



Volume #351, Issue #2

Editor: Ron Dehn

FOOTPRINTS



Happy Spring Time

Spring Runoff 2020 by Marilyn Vargas

Spring Run Off, 2020 “A Mini Bolder Boulder” is how one runner described this traditional running event that has been held every March for the past 42 years. One could say that the preparations for The Spring Run Off somewhat

resemble that of a large venue. It doesn't take a small village but a committed community.

This 42nd year was our first year as the race directors and yes, we learned a lot. The most important was how much our predecessors, in years past, have contributed, making this event a success. With all their talents and hard work, this year's event brought close to 1000 athletes, participated in this 42nd annual running event(s): 5K, 10K, 10-mile, toddler run, and Funner To Be a Runner.

Following the road map that had been developed over the years returning sponsors included, The Pueblo Chieftain (Title Sponsor), Subaru, and H & R Block. Returning volunteer organizations included, Southern Colorado Runners and Triathlon Club, Boys and Girls Club of Pueblo County, Amazing Grace Fellowship -Mosaic Youth Group, USATF Colorado Cool Runnings, South High Colt Nation Production Crew, Pueblo Community College New Media, and joining the volunteer organizations this year, Alpha Learning Academy.

Introduced this year were the level sponsorships, Silver, Gold, Bronze, and Company Team Sponsors. This brought on new sponsorship from C & C Disposal, Shirt Heads, Pueblo Parks and Recreation, Pueblo Park Rangers, Pueblo Fire Department, Pueblo County Sheriff,

(Continued on page 8)



Natalie Vegas, age 92 and son Bill completed the 5k in 57:13. Natalie finished ahead of 13 other participants

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A note from your editor

Friends, our world has changed significantly in the last few months. We all hope this is a temporary situation, but we know that when we come out of this some lives will never be the same. This is a time to reflect on the things in our lives that are truly the most important. It turns out the “things” are not actually things at all, but each other.

We are taught as children that when times get difficult, it helps to hold someone’s hand. We can’t literally do that now, but we sure can figuratively. In fact, that is what we must do. We must step up and support each other in whatever manner possible and we must stay connected. Be creative. Technology offers us a number of ways to reach out to each other.

This is truly a time to be grateful for those who are working hard to help us maintain our health and the quality of our lives. There are the frontline people we usually think of: those in the medical field, first responders of all types, and the military. There is also a “new” group of heroes that we usually take for granted: grocery store workers, truck drivers, sanitation workers, public servants, postal workers, factory workers, researchers, transportation workers just to name a few. Thank you to all the heroes, those in the public eye and those who are quietly working behind the scenes.

My best to each and every one of you.

Please read Ashley Sack’s article on page 6. Ashley makes some great points and is an excellent writer.

OMT is Cancelled Along with several other events

Please check the calendar provided by Dave Diaz on the inside back cover. Several events are cancelled or postponed and this information is accurate only at press time, so verify future events before making plans.

The next issue of Footprints will be the July edition. The deadline for submissions is June 15.

Thank you!



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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.

NOTE: Until Further Notice, if meetings are held, they will be via technology.

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.

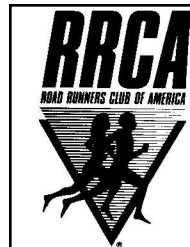
Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

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This month’s Contributing Writers / Photographers: Marilyn Vargas, Marijane Martinez, Dave Diaz, Jane Murtha, Stacey Diaz, Ashlee Sack, Wendy Garrison, Melanie Nelson Honorary Mention Terry Cathcart*

Advertising Policy: SCR allows advertising in “Footprints” in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted or emailed. Inserts must be 8 ½ x 11 and a count of 250 inserts is required. Coordinate with the newsletter editor regarding inserts and stuffing. Generally speaking, because of the publishing schedule, inserts are required well in advance.

* See pages 3 and 5 for a very condensed and incomplete version of what Terry meant to our club and the running community.



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

Reflections on Terry Cathcart

Long time SCR club Terry Cathcart member passed away on March 2. Terry was the race director of the Spring Runoff for over 11 years. He made directing the SRO race look easy, it is not easy. Terry was a good man and a gentle spirit. He will be missed by many.

Terry and his Chieftain sidekick Paulette Stuart were the backbone of the SRO for 11 years. "If I have seen further it is by standing on the shoulders of Giants." said Sir Isaac Newton, Terry was one of those giants.



When I think of Terry Cathcart I think of two things, Number 1, how proud he was of his two sons, Brian and Steve. He would consistently make trips to Ft. Collins to help them put on the Colorado Marathon in May. I ran that race several times and I consider it one of Colorado's finest.

Secondly, Terry Cathcart was the Spring Run Off. That race flourished when he was Race Director. I started running the Spring Run Off when it was held at the Pueblo Mall. I'm not sure when Terry took on the Race Director position by I do remember being on the SCR board and having a meeting to discuss the lack of volunteers for the race. At that time the majority of the SCR board wanted to participate in the race. Terry told me years later he still remembered the meeting when I spoke up and told the board that if we wanted the race to succeed and we wanted the then Pueblo Chieftain to continue to sponsor it that we as board members needed to give up participating in the event and help Terry put it on. He said that was a turning point for him and he was forever grateful. I was in charge of water stations during that period for many years.

Terry Cathcart was a kind and gentle person. He had a passion for running and what he did for the Spring Run Off and running in our community should never be forgotten. I will remember Terry fondly every year when I take part in the Spring Run Off.
-Marijane Martinez

As you may know Terry Cathcart was the race director for the Spring Runoff for 11 years. In those days, he took care of everything and Andy Ballou handled the results. I helped but only with physical stuff. Terry would borrow trucks and cones from Pueblo County and we would set the cones out and then pick them up when the race was over.

But back in the day, when the club was poor, the club held the Harvest Run at Lovell Park in Pueblo West. After the run we would have a bonfire, there were few homes around the park then. The Gold Dust would donate a keg, the club bought chicken from King Soopers and Stacey Diaz would bring it, we would get ice from the Ice Arena and we had low budget great time. Terry would bring a trailer loaded with scrap lumber to burn, I don't know where it came from but he never let us down. I can still see him and all the old time club members standing around the fire, smiling and talking. I remember being around Terry and getting the feeling that here is a genuinely good person. Terry was kind and caring but also a generous person. He seemed to always have scrap wood at his house and he would give wood to my brother, Anthony, who has a wood burning stove. We just had to go to Terry's home in Pueblo West and load up. Thank you, Terry.

Terry had two sons, both talented runners. His oldest Steve is a multi-time winner of both the Spring Runoff and Rock Canyon. He ran collegiately at Western State and is in the Greater Pueblo Sports Hall of Fame. His youngest son, Brian, who ran for Centennial, was City Cross Country Champ in the late 80's. But when they were young, Terry would borrow large vans from the Pueblo County Commissioners and take, not only his sons but groups of Pueblo kids to different running events. He even got them matching shirts to run in, sponsored by McDonalds. They ranged in age from 10 to 17 but all were runners. He set up bank accounts and would fund-raise to pay for the trips. I remember, because in 1983, he would take my oldest son, David, then 10 years old. Terry drove them to the regional Junior Olympics Cross Country Championships in Lakewood and then took about 10-12 qualifiers to the National meet in Fresno, California. I understand taking his own sons to these races but it took a special man to include others, who otherwise would have never been able to compete. Thank you Terry for the life time memories, we will always remember your kindness and generosity. We offer our heartfelt condolences to Terry's family. -Dave Diaz

Editor's Note: Additional Photo on Page 5



What's Her Story? Meet by Jane Murtha



The focus of this rendition of “Who’s that?” is so well known the title of the article has been changed to “What’s her Story?” Five-year club member, Katie Fox’s life has evolved from a downward spiral of self-destructive behaviors to an active and healthy lifestyle. She’s determined to live each day to its utmost potential, fully embracing the “YOLO” (You Only Live Once) mantra. She burst onto the local running scene in 2013 but an injury, combined with a new marriage and subsequent merging of families with four(!) teenagers, caused her to scale back her involvement. Now, with the injury behind her and the kids leaving the nest, she’s back and committed to being more involved in club activities and outdoor adventures.

Katie grew up in Colorado City and graduated from Rye High School. She’s known her husband and best friend, Steve “all of her life”. He literally chased her around the playground when they were little. In high school they even went to prom in the same group but not as dates. After high school, they went their separate ways. Katie moved to Pueblo and took some classes at PCC while working at Columbia House. In due time, Katie married and soon found herself pregnant with her first son, Tanner. She gained over 80 pounds with her first pregnancy and didn’t shed the weight before finding herself pregnant again with her second son, Cooper. She lived an unhealthy lifestyle for many years, with bad eating habits, in addition to



smoking and drinking heavily. In 2009 she stopped drinking and committed to getting sober but substituted sugar for alcohol and continued to smoke. Although she had quit drinking for her sons, she determined she still needed to make more changes in her life when she realized at 200+ pounds, she was too out of shape to take her boys hiking or camping.

Spurred by the desire to better herself, she started on her fitness journey in 2013. She lost weight by eating healthy and following a low carb diet. She really upped her game when she

joined Addict2Athletes. She started taking CrossFit and then began teaching Insanity, Tabata and Core classes. Taking it a step further, she started running with Sheena Archuleta before class. Noting her natural talent for running, Sheena “told her” she was going to run the Rock Canyon half marathon. She trained hard for Rock Canyon, running races almost every weekend. This routine propelled her to an impressive 2:02 finish in her first half marathon, the infamous and brutally cold, snowy 2013 Rock Canyon. Katie’s success prompted her to sign up for her first marathon. As a bonus, her newfound passion for fitness rubbed off on her boys who both enjoy working out and eating right to this day.

Katie continued her fitness routine in 2014, racing in 25 events with routine podium finishes. Her childhood friend, Steve, started showing up at her classes and invited her out for coffee afterwards. After a couple of coffee dates, Katie asked about his wife. Steve laughed and told her he was going through a divorce. The light bulb flashed and Katie realized these coffee dates weren’t “just old friends catching up.” Katie had also divorced years earlier herself. They started dating while Katie was training for her first marathon, the Las Vegas Rock n Roll in November of 2014. Steve accompanied her to the event, dutifully tracking her as she knocked out the miles. At mile 18, he knew something had gone terribly amiss. In her mind, Katie thought she’d hit the dreaded “wall.” Turns out she’d snapped two vertebrae, L5 and S1, in her lower back. The excruciating pain had her scouring the ground in hopes of finding a packet of Advil dropped from a fellow participants’ swag bag. She was one of the last participants to cross the finish line but a month later, after enduring some spinal injections, she gamely ran Rock Canyon again. After suffering several months of excruciating pain, she underwent spinal fusion surgery in June 2015. She tried to jump back into her routine a mere 8 weeks after her surgery and predictably suffered another setback. The bright side of her setback was spending more time with Steve, family and friends, and hiking and camping. After they’d been dating about a year, Steve popped the question during a hike on Greenhorn Mountain. They married ONE short month later in a charming ceremony at the Rusted Poppy. In testament to Katie’s fun and unpretentious nature, she wore a dress she bought off the rack at Sears for \$7! It was a picture-perfect day with family and close friends in attendance. Neither had any reservations about tying the knot so quickly, as they knew they’d gotten it right this time, and to this day they are each other’s best friends.

To fill their time and allow her back time to fully heal, the newlyweds began a vintage restoration/renovation of their newly purchased house in the old historic north side of Pueblo. While 18 other shortsighted souls looked at the house and gave it a hard pass, their artistic sides allowed them to see the potential waiting to be uncovered. They share their visions and while they might “argue over small things, they are making it

Katie and Steve, Continued

(Continued from page 4)

exactly what they want.” Katie admits when push comes to shove, she generally defers to Steve’s judgment. From the pictures on Facebook, their love nest is rapidly becoming a home that showcases their creative talents.

This year Katie and Steve decided to revive the Runner’s Snow Best team to race in the Pikes Peak Winter Series to fight off the Winter doldrums. They both had begun running more and knew this would make them more committed and accountable. Plus, they love the camaraderie and “genuinely good” people in the runner’s club. In addition to hosting the Foxtrot predict this year, they are making an effort to attend as many predicts as possible.

Besides becoming more active in the club, Katie and Steve set a lofty goal for the year when they decided to do the Ascent. To prepare, they signed up for the Triple Crown Series, which starts with the Garden of the Gods Ten miler, progresses to the Barr Trail run and culminates with the Ascent. After they knock that challenge out, their reward is a trip to Havasupai Falls. They had tried to get a permit for the past few years and were super stoked to finally secure one this year. It seems like a just reward, not just for completing an ambitious race season, but for committing to a balanced and healthy lifestyle. Katie’s desire to get fit enough to take her son’s hiking and camping has morphed into a fun, adventure filled life beyond her wildest dreams. You’re right Katie, you only live once! We should all take a page out of your book of life.



A bit more about Terry Cathcart from Dave Diaz

This photo is from 1983, when Terry took these kids to the National Jr Cross Country Championship in Fresno, CA. The kids on the bottom row were a 10-11 year old team called the Pueblo Striders. L-R along the bottom --Raul Delgado, Jason White, Matt Trujillo, Brian Cathcart and David Diaz. My son David didn't know the older boys but I recognize David "JR" Laydon with sunglasses.





Running in a Time of COVID-19

By Ashlee Sack

Runners know this to be true: in times of stress, your running shoes are your best ally. When the world around you seems confusing, surreal, or hostile; pounding the pavement or hitting a trail can be the best therapy there is. As our country follows suit in the wake of COVID-19 closures, quarantines, and social distancing, many of us are finding it difficult to allocate the time (or the mental energy) to running. Some of our training goals, our race hopes, and our bucket-list events have been wiped from the calendar. The coming days will likely be even more challenging, and running is and remains an effective method of battling 'cabin fever', stress, and uneasiness. Keep your shoes at the ready!

Though the rigors of "social distancing" may seem discouraging, cautionary recommendations make specific provisions for recreational activities that can be done without close contact. Even in Northern California, where they've been asked to "shelter in place", authorities recognize the importance of being allowed to recreate. Despite being banned from travel, citizens are allowed to "engage in outdoor activity, provided the individuals comply with Social Distancing Requirements [...] such as, by way of example and without limitation, walking, hiking, or running" (Order of the Health Officer of the County of Santa Clara, March 16, 2020). In Southern Colorado, we are fortunate to have a plethora of trailheads, parking areas, trails, and options for running. Between reading news and catching up on current closures, it would be beneficial for everyone's psyche to watch as the trees begin to bud, the river flows begin to increase, and the skies turn to blue over our heads. Spring is coming, and we should all be outside to welcome it. Besides, runners are already accustomed to saying "hi" without shaking hands or bumping elbows - we're all familiar with the "breathless head nod".

A few extra guidelines may be helpful at this time:

1. Be extra careful...for yourself. Please don't endanger yourself unnecessarily. Save the technical trails for later. Landing in the hospital for a broken ankle at this time would be poten-

tially perilous.

2. Be extra careful...for others. Keep first responders and health-care professions, who are already overwhelmed and overburdened, in your minds as you recreate.
3. Be patient with race directors. Though they know that their races are in jeopardy, they are often not sure if they'll have to cancel them altogether or just postpone. Permits take time and finances are tricky. If you can, please consider donating your race fee if an event is cancelled. Many races have already incurred costs.
4. Add some extra anti-inflammatory and anti-oxidant-rich foods to your diet to strengthen your immune system. Runner's World states that, "While 30 to 45 minutes of moderate daily exercise does stimulate the immune system, the rigors of running longer distances temporarily weakens it." Get enough sleep, eat well, and try to meditate to reduce stress. (Runnersworld.com, September 29, 2011)
5. Share your favorite 'easy' trails with a newcomer to the sport. With gyms closed and schools suspended, many people may wish to turn to outdoor recreation for alternatives but may not know where to go.
6. Stay Local - The recent 'Stay at Home' order from Governor Polis still allows for outdoor recreation, but this should be done close to home. Use local trails and avoid heavily populated trailheads.
7. Practice Social Distancing - Even on the trail, keep 6' between yourself and others. Group runs are discouraged.

I hope to see you (six feet away, obviously) on the trails. The dirt beckons, the paths call...and our community will find its way back to each other. Run happy.

Please note that all recommendations were made at press time, and this situation is rapidly evolving. Consult the World Health Organization or Colorado Department of Health & Environment for current updates.



**Martha Drake,
Deb Gurule,
and
Gloria Montoya**

**keeping their
social distance
but still being
active**

ATALANTA RETURNS WITH NEW DATE AND DIRECTOR

By Wendy Garrison



The Atalanta 5 K and 1.5 mile walk will be back this summer. The women's only race and walk will still feature Greek gods and togas but this year Melanie Nelson takes over as race director and the date is now Saturday, July 25. Traditionally the race was held on the first Saturday in August. Moving the race up a week takes it off the same date as two popular triathlons, Boulder and Melon Man, hopefully increasing turnout.

Melanie Nelson is this year's Atalanta race director. Melanie is a familiar face in Southern Colorado Runners and in the Pueblo running community. She and her husband, Danny, are often seen either running or volunteering in most of the area's races. This is Melanie's first time as a race director, a thought that scares her a little but "I'm very lucky to have the support of my group of running ladies". When asked why she became the race director, Melanie responded, "I like the fact that this is a race for women only. This gives a chance for the new runner along with the seasoned runner to participate - maybe with a child or family member who is just starting out. Women encouraging each other - not that men don't encourage us, but it is different among females".



The July 25 race will be at City Park. Start time for the 1.5 mile walk is 7:45 am and 8 am for the 5 K runners. Registration is now open through RunSignUp. Just enter runsignup/atalanta to find the race. Cost for the event is \$25. A \$5 discount is available for all SCR members. Participants who are 17 years old or under can sign up for \$10. Prices will increase by \$5 two weeks before the race. Cost on race day will be \$35.



Overall winners in the 5K run and 1.5 mile walk will receive a beautiful pottery bowl handcrafted by SCR member and artist Ron Dehn. The top 3 age division winners in the run and walk will also receive awards. Age divisions in the 5 K will be 5 year increments and in the walk, 10 year increments. Various amazing door prizes will also be given after the race.

Every year Atalanta donates 20 percent of its proceeds to a non profit which makes our community a little better. This year that non profit is Girls on the Run - sponsored by Boys and Girls Club of Pueblo County. The purpose of Girls on the Run is to promote the well being of preteen girls through interactive lessons and running. According to Becky Medina, Vice President of Operations for Boys and Girls Club, 42 girls throughout Pueblo are participating in the program. The program has expanded to 4 sites in Pueblo and has recently added a middle school program. The 20 percent donation from Atalanta, along with any donations from participants, helps to pay for the program and/or buy shoes for girls who might need it. Currently 80% of club members live at or below poverty so every donation helps.

Women and girls of all age and abilities please join us for a beautiful, fun morning of running or walking. We would love to see you there!

The 2020 Atalanta Race Director Melanie Nelson with one of the award bowls

SRO Continued

(Continued from page 1)

American Medical Response Team, Pueblo County Search and Rescue, Pueblo West Veterinarian Clinic, and 9 Round Fitness.

Another new twist to the mix, was the announcement of partial monetary proceeds and donations to Care and Share Food Bank of Southern Colorado. This is a non-profit organization supporting efforts to feed families throughout Pueblo and Southern Colorado.

There were many highlights to the race and memorable moments for those in attendance. However, for us as race directors, our highlight was not only to celebrate these highlights and memorable moments, but also to remember our dear friend and 11-year race director of this event, Terry Cathcart. Terry's memory was honored by presentation of the 1st annual "Cathcart Heart Award". In making the selection for this award, many came to mind, however there was one couple that stood out to us as they walked beside us in providing invaluable support. In addition, from 2016 to 2019, they showed their heartfelt commitment to the continuance of The Spring Run Off and it's participates. For their true "Heartfelt" service and Dedication to The Spring Run Off and Running Community, it was with great honor and sincere gratitude that we selected, previous race directors, Dave and Stacey Diaz.

Our experience, as race directors, was indeed humbling as we learned, and implemented new and already established ideas. We look forward to the 43rd Spring Run Off, as we strategize for a journey that is indeed an "EPIC" and memorable event for all involved.



Above:

Stacey Diaz presents the award to Donna Garcia, 1st place in women's 5k

Right:

Gina Lotito was the winner in the Women's 10 mile



Left:

Former Spring Run-off race directors Dave and Stacey Diaz were recognized at this year's race with the first annual Cathcart Heart Award named in honor and memory of Terry Cathcart, long time club member and a 11-year race director of the Spring Runoff. He was a gentle soul and was beloved by many. "The Cathcart Heart" award was given in appreciation of Dave and Stacey's 'heartfelt' service and dedication as past race directors. Congrats to them.



Photos from the SRO



**Above Left:
Funner to be a
Runner Start**

**Above Right:
Anndi and Zach
Ballas**



**L to R
Paul DallaGuardia
Ted Johnson
Gina Hudson
Chester Haddan**

A couple more pics and THANK YOU to our sponsors



Left:
Kelli Boreson completes her first race ever along with veteran runners Sydney and Bobby Tillman

Right:
10 Milers Sheri and Roger Giordano



Spring Run Off 2020
Thank you to our Sponsors and Volunteers
Title Sponsor



Silver



Bronze



Volunteer Organizations

GREAT FUTURES START **HERE.**



Run Streak by Jane Murtha



As athletes we often think we “have” to run. We “have” to do our long runs on weekends and “have” to hit a certain mileage per week. Sometimes it’s easy to forget that the “have” to run is actually a privilege. With all the uncertainty in the world today with the coronavirus crisis, we should be grateful that we have the ability to run, regardless of our skill level. One idea to celebrate our health and find the silver lining in the age of social distancing is to start a run streak.

I began my run streak December 30, 2018 after being inspired by former club member Olivia Medina. She posted on social media about achieving her goal of running at least five miles a day everyday in 2018. After I inquired about her streak, she explained that according to the guidelines of Streak Runner’s International, you just need to run at least one mile everyday. Hoping to motivate myself to be more consistent with my training, I started my streak. I vary my mileage according to the training plans I am following for my different upcoming race events. On scheduled “off” days, I often just run an easy 1.6 mile loop with my dog, Toby, on a trail near my house. These “Toby Trots” are little more than an active recovery. They’re what my fellow “streakers” refer to as “streak savers.” Intensity and pace do not matter. As long as you run one continuous mile a day, your streak remains intact.

There is a dedicated Facebook page, Streak Runners International, for streakers to encourage and motivate one another. The first streaker goal is to hit one year. Then your streak can be officially logged at runeveryday.com.



The site maintains a list of all active streaks, combined and separated by gender, country, active or retired. It was pretty thrilling the first time I saw my name on the official registry! After getting your streak officially registered, there are other milestones to achieve. Five hundred consecutive days is an accomplishment,

but “Comma Day” is a huge milestone. That refers to your 1,000th consecutive day running. When your streak extends beyond 3 digits and needs a comma to be notated, that’s pretty badass! After comma day, streakers get excited about their “Forrest Gump Day.” In the movie “Forrest Gump,” he just started running one day and ran for 3 years, 2 months and 14 days. That translates to 1,170 consecutive days of running. There are many inspiring and funny streaker stories. Streakers revel in getting their run in just under the wire or in crazy places like empty airport concourses. My silliest streak run to date was in the Douglas County Fairgrounds parking lot after the Elephant Rock 100k bike ride. Peggy Oreskovich graciously joined me as I compulsively ran laps until we churned out a mile. The most difficult streak saving run I endured was a few hours after I’d been in a bad car accident. My head was throbbing and when husband saw me head out with my dog, he admonished me not to run. Toby’s heavy panting gave us away when we returned. I landed in hot water with my better half but my streak survived. In case of inclement weather, I run on the treadmill. It’s easier to tolerate the monotony of the “dreadmill” when something more than just a workout is at stake.

Some streakers put up huge mileage numbers, running 5, 8, and even 13 miles daily. The most well-known streaker in the United States is probably Robert “Raven” Kraft. He started his streak 45 YEARS ago, on January 1, 1975. He has run through 8 hurricanes, bouts with food poisoning, the flu and other mishaps. He suffers from spinal stenosis but, like the energizer bunny, he keeps going and going. The book, “Running with Raven” tells his story. His daily run times are also posted on ravenrun.net, if you’re in South Beach Miami and need a running buddy, he’s sure to be a reliable partner.

I hope I haven’t jinxed myself writing about my streak. I’ve suffered some nagging injuries that are more likely due to the “Run the Year” mileage goal I set for myself in 2019 and 2020. Starting a run streak and setting a high mileage goal was not the smartest idea but hey, we’ve all done silly things. Hitting my mileage goal last year was extremely satisfying, as was my one-year milestone. If I have to back down my mileage this year, I will listen to my body but I hope to keep my streak alive. Keep your fingers crossed for me and if you want to start a streak, just take it one day at a time. And if you don’t, I encourage you to find other ways to appreciate your health and ability to run. It’s important to stay sane somehow during these crazy times!



Winter Series 2019

By Marijane Martinez

The 2019 Winter Series proved to be as challenging as most Winter Series of the past have been. Generally a group of us will sign up for the entire series and without fail some are unable to do all 4 races due to a variety of conflicts. We try and some succeed, others do not.

Steve and Katie Fox were generous enough to form a team and buy us shirts representing their business, Fox Plumbing & Heating. If I had to pick a cutest couple from SCR it would have to be these two (sorry Mel & Dan). I don't think I have ever NOT been greeted by either one of them without a smile and/or hug! I will cherish those hugs since it may be a while before I am allowed to get them again.

The short series consisted of Race 1: Wolford Elementary School, Black Forest, 5K; Race 2: Cheyenne Mountain State Park, 4M; Race 3: Cottonwood Creek Park, 5M; Race 4, Norris Penrose Event Center, 10K. I've been doing the series since all four races were held in the Black Forest. Back then I was foolish enough to run the long series. The distances were extended each race and by the time we got to Race 4, 12+ miles you felt like you were running to Kansas!

Fox Plumbing & Heating competed in the Open/Corporate Coed division. We placed 4th out of 10 teams which is pretty respectable in my opinion.

Doing the Winter Series is a challenge. From one race to another you can be wearing long sleeves, hats, gloves and tights and then shorts and a tank top! For two of the races I wore yak traxs and I didn't regret it. For me the best part of the Winter Series is going to breakfast and/or lunch after the

race. Running the races are fun and challenging but finding a place to eat is my favorite part. Eric Medina introduced us to a new restaurant I didn't even know existed, Colorado Biscuit Company. Huge portions of food and really really good. Then there are the tried and true we have to go to such as Western Omlette. We talk about our races, mainly griping about the courses and then head back to Pueblo.

Some of us also go to the Awards Banquet held at the Pro Rodeo Hall of Fame. Pueblo was well represented with 11 people placing in age divisions in the both the long and short series.

Through the years I have noticed the quality of the swag has changed significantly. I still have a duffle bag that was given out in 2002 and it is in "mint" condition. I still use it! The Series is still a great deal for the price and it gives you an incentive to train during the winter months when it is so easy to stay in bed. I will likely continue to do it as long as others are willing to join me. It's fun when there are a group of people participating. I can't imagine driving up there alone for 4 races but then that's just me..... again it's not all about the running. Running is just the excuse.....



Above: Steve Fox and Darryl Clark
Left: The Team



Plant Based Recipe By Melanie Nelson

Amazing Cauliflower Tacos from brandnewvegan.com

Amazing Cauliflower Tacos

Prep Time

15 mins

Cook Time

45 mins

Total Time

1 hr

These Cauliflower Tacos will blow your mind they are so good. Trying to get your picky eaters to eat more veggies? They'll never know the difference !

Course: Main
Cuisine: Mexican
Author: Chuck Underwood

Ingredients

1 small Head Cauliflower (about 1 1/2 cups)
4 oz Fresh Mushrooms
1/2 cup Walnuts (use less or omit if watching fat intake)
2 Tbs Soy Sauce
2 Tbs Chili Powder
2 tsp Ground Cumin
1 tsp Smoked Paprika
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/4 tsp Ground Pepper
1/4 tsp Salt

Instructions

Preheat oven to 350 degrees F
Lightly pulse the mushrooms in a food processor until you have a rice like consistency
Now pulse (or chop) the walnuts to the same consistency and mix in a large bowl
Remove the core and leaves of your cauliflower and cut into small pieces
Pulse the cauliflower to the same consistency and add to bowl
Stir in soy sauce and mix
Stir in spices and mix well, making sure everything is mixed thoroughly
Spread mixture onto a parchment lined baking sheet and bake for 30 minutes
Stir lightly and continue baking for an additional 10-15 minutes

Recipe Notes

Garnish with Lettuce, Tomatoes, Jalapeños, or Avocado.

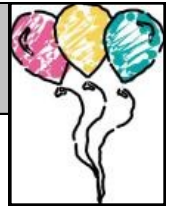
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Editor's Note:

Melanie submitted 2 recipes but we only had room for 1 in this issue. Thank you Melanie and we will include your Black Bean Hummus recipe in the July issue.



The Birthday Page



April

1 Kjirstin Roberts
 3 Suzanne Cote
 4 Rebecca Simmons
 5 Katy Frazier
 Jamie Haak
 6 Medea Wellman
 10 Bob Robson
 10 Marilyn Vargas
 13 Joe Farra
 17 Addison Horton
 18 Bryan Dehn
 Lauren Leomiti
 19 Stephanie Giconi
 20 Ken Hughes
 Bob Stuemky
 22 Cheri Armstrong
 23 Garret Dietz
 24 Alicia Lopez
 25 Mark Gurule
 26 Lily Quintana
 Regina Webb
 27 Darius Whiting
 Trevon Whiting
 28 Alexandria Romero

May

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

June

5 Lewis Fox
 5 David Horton Sr.
 6 Kara Copley
 8 Robert Lucero
 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 Montoya
 18 Hilbert Navarro
 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
 23 Mary Yang
 24 Erin Kennedy
 24 Laurice Lopez-Cepero
 25 Michael Baca
 25 Kylee Giconi
 25 Bryce Vigil
 26 Jacob Smith
 27 Eric Castellano
 29 Sean Staples

July

1 Marijane Martinez
 Tanna Schut
 2 Donald Pfost
 4 Emily Diaz
 Donald Moore
 6 Jay Zarr
 8 Joseph Spinuzzi
 9 Bob Noble
 11 Alex San Filippo-
 14 Michelle Cisney
 15 Kevin Hughes
 Maria Pano
 17 David Dietz
 REGIS Marquez
 19 Jason Castro
 David Luna
 20 Bill Veges
 22 Lindsey Romero
 23 Danielle Caro
 Eric Medina
 Sarah Staples
 27 Mary Porter
 Jayme Stangier
 29 Darryl Clark
 Diana Tiffany-Hardy
 31 Kaelynne Caro
 Malcolm Singer

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.

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Thank you.

The Gold Dust Saloon
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Contact Us

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

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If the SCR meetings are held it will be via technology
 until further notice

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 results, contact info, etc,
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The Final Thoughts...

One machine can do the work of fifty ordinary men.
 No machine can do the work of one extraordinary
 man. -Elbert Hubbard, author, editor, printer

There is a crack in everything. That's how the light
 gets in. -Leonard Cohen, musician

We either make ourselves happy or miserable. The
 amount of work is the same. -Carlos Castenada,
 mystic and author

Your neighbor's vision is as true for him as your own
 vision is true for you. -Miguel de Unamuno, writer
 and philosopher

Duct tape is like the force. It has a light side, a dark
 side, and it holds the universe together. ~Carl Zwan-
 zig

Most people run a race to see who is fastest. I run a
 race to see who has the most guts. Steve Prefontaine