the muddy median towards the finish. Just then my left hamstring started a significant cramp. Would I be able to get it to subside so I could finish?



Clayton shouting
"It's Raining!"

Angel (Continued)



(Continued from page 6)

The last .2 mile is a significant uphill to the War Memorial Statue (Iwo Jima Flag planting). After taking an electrolyte tablet and resting for 30-45 seconds I was able to continue. I was even able to run up most of the hill pushing 150# of Clayton and chariot, much to the joy and surprise of the marines lining that final path. After 4:32.30, it was over. Mission Accomplished as they say at the MCM.

While basking in the glory of the victory, and resting my weary bones, a fellow marathon finisher asked if she could have her picture taken with Clayton and I. She mentioned how his positive spirit and our continued determination to run, after stopping for short walks throughout the last several miles, inspired her to push forward and finish.

There were 30,000 people that were given bibs for the MCM. A little more than 18,000 finished. Thus, only 60% finished. I was 12th overall for chariot pushers and 1st for my age bracket while pushing. I can live with that.

Challenges were met and overcome. I was inspired by the more than 120 people that were willing to push someone, often not a family member, 26.2 miles in the rain. My eyes were further



Left: Staying Dry (for now)

Above: Fellow Runner who felt inspired and wanted a photo

opened to the daily challenges of both the riders and their caregivers and I was blessed with a sense of triumph despite running my slowest marathon.

I have purchased a new chariot for use by families and SCR members with funds partially donated by this club. Thank you for that donation. I am hoping to build an armada of 6 chariots for this community to use and experience at least a portion of what I enjoyed at this year's MCM.



Behind the scenes (at the Rock Canyon Half)

By Melanie Steves

Race after race, I've shown up to packet-pick up, grabbed a water at a station, and have been asked endless times if I needed assistance after crossing the finish line. I've thought wow.... Race volunteers are simply amazing. They have to get up before the sun rises, stay out in extreme temperatures, and be there until every one of us racers cross that finish line. I often said thank-you and that I appreciate them for being there. However, not until being one of the Race Directors for the Rock Canyon Half Marathon, did I really see the true work and full appreciation for race event volunteers.

Every race starts out with lots of planning, contacting resources, getting permits approved, advertising, designing, emailing, ordering, organizing, and endless re-thinking on every choice made by a Race Director. This is done over a span of several months and the stress comes and goes with getting ready for the big event, RACE DAY! When this day comes all a Race Director hopes for is a mostly flawless event, great weather, and big smiles! Well, with all the planning and re-planning why shouldn't it be a perfect event?

I was confident with my second year of setting up for this race and had everything pretty much ready. More volunteers, higher participant count, and awesome swag. Race Director success! However, the success on race day goes to the credit of the volunteers. My Saturday packet pick-up crew were top notch and we were able to really



Only a few of the Rock Canyon Volunteers

get a good chunk of packets out early. Next, I headed to the pavilion with a pizza to meet Eric and Jason after they set up the course until dark and toughed out the cold temperatures. They scarfed the pizza down and then headed to the shed to get the rest of the supplies while me and my parents unloaded stuff into the pavilion. My cell rings with our first hiccup.... Storage shed closed at 7pm and didn't open until 7am race morning! Instant panic on my side knowing that water stations were to be set up by then. Here came the volunteers to the rescue! Eric, Roger, Mark, and Ernie all met at the shed 7am sharp and loaded up their trucks and headed out to different locations. Whew..... the day was saved!

Race morning was beautiful, and volunteers were there sharply! Directing traffic, setting up, and jumping right in with anything and everything. Gwen and Justin show up with timing equipment and it felt good to know that they will get the job done. Well the timing computer decided to do an update and once again, panic struck! In her confident self, Gwen instantly noticed my big-eyed panicked face and calmly reassured me that its "all good" and will be fine for the race start. And, bam! Volunteers saved the day again with their wits and confidence, timing system was working! Race morning is still a go with Regina, Jitka, Jessie, Rocky, Grant, Meg, Mary, and many others getting the registration moving!

(Continued on page 9)



Al "The Voice" Arline announced finishers as they entered the chute

Rock Canyon Half Continued

(Continued from page 8)



When I say moving, I mean they were working at speed 110mph! Melanie N. was supposed to go to an aid station and ended up being my right-hand lady once again by taking on one job after another. My Mom and Dad literally, doing whatever I asked on top of making over 500 wood ornaments. Don and Lewis set up the

loop crew and easily transferred them to helping with the finish line, easy peasy at this point thanks to everyone. Hilbert, Anthony, the Big Dogs, and the South high team flawlessly handled the water stations as Kim and Jason biked by leading the racers through the course.

The finish line was ready for racers to cross as everyone moved and reset the staging area for a memory filled day. Photos were being captured by Sheri, Roger, and Roberto. All making announcements and going with the flow all day. Then it happened.... Racers began to cross the finish line and the day was amazing! Was it perfect? No, there was some extra craziness this year and a few sassy overwhelming moments. However, when it came to down to the outside participant view, no-one knew of these "hiccups" thanks to the hard work and dedication of the volunteers. Never, will I look at a volunteer the same way again,

I will know that they gave up a day to setup, share smiles, give their all to the day, be flexible, accountable, and still be there to help clean-up at the end of the day. This has been a life changing responsibility to be a part of what goes on behind the scene of a race solely done by volunteers for a non-profit race event. Thank-you with all my heart and you all deserve the biggest shout-out for making Rock Canyon Half Marathon what it is!

Editor's Note: Kudos to Melanie and Eric for the terrific job of putting on this very important and complicated event. There are a thousand details and they addressed each and every one which resulted in a high quality experience for all the runners. Melanie is right – scads of dedicated volunteers are there to make sure it all happens. THANK YOU Melanie, Eric, and all of you who gave of your time and talent. And Thank you to Suzie and Mark Steves for spending days working on those great ornaments!

Below: Hilbert Navarro and his crew have organized a water stop for many years.





Raptor Resolution Run 2019 by Jay Zarr

What does, red cheeks, red tails, and readiness have in common? It is the start of the 9th annual Raptor Resolution Run. This year's race started has it as been in the past with the releasing of a raptor and this year's amazing creature was a Red tail Hawk. Melanie Nelson who was celebrating her birthday was giving the privilege to release the raptor back into the wild. As the red tail took off so did the runners and walkers. We had a smaller group than in the past however signups ranged from Peoria Illinois to Windsor Colorado. It was great to see many familiar faces that have been to almost all, if not every one of these races that support the Raptor Center here in Pueblo. These faces are not only the runners but almost the entire crew that makes this race happen for the last 9 years.



The first walker to come in was Susan Montez and the first runner to come in was Filomeno "Meno" Vargas with the time of 35.31 for the 5-mile run. Our race day started out nice enough cold and calm, however that soon changed to cold and windy halfway through the race. As each participant, got close

to the finish Sherry Giordano, who earlier in the day surprised me with a gift of her delicious potica, that I accepted with gratitude had volunteered to take pictures has everyone entered into the final segment of the race. Matter of fact that the entire race was a gift of Gratitude. Gratitude from to and for all the runners and walkers who were encouraged to finish and get inside for Breakfast burrito and hot beverages, gratitude from the Nature and Wildlife Discovery Center for the support for all those who signed up and the sponsors, Gratitude that everyone there was supporting everyone else.

I would be remised not to tell the story appreciation that Donna Nicholas-Griesel portray, at the water station she presented Cleo a small jar of honey for her role in the race. Then at the end of race after everyone had come in except her I went out to check on her. The wind was blowing, and it was COLD, however Donna thanked me for checking however she was going to finish. As she enters the turn off the parking lot, she told me you need to run in with me, which I did, and she turn and thanked me for checking on her.

So, my resolutions is to do a few predict runs, volunteer and to do my best to recognize all the simple gifts that bring us all the sense of Gratitude

Hope to see you at the next Raptor Resolution Run and on the trails around Pueblo West and beyond.

Editor's Note: The 10th annual Raptor Resolution Run will take place on January 9, 2021.



**Left:
Melanie Nelson
released the red
tail hawk to
start the race**

**Right: Donna
Nicholas-Griesel**

Raptor Run continued



Clockwise from upper left:

Diana Miller with Guffey (great horned owl), Ron Olson, Kristen Lopnow, Martha Drake, Meno Vargas maintains a slight lead over Roger Giordano, Don (the perennial volunteer) makes sure people turn the right way



Bluesky Blizzard Run

By Michael F. Atlas-Acuña and Patricia Potter



On **Saturday, March 21st**, Colorado Bluesky Enterprises (CBE) will hold the **8th annual Bluesky Blizzard 5k run/2 mile walk at the Colorado State Fair Grounds.**

CBE is a private nonprofit 501 (c)(3) corporation serving persons with Intellectual & Developmental Disabilities. This is the 8th year we hold this race as a way to raise funds for the Bluesky Foundation. Proceeds are used to support the persons we serve in our Early Intervention Program for children 0 to 3 and the Adults we serve in Residential and Day programs throughout the agency.

Early registration is now open <https://runsignup.com/Race/Events/CO/Pueblo/BlueSkyBlizzard5K> we encourage you to sign up before the price increase on March 8th.

We also have a category called the **Pajama registration.** This is specially designed for individuals who want to support the run, but don't want to run or walk. You simply register for the Pajama category, receive a race t-shirt and you get to stay home and sleep.

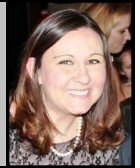
There is no question that without the support of the community we would not be in the 8th year of our event. We know that the weather in March can be very unpredictable. We have been blessed with good running weather the last couple of years, which adds to a course that is flat and runner friendly. We encourage everyone to participate in the race. Bring your strollers and dogs too. This is a family event, but the timed race will help serious runners improve their 5k personal best. There will be a special award given to overall Male/Female winners of the 5k. There will also be prizes given in each of the following divisions: 12 and under, 13-19, 20-30, 31-40, 41-50, 51-60 and 61+, based on your age on Race day.

While we will all be having a great time, in the end you are helping Colorado Bluesky Enterprises support persons with Intellectual & Developmental Disabilities and their families. I hope to see many of you participating in this race.

A quick note from your membership director: The Colorado Magazine is not currently being printed. If you look for yours like I look for mine I don't know when there will be another one. In any case we can keep running! Nelson Brentlinger

Southern Colorado Runners / Tri Club Annual Report

Prepared by Alexandria Romero



	<u>SCR only</u>	<u>SCR+SoCo Tri</u>	<u>Total</u>
Memberships	163	52	215 households
Members	242	89	331 members
Membership dues	\$3,182	\$1,498	\$4,680
Club expenses:	\$16,914	\$78.67/household or \$51.09/member	
	(predict series, banquet, insurance, shed, supplies, publications-newsletters, Colo Runner)		

2019 COMMUNITY EVENTS

	<u>Participants</u>	<u>Net Income</u>
Valentine Twosome	34	\$144
Spring Runoff	647	\$7,291
Ordinary Mortals Triathlon	192	\$8,460
Mini Mortals Triathlon	63	\$811
Atalanta	60	\$895
Rock Canyon Half Marathon	527	\$11,321

Race director can donate 20% of revenue to non-profit they choose

2019 COMMUNITY IMPACT

Donations: \$4,000
 \$500 POSADA
 \$1,000 Boys & Girls Club
 \$750 South High School
 \$250 Pueblo City Schools
 \$250 Mosaic Group
 \$250 PCC Communication Department
 \$250 CO Cool Runnings
 \$300 Pueblo West Swim Team
 \$200 PCC PTA Club
 \$250 East High School Cross Country

Community Grants: \$3,600
 \$1,000 Pueblo West porta potty
 \$500 Boys & Girls Club
 \$500 Villa Bella Expeditionary School
 \$500 Junior League of Pueblo
 \$500 Ainsley's Angels
 \$500 Gwen Steves
 \$100 Rise & Shine 5k

2019 MEMBERSHIP EVENTS

Predict Series

13 events with 429 participants.
 Expenses (12 x \$50/host expense, Harvest Run party \$639.22, Participant shirts \$642.15): \$1,881.37

Annual Awards Banquet

This annual event took place on Saturday, January 19, 2019 with approximately 100 Club members in attendance. The night included dinner, games and awards.
 Expenses (awards, volunteer awards, event costs): \$5,660
 Registration fee income was close to: \$1,526

2019 FINANCIAL OVERVIEW

Club Revenue: \$72,261

Club member donations: \$210
 Club membership: \$4,680
 Race entries: \$55,799
 Race sponsorship: \$7,975
 Other: \$3,597 (store purchases, interest, race timing, etc.)

Club Expenses: \$61,798

Race expenses: \$32,707
 Awards banquet: \$5,660
 Community grants & donations: \$5,639
 20% race profit donations: \$2,434
 Depreciation: \$3,134
 Other: \$12,224 (newsletters, insurance, po box, shed, etc.)

Club Net Income: \$10,463

Banquet Continued

(Continued from page 1)

great slide show throughout the night, and there were many door prizes given away (congratulations, Paredes family!). Also, Dr. Robert Pratt kept scurrying up to the lectern and tried to tell some “jokes”.

Huge thank yous go to Dave & Stacey Diaz, Alex Romero, Kim Arline & family, Gwen Steves, Sheri & Roger Giordano, Dr. Robert Pratt, Marilyn Vargas & Dave Rael, Ron Dehn, Cassie Pate, Lisa Lucero, Shawn Loppnow, all of our award presenters, the Pueblo Library staff, and everyone who stayed to help clean up. Special recognition goes to Jitka McGivney, who

washed all of the glasses that were given away at the banquet, and all of the dishes and silverware afterward!

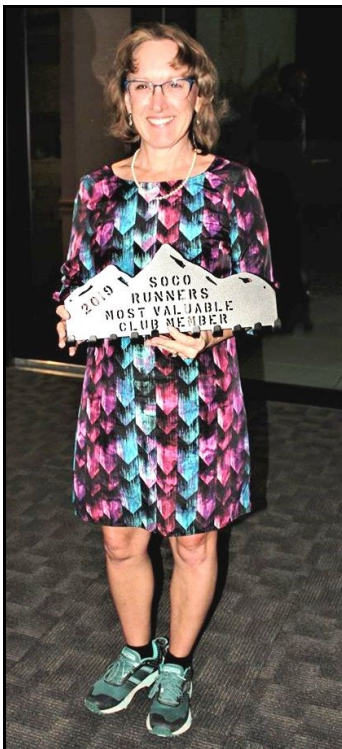
Editor’s Note: A huge thank you to Jitka, Sean, and Isobel and all their “worker bees” for a great and fun evening. Great venue, great theme, great food, great games, great awards, great time. Thank you!

Award Recipients

Editor’s Note: The information for this write up came from a variety of sources. Thank you to all who contributed.

At the banquet, several awards are given. This article provides only a brief description of the awards that are voted on and this year’s recipients.

The Most Valuable Club Member award recognizes a club member who routinely goes above and beyond serving in a variety of roles. Someone who makes a significant contribution to the organization. **Kim Arline** is the recipient of this year’s award. Next year will be Kim’s third year as President and before that, she was membership chair. In addition, she is active in other community groups, most notably Pueblo Active Community Environments or PACE. She has been a driving force behind the Ordinary Mortal Triathlon since it was brought back and is always working to improve the trails in Pueblo West. Kim rarely misses an SCR / Tri Club event, including stuffing newsletters. In addition she is a superb athlete and mentor.



The Long Distance Runner Award is not necessarily given to a member who runs 10 miles a day. The award recognizes and expresses the club’s appreciation for the distinguished and dedicated service the recipient has rendered to the club over an extended period of time.

Shawn Loppnow received this year’s award. In addition to being a talented runner, Shawn regularly attends club meetings, volunteers when needed and advises the club on computer and IT matters. He even got used laptops from his work donated to our club. But most importantly Shawn has been the Predict Series coordinator for the last 3 years. Shawn works almost every Predict race and many times, doesn’t get to run himself.



For every Predict Race, he shows up early, brings all the timing equipment and stays until the last runner finishes, many times missing out on the food and fun times at the predicts. When the race is over, he’s not done; he goes home and works on the results.

The Dirty Sweat Sock Award is actually a prestigious honor. It goes to a hard working volunteer who makes sure club activities and events stay on track. The recipient is often an unsung hero who works be-

(Continued on page 15)

**Left: Kim Arline
Right: Gwen Steves presents the award to Shawn Loppnow**

Awards Continued

(Continued from page 14)



Above: Dave Diaz presents the Sweat Sock award to Brenda and Mark Koch

Right: Dave presents the Male Runner Award to Robert Pratt

hind the scenes without much recognition. The husband and wife team of **Mark and Brenda Koch** were honored with this award. Mark and Brenda have been in charge of course marshals at the Spring Runoff for somewhere close to 20 years. Their job is to make sure that 10-12 young volunteers are placed out on the course as course marshals, not only do they get them to their position but also make sure they are safely returned. In addition, they recruit adult volunteers which they assign the more difficult locations, such as turnaround points or high traffic spots. In addition, Mark helps at the OMT and Kim says she assigns him the most difficult intersection, and then doesn't have to worry about it again.

The Runners of the Year Awards (Categories: Male, Female, Youth Male, Youth Female) These awards help us recognize the running and racing experiences of members in the various categories. The individual had some significant accomplishments and / or made important contributions to the club and or the running community.

Male Runner: Dr. Robert Pratt was this year's honoree. Dr. Robert Pratt has made a habit of running numerous prestigious and international marathons year after year, for which one needs to qualify. He not only has qualified; he has been competitive in the races. Additionally, he sacrifices some of his competitive opportunities in races in order to be a part of Ainsley's Angels of America, an organization

dedicated to inclusiveness for disabled individuals. As part of this organization, this nominee volunteers to both literally push individuals in wheelchairs and mentally push other disabled people in races ranging from 5K to marathon. In fact, this organization even brought him to the Marine Corps Marathon in Washington, D.C., where he completed the race with a friend from Canon City. Additionally, he is a board member of Bluesky, a Southern Colorado nonprofit dedicated to helping mentally disabled adults in their daily lives.



He has been a positive influence on many club members with his positive attitude, thus exemplifying his qualifications for this award.

Female Runner: Gloria Montoya was awarded this honor. Gloria has not only dominated her age groups for years, but has a habit of breaking age group records in many of her races. For example, in this year alone, she broke her age group record in the Game Day 5K in Colorado Springs by six minutes and set the age group records in all four of the PPRR Winter Series races. Gloria took first place in her age group at the very competitive Platte River Half Marathon in Denver and posted a very impressive time in the Grand Prix Classic 10k in Colorado Springs. Gloria has held the 65-69 age group record in the American Discovery Trail Half Marathon since 2013. At this year's National Senior Games, Gloria placed in both the 5K and 10K races. She has also spent numerous hours volunteering for Southern Colorado Runners events and races. This year she was one of the Co-Race Directors for the Atlanta Women's 5k, volunteered at the Ordinary Mortals Triathlon and her smiling face greeted runners at a water stop on the Rock Canyon Half Marathon course.

(Continued on page 16)

Awards Continued

(Continued from page 15)

Youth Male: Rylan Dehn was this year's recipient. Hard work and dedication to the sport of distance running makes him very deserving of this honor. Rylan, a junior at Pueblo West High School, distinguished himself this year by earning his second letter in cross country and by receiving "All South Central League Honors" by placing in the top 7 at the South Central League Meet. This helped the Cyclones boys take 1st place in the meet. He is a member of the track team and competes at various distances from the 800m to the 3200m. To stay in shape between seasons, he



Right: Gloria Montoya

trains with the indoor track team. Rylan has run the Rock Canyon Half the last 3 years. In addition to his success in athletics, Rylan is an excellent student. He has earned an academic letter nearly every semester in high school and is

Right: Michelle Pratt is honored by Marilyn Vargas

Below: Rylan Dehn receives his award from Marilyn and David Rael



enrolled in multiple AP classes, carrying a GPA consistently above 4.0.

Youth Female: Michelle Pratt was this year's honoree. This year, Michell has participated in predict runs, Atalanta 5K 3rd OA, 1st in AG (23:12), Run Blossom ½ Marathon 12th OA, 1st AG (1:59:09), Hardscrabble 10K, 1st in AG (1:05:20) and the social shuffle downtown. She is a member of the Pueblo West High School X-C team. She was part of the team that took the City-County Race team title this year. She also traveled with her team to Casa Grande AZ to complete in the Nike Desert Twilight Festival X-C meet, where she contributed to their place of 2nd out of 400 teams. Michelle has also been on the PW Principal's Honor



Roll (4.0gpa or higher) for many semesters giving her an academic letter also.

Youth Female (Honorary Mention); Remy Pate received an Honorary Mention for Youth Female Runner. Remy Pate has participated in nearly every predict race since her conception! She also attended every SCR officer meeting this year, with her mother. Despite her young age, she has already proven herself to be a valuable club member and promising runner.. *Editor's Note: Cassie Pate (Mom & club secretary in 2019) gave birth to Remy in December.*

Triathletes of the Year Award (Male and Female) helps us recognize triathletes in our club who have had significant accomplishments and / or contributions to the club / community.

(Continued on page 17)

Awards Continued

(Continued from page 16)

Female:
Gwen Steves received this honor. Gwen was previously recognized in 2013 as the 1st ever Triathlete of the Year but deserves the recognition again this year. I really feel like she has excelled the past 2 years in her running which led to



Remy at 4 weeks. Honorary Female Youth Runner and youngest banquet attendee.

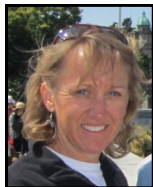
her most successful two years in triathlon. Gwen went all in with her training with an intense focus to get to Kona for the World Championship IM this past October. To improve her running she started training with the guys at the track with weekly speedwork and long runs all over Colorado. I really think her running performance truly deserves recognition as she now runs sub 4 hr marathons in an IM race. This past year she ran the Mount Charleston marathon setting a PR of 3:16:49 (pace of 7:30) qualifying for Boston and New York, which has much faster qualification times. She was 7th in her age group and 33rd overall female. Her IM marathons have been 3:51 and 3:46 AFTER she swam 2.4 miles and rode 112 miles! With this focus and determination on her run training AND endless hours and grit on the bike trainer, Gwen got to Kona and had an amazing race representing Southern Colorado. She donates countless hours to SCR timing our events and several events in our area for outside organizations. She is the reason OMT came back after a 5 year lapse and the mastermind of creating the Mini Mortals Triathlon. She is a driven athlete but also a driving force behind why so many of us can swim, bike and run now. Gwen served as the SCR club president for two years while juggling two young children, a full-time job and a busy training schedule herself. She volunteers to chip time our local SCR events saving the club thousands of dollars and dedicates an attention to detail for the most accurate and timely of results.

Male: Roger Giordano received this award. He had an outstanding triathlon season last year. Learning to swim later in life can be a struggle. Roger faced his fears and pushed through the discomfort and embarrassment of learning to swim as an adult. He completed his 2nd full Ironman last year at Ironman Wisconsin finishing 16th in his highly competitive age group. He was instrumental in mentoring

and training two newer triathletes in our club, Larry Navarro and Sean Staples, to compete in their first Ironman races last year. Roger has been a longtime volunteer for SCR co-hosting two Predicts each year, the Temple Canyon and State Fair Predicts and he helps put on the Valentine Two-some. He has volunteered for a number of years at the Ordinary Mortals and Mini Mortals Triathlon. He even became a coach for the Youth Triathlon Club helping foster the love of multisport in our youth. Roger attends almost every club meeting and is always there to give a helping hand to whatever needs arise.



Triathletes Roger and Gwen



Where'd He Go?

By Kim Arline

The 3rd annual “Where’d He Go?” SCR award went to Eric Medina this year. Eric has made some life altering changes the past 18 months we want to celebrate with him. By drastically reducing carbohydrates and overall eating, Eric has lost 125 pounds. No special diets or gimmicks!

Eric set a goal to get down to 285 pounds so he could once again compete in Master’s level Wrestling. Eric went to Adams State College on a wrestling scholarship and then went on to compete on the international circuit for a number of years. He loved the competition and loved being the best, often winning every competition he entered. He went into law enforcement, got married and raised a family and found himself gaining weight over the years. For anyone that has struggled with their weight or dieting, you know how hard it is with setback after setback and how difficult and painful exercise can be with excess body weight. But with a tangible goal of resuming competition in wrestling, Eric was able to achieve an amazing weight loss.

Nine months ago in April 2019, Eric attended the annual Spring Fling ride the Great Divide bike shop hosts at the Test Track and was able to test ride or demo an electric assist bicycle. He dropped the money on a pretty expensive bike but what a game changer! It was easier to get on the bike and go places with the E Assist. He felt the joy and freedom we all felt as kids on our bicycles with the wind in your face! He started riding the bike to work five days a week and still continues during the winter and drags his lovely bride out for cold weather weekend rides much to her dismay. He also has them swimming every Sunday.

Eric’s wife, Becky, is a longtime runner and local competitor in triathlon. But Eric was the one to suggest they do the Los Alamos, NM triathlon as a relay, suggesting he would ride the bike, she would run and their youngest son would do the swim. Becky sort of questioned driving 5 hours for a 5 km run so Eric signed them each up for the race individually. Becky was shocked how hard the bike course was with the first half all uphill. Eric completed that first triathlon In July 2019 and then realized it was part of the Southwest Triathlon Series so he did them all! He threw in a few more small, local triathlons with pool swims and even went to Kansas eventually knocking out 7 triathlons between July and October!

So far Eric has competed in laid back, small local events run by Parks and Rec programs but they have been fun, affordable and encouraging experiences for both Becky and Eric. Eric walks/runs the run portion, he hates that part, it is the hardest part with arthritic knees after several surgeries. But it has gotten a little easier as the weight drops. Eric swims what he can and sometimes pushes off the pool bottom when he can. He has ridden his E-assist bike and the competition bug bit him. Becky says, “I’m proud of him and amazed and actually tired trying to keep up with all his new energy now. It’s shows how important it is



just to start exercising. Just get out there! Don’t worry if anyone is watching, what they might think because it can have life changing effects.”

Eric says it took a lot of humility to get started. He used to be the top placer when he used to compete and now he usually comes in last. But his goal this year was just to finish. The biggest benefit besides losing weight and enjoying a sense of competition again, is the fact he and Becky have gotten closer, she has been there by his side on this difficult journey. He enjoys training and competing with her instead of being on the sideline cheering her on as he did for many years.

Eric recently got a nice, used carbon frame bicycle and has logged about 20 miles so far completely under his own power. He will be training on it to compete in Ordinary Mortals Triathlon this May. He knows OMT is a USAT sanctioned race with more rules and an E-assist bike would disqualify him. He really is a competitor at heart and wants to be part of the competition. He ran/walked the Rim to Rim 5 km this fall and is competing in the Winter Series with other SCR runners this year. He found a triathlon in Shiprock New Mexico this April to kick off the season before OMT and is even talking about riding Elephant Rock this year!

In early December, a chance meeting with a car dealer and gym owner, introduced him to a group of locals he now works out with for wrestling. The group suggested a competition the same weekend as our banquet so Eric missed the formal introduction of this award because he was in Las Vegas for a 5-km run and wrestling match as part of the Sin-city Games on Saturday and a submission fight on Sunday. During the banquet I got a text from Becky saying Eric set a PR in the 5 km and he took 1st in his division at the Wrestling tournament!

More Awards / Honorees

Several members received First Timer Awards.

Name	Event	Name of Event
Julius Romero	10k	Fortitude
Cathy Dehn	13.1	Disney Princess Half Marathon
Tim Weckx	IM	Ironman Switzerland, 2 nd IM, first
Melanie / Danny Nelson	time to finish	Qualified 2019 Senior Games
Martha Drake, Gloria Montoya	Qualify	Qualified 2019 Senior Games
Diane Lopez, Marijane Martinez	Qualify	
Gwen Steves	Qualify	Kona IM World Championship
Cory Rose	Qualify	70.3 World Championship New Zealand
Julius & Patrick Romero	Sprint Tri	Mini Mortals Tri / OMT
Trevor Walker	½ IM	Ironman 70.3
	Olympic	Tri Boulder
		USAT Nationals



Left:
Volunteers Earning 50 points or More

Standing: Brenda Koch, Mark Koch, Cassie Pate, Marilyn Vargas, Melanie Steves, Kim Arline, Eric Castellano, Nelson Brentlinger, Stacey Diaz, Dave Diaz
Kneeling: David Rael, Ron Dehn, Gwen Steves & Camera Shy Shawn Loppnow, Alex Romero

Right: Marathoners

Standing: Dave Diaz, Peggy Oreskovich, Jason Castro, Mark Steves, Roger Giordano, Gwen Steves, Eric Castellano, Jane Murtha, Shawn Loppnow, Jessie Casarez, Stacey Diaz,

Kneeling: Sean Staples, Paulette Arns Robert Pratt



More Banquet

Predict Series

The 2019 Predict series top three placers were Robert Lucero, Dan Nelson, and Robert Espinoza. Others earning participation shirts were Nelson Brentlinger, Meg Scarlett, Melanie Nelson, Jitka McGivney, Paulette Arns, Robert Quintana, Lawrence Volk, Lisa Lucero, Ted Sillox, Martha Drake, Stacey Diaz, Paul Dallaguardia, Rebecca Simmons, Humberto Paredes, Melanie Steves, Alexandria Romero, Lew Fox, Dave Dehn, Cathy Dehn, Ron Dehn, Sean McGivney, Ann Macartney, Ernie Aguilar, Rick Acosta, Janique Rizer, Cassie Pate, Kim Arline, Dorene Miller, Shawn Loppnow, Kristin Loppnow, & Jane Murtha



Left: Predict Coordinator Shawn Loppnow gives an award to Robert Lucero
Right Robert Espinoza with his award

The Spotlight Awards (formerly called Superlative Awards)

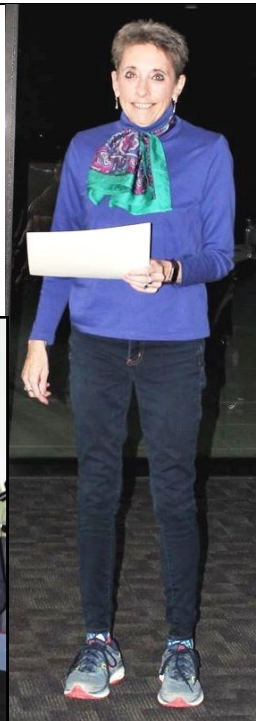
These awards shine a spotlight on members for random "achievements". Dave & Stacey Diaz are the primary "Spotlighters".

1. Gina Hudson-"Welcome to Pueblo and Flashlight" Award for brightening up the room and being new to Pueblo
2. Trisha Davis-"welcome Back to SCR and Pueblo" Award for moving away then returning home to Pueblo
3. Bob Quintana-" Bionic Man" Award for having more new parts than a '52 Chevy
4. Don Pfost-"Smithsonian" Award for being a club member so long the Smithsonian wants to put him on display.
5. Anthony Diaz- "Most likely to give me a ride home from jail" Award for always being there to help
6. Humberto Paredes-"Lil ol Winemaker" Award for serving home-made wine at his Predict
7. Meg Scarlet-"Your Pace or Mine" Award for running Half Marathons at little or no cost as a pacer
8. Lew Fox-"Cheerleader" Award for being Meg's biggest supporter
9. Justin and Mark Steves- "110% Award" for bring propane heaters and tents to the Spring Runoff
10. Kristin Loppnow-"Single File" Award for keeping Shawn in line
11. Al and Amber Arline-"Gourmet Chef" Award for Cooking hot dogs and s'mores at Beulah Predict
12. Robert Pratt-"The Push Factor" Award for pushing quadriplegic Clayton Melster in a wheelchair at the Marine Corps Marathon
13. Jessie Casarez-"Never, never, never give up" Award for continuing her quest to become an Ironman

Spotlighted

Right: Trisha Davis

**Below:
Lew Fox and Meg
Scarlett**

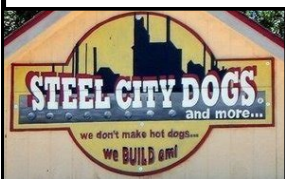


And Still More Banquet



Clockwise from upper left:
 Rocky & Jessica Casarez
 Kim Arline & Trevor Walker
 Jennifer & Emily Arellano
 Melissa, Emersyn, & Mark Fairbarin
 Lew throws marshmallows at Jason
 Dave & Cathy Dehn
 Carmen Perez
 Grant Drummond

Thank you to our many banquet sponsors including Lois and Don Pfost and Ron Dehn.
 More sponsors are listed on page 23





The Birthday Page



March

1	Bobby	Streip
2	Kim	Arline
2	Liz	Spinuzzi
3	Lisa	Vigil
5	AnnaMarie	Neal
5	Julius	Romero
6	Shawn	Lopnow
6	Kentley	Steves
7	Cobea	Becker
7	Maryalicia	Verdecchia
8	Brian	Zakavec
9	Lindsay	Englund
9	Erin	Staples
10	Kimberly	Swearingen
13	Brian	Cover
13	Dennis	Krall
13	Bobby	Quintana
13	Mindy	Urdiales
15	Nelson	Brentlinger
15	Chester	Haddan III
16	Emily	McElwain
17	Patrice	McGivney
20	Lisa	Lucero
21	Randy	Oles
22	Kristin	Lopnow
22	Emeri	Whiting
23	Isabel	Rendon
24	Lorie	Moreno Roch
25	Rebecca	Medina
26	Marv	Bradley
26	Sarah	Liebel
28	Meg	Scarlett

April

3	Suzanne	Cote
4	Rebecca	Simmons
5	Katy	Frazier
5	Jamie	Haak
5	Shelly	Humbert
6	Medea	Wellman
10	Bob	Robson
10	Marilyn	Vargas
13	Joe	Farra
17	Addison	Horton
17	Chris	Roman
18	Bryan	Dehn
19	Stephanie	Giconi
20	Ken	Hughes
20	Bob	Stuemky
23	Garret	Dietz
26	Lily	Quintana
27	Triton	Roman
27	Darius	Whiting
27	Trevon	Whiting
28	Alexandria	Romero

May

2	Gracie	Seidel
3	Katie	Fox
4	Paul	DallaGuardia
4	Jeremy	Hamm
6	Lauren	Staples
7	Eva	Cosyleon
7	Peter	Escalante
8	Pam	Case
8	Claudia	Hindman
8	Rebecca	Rian
8	Trevor	Walker
9	Andrew	Caro
9	Jessica	Lanham
9	Mark	Steves
12	Mindy	Chapman
13	Matthew	Mascarenas
14	Deborah	Gurule
14	Bea	Jones
14	Paul	LaBar
15	Don	Thompson
18	Mark	Koch
19	Kimberly	Pranger
20	Diane	Lopez
20	Joey	Mathews
21	Nichole	Hernandez
23	Jitka	McGivney
25	Reyna	Quintana
26	Lois	Pfost
27	Tom	Brosseau
27	Roma	Seidel
29	Justin	Gutierrez
31	Carla	Sikes

June

1	Brenda	Tracy
5	Lewis	Fox
5	David	Horton Sr.
6	Kara	Copley
8	Robert	Lucero
8	Fernando	Mier
8	Robert	Wellman
9	Biranda	Seidel
10	Gabriel	Marmolejo
10	Jaylen	Vargas
11	Rahel	Gredig
11	Rahel	Gredig
11	Sean	McGivney
13	Melinda	Hofmeister
13	Carrie	Tucker
14	Leslie	Carroll
15	Sandy	Vanderstoep
15	Grace	Whiting
16	Traci	Whiting
17	Rick	Macias
18	Donald	Montbya
18	Hilbert	Navarro
19	Dani	DeGraw
20	Melissa	Fairbairn
20	Kira	Hughes
20	Donna	Nicholas-Griesel
21	Carol	Brimmeier
21	Retzio	Gredig
21	Retzio	Gredig
21	Cindy	Nicolay
21	Mike	Parlapiano
22	Jessica	Updegrove-Arrazcaeta
23	Mary	Yang
24	Erin	Kennedy
24	Laurice	Lopez-Cepero
25	Michael	Baca
25	Kylee	Giconi
26	Jacob	Smith
27	Eric	Castellano
29	Sean	Staples

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

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

Thank you.

The Gold Dust Saloon
217 South Union



Race Calendar by Dave Diaz

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



February

Sun Feb 2	Super Half Marathon	Colorado Springs
Sat Feb 8	PPRR Winter Series III	Colorado Springs
Sun Feb 9	Valentines Twosome Relay	Pueblo City Park
Sat Feb 15	Fox Trot 5K Predict #2	2709 Farabaugh Ln (Fox Plumbing)
Sat Feb 22	PPRR Winter Series IV	Colorado Springs
Sat Feb 22	Snow Queen 5K-10K	Canon City, CO
Sun Feb 23	Pueblo Marathon	Pueblo, CO

March

Sat Mar 7	Pueblo Chieftain Spring Runoff	Dutch Clark Stadium
Sat Mar 14	Salida Run Through Time	Salida CO
Sat Mar 14	St Pats 5K	Colorado Springs
Sat Mar 21	Bluesky Blizzard Run	State Fair Grounds

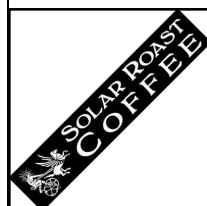
* Tour de Fair canceled for 2020

April

Sat Apr 4	Baylon Michael Meyer 5K 10K	Pueblo West
Sat Apr 18	Silver Dollar Predict #4	1159 29th Lane

May

Sat May 2	Blossom Run	Canon City, CO
Sat May 9	Ordinary Mortals Triathlon	CSU Pueblo
Sun May 10	Yappy Dog Predict #5 8.63 mi	South Mesa Elementary
Sat May 23	Mosaic Run	Amazing Grace Church



Left to right Martha Drake, Diane Lopez, Gloria Montoya, Melanie Nelson, Marijane Martinez, at the 2020 Rock n Roll Half Marathon in Phoenix. Gloria Montoya took 2nd place for her 72nd birthday!



More Thank yous to our banquet sponsors

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

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 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		vicepresident@socorunners.org
Secretary		secretary@socorunners.org
Treasurer	Alexandria Romero	treasurer@socorunners.org
SoCoT2 Coordinator	Gwen Steves	socot2@socorunners.org
Webmaster	Dave Rael	admin@socorunners.org
Newsletter Editor	Ron Dehn	newsletter@socorunners.org
Race Calendar	Dave Diaz	
Group Run	Sheri Giordano	groupruns@socorunners.org
Tri Club Calendar	Gwen Steves	calendar@socorunners.org
Predict Series	Ted Sillox	predict@socorunners.org
Membership Chair	Gwen Steves	membership@socorunners.org
Volunteer Points	Stacey Diaz	volunteer@socorunners.org

SCR meetings are held at 6pm at the Rawlings Library on
 Abriendo in the Brett Kelly A Room. All SCR / Tri 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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The Final Thoughts...

Yes: I am a dreamer. For a dreamer is one who can
 only find his way by moonlight, and his punishment
 is that he sees the dawn before the rest of the world. -
 Oscar Wilde

I am a part of all that I have met. -Alfred, Lord Ten-
 nyson

A wise man will make haste to forgive, because he
 knows the true value of time, and will not suffer it to
 pass away in unnecessary pain. -Samuel Johnson

A hero is no braver than an ordinary man, but he is
 brave five minutes longer. -Ralph Waldo Emerson

If I had thought about it, I wouldn't have done the
 experiment. The literature was full of examples that
 said you can't do this. -Spencer Silver, the originator
 of Post-it Notepads

Out on the roads there is fitness and self-discovery
 and the persons we were destined to be. - Dr. George
 Sheehan