



# Footprints

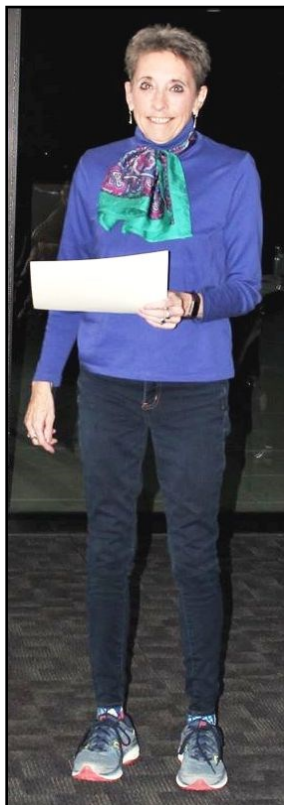


The Valentine Edition

Volume #352, Issue #1 Editor: Ron Dehn

## In Memory

SCR recently lost two of our members. We will greatly miss their energy and presence and offer our sincere condolences to the families of Trisha Davis and Rick Acosta  
See pages 3 and 4 for our tributes.



Trisha was the recipient of a Spotlight Award at the last SCR Banquet



Rick was a frequent volunteer and is shown here working a water stop

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## A message from the president Kim Arline

I'm happy to hand the reins of the club over the Ted Sillox. Ted has lot of ideas on how to get more people running and involved in the club. I am leaving the board after 8 years, 3 years as president and 5 years as membership chair after helping add the option of tri club membership on top of SCR membership. We have made a lot of improvements the past 5 years with the adoption of runsignup first as our membership system and then we added our races to the system. Our race directors have a lot more options with their race website, setting up registration, discounts and automatic club discounts. It gives us an easy way to email all of our club members or race participants. We also widely use Facebook to share news and photos. There just isn't enough time in the day to do Instagram or Twitter, maybe someone young will step up and take the club farther along with social media. I'm also proud we were able to scan 30 years of newsletters to PDF and create a library on the club website. It is pretty cool to see what some of our longstanding members used to look like and how fast they were!!!

I will still be around helping at events and hopefully running more myself. But first I am working on a call for artists to design and paint a mural on the Arkansas River levee this spring/summer below Dutch Clark stadium. SCR set aside a \$1,000 grant for the design, paint and painting of the mural with some help from good painters and listeners from the club. And I'm still the race director for Ordinary Mortals Triathlon (OMT) so I have to figure out if we can safely host the event with covid risks and restrictions. It will most likely be a duathlon requiring 6 ft of space between bikes in transition as the distancing thing will be around until mid-summer at least.

I've enjoyed volunteering for SCR since 2008 and helping to inspire people to stay active and train for some of our long standing events. It has been a pleasure getting to know more of the members and serving in an organization that has fostered running and healthy lifestyles for over 40 years. Our club truly has made a difference in the health and wellbeing of Pueblo and the surrounding area.

Thank you and I'll see you in the middle or back of the pack with my camera!

Kim Arline

*Editor's Note: A huge thank you to Kim for the incredible contribution of time and expertise to the club. The club has made great strides thanks to her leadership. From my personal observation, a president's commitment is like that of an iceberg. Only 10-20 percent of what they do is visible, the rest is behind the scenes. THANK YOU KIM!!!*



Southern Colorado Runners  
www.socorunners.org

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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. 352, Issue No. 1

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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 Ted Sillox and can be reached at: [president@socorunners.org](mailto:president@socorunners.org). Other officers and contact info are listed on the outside back cover.

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

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

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Kim Arline, Dave Diaz, Anthony Diaz, Melanie Nelson, Bob Noble, Stacey Diaz, Ashlee Sack, Ted Sillox, Gary Franchi, Trisha Davis\* and Rick Acosta\*

**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.

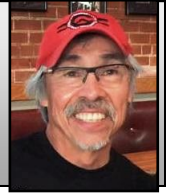
\* We honor Trisha Davis and Rick Acosta, our friends and fellow runners who passed away recently. See articles on pages 3 and 4.



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

## Tribute to Rick

by Dave Diaz & photos by Anthony Diaz



SCR and I lost a good friend recently, when longtime club member and Predict Series regular Rick Acosta passed in December due to complications with Covid. He was 68 years old.

It was unexpected, as he seemed strong and healthy and I know he was a hard worker.

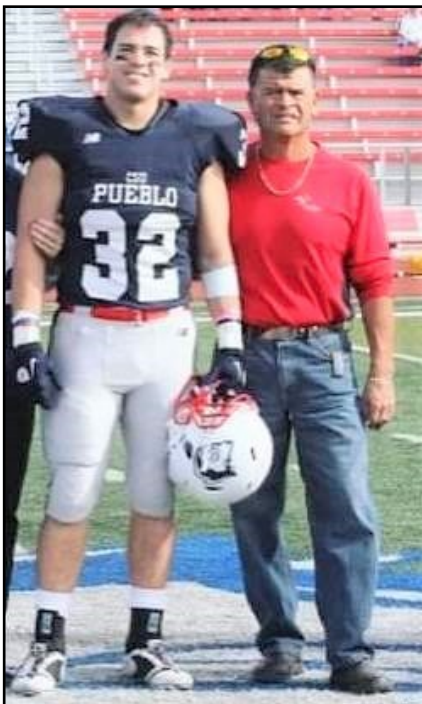
Rick held many jobs during his life, including the CF&I, but he retired from the City of Pueblo. After retirement, he bought an aerator and lawn mower and worked on lawns in the summer. When my father-in-law passed this summer, Rick showed up with his truck and trailer and helped us clean the yard. When the Spring Runoff is over and runners head for home, Rick would stick around and help load equipment, then follow us and help unload. For years he volunteered with Anthony Diaz and Bill Veges at the Rock Canyon water stop near the dam and he also helped at the Holiday Predict run that Stacey and I held at our house.

He loved all animals, dog, cats; he even raised pigeons in his backyard. He had two wood burning stoves in his house and would go to the mountains to cut his own wood.

When he was admitted to the hospital, I thought he'd be getting better soon and when he got out we could go get a beer but it didn't happen. Stacey, Anthony, Bill and I attended his memorial service and in the slide show I counted 4 pictures of Rick wearing his Predict Shirts. It was obvious from those who spoke at his eulogy that he was well liked and had many friends, "he was a good man" and "he was hard at times but he had a good heart" were some of the comments. Stacey always said he was easy to be around and interesting to talk to.

Rick is survived by three children, four grandkids, one great-grandchild, plus numerous brothers, sisters, nephews and nieces. Two daughters preceded him in death. Rick's son, Giovanni, played football at CSU-Pueblo from 2008-11 and was an honorable mention All-State football player for Pueblo County, where he also played baseball, basketball and track and was an honor student. Rick's brother was one of my best friends in high school.

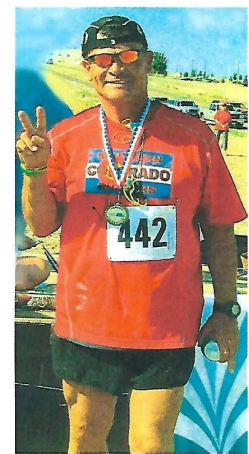
He was a father, weight lifter, pool player, beer drinker, animal lover, runner and most of all a genuine, good, honest, humble, decent, easy-going person and a good friend. He is already missed.



Rick and son Giovanni

If you read his obituary in the Chieftain, it said Rick "Mad-Dog" Acosta but that must have been long before I met him because the Rick I knew was kind and gentle but then I never saw him angry. I respected him because he was just Rick, didn't pretend to be anything else. With Rick, what you saw is what you got. Rick loved to play pool and run but he had a bad back due to a car hitting him on a run a few years ago; and the pain forced him to do less running and he started to bike and walk more. He did the "walk" at almost every Predict.

*Editor's Note: Before Rick's injury I had the good fortune to run with him at several predict runs and we always had good conversations. I can also attest to his willingness to help. Last November I scheduled a newsletter stuffing at the Gold Dust and a nasty snowstorm took place that evening. I didn't want to cancel in case someone showed up to help. Rick was the only one who made it and he and I spent the evening taping and labeling newsletters and having a fun, interesting, and great conversation. Rick was a good man and I too will miss him.*



**From Rick's  
Memorial  
Service**

*Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. ~ Psalm 55:22*



# Tribute to Trisha

By Melanie Nelson and Ron Dehn

Our club lost Trisha Davis to cancer in December. Here's the note we received from Trisha's husband Bob Noble.

"I want to forward a sad brief note to you. My wife, Trisha Davis, died on Christmas Eve. Trisha had run the September 16<sup>th</sup> Predict Run; and had done very well. But the Pancreatic Cancer came back. She took about ten rounds of Chemo Therapy. But it was not effective. She was in hospital twice and finally, on December fifteenth, we called hospice.

Trisha loved running. She has several shoe boxes of medals she won. She much enjoyed our Club and had completed six predict runs this year, as well as the Spring Run Off. I thought it would be fitting to mention her passing. She certainly loved to run."

*Editor's Note: I had a special appreciation for Trisha. Trisha did strength therapy at Life Care Center and several years back she helped my Mom to maintain strength and extend her ability to function. Our family deeply appreciated Trisha's tenderness and concern for our Mom's well being.*

*Melanie Nelson shared some thoughts. "I spoke with Trisha at the Walter's Brewery Predict. She told me her cancer had come back and she was going through treatment.*

*She's one tough lady. She was upset that she didn't have the energy she used to and was running slower."*

*In addition to running, Trisha loved outdoor activities. She was a hiker and a skier as well. Our sincere condolences to Bob and the rest of Trisha's family.*



Above: Bob and Trisha at the SCR banquet in January, 2020

Below: Stacey Diaz, Peggy Oreskovich, and Trisha

Lower Left: Trisha and Bob at a Predict





## Return to Running

by Ashlee Sack



January 14th marked the last day (until Halloween) that the sun will set before 5:00 pm. For runners, we know this means that summer sunset runs are just around the corner.

But winter has been long. And if you find yourself in poorer shape than normal - you're not alone. It's been a heck of a year.

When we all reverted to recreating with our "quaranteam" (a term none of us could ever have anticipated adding to our lexicon), I found myself riding my mountain bike more often than lacing up my running shoes. It was the nature of the COVID beast: I found companionship in a small group of friends who I knew were being safe. And we BIKED. We put more miles on our mountain bikes than we ever had before. We hit the dirt as soon as our husbands came home from work, and pedaled until sundown.

But I wasn't running.

Now that the kids are back in school and winter is in full swing, however, my mountain bike is taking a back seat to my trusted running shoes. I find myself returning to my old habit. I don't bike well in the winter. I feel vulnerable and nervous when my fingers have a hard time pulling back on the break levers. My feet never feel fully capable when my toes are frozen. And patches of ice seem doubly dangerous when approached on wheels.

But running? That's just me, my shoes, and a beloved trail. I feel more at home in my own body when I'm running. I feel comfortable putting on a few extra layers and willing my legs to move. In winter, I will run in almost any weather. (Give me a 30 mph wind, though, and I'm at home with a book.) On winter days, I've met friends at the trailhead and seen little more than their eyes - wrapped as they are in jackets, mittens, and balaclavas. I've laughed with runners who, at the end of a long run, have miniature icicles on their eyelashes and eyebrows. I've learned that I prefer mittens to gloves. I wear fleece-lined tights. I even have found that a micro-fleece vest is my favorite winter running accessory.

And I have found that - if I just set out my clothes and shoes the night before - there is virtually no southern Colorado temperature that can keep me from watching the sun come up over the Arkansas River on a winter day. So I am back to running.

My distances are a little big shorter recently, as I am not in the running shape that I normally am in this time of year. (I blame the emphasis on biking for the slow running times, but credit the time with my friends for saving my sanity.) But it's incredible to me how quickly your body remembers how much you love the sport. It's amazing how quickly you become re-addicted to the runner's high. And it's wonderful that it's something you can always return to, come global pandemic or winter snow.



### The 43rd Annual Spring Runoff will take place in March

Due to Safety Concerns this year's event will be a virtual 5k, 10k, 10mile  
A portion of the proceeds will again go to our partners at Care & Share  
For registration and details go to [www.socorunners.org](http://www.socorunners.org)

**The Tradition Continues!!!**



## The Predict Director Adventures by Ted Sillox

timing, well sort of timing with Shawn holding my hand. It was the Chilly Willy at the Romero residence and everything was great because I knew Shawn was there to pick up any fumbles. I went to Shawn's house the next week and we posted the results with me taking all kind of notes and then he said, "You're all set to solo." I immediately was thinking of how many things could go wrong and I could see an angry mob of runners with pitch forks and torches coming to my house. He reminded me that he was only a text away and I would be fine. Thanks to Shawn for helping me.

Then luck intervened for me and Gwen Steves contacted me. She helped me build a template for the predict races making it much easier to build each race. Thanks Gwen. When new people join or someone needs a new bib, as sometimes they quit working, all you need to do is go to the template and make the changes. I suddenly had feelings of confidence that everything is going to go smoothly for me as predict director. Little did I know that there were evil forces plotting against Ted.

My first race all alone was the Fox Trot hosted by Steve and Katie Fox at their plumbing shop on the south side of Pueblo. I got there early and set everything up for my solo flight. Things went well but I had the same feelings I had on my first day of teaching. It seems like everyone was crowding around my desk asking 1,000's of questions. Once again the picture of the angry mob of runners with torches and pitch forks appeared. Anyway the run happened, the computer captured the results and I lived to escape to the sanctity of my home. All the way home I was thinking about tabulating the results and then publishing them. I was done but still not done. The next day I waded through the process using all of my notes thinking how learning, just like running seemed easier when I was in my 20's.

I got through the tabulating process and it was on to publishing the results. I probably should have taken better notes as I hit a snag and got stuck. But lucky I remembered that Dave Rael set up the Joomla web site for us and he lives fairly close to me. I called Dave and raced to his house and he helped me with publishing the results. Thanks Dave. I thought, now you have got all of this conquered and it will be easy breezy from this point on. What a foolish thought!

Our next predict was on the new trail system by Walmart in Pueblo West. I packed all of the equipment in my truck the night before and anticipated a great day in the history of race timing. Well just like that, up jumps the devil, and when I go to start my truck, I have a dead battery. The mob was pictured in my mind again. I loaded all of the equipment in my car and proceeded to the run site but you know how it is when you have to redo stuff. You keep thinking what else can go wrong. The race started and Gwen happened to stop by. She noticed that I had not put the thumb drive in the reader thus it would not have a backup reading. Once again, the lucks gods of running had helped me out. I was now thinking, you are such a smarty pants and you got this all under control. The Spring

(Continued on page 7)

*Editor's Note: When Ted submitted this article, I asked him for a "headshot". He ignored my first request. When I asked him a second time he said, "I lease my picture to the Big R Stores, they sell them to farmers to chase rats out of their barns." Well, I mentioned this to my son Bryan and Bryan went the extra mile to contact Bill Crowley, a cartoonist. Bill said he would gladly create a drawing and I agreed to give Bill a bit of advertisement. (I did have a photo of Ted, but wanted a "headshot" that Ted liked.) Anyway—we went a long way to play a little joke on Ted. Bill's business card is below should you want to employ Bill's services. THANK YOU Bill!*

This all started a little over one year ago when the club offered a training course in race timing. I attended the meeting

in Pueblo West at the library on a summer evening and then kind of let the idea go. Fast forwarding to the last predict of that year at the Diaz residence I was talking with Shawn Loppnow, the predict director at that time, and he asked me if I was ready to, "Take this thing over." I thought he meant the party and said, "Absolutely." The next thing you know I was sitting in his house getting a crash course in timing and building races. I had the feeling you get when you are in a foreign country and need to use the restroom but no one speaks English. You stumble and mumble around hoping to have luck intervene and help you.

After some road bumps getting the computer I would be using connected to Race Director we built the first race I would be

## The Predict Director Adventures Continued

*(Continued from page 6)*

Runoff was just around the corner and everything looked great. That is the problem with looking as the next thing you know here comes the devil and Covid 19 shutting everything down just after our race was held.

The club decided to have a virtual predict race and that was a new venture. I don't know about you but I feel, when running a virtual, that it is nothing more than a training run. It lacks the excitement of the crowd and the anticipation of running against other people. It is better than nothing but not by much. Pretty soon I began to think, you know if you don't use this equipment Ted you will forget how. So, I decided that I needed to do one of 2 things, 1 get busy dying or 2 get busy living. I chose the latter and picked Lake Minnequa for a real predict run. My mom still lives near the lake and in my youth, I would often run around the lake for exercise. It is much better now with the trails as you don't have to wade through mud holes, dodge cattle and jump over the occasional snake.

I went and visited my mom the night before the race and set up the course. Pretending to be walking my dog, Josie, I laid out the course using field marking paint. As we were in a shut-down it felt just like I was James Bond working against an evil empire, laying out an escape route. I kept thinking of what story I would tell the park ranger if they happened to see me marking the course. The next morning runners arrived and I was all set up and off we go. Well guess what? The reader

was not working and mustering the skills of James Bond again I thought, you need to adjust, adapt and overcome. I also thought maybe you are too old and dumb to be doing this. Anyway, I just grabbed a good old notebook and pen and started writing down bibs and times as they came in. Bob Noble happened to be standing there and I immediately enlisted his aid in calling out the bib numbers under the guise that it was as important as the sun rising tomorrow. When someone asked how they did I mumbled some mumbo jumbo and said, "We need to vacate the park as soon as we can or risk the park ranger arresting all of us for high treason and misdemeanors." You know fear can sometimes be your best friend.

Getting back to my house I set up the mats and reader and proceeded to debrief, a fancy word for analyzing a fubar. Well low and behold the luck race gods had put the reader on the wrong race. A simple fix but somehow you just don't notice those things when you are distracted by someone trying to launch a parasail flying machine in the park. I kept thinking he was going to crash land into our table. I sat there and turned the reader on and hand fed all of the results in and made a note to double check the reader for the correct race next time.

Thinking that I had all of my bad luck in the rear-view mirror I set up the next race for running. Pueblo Mountain Park seemed like an excellent place for a run and like always I went there the week before and plotted a course. I ran it and made notes where to place cones for the runners. Arriving at the park the day of the race I learned that the gate would only be opening 1 hour before the race. The running luck god was on my side again and I was able to drive the majority of the course putting out the cones and still had enough time to set up. I should remind the readers that Danny and Melanie Nelson have been a great help with this especially picking up the cones after the race. All the timing went well at the park and I was already planning the next predict. While driving home I decided that a run on the top of the barrier levee in Pueblo that had recently been lowered would be a great venue.

My mom has an old Nishiki bike with a heavy-duty bike rack and it makes for a great carrier for cones. I proceeded to install a borrowed milk crate on the top of the rack and filled the tires with air again. The morning of the race dawned with salmon streaks in the eastern sky and I thought this is a going to be a great day. I loaded the cones into the milk crate and immediately noticed that they were heavier than I thought they would be. Pressing on I rode down the hill behind Dutch Clark and started setting out the cones to the foot bridge. I proceeded up the levee to the top and continued down river to the short course turn around. When I do these things, I always am thinking that I need to get this part over and get to the next part. Well, just before the spot for the short course turn around, I foolishly decide that I can go just a little bit faster and shift gears. The pedals come to a halt and I get off and see that the chain has become wedged between the gear and the frame. I get off and say "Oh darn, my chain is stuck!" The bike kick stand won't hold it up with the weight of the cones so I proceed to unload the cones and turn the bike over to loos-

*(Continued on page 8)*

### Something's fishy



## The Predict Director Adventures Continued

*(Continued from page 7)*

en the stuck chain. While I am muttering to myself an early morning walker ventured by and gave me that look like who is that cocoo talking to. The running luck god came out and I soon found a small piece of rebar that I used to get the chain free and off I went dirty greasy hands and all.

Soon I was at the lower foot bridge and heading back to Dutch Clark. About a mile from the Dutch I noticed a strange kind of swoosh sound and that the bike was getting much harder to pedal. Thinking that I had used all of my bad luck up already I just brushed it off to just being old. Soon I looked down and saw the front tire was completely flat. What bad luck and I said, “Oh double darn it!” Employing the instincts of a river boat gambler I decided to just ride on and hope the running luck god keeps the tire on the rim. Luckily the tire stayed on and just like Jason and the Argonauts I was able to go on. When I got back to Dutch Clark Danny asked “You look like you have been riding pretty hard?” I showed him the flat and no further explanation was needed.

The rest of the predict races have went very well and I hope members have enjoyed coming to them. We have run some courses with outstanding scenery and I will continue to try these venues. I am hoping for a vaccine and a return to the days where we could run and have fun afterward eating the potluck dinner. I will especially miss running at the fairground predict but maybe we can find a new and entertaining route. Let’s all hope for a good 2021 and a return to our usual predict runs.



## So Co Runners Making News

by Ted Sillox

In December I was talking with Danny Nelson about races and he mentioned that he had competed in the Pikes Peak Road Runners November race titled the Turkey Trot Predict 5K. I asked him where he came in and he told me he placed third overall and was awarded a turkey. We laughed because Danny is a vegan and I told him he should have traded it for a case of celery.

Later that night I looked up the results and saw that our member, Danny Nelson had not only placed third but had set a course record for his age group M60-64. His time was 21:42.900 and broke the old course record for his age group by 1:15. That is a significant drop in time and 1:15 in time is a fairly long distance in a race.

Colorado Springs is a strong running community so to break a record by that amount is quite an accomplishment. Congratulations to Danny for his accomplishment!

Danny Nelson rounding the corner on a winter run





## Book Review

### Running the Rift, Naomi Benaron, 2012 by Ashlee Sack



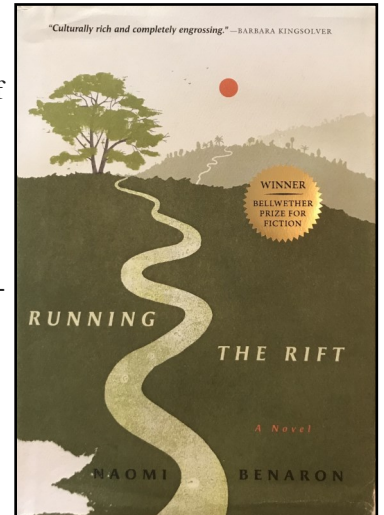
For many of us, running is a means to decompression, stress relief, strength, and joy. In Naomi Benaron's 2101 novel - Running the Rift - running represents Jean Patrick's opportunity to heal both emotional wounds and his country's greatest political challenges.

Set in Rwanda during the early 1990s, the story follows Jean Patrick Nkuba (loosely based on real-life runners Patrick Nduwimana and Mark Bizimana) from his early life in the rural hills to his training for Olympic glory in the 800 meters. The descriptions Benaron gives of the countryside - the hills and lakes, trails, and dirt roads - will likely paint a vivid picture for those who have never seen this part of the world. Careful and eloquent descriptions of the flora and fauna, the brilliant colors, and the delectable foods of the region are reason enough to pick up this book. The story of Jean Patrick's internal and external struggles as his country is torn apart by civil war, however, provide the nexus of the novel. It poses the question, when is patient optimism no longer appropriate and vehement action finally necessary? Jean Patrick answers this question as he seeks to preserve the things he holds most dear - his family and his country.

Any runner will appreciate the resiliency and determination that the main character shows as he progresses on his journey

toward the Olympics. From the thrill of his first win as a young boy to his competitions on the world's stage, the suspense is electric. Everyone who reads Running the Rift will find themselves buoyed by the hope and conviction of the characters, as well as the bravery that it took to stand up to oppression and violence during this tumultuous time in Rwandan history. It is the story of human nature, of history, of the absurdity of discrimination, the horrors of genocide, the trajectory of human lives, and of the ultimate power of love.

I recommend this book to anyone who appreciates leaning more about history and current events as told thorough the lens of individual human experience. I thoroughly enjoyed Benaron's novel.



### Welcome to our new Board Members & Thank You to Our Volunteers

Welcome to the following members who will be joining the SCR Tri Club Board:  
 Ted Sillox is taking on the role of president. Danny Nelson is now our vice president. Wendy Garrison took on the duties of club secretary a few months back. Paulette Arns is now our club treasurer and Deb Gurule will assist in that role. Thank you to each of these individuals for stepping up to take on these responsibilities. We also want to express our appreciation our outgoing officers. Thank you Kim Arline, Marilyn Vargas, Alexandria Romero, and Dorene Miller.

SCR is fortunate to have dedicated volunteers who perform enormous amounts of work – mostly behind the scenes. With no banquet this year due to covid, it is appropriate that we thank all of you who serve as race directors, course marshals, registration and packet pickup personnel, calendar coordinators, tri-club coordinator, webmaster and assorted IT duties, membership chair, volunteer point coordinator, newsletter writers, photographers, and stuffers, equipment managers, race timers, water stop volunteers, trash picker uppers, and all others who serve in a wide variety of capacities. One hundred percent of the duties performed for our club are volunteer. Thank you for keeping our club in such good shape.

### Call for Levee Mural Artists

**Request for Proposals (RFP)  
 for Mural on Levee  
 Sponsored by the Southern Colorado  
 Runners club**

**Submittal Deadline: February 26th, 2021**

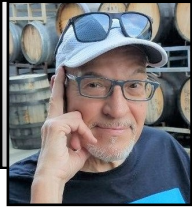
#### Opportunity Description

The Southern Colorado Runners (SCR) requests proposals from local artists to commission a design and painting of a mural on the river levee below Dutch Clark Stadium.

For more information go to:

[www.socorunners.org](http://www.socorunners.org)

and click “Call for Artists for Levee Mural”



## COVID-19 reconnects two Masters swimmers after 26 years

By Gary Franchi



For Carrie Franchi and Heather Carling-Smith, something good actually did take place as a result of the COVID-19 pandemic. But it took swimming, considered a life-long activity, to make it happen.

The two women swam together for about a decade with the Inland Empire YMCA (IEY) Masters swim team in Spokane, WA, until Carrie moved to Pueblo in 1995. They trained, raced and traveled to swim meets together quite often. In fact, they were part of the women's 200 medley relay teams that set what then were United States Masters Swimming national records in the 120-159 total age-division in 1986 (2:33.31) and 1987 (2:32.53). On those teams, Heather swam the butterfly leg and Carrie the backstroke. Back then, Heather was Heather Dewitt until going back to her Carling-Smith maiden name in 1987. Carrie was Carrie Slover before marrying Gary in Boulder in 2010 and was a long-time SCR & SoCo Triathlon Team Club member.

Over the years, the two California-raised ladies lost track of each other as their lives went in different directions while having separate careers in physical therapy. Heather practiced mostly in pediatrics in schools and taught PT at several universities. She left Spokane to teach PT at Sacramento State University in 1998 and moved back to Spokane in 2003 and then to nearby Cheney, WA, in 2007. Over the years, she has been involved in many physical activities, including hiking, skiing, kayaking and stand-up paddleboarding. She has climbed Kilimanjaro, a Mt. Everest base camp and Machu Picchu in Peru among others.

While living in Spokane during the 1981-95 period, Carrie

**Heather (left) and Carrie**



had been involved in running, triathlons and open-water swimming in addition to participating in masters swimming. While being an aquatic therapist in Pueblo for 25 years, she continued her training focus in swimming with the Pueblo Masters Swim Team, completed triathlons up to the Half-Ironman distance, rode in bicycle tours, participated in pack-burro races and also ran dozens of road races including the Boston Marathon in 2018. She and Gary moved to Cheney, outside Spokane, in late 2019, and since then they have joined the Flightless Birds Running Club in Cheney, the Spokane Bicycle Club and Team Blaze triathlon team.

Of course, once the pandemic hit, pools and fitness facilities were shut down. There was no swimming for Carrie from last March until July, when she and Gary began open-water swimming in a lake nine miles from their home. But swimming again was gone when the cool weather and water temperatures of Pacific Northwest fall arrived. But in late fall, the downtown Spokane YMCA opened its pool for limited swim times by appointment only. The Franchis joined the YMCA and started going regularly, and Heather coincidentally signed up at the Y as well in November.

But the two ladies didn't connect until Jan. 4, 2021, when they happened to be swimming in side-by-side lanes at the Y. Heather noticed the Colorado Masters swim cap that Gary was wearing and asked Carrie if she and her husband were masters swimmers. Not recognizing each other because of age-related changes (Carrie is 68 years old, Heather 70), it wasn't until they continued talking about their backgrounds that they realized they knew each other from the IEY team. Then the memories began flowing back about all those years of training and competing together.

"My best memories of IEY and Masters are the camaraderie and encouragement we shared," Heather said. "Having a group to work out with provided lots of support." She fondly recalled a few swim meet moments, one of which was when she and three other pregnant women swam the 200 medley relay in early 1987. (Heather delivered that May.)

Carrie also loved the masters swim group they had back then, saying, "Everyone got along and had fun together no matter what walks of life they were from. There was no judging by anyone. It was fun traveling to meets and hanging out together."

Now it is inevitable that they will renew their friendship outside of the pool, as they discussed getting together to snowshoe, chat over coffee, etc. They also said they would like to be part of a masters swim team again in the Spokane area, maybe even to compete together.

As they were talking while getting dressed in the

*(Continued on page 11)*



# The Birthday Page



## February

1	Casey	Smith
6	Jay-Michael	Baker
	Alexis	Romero
9	Robert	Espinoza
	Carmen	Perez
10	Mindy	McAllister
11	Diana	Quattlebaum
13	Travis	Carr
	Zina	lopez
20	Diane	Ernewein

## March

1	Bobby	Streip
2	Kim	Arline
5	AnnaMarie	Neal
6	Shawn	Lopnow
8	Taylor	Vigil
10	Kimberly	Swearingen
13	Dennis	Krall
13	Mindy	Urdiales
15	Nelson	Brentlinger
15	Chester	Haddan III
20	Stephen	Wright
21	Randy	Oles
24	Lorie	Moreno Roch
25	Rebecca	Medina
26	Marv	Bradley

## April

4	Rebecca	Simmons
10	Marilyn	Vargas
13	Joe	Brosseau
	Joe	Farra
18	Bryan	Dehn
	Lauren	Leomiti
19	Stephanie	Giconi
20	Bob	Stuemky
22	Cheri	Armstrong
	Klinton	Kane
24	Alicia	Lopez
26	Regina	Webb
28	Alexandria	Romero

## May

1	tara	trujillo
4	Jeremy	Hamm
	Israel	Lujan
7	Eva	Cosyleon
8	Trevor	Walker
9	Mark	Steves
12	Mindy	Chapman
13	Matthew	Mascarenas
14	Deborah	Gurule
20	Diane	Lopez
31	Carla	Sikes

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(Continued from page 10)

locker room after their chance meeting in the pool on Jan. 4, a lady nearby, socially distanced of course, had been listening to them converse. After Heather left, the lady summed up the encounter perfectly, saying to Carrie, “So something good DID come out of COVID.”

Carrie and Heather also have swimming to thank for that reconnection.

*Editor’s Note: I am so pleased to receive an article from Gary. Gary has been a club member since 1981 and served as newsletter editor for 17 years during which he won 4 RRCA western region awards and 2 national awards. I estimate he has written at least 350 columns for Footprints. Carrie was also a frequent volunteer serving on the banquet committee and as Predict Series Coordinator. Even though the Franchis live in Washington, they are still club members.*

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**The Final Thoughts...**

The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life. Rabindranath Tagore

The fundamental delusion of humanity is to suppose that I am here and you are out there. -Yasutani Roshi,

The artist brings something into the world that didn't exist before, and he does it without destroying something else. -John Updike

The significance is hiding in the insignificant. Appreciate everything. Eckhart Tolle

If Barbie is so popular, why do you have to buy her friends? Author Unknown

My luck is so bad that if I bought a cemetery, people would stop dying. Rodney Dangerfield

Anybody can be a runner... We were meant to move. We were meant to run. It's the easiest sport. Bill Rodgers