



# Footprints

The Spring Time Edition

Volume #352, Issue #2 Editor: Ron Dehn

## Congrats Ted!!!

Congratulations to Ted Sillox! Ted was recognized by the SCR board as the Most Valuable Club member in 2020. He didn't let Covid-19 keep him from hosting the Predict Series and kept club momentum going through the pan-



demic. Ted and Josie (Ted's little dog) kept the series going and incorporated safety protocols at each event. He planned a lot of new courses and helped get us out of our routines. For those club members who wished to be more isolated, Ted created virtual run / walk options and kept track of both in-person and virtual participation. In typical Ted fashion, he gave a lot of credit to Danny Nelson for his help in keeping the predict series going. Ted – the club thanks you!

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### Club Discounts are available

Discounts are available from various sponsors for club members.

See details and directions for printing your membership card inside.





## A message from the president Ted Sillox

My fellow club members, I hope you are safe and healthy as this message reaches you. These are trying and frustrating times but just like running uphill we need to just keep putting one foot in front of the other foot. I believe the light is visible at the end of the tunnel and I am ready for real racing and having social gatherings after the predict runs.

I have been placing flyers advertising our club at various locations with the hope people looking for something will find their way to us. While I am thinking of it, if you normally discard your copy of Footprints please leave it somewhere such as your dentist office or coffee shop so others might see it and find out about us. If you are not aware of it we are down to around 162 memberships and we need at least 200 for bulk mailing. I am asking all members to reach out to their friends who run or walk and bring them as a guest to one of our predict runs.

Make sure to let them know that they can receive a bib and get timed. This is the best way for our club to recruit members and grow as they get to experience what we do at our runs. Also if you are an established senior member think about recruiting a youth member and perhaps sponsoring them as their fee is only \$10.00. Clubs do better when they are expanding and bringing in young members with new ideas and energy. Remember a wise man once said, ask not what your club can do for you but what you can do for your club.

Looking to the future Wendy Garrison is busy planning the Atalanta Race and plans to direct this race either during the last week of July or the first week of August. I believe that is great news and I am planning to make sure this race happens or be residing at Roselawn. I like roses in case that happens. So tell all of the women you know to register for this race and be there and get them to join our club. We may have to hold all activities outside but we can adjust, adapt and overcome.

Our club needs someone to get news out to people. If you are versed in methods of communication such as Twitter or Instagram and would like to help us out please contact us and help us spread our message.

Our club has secured the use of a building, thanks to members Ken and Melanie Hughes, and our board meetings will now be held in person at 1601 Bonforte Boulevard. Google meetings are convenient for 2-3 people but something is lost with larger groups. April 7 is the next meeting. Stay safe, keep moving.



**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. 352, Issue No. 2

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**SCR Monthly Meetings:** are held the 1st Wednesday of each month at 6pm at 1601 Bonforte Blvd with a virtual option. All SCR / Tri Club members are welcome and may bring relatives, friends, ideas, and treats.

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: Ted Sillox, Melanie Nelson, Danny Nelson, Jay Zarr, Eric Medina, Ashlee Sack, Marijane Martinez, Dave Diaz, Jonesy (Marvin Jones), Stacey Diaz, Kim Arline, and Jeff Arnold\*

**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.

\* Jeff Arnold was the first president of SCR. Jeff missed the organizational meeting but was elected president in his absence.



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



## Meeting Erin Taylor-Talcot

By Ted Sillox



On Saturday February 6th we had the pleasure of meeting and going for a quick work out with Erin Taylor-Talcott who is an internationally ranked race walker, World-Class Athlete, Coach and Professional Speaker. Erin and her husband, Dave Talcott, are considering relocating to Pueblo. They currently live in Owego, New York (located about 200 miles northwest of New York City). Erin had been living and training in Santa Fe, New Mexico for a number of weeks this winter.

A contingent of SCR runners showed up at the River Walk on a brisk, sunny, beautiful Saturday morning to welcome Erin to Pueblo and to run with Erin while she walked. Yes, you read that correctly, we ran while Erin walked. It was an amazing thing to see, Erin was able to walk as fast as we ran.

Erin is very friendly, humble, well spoken and has a wealth of knowledge of race walking, fitness, coaching, directing races, running clubs and motivating athletes. It was interesting, inspiring and enjoyable to converse with her.

Erin and Dave have both achieved notoriety in the sport of walk racing, and both have set a number of records. They have both won medals in the World Masters in France, and both qualified for the 2016 and 2020 U.S. Olympic 50k Race walking Team Trials and continue training for national and international completions. Along with having a masters degree in Music Performance, Erin is a trendsetter in the world of women's race walking. Not only is she one of the fastest women 50k race walkers in the world, but she was the driving force behind change in the sport to include the 50k as an event for women, which had been solely a men's event until 2016. In 2016 the International Association of Athletics (IAAF) changed its rules and opened the 50K up from a men's only event to a gender blind event, making it the first gender-neutral competition in track and field. She was the first woman to compete with the men in Rome, Italy where she placed 39th at the World Team Championships of Race Walking. She won the first ever women's 50k NACAC (North America, Central America and Caribbean) championship. Erin has competed in international races in Chile, France, Italy, New Zealand, England and China - just to name a few.

Well known around the world, the sport of race walking receives limited media attention in the United States. A first reaction of a lot of people is that race walking looks funny. Unlike running, race walkers must maintain contact with the ground at all times. The leading leg has to be kept straightened

until the leg passes under the body. Stringently judged, race walkers can be disqualified when fouls are reported. Like running, race walking requires an extreme level of endurance. Since race walkers experience fewer injuries than runners, race walking is considered by many as being a "sport of longevity," where athletes compete well into their 70's or older.

As a coach Erin has had great success including helping athletes qualify for national and international championships.

Erin is also a professional musician and performs in orchestras. She plays the oboe and the bassoon and teaches music lessons and has performed a solo in Carnegie Hall.

We were able to meet Dave and see Erin again on February 20th when they competed in the Valentine Predict Race at City Park. They were on their way traveling through Colorado and then back to New York.

Hopefully we will see Erin and Dave again, possibly if they decide to make Pueblo their home.

Ted, Melanie Nelson, and Erin



**Pueblo Downtown Social Shuffle and  
The Beer Run  
By Melanie Nelson**



**ShamROCK Stampede for  
PTSD 7K  
By Melanie Nelson**

The Pueblo Downtown Social Shuffle and The Beer Run has and is still happening. Runners and walkers of all abilities meet on Monday and Wednesday.

Mondays the meeting place is the Gold Dust 217 S. Union Avenue between 5-7pm; for The Beer Run. There is a 3 mile loop that goes through and around the Riverwalk and the Historic District at your own pace. Sign in at the Gold Dust to receive a ticket for buy 1 get 1 free beverage (ask waitstaff what applies, usually draft beer) and 10% off dinner items.

Wednesdays the group meets at Walter's, 126 Oneida Street at 6pm (or whenever you can) for the Social Shuffle with a 3 mile loop that goes to Mesa Junction and the Riverwalk or 2 mile walk around Harp. Walter's offers a discount on their beverages (tell waitstaff) or buy some food from the variety of food trucks that change weekly/daily and get a ticket for a free beer.

Both have pet friendly patios and follow covid guidelines. I have made many new friends and usually meet up with someone to run with, or they are waiting for me on the patio. Hope to see you there and meet many more.

Saturday, March 20th was a beautiful morning in Castle Rock to run a 7k (or walk a 3.3K). Waves started at 8am and continue to 10:30am to accommodate the 300+ participants. The start and finish was on the east side of the Events Center at the Douglas County Fairgrounds, with the race held on the East Plum Creek Trail.

Following Covid guidelines this race even had an Expo with various vendors to include: athletic wear, fitness, home improvement, organic food / juice, but most important the opportunity to get the message of Help and Hope for people suffering from mental illness and PTSD. Along with the Expo, was another area where they were grilling flapjacks, had breakfast burritos, and a beer garden area (1 free included for participants over 21 years of age). Music by the DJ was playing all morning with an hour of live fiddling between the waves at 8-9am.

They also provided guest speakers on raising awareness and how to break away from PTSD and mental illness, directed toward veterans and/or first responders.

All participants, volunteers, vendors and race staff were following the social distancing covid-19 guidelines so everyone had a great time without any encroachment.

Oh yeah, we had 45 degree weather, and the trail wound through residential areas and along East Plum Creek. It was a beautiful well kept trail with a lot of birds and families enjoying the area, with no trash along the route. I thought we did very well for a live race. Dan came in first in his age group and I came in third in my age group. I loved the fact that I thought I could catch the person ahead of me, (I did not) but it made me pick up the pace at the end a little. Hopefully another live race in the near future.



**Social Shuffle  
Opportunities**

**Above: The Gold Dust  
Saloon on Mondays**

**Right: Walter's on  
Wednesdays**

**(photos taken pre-covid)**





# Runners for Public Lands

by Ashlee Sack



I know every inch of my local trails. My feet have felt the subtleties of the trail's camber, each dimple in the rock garden, and the way the soil changes composition. I know which trails are warmer in the morning sun, which are shaded in the summer heat, and which will hold moisture after a snowstorm in the winter. As a runner, I know and keep these details in my heart.

The trail I've known the longest is one that I hiked before I could run. Growing up, Bishop Peak was where I learned to love summiting mountains. As one in a chain of the Nine Sisters in San Luis Obispo, California, the dormant plug of an ancient archipelago created a perfect place to climb above the city, shimmy up exposed granite outcroppings, and feel the wild wind against our skin. Now, I use the familiar trails to run and train when I visit. Decades ago, and unbeknownst to me, access to this trail was almost lost. Thankfully, a land conservation organization navigated the difficult legal process of creating an easement on private land, ensuring access for the public in perpetuity. I could not be more thankful that they did.

Here in Colorado, a number of land conservation organizations are doing the same worthy, difficult work. Conservation and public access easements are becoming more important than ever as development threatens the open spaces we know and love.

We, as runners, have an opportunity to support them. It is not enough just to appreciate the trails and landscapes that we love – we must find ways to protect them.

When there's not a large event, runners tend to take a backseat to more visible, marketable, group sports. Hoards of mountain bikers descend on trails every weekend, and you can always tell they've arrived. They spend money in local businesses, raise funds through trail groups, and support the economy with generous purchases (When I get the bill for my mountain bike's new parts, it seems almost TOO generous.) But quietly, in the early hours of the morning, or as the sun goes down, solitary runners make their way through the myriad trails that run through our communities. While we may not be quite the economic driver that other recreation users are, we matter.

Despite our quiet, unobtrusive nature, we are numerous. The Outdoor Industry's 2020 Participation report shows that over 61.0 million Americans enjoy running, jogging, and trail running.\* Our

love of land is unique and intimate. So while our sport may not as often be represented in marketing brochures or depicted on beer cans, we have an opportunity to make measurable contributions to the land that we love. We can contribute to conservation organizations like The Nature Conservancy and the Trust for Public Land (which, incidentally, have been instrumental in acquiring Fisher's Peak State Park, just down the road), Palmer Land Trust, San Isabel Land Trust, Southern Plains Land Trust, and so many more. (See [keepitcolorado.org/meet-your-local-land-trust](http://keepitcolorado.org/meet-your-local-land-trust) for more info.)

When I got home from my most recent trip to California, I looked up the Land Conservancy of San Luis Obispo. As I clicked the "donate" button, I hoped that others would think to do the same. Mountain bikers call it "trail karma" – supporting the organizations that keep trails and public spaces open – but runners and hikers should adopt the practice, too. For the price of a meal out, I had voted with my donation to keep access open, to allow that organization to continue to fight for open spaces, and to let them know that their work mattered to me – a runner.

\*<https://outdoorindustry.org/oia-participation/>

Standing atop Bishop Peak, Bishop Peak Natural Reserve, San Luis Obispo, CA - a protected property thanks to efforts in part by the Land Conservancy of San Luis Obispo County.





## The Predict Series

By Ted Sillox



Isn't it funny how times passes by. I can't believe it is already time for a new article about the predict series. I decided to offer two predicts per month until races begin to appear and we ease restrictions for large gatherings. As these are more like a group run I hope it gives members the chance to see each other and visit with each other and enjoy a run at the pace of their choosing.

We started off with the Pueblo Dam Predict Run and had a great turn out with 42 members and 2 guests. They ran from the bottom of Pueblo Dam up the south slope and on to the top of the dam. If you have not ever run there I urge you to go. You can park in the Bureau of Reclamation free parking lot at the bottom of the dam and use the concrete trails. The views from on top of the dam are spectacular. Looking east you look over what was once the ranch of Charlie Goodnight. If you are not familiar with him the series Lonesome Dove was loosely based on his life. He left the Pueblo area because it was getting too crowded. Imagine that.

Our next predict found us out at the CSUP campus for a run on the prairie. When Danny and I were marking the course just before the race the weather was perfect. The sun was out, the ground had dried out and there was no wind. Well just like that, up jumps the devil, and a small group of clouds came over us and the breeze turned rather cool. We had a good turn-out of members with 37 and 2 guests. I also ran into the owner of the top of Baculite Mesa and he gave me his business card. We just might have a run to the top of the mesa this year.

The Valentines Predict run had to be postponed due to extremely cold weather but the next week we had a fun run with teams and each team member ran in the opposite direction on

the same course. They passed a baton and runners had fun with this race. We also had Erin Taylor and her husband Dave, 2 world class race walkers, attend our race. They are thinking of moving to Pueblo and wouldn't they be a great addition to our club.

The Spring Run Off practice was held at Dutch Clark. The weather was very nice and even though we didn't get to run the intended route we still had fun with 32 members and several guests running. Please bring someone you know to our predict races and let them experience the fun.

Next week on the 13<sup>th</sup> of March we will hold a predict race that will include all three of the distances that the Spring Run Off has. This will be a gun start with 10 milers starting at 8:00 am, 10k at 8:30 am and the 5k at 9:00 am. The 10 milers will have 60 minutes added to their time and the 10kers will have 30 minutes added. Come do your virtual race with a group. It will feel more like a real run.

On March 27<sup>th</sup> we will head to trails in Pueblo West. It will feature a poker run requiring you to pick up a playing card at 5 different locations. The best 3 hands according to the Rule of Hoyle will be awarded prizes. Dave and Stacy Diaz come to these and have been handing out the swag from last year's predict series. Thanks to them for the help. If you haven't picked yours up yet, come and join us for the fun. Make sure you thank Danny for marking a course that is easy to follow. See you at the predicts.

## Recycle those shoes



Hello All,

We are going to participate in a program that is designed to recycle sneakers and running shoes. It is designed to accomplish 3 essential things:

- 1) Raise money for our cause.
- 2) Give gently worn used shoes a new lease on life.
- 3) Provide inventory for micro-entrepreneurs in developing nations who seek to help themselves out of poverty with work.

Shoes must be mated and laces tied together or rubber banded together. No holes or completely worn out bottoms. Most of us have running shoes that end up in landfills and it would much better to give the shoes a second life. Bring your gently worn shoes to the predict runs and deposit in the collection box. For more information go to [sneakers4funds.com](http://sneakers4funds.com).

Ted



## Keep on Keepin' On By Jay Zarr

March 17<sup>th</sup>, 2020 is a milestone in my life, for it was this day; I decided that I would run at least one mile a day for a year. Twelve months and roughly 1400 miles later, success.

These are the lessons learned from my running streak's commitment that I planned to keep going.

Even though I was putting out the physical effort every day, it took a small village to support me. My biggest supporter, Cleo never questions my mile runs or the ones that took most of the day. Once my friends realized my commitment, they would make the space for me to be away from the group to do what I needed to do to keep my promise. My neighbor Jane, another "streaker" a mentor, my running coach, and a role model who encouraged me to start the streak. It is vital to have a support group, people who believe in your vision to make a dream become a reality.

Running is my mediation. Mediation allows the mind, body, and soul connection to happen. I am often thinking through and resolving issues and having great ideas come out of just being in the moment. Being Here Now, and on my long runs, one of my mantras is what is happening. You are focused on what is going on all around you, being aware that right now, what you are doing is all that is important. It is rediscovering this lesson that has allowed me to continue to move forward in this crazy time.

The lesson of moving forward despite the voice in your head telling you to stop. Many times, my 68-year young body would say to me, no way!!! Your back, your knees, you are --- are hurting. You do not have enough time; it is cold, wet, windy, too hot to run. By not allowing those reasons to interfere with this vision, one can sense the sense of self-empowerment. This year went from not enough to I am Enough.



My streak has shown me that I can make and keep a commitment to myself, realizing that responsibilities to self are just as important as the commitment to others. Maybe even more so. For if one can be true to themselves, one can be faithful to the other. Integrity.

A running streak is turning the ordinary commitment into extraordinary success. Here is to your intention becoming real.



## Meet Buster Bergles By Dan Nelson

Welcome Robert "Buster" Bergles who joined Southern Colorado Runners and Triathlon Club (SCR) in February as a SCR Plus Tri Club member. We first saw Buster at the Valentine Predict Race on February 20th when he was a guest of Eric Medina and we have seen Buster in every Predict Race since then. (Eric won the raffle for members who invited a non-member guest to that predict race. Congratulations and thank you Eric!)

Buster works for the Colorado Department of Transportation and he got his nickname, Buster, from his sister when he was born and the nickname has stuck.

Buster's current running goal is to improve his 5k time and then to compete in triathlons in the near future. He is an avid bike rider and is working on his running skills and hopes to start concentrating on his swimming techniques. Back in 2013 he competed in the Ordinary Mortals Triathlon and achieved a very respectable finish time.

Welcome Buster!





## I Run, I Tri, I Bike and I am Fat, please don't judge ME

By Eric Medina

So just over a year ago, I would have never ever thought I would be in this position or even wanted to write an article on competing in running, triathlons and biking events. In 2019, I had reached an alarming 407 pounds, which is difficult in itself to think about, as I was once a world class wrestler

that competed on the US National team. In the past I had won numerous national championships and placed 4<sup>th</sup> in the World Du Monde Championship in Yugoslavia. I placed third at two Olympic trials and won 4 US Police and Fire National Championships and also placed 4<sup>th</sup> at the World Police and Fire Games.

So when it comes to training and competing at a high level of athletics is nothing new to me, but trying to start over again at 407 pounds, was not only new, but a difficult road that has had its challenges. So I have been going to running races and triathlons with my beautiful wife Becky for years as her and her friends support person. I always told myself that I would never run, as I hate running even when I was in great shape. When I started this journey to live longer for my family and myself, it was not easy as I was not really sad being fat and happy, as I use to be in shape and workout out every day and it was not always fun or exciting.

I started this journey going to a bike ride with a bike expo by Great Divide, I literally rode ½ mile on my old mountain bike and stopped, because I could not feel my legs and was just tired, as Becky and Wendy Garrison rode away towards the test track. I returned back and waited in the car for Becky to return, as Lee had pizza at the expo, my favorite part of the ride, I went and had several slices of pie and then Lee started to talk about his pedal assist bike. Becky hounded me to try it out and just to not hear her anymore, I jumped on it and rode it. Wow, what a game changer, which is a big deal for a fat guy at that time in my life. So, I must thank Lee and Great Divide for bringing this item into my life. I bring up being a fat guy as not a means to feel sorry for me, or as a mean way of describing myself or any other person that is heavy, big boned or fat. This is a story of my journey that is sometimes happy and sometimes sad and pathetic, but this is my short story of I might not look like 90% of people I compete against, and it is no longer about winning as an athlete, but just finishing the goals I have set for myself. I don't want to be an inspiration or "look he is losing so much weight", I just want you to see me as an athlete!!!!

First, my inspiration for this journey has been to spend more time with my wife Becky and to try and do some ac-

tivities with her. She has always been my rock, as she stood by me and followed me when I competed around the country in wrestling, during the good and bad times. She was there through all the massive weight cuts, injuries and sad times when I did not qualify for the Olympics. I have always been in awe of how good of a runner Becky was and how she jumped into triathlons, which is so impressive. Becky runs with so little effort and her love of running is something that I never will understand, even now that I run more than I ever thought I would.

It has been interesting to see people look at me, at my size and say oh, you run and do triathlons and most are always amazed. I know most people don't see me as an athlete at this size or when I finish last in runs and triathlons. But what I want people to understand is that weight loss is just one part of my journey. My goal is to keep up with my wife and just travel with her for more memories. I know that she has to wait for me, sometimes for a very long time at the finish, as I am a slow walker/jogger not ever will I be called a runner. I want to be seen as an athlete not as an inspiration for anyone, and not as a fat guy trying to run, but as a competitor.

I don't speak for all heavy, big bodied or as I think of myself, a fat guy. Trying to compete in these races is a personal journey for me, but what I do want people to know that being a fat guy and finishing last doesn't mean you should look at me or feel bad for me. The goal for me is to finish, not to place as I never see that happening, which I am ok with.

In 2019 I completed 7 sprint triathlons and in 2020 I completed 3 sprints including my first open water swim and gravel road bike course, which was not fun or easy. But I finished and was proud that this fat guy just completed that tough course.

I started all this in 2019 with a 5K tough mudder, numerous 5 k's then 10 k's later – I am happy to say I completed my first ½ marathon in October. I had never run over 8 miles before that. I also bought my first road bike



(Continued on page 9)



## Eric Continued

(Continued from page 8)

completed in a triathlon on that bike, which is another goal that was marked off this year.

I know people have made comments and talk about how I used a pedal assist bike for races and rides. What I want people to understand is that no matter what equipment is used, you should respect the fact that we are out there competing, I am not winning races or money, so what I use is not cheating!!!! The biases that people have towards me when I use this bike have been all over the board. I have been told I am a cheater, I can't use it, I really didn't do the race as I used an ebike. My response is I am not asking you for your opinion; I am here for me, not you. I don't care as I am an athlete just like you, even though I don't look like you. I understand rules of competition, the races I am in don't have USTA rules and allow for my ebike, I am not winning anything, I am competing with myself not others, so don't judge me or others that are out there trying to compete in the sport they choose.

I am down 127 pounds, due to the fact that I have "cheated" my way through triathlons with my ebike. But also remember this fat guy has also put 1700 miles on that bike and bought a road bike since I can now ride one without struggle. Also remember I still have to jog or walk the many miles and swim the laps, so don't judge me or others as we are athletes trying to compete. As I stated before, I don't want your sympathy, I want you to see me as an athlete and a competitor that will never finish first in those type of races and that is ok with me, so please don't judge me or others that are trying to complete a race or a triathlon. I just want people to know that I hate running, I love to bike thanks to my ebike and I don't mind swimming, except for open water, hate that part. I just want to be seen as an athlete that trains with my wife to be closer to her, I don't do it for the fame, as I will never be that person.

I appreciate the encouragement of Southern Colorado Runners who have been at the races and give me verbal praise, as a fat guy, or any type of athlete feels good to hear praise for competing in the races. Words hold power, and as an athlete it is wonderful to hear as I know those people care about me and my wife. They know I come in last, but many stay and congratulate me after long ugly runs, which is a great feeling as an athlete who has supported them in numerous races. I want to give thanks to numerous members and friends of my wife who has seen me through this journey.

I would have never written this type of article before, but after my last triathlon in 2020 a person made a comment to a friend that was competing with his wife about how he was a cheater for using an ebike to compete. He deserves respect that he is out there competing, not judgement on what equipment he is using. I want people to appreciate the fact he is out doing something with his wife that the ebike has now allowed him to do.

This article is an opportunity to share my journey and remind those that might be quick to judge to remember, that you don't know the journey that got someone to the start line. SO PLEASE DON'T JUDGE US, WE ARE FAT and OLD, but we still are athletes!!!!!!



## An Invite

Hi fellow SoCo Runners. My name is Paul Hindman and I'm putting together a team for the Flaming Foliage Relay held on Friday - Saturday September 10th - 11th. The race (this term is used lightly because it's more about how much fun it is) starts at Idaho Springs and ends at Buena Vista. Yes that seems like a long way but there are 10 team members and each one completes 3 legs. So if you do the math, everyone runs a total of somewhere between 15 and 20 miles with each leg ranging from 3 to 8 miles. You don't have to be a fast runner, just be able to do the mileage and enjoy Colorado high country in the fall (as well as survive riding in a vehicle with several of your sweaty fellow runners). A lot more information is available at <https://www.rltrelays.com/flaming-foliage-relay>

If this is something you might be interested in, send me an email at [phindman@gmail.com](mailto:phindman@gmail.com) and I can give you more information about our team.



## Discounts for SCR Members



It pays to be a member of SCR. Some local businesses offer SCR club members discounts. See our sponsor page for discounts we know about at the present time. If you own a business consider giving a discount. If you frequent a business, ask the owner if they are interested. In either case, please let club president Ted Sillox know so he can formalize an agreement. In exchange for the discount, we will include an ad in each newsletter.

**To receive the discount, you must show your membership card.  
The process for printing a card is provided on the sponsor page.**

In many cases you can nearly offset your \$15 single membership to SCR with a single purchase.

17<sup>th</sup> ANNUAL  
**RUN BLOSSOM**  
5K FUN RUN CAÑON CITY, CO

**BANK OF THE SAN JUANS**  
A DIVISION OF GLACIER BANK  
ONE BIG HAPPY LITTLE BANK

**FAR**  
funAR.org

**SATURDAY, MAY 1, 2021**  
CENTENNIAL PARK in CAÑON CITY, COLORADO  
5K FUN RUN ALONG THE RIVERWALK TRAIL

Competitive 5K at 8:00 am, non-competitive 5K at 9:00 am. Cap of 250 per event.  
There will be NO day-of registration.

Awards to 1st-3rd in each division age group. No award ceremony will take place.

Please note that this event is subject to all COVID-19 restrictions and your cooperation and support is much appreciated! Be safe. Be healthy.

**www.runBlossom.org**  
**facebook.com/runblossom**

**Note from Organizers**

Registration goes until April 28, but if folks want a shirt they need to register by April 15th.

So hard to plan these days! We only received confirmation that we could have the race on March 11. That's not enough time to market and plan. Rough times for event planners. 😊  
We'll all get through.

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## Sponsor Page & Printing your Membership Card



**Printing your Membership Card by Dan Neslon**

Login to Runsignup.com  
 Click on the Gray Person in a circle in the upper right-hand corner of the screen.  
 Click on "Profile"  
 Scroll to the bottom of the Profile page.  
 Click on "My Club Memberships" in the blue boxes under "Account Links"  
 Click on the most recent "Membership Card" option.  
 The membership card(s) will be displayed.  
 You can then print that page and cut out you card(s). Have your card with you to obtain discount.

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## Beulah Snow Shoeing aka Our Excellent Adventure by Marijane Martinez

Cue the music to 2001 A Space Odyssey...now envision 9 women walking in a straight line in parkas that look like space suits and show shoes instead of space boots...it was a beautiful, snow covered morning and we were at Lake Isabel celebrating Carmen's birthday with a day of snow shoeing. We had several snow shoe virgins among us, Wendy, Martha, Glo, Becky and yours truly. The other ladies, Carmen, Diane (Dlo), Debbie, and Melanie were more experienced.

Comments/memorable moments from participants:

Dlo having enough of everything to accommodate yours truly and several other ladies. Dlo and her husband Jerry are avid outdoors people.

Martha falling while trying to take a picture of the birthday girl (Carmen) while standing on a slippery bridge.

Marijane unknowingly carrying the Birthday Girls FULL thermos to the turnaround in her backpack. Grrrrrrrr.....

Mel and Dlo, the experts, trying to help all the newbies navigate through all the little things they needed help with from beginning to end.

Melanie being a great guide and hauling up a nice spread for us to enjoy at the turnaround.

Becky spending an entire day buying clothing for the adventure.

Dlo going off trail and getting stuck in the snow. Martha trying to rescue Dlo and getting stuck herself!

Gloria trying something she has never done and doing it a day after getting her second COVID vaccine. She started feeling

symptoms but pushed through it and finished the hike and never complained. What a trooper!

I think Wendy said it best. "I haven't gone on an "adventure" lately unless you count masking up and social distancing while grocery shopping an adventure. That snow shoeing day in February – bright blue sky, the sun reflecting off a white snow packed trail and green pines towering over us – well that was my sorely needed "adventure"."



L to R: Carmen Perez aka Birthday Girl, Wendy Garrison, Becky Medina, Martha Drake, Melanie Nelson, Diane Lopez, Marijane Martinez, Gloria Montoya and Debbie Gurule.

### Thank you for your Generosity

We would like to express our gratitude to our friends and members for their recent generous donations to Southern Colorado Runners / Tri Club:

Siria Aguilar, Richard Craft, Trisha Davis, Stephanie Giconi, Dennis Krall, Regis Marquez, Donna Nicholas-Griesel, Mary Yang, & Daniel and Eileen Baracz

If we missed you, we apologize. Please send a note to [newsletter@socorunners.org](mailto:newsletter@socorunners.org)

### Running Tip submitted by Dan Nelson

#### Strengthen Your Whole Body

Good runners condition their whole bodies. The arms drive the legs. Keep your upper body and core toned with a lot of push-ups, pull-ups, sit-ups, and back raises (don't forget that the back is part of the core). Stay away from machine weights and stick to Pilates, climbing, and dynamic flexibility work like yoga.

—Jay Bouchard, writer and editor

# Potpourri

## Jonesy's Jests

In 2017 I didn't do a marathon. I didn't do one in 2018, 2019, or 2020, either. This is a running joke.

OK, I "ran" across another one:

When I go jogging, I listen to a portable cassette player, so people think I've been running for 30 years.

"I ran a half marathon" sounds so much better than "I quit halfway through a marathon".

Refusing to go to the gym counts as resistance training, right?

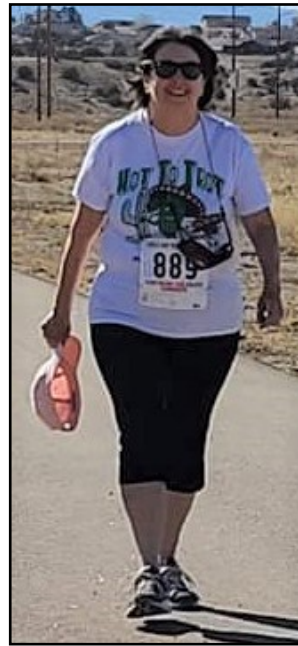
I hate when I'm running on the treadmill for half an hour and look down to see it's been 4 minutes.

My doctor told me that jogging could add years to my life. He was right -- I feel ten years older already.

I named my dog 6 miles so I can tell people that I walk 6 miles every single day.

We thank Jonesy (aka Marvin Jones) for the clever "groaners"

## A few picks from the Katmando Poker Run Predict Photos courtesy of Kim Arline



Clockwise from  
Upper Left:

Janique  
Holbrook

Deb Hadley

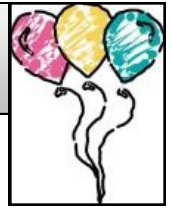
Robert Espinoza

Diana  
Quattlebaum

Cassie Pate



# The Birthday Page



## April

3	Suzanne	Cote
4	Rebecca	Simmons
10	Kevin	Neal
10	Marilyn	Vargas
13	Joe	Brosseau
13	Joe	Farra
17	Addison	Horton
19	Stephanie	Giconi
20	Ken	Hughes
22	Cheri	Armstrong
22	Klinton	Kane
23	Garrett	Dietz
25	Paige	Gray-Hackler
25	Mark	Gurule
26	Lily	Quintana
26	Regina	Webb
28	Alexandria	Romero

## May

1	tara	trujillo
4	Paul	DallaGuardia
4	Jeremy	Hamm
4	LUKE	QUINTANA
6	Lauren	Staples
7	Eva	Cosyleon
8	Claudia	Hindman
8	Trevor	Walker
9	Andrew	Caro
9	Mark	Steves
12	Mindy	Chapman
14	Debbie	Gurule
14	Deborah	Gurule
14	Bea	Jones
18	Mark	Koch
20	Diane	Lopez
23	Jitka	McGivney
25	Reyna	Quintana
26	Lois	Pfost
27	Tom	Brosseau
31	Carla	Sikes

## June

5	David	Horton Sr.
8	Robert	Lucero
10	Jaylen	Vargas
11	Rahel	Gredig
11	Sean	McGivney
13	Carrie	Tucker
17	Rick	Macias
18	Donald	Montoya
19	Dani	DeGraw
20	Melissa	Fairbairn
20	Kira	Hughes
20	Donna	Nicholas-Griesel
21	Carol	Brimmeier
21	Retzio	Gredig
21	Mike	Parlapiano
23	Mary	Yang
23	Mary	Yang
24	Laurice	Lopez-Cepero
25	Michael	Baca
25	Kylee	Giconi
27	Jason	Bryant
27	Eric	Castellano
28	Daniel	Bright
29	Sean	Staples

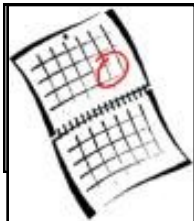
## July

1	Marijane	Martinez
1	Tanna	Schut
2	Donald	Pfost
2	Vash	Siffring
4	Emily	Diaz
4	Donald	Moore
5	Sara	Striegel
6	Shauna	Bowen
6	Jay	Zarr
8	Joseph	Spinuzzi
9	Bob	Noble
15	Kevin	Hughes
17	David	Dietz
17	REGIS	Marquez
19	Jason	Castro
20	Bill	Veges
23	Danielle	Caro
23	Eric	Medina
23	Sarah	Staples
27	Erika	Pauley
27	Mary	Porter
27	Jayme	Stangier
29	Darryl	Clark
31	Kaelynne	Caro
31	Malcolm	Singer

Note: If your name is misspelled or in all caps, or is incorrect in some way, please login to [runsignup.com](http://runsignup.com) and make corrections.

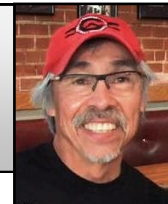
THANK YOU!

**If you plan to move or have recently moved**  
 Please Please Please update your address at [runsignup.com](http://runsignup.com)  
 Because the newsletters are mailed in bulk mail, they cannot  
 be forwarded and  
 if they are sent to your old address,  
 the club gets charged a processing fee \$\$\$ and you don't get  
 your newsletter.



## Race Calendar

by Dave Diaz



**The race information below is from several sources and the information may have changed. Make sure to confirm details for any race in which you may be interested**

- April 1 Colorado Rockies Opening Day
- April 3 run on your own [Baylon Michael Meyer 5K 10K](#)
- April 11 [Platte River Half Marathon](#) (Virtual only) Littleton, CO
- April 24 [Steel City Bike Road Race](#)
- April 25 Pueblo Criterium Bike Race--Union Ave Historic District
- May 1 [runBlossum](#) – Canon City 5K only, NO half-marathon
- May 8 Greenland Trail 50K, 25K
- May 9 Greenland Trail 8M 4M
- May 15 Ordinary Mortals Triathlon Canceled for 2021
- May 30 [Spirit Trail Race](#) Buena Vista 26.2 -13.1 –8K
- May 31 Bolder Boulder 10K-Canceled
- June 5 [Revel Rockies](#) Marathon- Canceled
- June 6 Steamboat Marathon
- June 13 [Garden of the Gods](#) 10M - CS
- June ?? Hardscrabble Trail Run No info found
- July 4 Liberty Point 5K No info found
- July 31 (tentative) Atalanta Women's 5K
- Aug 21 [Pikes Peak Ascent](#)
- Aug 22 [Pikes Peak Marathon](#)
- September 11 – Beulah Challenge
- September 26 - [Berlin](#)
- October 2 St George Marathon, Utah
- October 3 - [London](#)
- October 10 [Boulderthon](#) - Boulder CO Marathon/ Half
- October 10 - [Chicago](#)
- October 8-10 Virtual Boston Marathon
- October 11 - [Boston](#) (in-person & Virtual)
- October 17 [Colfax Marathon](#)
- October 24 [Colorado Marathon](#), Ft Collins (moved from May)
- October 31 - [Marine Corps Marathon](#)
- November 7 - [New York](#) Marathon
- November 7 - [Los Angeles](#) Marathon
- November 14 – [Horsetooth Half](#), Ft Collins (moved from May)
- December 5 – Rock Canyon Half

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 are not forwarded and re-  
 turned issues cost us \$.  
 Hence, if you are going to  
 move, please update your  
 address in Runsignup.

**Contact Us**

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

President	Ted Sillox	president@socorunners.org
Vice President	Danny Nelson	vicepresident@socorunners.org
Secretary	Wendy Garrison	secretary@socorunners.org
Treasurer	Paulette Arns	treasurer@socorunners.org
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Webmaster	Dave Rael	admin@socorunners.org
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Race Calendar	Dave Diaz	
Group Run	Sheri Giordano	groupruns@socorunners.org
Tri Club Calendar	Gwen Steves	calendar@socorunners.org
Predict Series	Ted Sillox	predict@socorunners.org
Membership Chair	Nelson Brentlinger	membership@socorunners.org
Volunteer Points	Stacey Diaz	volunteer@socorunners.org

The SCR meetings are held at 6pm on the first Wednesday of each month at 1601 Bonforte Blvd. A virtual option will be available. To be included in a virtual meeting, notify the club president at least 24 hours prior to the meeting.

**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)  
[www.socorunners.org/triclub](http://www.socorunners.org/triclub)

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**The Final Thoughts...**

It is the greatest of all mistakes to do nothing because you can only do a little. -Sydney Smith, writer and clergyman

Not being able to govern events, I govern myself. - Michel de Montaigne, essayist

True remorse is never just a regret over consequences; it is a regret over motive. -Mignon McLaughlin, journalist and author

A poem begins in delight and ends in wisdom. - Robert Frost, poet

I like to know people who use their lives to make music for others. Mr. Rogers

The early bird gets the worm, but the second mouse gets the cheese." – Steven Wright, comedian

In my case, I thoroughly enjoy running 100-odd miles a week. If I didn't I wouldn't do it. Who can define happiness? To some, happiness is a warm puppy or a glass of cold beer. To me, happiness is running in the hills with my mates around me. Ron Clarke