



FOOTPRINTS



Time to give thanks



The 2020 Rock Canyon Half Marathon

We have the official green light for race day!

We are excited to get this race moving forward! There are some changes and we will communicate often with you as they arise. Like any other Rock Canyon Half, we are dedicated to provide you a great race day experience! This year's race is capped at 500 participants so register early. Registration numbers are up.

Race day may look a bit different this year with adding a Health check station before any participant can race. Masks must be worn in all common indoor and outdoor areas. Only racers may remove masks once they are past the start line. There will be a staggered start with self seated intervals and a time change with the race beginning at 8:30. Participants will receive further information as what to expect on race day. The course remains the same with all it's engaging trail beauty! Hoodies will be given to participants that pick up their race packet.

We will continue to adhere to any COVID changes and protocols from now and through race day. Due to any COVID changes, registrants will be able to transfer or refund their entry only if the race is cancelled by the race directors. Stay tuned to your email, the Rock Canyon Facebook page, and socorunners.org for announcements.

Thank you for the grace that you have allowed us as this year continues to surprise us!

Sincerely,

Eric & Melanie

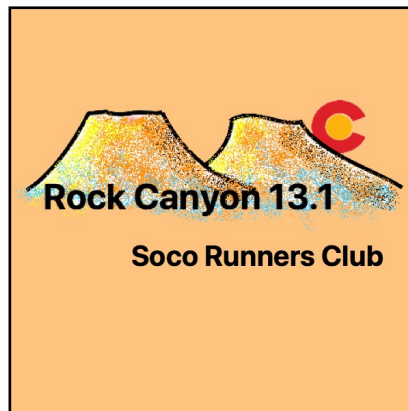


Table of Contents

- Rock Canyon 1
- Prez Message 2
- 2020 Predict Series 3
- Who's That? 4-5
- Spanish Peaks 5
- Ramblin' 6-7
- Winter Running 7
- My Hero Run/Walk 8
- Splashland Tri 9
- Chasing Excellence 10
- Birthdays 11
- Contact Us 12
- Final Thoughts 12





A message from the president Kim Arline

How is everyone doing out there? Seven months ago we had a stadium full of runners on a beautiful March day. It was our last big hurrah at the Spring Runoff. Covid-19 was just about to shut down so much of American life just a few short days later. Race after race has been cancelled but a few of our members have found actual races like small triathlons and trail races and toed the line with some competition vs the multitude of virtual races this year.

I guess I have to admit I lost my racing spirit this year. I've explored the mountains hiking, mountain biking, paddling, camping but just with a friend or two or family member. I've actually enjoyed slowing down, taking in the sights and not racing past anything. But I miss seeing people gathering to run a common course. But once a month we have a chance to run a fun course that Ted Sillox plans for us with the Predict Series. Masks are required at the start and finish but can be dropped while running. You can earn credit toward a SCR Predict Shirt the club offers each year.

Unfortunately, SCR isn't planning the Annual Awards Banquet we normally have every January. We doubt large indoor gatherings will be allowed or wise this winter. And we haven't been able to race much or host our own events to recognize people for awards. We might come up with a few fun awards in addition to the Predict Shirts to give out at a casual outdoor run like a Predict. But sadly, you don't need to save a date for awards night.

Melanie Steves worked to create a Covid plan for the Pueblo County Health Department to approve so we could host the Rock Canyon Half Marathon on December 6th. She secured a special permit for up to 500 participants but is holding it all loosely with the increase in Covid cases locally and worldwide in recent weeks. She plans to defer participants to 2021 if we can't host the race this year. People are eager to run and we already have 280 registered for the race. We will need our regular volunteers on the course, at packet pickup and the finish line. But we will need an entire crew of people to help get waivers, temperatures/health check at packet pick up. We also need help directing people to corrals for start waves to spread out the start line to allow 6 ft spacing. To protect everyone, masks are mandatory for everyone at all times except once a runner crosses the start line, the mask can be dropped until the finish line. Participants will be encouraged to bring their own water or pick up their own cup at water stops, volunteers won't hand out cups. Please email Melanie (melaniesteves16@gmail.com) to volunteer as we don't have near enough volunteers yet to host the event.

Please reach out to me at president@socorunners.org if you would like to serve on the SCR board. We have elections for board officers every December or January. Everyone is welcome to get more involved. We have roped Wendy Garrison into taking minutes at our online meetings each month for now but we do need a secretary. I've served as president almost three years so feel free to step up and take my spot. Our meetings are the 1st Wed of the month at 6 pm and held on Google Hangout until indoor gatherings are safe again.



Southern Colorado Runners
www.socorunners.org

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

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

“Footprints” Volume No. 351, Issue No. 4

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

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

SCR Monthly Meetings: are held the 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)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Jane Murtha, Marijane Martinez, Melanie Steves, Jessie Casarez, Kim Arline, Coach Joe Vigil*

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.

* Coach Joe Vigil is the legendary cross country / track coach from Alamosa. See the related article—Chasing Excellence a Book Review on page 10



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



2020 Predict Series takes on a new look

By Kim Arline

Covid-19 has changed our lives in many ways, but it hasn't deterred Ted Sillox from hosting some fun Predict races. Ted took on the Predict Series this year when Shawn Loppnow took a job out of state. Ted learned the timing system and picked up where Shawn left off. And then the dreaded virus came along and we had to keep our distance from others until we better knew how the virus was transmitted and how to treat it. Thankfully the virus disperses quickly outdoors and degrades in UV light so time outdoors with others is pretty safe, especially with a mask if not able to keep 6 feet apart.

We had a few Virtual Predicts you just had to run your own course for at least the distance specified and email Ted you did it. Ted was great gathering the information and giving people credit toward the Predict t-shirt prize. But he didn't like it much. He wanted to have a monthly run for people to safely gather and run together! He has hosted these pretty much on his own, setting and marking a course, getting the timing equipment set up and all the bibs hung up. His predicts have been great! We've run new places like on top of the Arkansas River Levee, up and over Skyline Drive, with the Social Shufflers at Walter's Brewery.

The club wanted to help local businesses struggling to survive in these uncertain times so the board voted to have Ted buy two \$25 local restaurant gift certificates to raffle off at each predict. We normally help our host with a stipend but since we can't have a potluck or gather at someone's house, we are putting a little money back into the community. And it is a way to thank the SCR members that come out and run together once a month!

Ted's brilliant system of socially distancing our bib pick up at Predicts. All the bibs are alphabetical on a cord he hangs



up. Keep your mask on while you grab your bib, space out to sign in your time and wait for the start visiting with other runners 6 ft apart.

Predict run on Skyline Drive in Canon City was challenging, scenic and fun!

Ted Sillox has kept SCR safely running together despite a pandemic! Thank you Ted!



We often run the river trail on the other side of the river.

Ted took us on a run on top of the levee in August!



(Continued on page 10)



Who's That?

by Jane Murtha



Paulette Arns is the focus of this installment of “Who’s That?” She is originally from Iowa but moved to Pueblo in 2006 and joined the SoCo Runner’s club member a few months later. She quickly became a fixture at local events and served as the club treasurer for 7 years. During that time she was instrumental in keeping club events running smoothly with her tireless efforts timing races. She is an accomplished runner who with an unusual approach to training that has kept her injury free for over 20 years. Her unorthodox method certainly seems to work well for her, as she continues to regularly compete in ultra distance events. While running wasn’t a part of her youth, it is a passion she discovered later in life and continues to enjoy as a part of a healthy lifestyle.

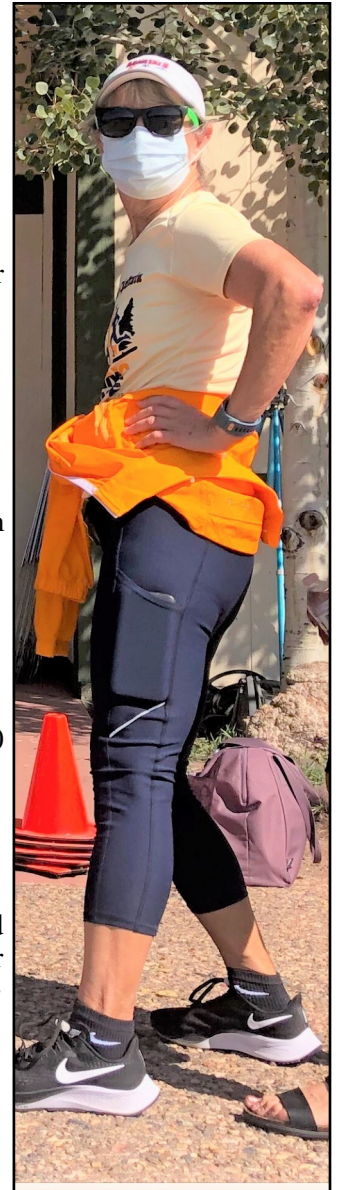
As a young girl growing up on a chicken farm in NE Iowa, Paulette never considered herself particularly athletic. There weren’t many opportunities in those days and she didn’t compete in the limited sport options of basketball and softball. After high school she attended college at the University of Northern Iowa, majoring in math. Struggling to find work in her field, she went back to college at a small private university, Mt. St. Claire, near Quad City, Iowa. There she majored in accounting and after graduating, she soon found work with a regional accounting firm.

In 1990, after she had a few years of public accounting under her belt, Paulette started walking to lose weight.

She heard about a local race 4 mile race and her curiosity was piqued.

She was quickly hooked by the camaraderie and social aspect of racing and joined the Cornbelt Running Club. The club, which had well over 2,000 active members, hosted or participated in numerous events. Paulette soon found herself racing every weekend, sometimes in two or three different events. Since the races were in chilly Northeast Iowa most took place between March and November. Even with limiting races to warmer months, some events were still hosted in brutal conditions. One particularly challenging race was held despite temperatures that dipped to 20 below. The windchill made it even colder. BRRRR!!!

When asked how she withstood the below freezing temperatures, Paulette replied “three layers everywhere” and then in her usual non-chalant manner, she stated “once you get going you kind of get used to it.” As we head into the winter months, her story is a good reminder to just bundle up and get outdoors.



Paulette approaches training for a race by competing. Instead of training for extended periods of time for a single goal race, she simply enters a race, competes and moves on to another the next week. In between races she walks for hours at a time. She decided on this approach after seeing her friends suffering injuries from train-

(Continued on page 5)



Who's That?

Continued



(Continued from page 4)

ing too hard. She decided early on that the medals, trophies and accolades weren't worth abusing her body. Instead of following a training plan to peak for a race, she stays fit, stays on her feet and doesn't have to start her training cycle over.

Paulette is also a member of the Colorado Mountain Club. The club promotes outdoor activities such as cross-country skiing, kayaking and cycling. However the main focus is hiking. They plan hikes most weekends. Most recently Paulette led a hike to Millset Trail. She says, "Hiking strengthens the ankles and strong ankles lessen the impact on knees." She considers hiking to be her cross training. She takes a weightlifting class at the YMCA for "everyday living."

Paulette's approach to training might not work for everyone but it has yielded amazing results for her over the years. She has competed in over 40 marathons, 17-18 50 K's and 12(!) 50 milers. Additionally, she has competed in 100's of other events. She won or placed second in the highly competitive Triple Crown series for 4 years in a row. In her typical understated manner, she claims there isn't a lot of competition in her



age group. If that's the case, it is a testament to her approach to training. She runs to have fun and "build herself up, not break herself down." It obviously works for her! Paulette is a great example of making running a healthy lifestyle, not just a competition.



A group of SoCo Runners Ran the Spanish Peaks Half Marathon on October 3rd.

**L to R
Regina Webb,
Melanie Nelson,
Marijane Martinez,
Jane Murtha,
Peggy Oreskovich,
Martha Drake,
Paulette Arns,
Gloria Montoya.**

Missing from the photo: Eric & Becky Medina and Dan Nelson



Ramblin' Running "With" Rylan

by Ron Dehn

On July 4, 2017 my son Bryan, his son Rylan, and I ran the Liberty Point Run in Pueblo West. Rylan had been running casually for several years including the SRO Toddler Run when he was a little guy, the Spank Blasting, SCR Predicts, and several others. He ran for fun but not competitively.

Marilyn Vargas was also at the Liberty Point run that day and introduced Rylan to Pueblo West High School Cross Country Coach Amber Neff. Coach Neff asked Rylan if he would come to practice at 5:30 am the next day. Rylan is a very polite young man and told the coach yes. (Later he told me that he should have said maybe.) However, Rylan said yes, so he kept his word, and that was the beginning of his High School Cross Country career.

That first year Rylan was fortunate to have a couple teammates who served as mentors. Bryce Shirley and Meno Vargas took Rylan under their wings. This was a tremendous boost to be accepted by his teammates.

Marilyn, David (Rael), Bryan and I had been encouraging Rylan to get into competitive running for some time, so when I found out that Rylan told the coach he would be at practice, I told him I would drive him there. Thus, we began our ritual of going to summer Cross Country practice.

It is about an 8-minute drive to Rylan's house. Because I didn't want to wake anyone else in the house, I would text Rylan when I got to his driveway. We would drive to the high school, and I would park in the lot next to the gathering spot for the team. Rylan would join the team and I would do my own workout. My body doesn't like to run more than 2 days in a row, so I would take my bike every few days. I would run or ride my bike on the wonderful trail system in Pueblo West. (A lot of the credit for these trails goes to Kim Arline.) After practice, I would take Rylan home. This became a very special time for me. I would get in an early morning workout, but more importantly I would get to "hang out" with my grandson for several minutes each practice day. We had time to chat – mostly about routine things, but occasionally about something more serious.

This continued through Rylan's first 3 years of high school. When summer 2020 rolled around, Rylan had his driver's license. A few days before the first scheduled practice, Rylan asked me if I wanted to continue to take him. I was absolutely pleased and honored to say yes. Practice this year followed safety protocols due to covid including temperature checks and masks before and after they worked out.

Those of you who have grown children / grandchildren understand how quickly they grow and how quickly their lives get busy with school, work, and life. I'm sure Rylan and I will continue to spend time together as he begins college next year, but his life will become more complex and no matter what the future brings, I will always treasure the time we spent together those four summers. Those mornings were indeed special.

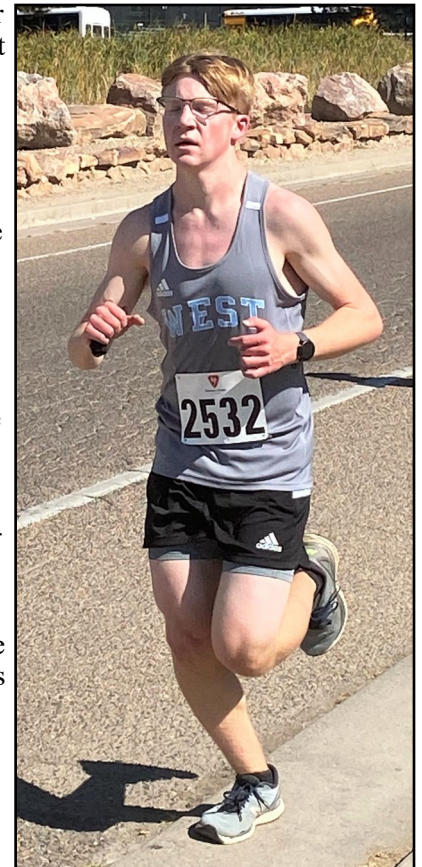
I am so proud of Rylan for his dedication. The summer practice sessions are optional. Mandatory practice doesn't begin until school starts in the fall. In addition to cross country, Rylan ran track as a sophomore and plans to run again as a senior. The 2020 track season was cancelled due to covid.

When it comes down to it, we run for health and for the sheer pleasure of running. If we are able to be competitive – that's a bonus.

Before a meet I tell Rylan two things. "Have Fun", and "Dig Deep". He has been digging deep. The last two years he has finished 7th overall in the Pueblo City / County meet on the Elmwood short-9 golf course. This year the regional meet took place a week after the City / County event on the same course. This time Rylan was the 5th Pueblo runner to cross the finish line. His skill and stamina have improved so have his times. I've watched him finish at several meets through the years and when he crosses the finish line it's easy to see he gave it all he had.

He was recognized as SCR's male youth runner of the year at the last banquet.

It is appropriate to give appreciation to Rylan's coaches Amber Neff, Brandi Menegatti, and Bobby Tillman. Thanks also goes out to Marilyn and David and of course, to



(Continued on page 7)



Winter Running and Poetry

By Ron Dehn



In anticipation of winter, I dug up this piece I wrote about 12 years ago. Enjoy...

It snowed that morning, and it was perfect for a late afternoon run. The sky was patchy blues and grays, and the snow was soft in the 30-degree temperature. Big flakes were drifting ever so slowly from scattered clouds. After a half mile of snow-covered asphalt, I took my first steps onto my favorite trailhead.

This trail invites you to partake. It starts off downhill and weaves around the chollas, rabbit brush, and junipers sprinkled about the landscape. It leads through a small valley with rocky bluffs to the left and rolling hills to the right. The snowcapped Wet Mountains lay due west, straight ahead.

Stepping onto the trail is like stepping beyond a curtain. I rarely go more than 3 miles from houses, but these are hidden from view; so it looks and feels like I am a hundred miles into the wilderness. I have seen other runners and cyclists on the trail but 9 out of 10 times, its solitude except for rabbits, hawks, and other birds, an occasional small herd of deer, and more rarely a fox or a coyote.

Today's run is one of the reasons I do this. I'm not just observing beauty from a distance. I've passed through a magic door and have become part of a living and beautiful scene – one painted by the Master Painter.

As part of the magic, the Spirit, Mind, and Body are freed from their normal limitations. Running takes less effort, and there is a feeling of buoyancy. Gravity takes a rest. The snow-covered trail enhances that feeling – like that of the first skier of the day on a foot of fresh powder.

The day was still and there was no sound except for that of each footstep. Not quite a squeak. Not quite a crunch.

I became aware of the sound of each foot as it struck the fresh snow. There was a rhythm, like the drum of an Indian in a not too distant village. Suddenly a line from a Robert

Frost poem popped in my head. *“The only other sound's the sweep of easy wind and downy flake.”*

It is from Frost's classic, “Stopping by Woods on a Snowy Evening.” In the poem, the other sound was the harness bells of the author's horse. Mine was that of my running shoes striking the snow-covered trail.

I've researched the poem and read several interpretations.

Some mention tranquility and solitude.

Yes!

Some refer to beauty and mystery.

Yes!

Some refer to a journey or transition.

Yes!

Some think Frost was intentionally ambiguous about the poem's meaning. That he desired to invite the reader to discover his / her own interpretation. Makes sense to me.

Winter often symbolizes an ending, so my mind started to wander and think about endings. The great gift of endings is that they are usually followed by beginnings.

The cycle of nature. The cycle of life.

My feet grew lighter and I was gliding more than running. I felt the softness of the large flakes drifting from the sky as they kissed my cheeks one by one. I heard my footsteps and the last lines of Frost's poem.

The woods are lovely, dark and deep

But I have promises to keep.

And miles to go before I sleep.

And miles to go before I sleep.

I'm not sure exactly what Robert Frost had in mind when he wrote those famous lines; but I know what they mean to me.

(Ramblin' Continued from page 6)

Rylan's family for all the support and encouragement through the last four years.

Although the title of this article is Running with Rylan, I haven't run “with” him for quite some time now. The few times we trained together he would run with me a bit, take off at his pace, then loop back to hang with me for a few minutes, then repeat the process.

Another thing that impresses me, is that during the season Rylan would sometimes talk about improving his own performance, but he would also speak about the team and the success that other team members were having. I really like that mindset. I believe that cross country running is like life. At times it feels like an individual event, but in the end, it is really about the team. Finally, I have to mention that in addition to being an excellent athlete, Rylan is also an outstanding student and has earned an academic letter every semester in high school. I'm so proud of that young man!



Virtual My Hero Run/Walk

By Kim Arline



Rob and Sheena Archuleta, local advocates for using fitness and athletics to push past addictions, host an annual Super Hero Run this time of year. But there was a new twist this year. Instead of dressing up as a Super Hero for the race, participants were asked to recognize a hero in their everyday life. There were heartfelt messages online of people making a difference in this world in small and big ways. It is often the unsung hero, that encouraging voice, that dedicated family member that really makes the biggest difference in people's lives. Not the famous, flashy people.

At the October Predict, Jesse Casarez brought a few shirts and a few of us shared our Heroes before the run started.



Jesse's hero, Anna Neal, is a military veteran working locally now with paroled inmates and those with addictions. She is raising 8 children, her own children and her sibling's children.

Darryl Clark recognized his late mother, his wife and his daughter who all live with debilitating autoimmune disorders but shine every day despite their struggles.

Becky Medina said it was hard to pick just

one, she has so many amazing people making a difference. She did point out how her husband continues to push himself losing weight and adding new challenges. He found a half marathon for them to run, his farthest race so far!

Kim Arline ran for her friend since 2nd grade who has cared for her husband through 16 months of his leukemia treatments and a bone marrow transplant this summer. Natalie has journaled daily through this fight on a Caring Bridge blog and has over a thousand followers. Doctors and nurses suggest other families follow the blog as it details the struggles, the triumphs, the ups and downs. She always includes a Grateful and a Dislike on every blog entry. Many read the blog every morning with their coffee with tears streaming down their face for the heartache, the worries, or just the hilarious thing that happened. Kim posted on Facebook that she ran for a friend that has taught so many of us to live fully, gratefully and gracefully. Kim was surprised to read the blog the following day and see how much that simple post mattered to her friend. It turns out Natalie was having an especially low day, she needed encouragement and that Hero Run entry gave her the lift she needed to get up and keep pushing through another tough day. You never know how much a kind word or gesture can mean to someone. We can all be a hero to someone when we do that!



The run honored DEA Agent Kiki Camerena who was tortured and killed in Mexico while trying to prevent drugs from entering the United States. The shirts had a "fill in the blank" spot on the back so runners could write in the name of their heroes.

Left: Darryl Clark and Jessie Casarez
 Right: Eric and Becky Medina (photobomber Melanie Nelson)
 Photos provided by Jessie



Photos from the Splashland Sprint Triathlon

Provided by Jessie Casarez



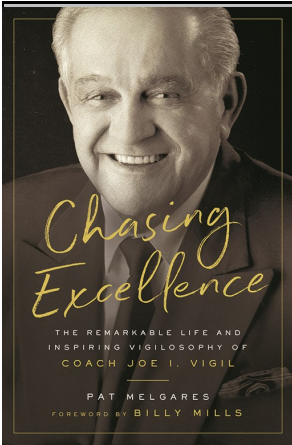
**Left: Anna Marie Neal, Biranda Seidel,
and Jessie Casarez**

**Becky and Eric Medina as well as Wendy
Garrison and her husband
also participated**

**Anna placed 1st in her division Jessie
placed 2nd in her division and Becky and
Biranda gathered in 3rd place medals**

**The Tri took place on October 17 in
Alamosa, Colorado**





Chasing Excellence – a Book Review

by Ron Dehn

Do you want to read a book about a real life hero / legend / Colorado native? If so, pick up a copy of “Chasing Excellence”, a biography of Coach Joe Vigil by Pat Melgares. See: www.soulsticepublishing.com

The book traces Coach Vigil’s life from his humble beginnings literally on the “wrong side of the tracks” to the legendary coach who won 19 national championships and guided 425 All-Americans and 23 Olympians.

The reader has insights into the values, work ethic, importance of family, friendships, and team that Coach believed in and shared with his athletes.

As successful as he was, Coach taught his athletes to keep things in perspective. “The young athlete would be well advised to keep athletics in its place. Be passionately involved in the activity, exert yourself to succeed... Yet be a well-rounded, sensitive, literate human being. It is not the job of athletics to produce people who know or care for nothing except athletics. Keep it in its place, behind your family, your concern for the general life of the world, and your education. There are athletes and coaches who prepare to act as if athletics were life. It is not. It is but a corner – and a rich one – of life which will

contribute immensely to the holistic development of the individual.”

Coach talks about pride and humility. He also believes that being a successful athlete is tied to the rest of your life and speaks of being a whole person. “You can’t separate excellence from right living.”

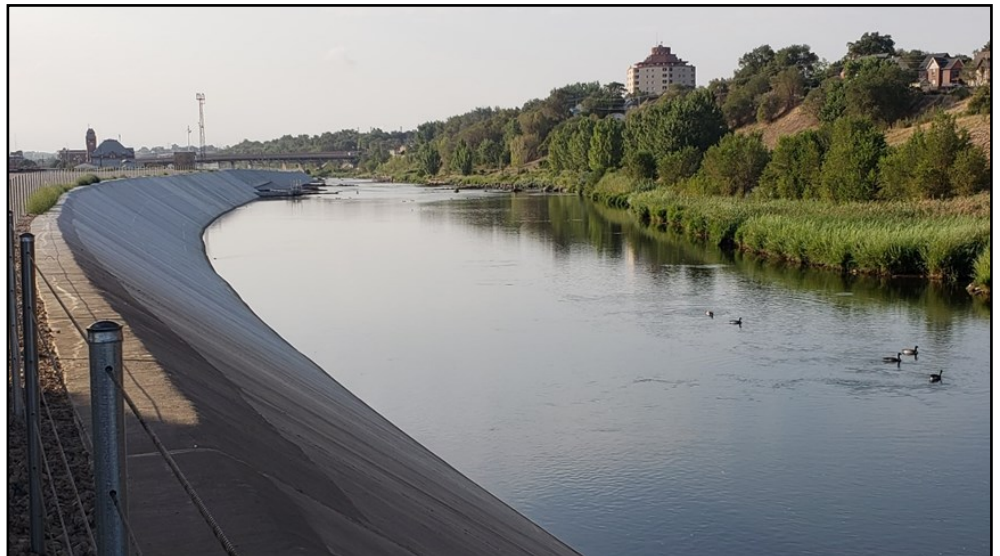
The book is full of facts, but is largely a collection of stories. It also includes a number of photos which adds to the personal nature of the book.

In addition to the wisdom and values offered by Coach Vigil, my favorite chapter in the book was “A Perfect Day” in which the author describes the underdog Adams State team winning the men’s NCAA Division II national cross country championship with a perfect score of 15. (Cross country is like golf, the lowest score wins. The person who takes first place scores 1 point, the person placing second scores 2 and so on.) The top 5 Adams State runners finished as a pack.

I have already read the book and highly recommend it. I have an idea for those thinking about it. Buy it for your spouse / significant other / friend for a Christmas present. Then after they finish it – you can borrow it. Enjoy!

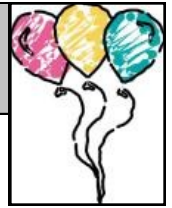
(Predict Series Continued from page 3)

The city master plan calls for a trail, benches, shade structures and some shallow plantings on top of the levee with a pedestrian bridge across near the 4th St bridge. About 7 murals have been approved for artists to paint on the new levee west of the 4th St bridge. The concrete has to cure two years between 4th St and Main St before painting will start. The guidelines are strict on what can be painted, no words to look like billboards, no religious symbols or weapons. The levee wall is half the height it was before but still a steep 45-degree angle. The SCR board has discussed funding a mural to keep us company near Dutch Clark stadium. If we approve it, maybe you can come help paint, haul supplies or bring snacks for the artists.





The Birthday Page



November

1	Ross	Barnhart
4	Jordan	Reese
5	Ernie	Aguiar
5	Jessie	Quintana
7	Taylor	Gurule
	Tiffany	Marmolejo
8	Chris	Weidner
16	Kathy	Garland
	Zoey	Neal
	O'Callaghan	O'Callaghan
17	Larry	Volk
20	Kayla	Roman
	George	VANDYKE
23	Chris	Dehn
	Richard	Giconi
24	Paulette	Arns
27	Tim	Weckx
29	ROBERT	QUINTANA

December

1	Isobel	McGivney
2	Angela	Barela
	Josiah	Barela
	Breea	Butero
	Martha	Drake
	Humberto	Paredes
3	Robin	Hannafous
	karin	kyte
6	Annabelle	Corboy
8	Andrew	Caro
	Dick	Greet
8	Katherine	Singer
11	Dave	Dehn
	Brad	Roberts
	Zarah	Zenner
12	Anthony	Diaz
	Donald	Swearingen
	Donald	Swearingen
13	Lallo	Vigil
	Laurel	Wright
14	Karissa	Dietz
	Crystal	Horton
19	Jessica	Casarez
22	Amelia	Marmolejo
	Jessi	Witt
23	Starr	Ames
24	Rich	Hadley
	Gavin	Lopez-Cepero
28	Melanie	Nelson
	Karl	Wisthoff
30	Richard	Trujillo Hall
31	Roger	Giordano
	Sara	Jemo

January

1	Gwen	Stev es
2	Crystal	Armijo
3	Jennifer	Tinnell
	Tricia	Vigil
5	Wendy	Garrison
6	Shad	Pate
12	Kyle	Reno
13	Susan	Montez
15	Michael	Arnold
17	Rob	Pratt
18	Gloria	Montoya a
19	Andrew	Hackler
	Ted	Sillox
22	Cathy	Dehn
23	Becky	Briggs
	Justin	Steves
26	Allen	Drummond
	Cheryl	Higdon-Holloway
27	John	Vigil
29	Amanda	Conant
31	Danny	Nelson

February

1	Casey	Smith
5	Zachary	Zenner
6	Jay-Michael	Baker
	Alexis	Romero
8	Sierra	Urdiales
9	Robert	Espinoza
9	Carmen	Perez
10	Mindy	McAllister
11	Kevin	Hall
	Diana	Quattlebaum
13	Travis	Carr
	Jerry	Lopez
	Zina	lopez
20	Diane	Ernewein
22	Luiz	Chavez
27	Patrick	Romero

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

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

Thank you.

The Gold Dust Saloon
217 South Union



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

Return Service Requested

**Non-Profit
 Organization
 U.S. Postage Paid
 Pueblo, Colorado
 Permit # 41**



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

Contact Us

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

President	Kim Arline	president@socorunners.org
Vice President	Marilyn Vargas	vicepresident@socorunners.org
Secretary	Wendy Garrison	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

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

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

"Like" us on Facebook:
www.facebook.com/SoCoRunners

The Final Thoughts...

All quotes are from Coach Joe Vigil

Run for the good of the team. You must be with the team. You have a responsibility as a team member.

You have a synergistic effect when you work together. You are better as a team than you can possibly be as an individual.

The bond that develops between people is based upon the joy of shared effort.

Get up in the morning and live right.

Where do you find the time to criticize, to judge others, to complain? You don't have the time.

You can't separate excellence from right living.

Poor attitudes bring on diseases. Few people die of old age. They die from diseases of the spirit.