



Footprints



The Summer Edition

Volume #352, Issue #3 Editor: Ron Dehn



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SCR on the Levee by Kim Arline

Several months back, SCR investigated the process of including art to represent our club on the re-constructed levee running through the heart of Pueblo. We eventually commissioned local artist Tia Monson to design and paint a depiction of SCR. Our representation will be part of the larger levee mural project.

Tia created the SCR design and single-handedly painted the 24'x36' mural below Dutch Clark Stadium. I requested the location so runners can enjoy the mural from the Spring Runoff starting line in the parking lot; while running on the trail; and so photographers can capture it behind runners climbing the hill to the stadium as they approach the SRO finish line.

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Club Discounts are available

Discounts are available from various sponsors for club members.
See directions for printing your membership card inside.





A message from the president Ted Sillox

Willie Nelson wrote the immortal song “Funny How Time Slips Away” and here we are with 50% of the year gone already but things are really starting to happen and open up again. I do have to admit that it was fun running during the pandemic and having the patio at Walters all to me and my running group. Everybody could participate in the conversation because it was only us and no loud music to compete with but it is good to see people coming out again.

While things were shutdown I kept thinking that it would be a good idea to run with a group on top of the dam and some of you came and ran the predict that we held at the dam. It had such a good turn out that I decided to pursue a real race there and just this week I received permission from the state for a real race using Lake Pueblo Dam. It will be a 10K and I thought the best name would be Colorado’s Best Dam Run. It is scheduled for September 11, 2021 and will be limited to 150 runners for the first year. This is a great course as it is uphill for 2 miles flat for 2 miles and then downhill for the last 2 miles. Hopefully people will really like running on this geographical feature. If you have not been on top of the dam the views are spectacular.

If you have not viewed our new mural I encourage you to run or walk behind Dutch Clark and take in the painting that Kim Arline worked to make happen. I hope people will see it and the Southern Colorado Runners title and join our group. We still need to recruit more people into this club so keep inviting other runners to join.

I know Ron is planning some stories about Jeff Arnold in this issue and it sure is strange how things happen. Right after Ron asked for stories I ran into Jeff and his daughter at a local restaurant. I had taught with Jeff and unfortunately he is suffering from memory decline and did not recognize me but I was able to connect his daughter and Ron for stories. We both had to be in the eatery at the same time for this to happen. For those of you who knew Jeff he was a great runner in his day and put a lot of heart into coaching runners.

Our race, Atalanta is right round the corner and I hope we have a good turnout for this race. We won’t have the pavilion to use as some wedding beat us out but as I preach we will adapt, adjust and overcome. Let’s all hope for a great summer morning for this race. We are going to need help so if you feel like volunteering please come and join in.

Many people think all we do is run but a hard working group of members participated at the Nature Center helping clean up deadwood that had fallen near the buildings. We hauled a lot of broken branches to piles and I think we all got a good crossfit workout while helping the Nature Center. After the work we were treated to a free lunch and conversation with the other members. I am hoping that we will be doing more of these types of activities and build a network with the other nonprofits in Pueblo. Keep Moving! Ted



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www.socorunners.org

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

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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 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. 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, Cathy & Dave Dehn, Dave Diaz, Gary Franchi, Wendell Grishow, Ken Raich, Larry Allen, Becky Medina, Wendy Garrison, Dan Nelson, Marijane Martinez, & 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. A business card size ad will be included at no charge if the business provides a discount to club members which has been approved by the club president. 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. See story on pages 4 and 5.



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



The Predict Series

By Ted Sillox



Things come and things go and now that the pandemic is going away we will be returning to our normal format of one predict race per month. This is necessary due to the number of real races that are starting to fill the calendar and it would become too much of a conflict with members wanting to compete and enjoy their favorite races. It is also time to retire the virtual run. I will continue the virtual runs for our members that live outside of Pueblo County but if you reside inside the boundaries if Pueblo County you need to come and run for real.

The best thing about all of this is we are going to start having the potluck brunch after the runs starting with Peaks and Prairies at Rob & Becks on June 26th. Look for the official announcement coming soon to your mailbox. I plan on bringing my signature chili verde for this race.

If I ever need to go back to work I think I can travel the country bringing rain to drought areas by holding predict races. The Spring Run Off Predict at Dutch Clark was one of those overcast gloomy days and as me and Dan were marking the course we thought that maybe the rain would hold off but that was not to be as the steady drip, drip, drip started and continued through the race. Surprisingly the runners all said they enjoyed running in the rain.

Our next race saw sunny conditions at Katmandos General Store and we made it in to a poker run that people could win prizes by gathering the best hands. Afterward some of the members enjoyed the warm day on the patio at Mike's First Round Draft. We saw some new and some old friends come out to this race.

Danny and Melanie hosted the next predict for the Silver Dol-

lar Run but again there was rain the night before and I think it scared some of our members away. They missed out as many coin prizes were awarded to those who were present. We continued with the rainy conditions with the Mineral Palace Predict and I was disappointed as we don't usually run there and it is a rather nice place to run. Moving on we ventured out to BF Rockafellow Park in Canon City for a trail run predict and the weather tried to move in dark clouds but the winds blew them away and we had a great predict run with good conditions. After the run many of us stopped at Ortega's for a great breakfast and social on the patio.

If you would like to host a predict race please feel free to contact me and we will get it scheduled.



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.

Ted



Classic SCR—Jeff Arnold

By Ron Dehn (and several others)

Jeff Arnold was one of the founders of Southern Colorado Striders which was a predecessor of Southern Colorado Runners. He was elected as the first president of SCR in 1980 at a meeting that he did not attend. He was very active on the SCR board and activities for decades. He served as race director many times and was frequently called on by other race directors to measure and mark courses. Several people have contributed memories and thoughts about Jeff including Cathy Dehn, Dave Dehn, Dave Diaz, Gary Franchi, Wendell Grishow, Ken Raich, and Larry Allen. We recently found out that Jeff is in the memory unit at Bonaventure, and we wanted to honor him.

Most of us “old timers” knew Jeff as an SCR board member & volunteer for our club. His profession was that of a teacher and a coach. He taught in the English Department and was head cross country coach at Pueblo County High School for 28 years and later coached at Rye High School. He was also a board member and at one time president of the Pueblo County Historical Society.

At Pueblo County High School, Wendell, one of his colleagues said, “Jeff was an extremely popular teacher and had very successful cross-country teams. Because of his love for reading, he excelled in teaching classes on novels and short stories. He had a knack for drawing out in-depth ideas from his kids.”

Jeff served on the board of the Pueblo County Historical Society including a



Jeff was lead bike in the snowy 2005 Rock Canyon Half Marathon

stint as president for a term or two. Larry (fellow board member) spoke about the countless articles Jeff wrote for their newsletter, the presentations Jeff did, and the many diverse speakers he lined up. Dave Diaz remembers, “Jeff wrote many articles for the Historical Society newsletter. His stories always included names and dates, and he seemed to remember every detail, which makes his disease even more devastating.”

Jeff was truly dedicated to the running community in Pueblo and was a pioneer in race directing and organiz-

ing. Dave Diaz states, “When I started running (over 40 years ago) Pueblo had many road races and it seems Jeff was involved with all of them. He was race director of one of the best races in Pueblo, the old Diet Pepsi 10K which started at the State Fairgrounds, ran to City Park and back. Jeff was instrumental in starting the Spring Runoff and then moving it from the Pueblo Mall to the Cavalcade (Bingo Casino now), then to Dutch Clark. He founded the Holiday Marathon, a 26.2-mile race that started near County High in the early '70's, I believe.” Dave Dehn also remembers that in the early days of running, “If there was a race, Jeff was there – either as an organizer or a participant”.

In addition to the races mentioned, Jeff was race director for the Run for Rio in Rye for many years and the Valentines Twosome. Speaking of the Twosome, one time Jeff and his partner used a wheelbarrow as a baton.

Jeff always made himself available to SCR. Gary stated, “He was the SCR’s first president, and he served another term as president a few years later when no one else stepped forward to occupy the position... If something in SCR needed to be done and no one would step forward, Jeff would. Because he cared... He had the capacity to quickly analyze SCR situations/problems and to offer solutions.” Jeff was highly creative and could improvise on the spur of the moment. He also wrote great articles for our newsletter *Footprints*.

Jeff was extremely dedicated to youth running. Gary said, “Probably because of his decades of coaching, he developed strong bonds with his young athletes, with many of them being good friends for many years afterward... he held high school athletes in high esteem and would go out of his way to recognize their achievements. Dave said, “I picture Jeff,



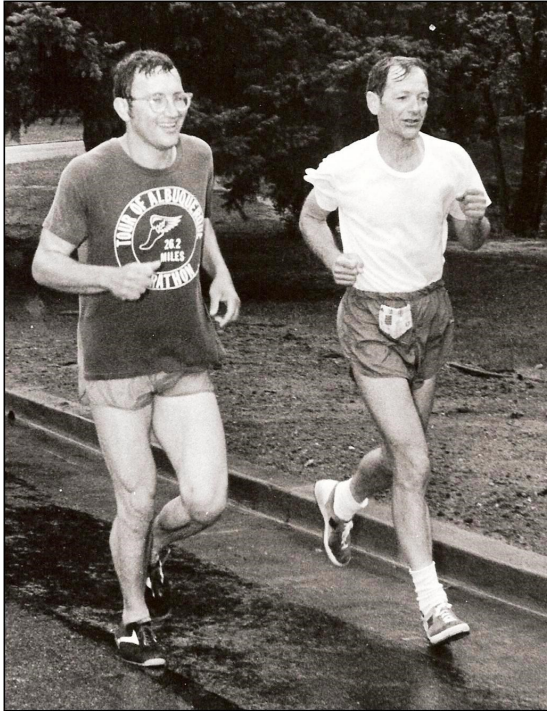
(Continued on page 5)

Jeff Continued

(Continued from page 4)

with a clipboard, at Elmwood Golf Course, forever coaching his County High Cross-Country team.”

Jeff was inducted into the Greater Pueblo Sports Association Hall of Fame in 2005. He is an amazing athlete.



Jeff and his Dad Wilbur running in City Park

Here are just a few highlights from his nomination dug up by Cathy Dehn:

Jeff graduated from Central High School in 1959. He wrestled two seasons and was a state qualifier as a senior. He also wrestled in college. He posted a dual match record of 13-3-1. He was Rocky Mountain AAU champion 1962, 63 and runner up in 67. In National AAU was a 3rd and 4th place finisher among other honors.

Jeff was an accomplished runner winning many accolades. He ran 22 Pikes Peak Ascents and Marathons from 1966 to 89. Best Peak marathon time was 4:41 and best Ascent time of 2:54. He ran numerous other marathons and races in various parts of the country. His marathon PR is 3:01 and his 3-mile PR is 16:56.

In bicycling he finished 3rd and 4th in Colorado United State Cycling Federation time trials. He competed well in numerous road races, time trials, and criterium races along the front range.

Jeff had a variety of other athletic accomplishments. He climbed 15 of Colorado's 14ers, was a rock climber, tried his hand at a 10k ski race, and placed first in a 50-mile endurance horse riding competition.

Jeff was an accomplished writer. Two of his articles were published in "Runner's World" in 1973 and 1974 and one in "The Harrier 2002" as well as numerous pieces in local publications.

His nomination also highlighted Jeff's success as a coach and his many successful protégées.

In addition to being an outstanding athlete, Jeff is remembered for his exceptional mind. Gary said, "Jeff was an extensive reader...you could talk to Jeff about almost anything because he had a both a tremendous interest and grasp of a wide range of topics. He had a great sense of humor and a hearty laugh, which he broke out often. Dave Diaz stated, "Jeff was one of the smartest, interesting and articulate individuals I've ever known."

One time Jeff was dropping off equipment at my house. I was running late, and he arrived before I got home. When I apologized, he dismissed my concern and told me he always had a book with him so he could read whenever given the opportunity. Jeff participated in a poetry group that I belong to. His poetry is indeed noteworthy. I always liked it when Jeff read.

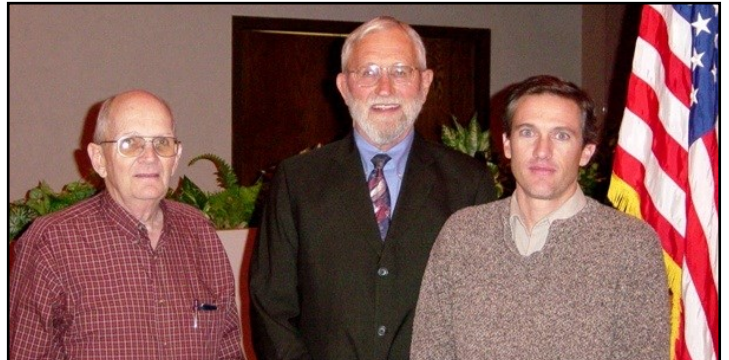
Several people mentioned that Jeff also spent considerable time looking after his younger brother Sidney who passed away several years ago.

We honor our friend and colleague Jeff Arnold. This article only hits a few highlights of the man who has been such a positive influence and mentor to many. To you younger readers who did not have the good fortune to know Jeff—understand that SCR is where it is today due to the vision, dedication, knowledge, and skill sets of many people. Jeff Arnold is certainly at or near the top of that list. As Dave states: "I will always be grateful for all he did for the running community in Pueblo."

Ken observed - "Jeff is proof that if you find a job you love, you won't work a day in your life. Jeff not only loved being part of Pueblo sports, but he loved introducing others to sports. When with Jeff at running events, I always observed people addressing him as "Coach" (even people well up in their 20's and 30's). It was obvious that Jeff had a positive influence in many, many lives."

Amen! Jeff, we wish you the best. Thank you, Jeff. Thank you!

Terry Cathcart (left), Jeff, and Steve Cathcart in 2005 at the Hall of Fame banquet the night Jeff was inducted. Steve is one of Jeff's highly successful runners and nominated Jeff





Girls on the Run 5K

By Becky Medina



May 21, 2021 was the cumulating 5k event for the Boys & Girls Clubs of Pueblo County Girls on the Run program. Through the generous support of Southern Colorado Runners and the charity donation from the 2019 Atlanta Women's run and scholarships from Girls on the Run of the Rockies, Boys & Girls Clubs of Pueblo County was able to offer two seasons of Girls on the Run in Spring 2020 and 2021. Girls on the Run teaches life skills through fun, engaging lessons that celebrate the joy of movement. The curriculum includes three parts: understanding ourselves; valuing relationships; and teamwork and understanding how we connect with and shape the world at large. Over the course of the program, girls develop and improve competence, feel confidence in who they are, develop strength of character, respond to others and oneself with care, and create positive connections with peers and adults. At each season's conclusion, the girls and their coaches and running buddies complete a 5K event.

This year's event was held at the Pueblo Nature Center on May 21, 2021 and thanks to SCR president, Ted Sillox, we had all of the bells and whistles. The girls



were excited to put on their race bibs and had lots of questions about the blue timing mats.

This was the fourth season we have participated in the program. We also participated in the Spring of 2020 with 24 girls at 3 Clubhouses, hoping for an in person event. After months of combined virtual and in person practices, we had small 5k events at our individual Clubhouses and some girls participated at home. This year, 25 girls participated in the program and we had our second season of Heart and Sole for middle school girls. The season had its share of COVID-19 impacts, with disrupted participation due to cohort quarantining impacting some of the girls' participation the day of the event.

Several women volunteered to run with the girls as running buddies. The buddies encourage the girls to keep moving, one foot in front of the other with words of wisdom, some humor and the understanding of how challenging your first 5k can be. We choose a Friday after-

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On the Run Continued

(Continued from page 6)

noon and it was a hot day, making it a bit more challenging. We had plenty of water stops and made contingency plans if any of the girls needed to turn around early. Along the course were inspiring quotes chalked in by members of the Club's teen center.

It was inspiring to look over and see one of our veteran Girls on the Run participants leading a group of girls from the Sprague Clubhouse in warm ups. The girls were excited and nervous and voicing their own doubts. One of the staff from shared that one of the girls was so nervous, worried that she wouldn't finish days before the



event. Not only did she finish, but she lead the pack and was a very strong competitor. More than how fast you are girls on the run is about finding your inner strength, knowing now you CAN DO what you didn't think you could before and the smiles at the finish line from all of the girls. Every one of the 18 girls finished the run!!!!!!!!!!

I would like to thank Southern Colorado Runners for continuing to support this impactful programming. Also thanks to Ted for setting up the race and running the finish line and results, Eric Medina who was the lead bike and our running buddies, Melanie Nelson, Debbie Gurule, Martha Drake, Marijane Martinez, Carmen Perez and Karen Romero. I also want to thank this year's coaches – Patience Ruiz, Mariah Shadbolt, MaeDrian Roybal and Juanita Gallegos and our volunteer coordinator, Dani Sims for supporting all of the planning.

**Right: Crossing the Finish Line
What a Feeling!!!**

*Editor's Note:
Kudos to Becky & her staff & volunteers for making a difference in these young girls lives by introducing them to positive activities and opportunities.*





We're going to Canton Baby!

By Wendy Garrison

Do you know that commercial that usually runs after the Super Bowl - the one where they ask the winning quarterback as confetti showers down on the field “you just won the Super Bowl, what are you going to do next?” The quarterback always cries out “I’m going to Disneyland!” I’ve actually had this commercial in my head for decades, only I’m finishing a race (glistening from my effort) and I exclaim “I’m going to Canton baby!” That’s right - Canton - as in Canton, Ohio, home of the National Football League Hall of Fame. Many families were raised to attend church on Sunday. My family watched football. Frank Gifford, Howard Cosell, and “dandy” Don Meredith preached from the tv screen. Canton was my Disneyland - minus the teacup ride. Given this background, how could I possibly say no when Marijane Martinez, Martha and Bob Drake and I heard there would be a half marathon in Canton to celebrate 100 years of NFL football in May, 2020? Did I mention the finisher’s medal was a giant replica of a Super Bowl ring?

Time ages all runners, but some of us more than others. I haven’t run a half in years and I knew this would be a challenge. My daughter, Ashley, sensed my anxiety and without ever running a race longer than a 5K agreed to

Below: Wendy and Ashley



join me on this adventure. Training began in January 2020. We ran through snow drifts and cold unknowing that a worse obstacle - COVID-19 - was also ramping up. Each long run was hard and although I’ve run for several years, I struggle to find the balance between not enough training and overdoing it. I noticed a pain in my right hip on a 5 mile run. Ignoring the nagging pain (runners - do you recognize cardinal rule #1 here?) I ran 10 miles the following day. I limped my way through, proud that I completed the training run. My pride and stubbornness cost me. I pulled the hip bad enough to damage the area. I could only rest, ice and hope it would be enough for the May race. The race never came. COVID-19 forced the cancellation of the HOF half marathon as it did all events for the rest of 2020. You could do a virtual half but for me that was like just getting a postcard of Mickey Mouse instead of Disneyland - 2020 sucked.

Fast forward to January 31, 2021. I received an email from the HOF half marathon committee. They have been given the green light by the health department to hold the in-person event. Wait - What!?! Large events were slow to start up again and vaccines were just beginning to find arms. A quick call to Ashley - “we’re on - find your sneakers!” It was time to shake off the COVID funk (not to mention the weight) and start training. We ran as we cautiously watched for updates on case counts and COVID restrictions. Martha and MJ would get up in the dark and cold to run while Ashley and I opted to wait till after the sun rose. This time I took water breaks every 2 miles while Ashley patiently held my pace. This plan would not earn me any personal bests but it would get me across the finish line.

At last - race day weekend. We flew to Cleveland which is about an hour from Canton. Differing flight plans and the year delay caused Martha, Bob, MJ and I to do our own thing while there. The year delay also put us in Cleveland at the same time as the 2021 NFL Draft. For me, that was like having a sundae with sprinkles before seeing Disneyland. My family tried to sneak in to see the draft which was being held at Cleveland Stadium but security was doing a great job. Instead, we watched a colorful parade of fans from all 32 teams stream in to cheer on their team’s draft picks, Cleveland is also home to the Rock and Roll Hall of Fame which I highly recommend.

Race day. Two things I recommend all runners do before racing out of state: 1. Know the weather and 2. Know the course. I recommend this because we did neither. As part of COVID restrictions, the race had a stag-

(Continued on page 9)



Come out and play (The 2021 Atalanta)

By Wendy Garrison



Are you tired of virtual races? When was the last time you and your friends got together to run or walk around City Park? For most Puebloans it's been a while and it's long overdue. Well ladies, it is time to put on your running shoes because we have great news. The Atalanta Women's 5 K run/1.5 mile walk is back. Time to come out and play.

On Saturday, July 31, the popular women's only 5 K run and 1.5 mile walk will take place at Pueblo City Park. Parking will be at the City Zoo. The course will wind around the scenic park, past the kiddie rides, tennis courts, frisbee golf greens and fishing pond. The walk begins at 7:45 AM. The run will follow at 8 AM. Registration is now open. Log on to runsignup.com and search for Atalanta - Pueblo CO. Registration prices are \$20 for SCR members, \$25 for nonmembers and only \$10 for youth participants (ages 17 and under). Register early as prices will increase by \$5 on July 12 and will be \$35 on race day.

The race sponsors will be garbed in togas in honor of the Greek heroine, Atalanta. Atalanta was known as the swift-footed huntress who, according to folklore, was offered in marriage to anyone who could beat her in a foot race. In a race, Hippomenes had 3 golden apples given to him by the goddess of love, Aphrodite. When Hippomenes dropped an apple, Atalanta stopped to pick it up and thus lost the race. (As an aside - do not pick up any road apples).

All participants will receive a pair of custom race socks and post-race refreshments. Awards will be given to the overall winner in the run and walk categories as well as age division awards for both.

Atalanta race director Becky Medina has been working closely with the Parks and Recreation Department to ensure the race is in compliance with current COVID guidelines and for any anticipated changes. Medina has experience managing races with both SCR and through her employment at Boys and Girls Club of Pueblo.

Canton (continued)

(Continued from page 8)

gered start from 8 am to 10:30 am. Ashley and I started at 10 am. The weather was 65 degrees with 50% humidity at the start and rose to low 70's. The course wound through the neighborhoods of Canton with continuous rolling hills. Bob Drake ran the 5K the day before. Martha and MJ finished quite a bit earlier - MJ sticking around to make sure Ashley and I completed the course. Ashley completed her first half marathon. She glistened as if she could turn around and do another. My glistening looked more like I was the target of a fire hose.



The conditions may have been a challenge, but the location was a dream. The race started and finished at the stadium located at the HOF site - the same stadium which hosts the HOF game every season. I was running in hallowed ground - Canton - where pro football began in 1920. My family spent hours and hours seeing what I before dreamed about. Believe me when I say I took it all in - my Disneyland.

Left: Martha and Marijane

Right: Bob





Across Oregon, Across America, Across Life (fitness recipe of a science nerd) By Ron Dehn

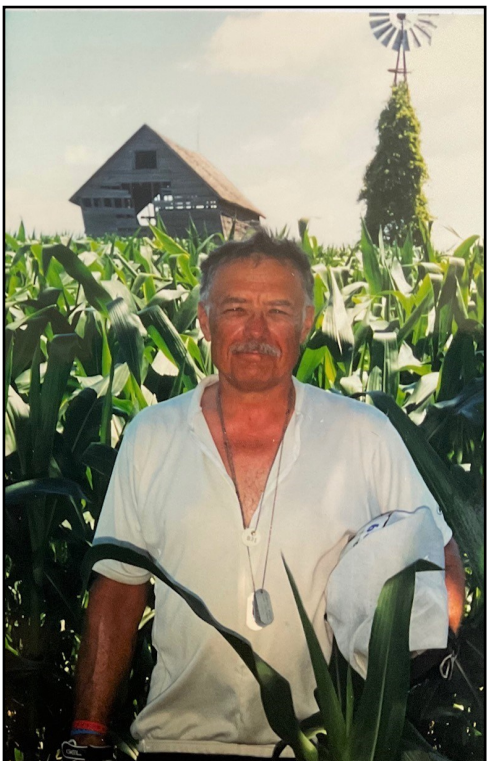


Larry Winans (kinfolk of mine) began his cycling career delivering newspapers in San Francisco when he was 12. Little did he know at that time that many years later cycling would become a passion for him.

Background: Larry was born in Denver in 1935. He also had family in Florence, Colorado. Several years later, his father's work brought the family to the San Francisco Bay area.

In 1959 Larry was called by Uncle Sam and began a 20-year career in the Air Force. He had been in ROTC as an undergrad at Cal-Berkeley. In addition to standard Air Force training, he expanded his college education with several degrees in the sciences and ended up with a PhD in Radiation Biology. While in the Air Force, Larry worked at a military hospital in Mississippi where he did calculations for radiation therapy. He was later transferred to Bethesda, Maryland where he participated in research on the effects of radiation.

When he retired from the Air Force the family settled in the Portland area in 1979 and Larry continued to work in radiation safety and research at Oregon Health & Science University. He cycled for enjoyment and to help keep his cholesterol numbers in check.



In a corn field in the Midwest
Note the dog tags around his neck

Cycle Oregon: Larry signed up for his first Cycle Oregon at age 58 and over the years completed 15 of them. This event is similar to Ride the Rockies in Colorado with around 2000 cyclists, 400+ miles, and various routes. He would train a minimum of 2,000 miles a year to prepare. Daughter Paige rode with him a couple years and son Mike also joined him the year they went to Crater Lake. Because the

routes varied, some years were wetter than others and the high deserts in Eastern Oregon were especially challenging because of the heat. You cyclists and runners understand that you pedal / run regardless of the weather.

Seattle to D.C. At age 64, Larry took on his biggest cycling challenge. His father had suffered from asthma, so this provided incentive to sign up for a fund raiser sponsored by the American Lung Association. The challenge was a bicycle ride from Seattle, Washington to Washington DC.

Close to 1,000 cyclists started the ride and around 750 finished. Each participant had to raise at least \$6,000 in donations to enter and by ride's end they raised over 8 million dollars.

Each rider wore dog tags representing the heroes they were riding for. Larry rode for a Pueblo friend who had emphysema and for a young lady from the Portland area who had cystic fibrosis. These dog tags helped keep riders focused on the purpose of the ride.

The event was well organized. The riders had tents and stayed in football fields, car lots, or whatever location could accommodate them. Trucks followed the riders and provided showers and food as well as transport for tents, sleeping bags, and supplies. Riders were encouraged to drink a gallon of water daily. They rode a total of 3,300 miles in 48 days. They rode 6 days a week and on day 7 rested and did laundry. The American Lung Association mapped out the course and supplied all support and infrastructure including medical assistance when necessary.

The gender ratio was roughly 2/3 men and 1/3 women.

(Continued on page 11)



Larry lifts his bike at the Washington Monument after 3,300 miles

Across America Continued

(Continued from page 10)

There were a few riders in their early 80's and two were hand cyclists with no use of their legs. One rider pedaled the entire distance with only one leg. One other peculiar rider was obsessed with photographing roadkill.

Yuck! Every night at 10pm one rider who was a volunteer fireman played Amazing Grace on his bagpipe. This was the "lights out" signal.

There were a few days a bit more challenging than others like the 100+ degree heat in the Midwest and freezing rain and sleet on a mountain pass in Montana. That day was particularly dangerous because the bike brakes were freezing up and some bikers developed hypothermia. Fortunately, organizers pulled riders off the road and people from a nearby town came in pickup trucks to



Crossing into Maryland

bring riders and bikes to safety. On another occasion Larry had double flats in a rainstorm but given the miles and conditions, flats were not uncommon.

When Larry arrived in Washington DC, the official finish line was at the Washington Monument, but he didn't consider the ride complete until he pedaled into Arlington Cemetery where he placed flowers on his parent's graves. His father was a WWI veteran and passed away several



A family bike ride

months before the ride began. Both parents are buried in Arlington.

And now: Larry is nearly 86 and about 2 years ago decided that he would be able to continue his cycling passion if he got an e-bike. He has slowed down a bit. Last year he "only" clocked in 1,000 miles.

As a side note - Larry and his wife Elaine lead by example. Elaine at age 83 continues to walk regularly, do yoga, practice meditation, and could write a book on the cutting edge of healthy eating. Son Chris and grandson Tyler are avid mountain bikers and compete at a high level. Son Mark is an athletic trainer, and daughter Paige is a physical therapist as well as a cyclist. The oldest son Mike also continues to maintain an active lifestyle.

The takeaway? Stay active throughout your life and you can remain active at 86. Who doesn't want that?



Elaine and Larry in a recent ride to Crater Lake

Potpourri and Continueds



Above:
Becky Medina, Martha Drake, Marijane, Wendy Garrison and Gloria Montoya. At the Garden of the Gods Run. Wendy did 10k remainder did 10 mile.

Right:
Eric Medina carried the torch on June 12 in Trinidad.

Law enforcement (the Guardians of the Flame) and athletes, light the "Flame of Hope" at events and competitions throughout the state to embody unity and inclusiveness. Typically, during the months of May and June, law enforcement throughout Colorado carry the "Flame of Hope" during the Torch Run Series.



(Levee Continued from page 1)

Tia had to repaint Southern above Colorado Runners due to the Conservancy District rules that text needs to fit in 5'x8' area. She painted some new trail side rocks and plants to hide the prior text.

Tia also painted the Peacock mural, the Mermaid and most recently a silhouette of a late skateboarder in some gorgeous clouds bursting through the levee wall.

SCR was one of the first calls for artists before anyone knew a fair going rate to have a mural commissioned. The \$1000 payment we offered for the time and talent of Tia was really insufficient. A recent Mural Levee presentation suggests \$1600-\$2,000 for a similar size mural. That is still a bargain for a lasting impression on a classic icon of Pueblo for years and years to come.

I'm really happy to see our club promoting the return of the prior Guinness World Record for largest outdoor mural. I urge SCR members to donate to the Pueblo Mural Levee Project to buy paint, brushes, ropes and harnesses for artists to continue painting the levee. It is strenuous, challenging and difficult work taking many, many hours of their time. Please consider making a donation of your own at <https://puebloleveemuralproject.weebly.com/> to support this really cool local community improvement project on a grand scale!

Editor's Note: Thank you Kim for your idea, then for taking the initiative to spearhead this project. How great it is that SCR is a part of a much larger and historical mural which will continue to be a source of pride for our city for many generations.

Running Tip submitted by Dan Nelson

Make Sure To Cross Train


Your heart loves variety, and doing different types of sports also reduces the stress running places on your joints and spine. Plus, it keeps things from getting boring. "And this helps keep your love of running alive,"

-Sascha Wingefeld, health trainer & active triathlete

THANK YOU

Thank you to Michael Atlas-Acuna for your donation to SCR.

Michael's donation came in since the last newsletter was prepared. If we missed you, please let us know. We want to show our appreciation to all our donors.




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.
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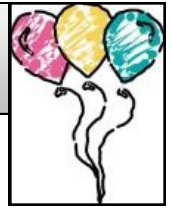
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 Discounts Typically Apply to Full Price Items
 Not sale items



The Birthday Page



July

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

August

2	Teri	Alfonso
3	Melissa	Parent
4	Christopher	Thoendel
5	Janique	Holbrook
6	Michael	Cservenak
	Jon	Teisher
7	Carla	Cano
9	Dave	Diaz
10	Catherine	Gallegos
11	Richard	Craft
	Ron	Dehn
12	Ross	Westley
14	Frank	Lopez-Cepero
15	Mark	Gonzales
	AARON	POTOKAR
17	Andrea	Nunez-Chavez
18	Melanie	Hughes
19	Emily	Lucero
20	Sayge	Ross
21	Charles	Lucero
22	Benjamin	Hendricks
25	George	Alfonso
	Brie	Horton
	Taylor	Lopez-Cepero

September

1	Steve	Fox
3	Natalie	Gowen
3	David	Horton Jr.
4	Jane	Murtha
9	Hollie	Brosseau
9	Chris	Gredig
9	Kenshin	Siffring
10	natalie	veges
13	Ted	Johnson
	Carolyn	Sharp
15	Matthew	Diaz
21	Stacey	Diaz
22	Ronald	Olson
	Michael	Orendorff
23	Gary	Franchi
	Curt	Wright
25	Katie	Teisher
26	Siria	Aguilar
	Siria	Aguilar
	Sam	McCabe
27	Deb	Hadley
	Cassie	Pate
28	Diane	Bess
30	Naomi	Gomez
	Thomas	Herzog
	Helen	Whitener

October

3	Matthew	Whitaker
6	Michael	Atlas-Acuna
8	Kevin	Bailey
12	Denise	Crepeau
	Michele	Heusel
15	Teagan	Hurley
16	Melanie	Steves
	Terri	Tibbs
17	Sheri	Giordano
19	Jane	Chess
	Raelene	Moore
	Denny	Stangier
	Arnold	Tsosie
20	Lynn	Dietz
	Paul	Hindman
22	Ann	Macarthey
	"Meno"	Vargas
23	Tyler	Giconi
	Kadince	Neal
27	Jessica	Alt
28	Eileen	Baracz
	Marvin	Jones
31	David	Rael

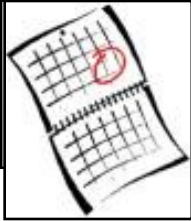
Note: If your name is misspelled or in all caps, or is incorrect in some way, please login to runsignup.com and make corrections.

THANK YOU!

If you plan to move or have recently moved

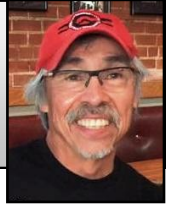
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 if they are sent to your old address,
 the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

THANK YOU a WHOLE BUNCH!



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.

JULY			
4	Sun	Liberty Point 5K	PW
17	Sat	Manassa Pioneer Days 5K	Manassa CO
18	Sun	Barr Trail Mtn Race	Manitou CO
24	Sat	Spanish Peaks Backroads 5M	Aguilar, CO
24	Sat	Classic 10K	CoS
24	Sat	Grin & Bear It Trail Run	Crested Butte CO
24	Sat	Great Escape 5K, 10K Trail Run	Canon City CO
27	Sat	Run the Rim Trail Run 5K	Royal Gorge Ranch
31	Sat	Atalanta 5K	City Park
AUGUST			
7	Sat	Melon Man Tri	Rocky Ford CO
14	Sat	5K for Kinsley	Minnequa Lake
14	Sat	Georgetown to Idaho Springs	
14	Sat	Boulder Rez Marathon	Boulder
21	Sat	Melon Run 10K,5K	Rocky Ford CO
21	Sat	Pikes Peak Ascent	Manitou CO
22	Sun	Pikes Peak Marathon	Manitou CO
29	Sun	State Fair 5K	Pueblo CO
SEPTEMBER			
6	Mon	Fortitude 10K	Fort Collins, CO
6	Mon	American Discovery Trail Marathon	No longer being held
11	Sat	Best Dam Run	Rock Canyon swim beach
18	Sat	Crime Stoppers SWATT	Pueblo CO
19	Sun	Spanish Peaks Half Marathon	La Veta CO
19	Sun	Pony Express Trail Run	Woodland Park CO
25	Sat	Beulah Challenge	Beulah CO
25	Sat	Emma Coburn's Elk Run 5K	Crested Butte CO
OCTOBER			
2	Sat	CoSprings Marathon	CoS
2&3	Sat-Sun	Rim to Rim	Royal Gorge CO
3	Sun	The Rad Run	Trinidad CO
9	Sat	Point Alta Vista Trail Races	Canon City CO
10	Sun	Boulderthon Marathon	Boulder CO
11	Mon	Boston Marathon	Boston MA
16	Sat	Splashland Triathlon	Alamosa CO
17	Sun	Colfax Marathon	Denver
24	Sun	Colorado Marathon	Fort Collins

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Contact Us

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

President	Ted Sillox	president@socorunners.org
Vice President	Danny Nelson	vicepresident@socorunners.org
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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
www.socorunners.org/triclub

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The Final Thoughts...

I have always found that mercy bears richer fruits than strict justice. -*Abraham Lincoln*

A man has to live with himself, and he should see to it that he always has good company. -*Charles Evans Hughes*

We have, I fear, confused power with greatness. -*Stewart I. Udall*

Don't wait for the Last Judgement. It takes place every day. -*Albert Camus*

This grand show is eternal. It is always sunrise somewhere; the dew is never all dried at once; a shower is forever falling; vapor is ever rising. Eternal sunrise, eternal sunset, eternal dawn and gloaming, on sea and continents and islands, each in its turn, as the round earth rolls. -*John Muir*

Always take the long term view and train and race smart, with a bit of caution." *Bill Rodgers*

If one could run without getting tired I don't think one would often want to do anything else. -*C.S. Lewis*