



Footprints



The Fall Edition

Volume #352, Issue #4 Editor: Ron



The 2021 Atalanta Wrapup

By Wendy Garrison

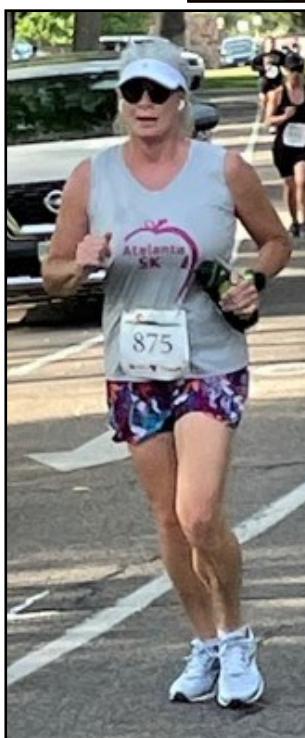


The Atalanta 5K run/1.5 mile walk had its biggest turnout since the race was revived 6 years ago. Despite moving the race day up a week to July 31, changing the race start to the Pueblo Zoo parking area and having to cancel in 2020 due to COVID restrictions - the race attracted an impressive number of athletes. Under the direction of Becky Medina, the 5K had 74 runners and the 1.5 mile walk had 30 walkers.

The crowd was greeted with sunny skies and warm weather. Many speedsters were in the 5K. Nine runners finished the course in under 24 minutes. Brooke Kottenstette was the overall winner with a time of 22:11. Brooke is 12 years old. Coming in second was 13 year old Lauren Staples with a time of 22:16 and third was Taylor Lopez-Cepero with 22:55. Brooke Kottenstette was joined by her mom, Jennifer, and sister Taylor who is also 12 years old. Mom and sister each finished 3rd in their age divisions with times of 23:50 and 23:30.

In the 1.5 mile walk, Helen Aring edged out the competition to win with a time of 20:22. In a close second was Susan Montez at one second off (20:23) then Gina Benfatti at 21:19. Overall winners received a hand crafted wooden vase made by local artist and SCR member Lois Pfost. Winners also received a apple mug and apple cinnamon tea.

Ninety-three year old Natalie Veges was honored at the race. Natalie has walked in several races and is the mother of longtime SCR member Bill Veges. At 93, she finished the course in an impressive 32:29.



Meg Scarlett rounds the corner near the fountain

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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

I was thinking the other day how much change we see within a 12 month period. This year we survived the lockdown, race cancellations, virtual running, masks and vaccinations. In spite of everything the sun keeps rising every morning and setting every evening. The good thing for runners is you can just focus on going out and doing a run and shut out all of the outside distractions. Sometimes I can be running and it seems like all of the stuff we went through was just a bad dream. So shut off your media and go for a run and focus on the day.

We have a busy fall schedule and I am so glad to see that registrations are coming in daily for the Rock Canyon Half Marathon. It looks as though we will have a large turnout for the race and we get a lot of out of town runners for this event. Melanie and Eric do a great job of organizing this race for our club but they are always in need of helpers so please think about offering your help with this event if you are not planning on running it.

Our membership numbers are slowly going up but we still need to keep recruiting more people into the club. Recently one of our members, Martha Drake, put together an auction basket for Soaring Eagles Autism Center. I thought what a good way to use leftover swag and advertise our club at the same time. If you are involved with other organizations or know of auctions coming up feel free to contact the board and sponsor a basket. I was late getting to write this article but I am glad because today I saw in the paper that one of our young members, Tanis Chavez, took third place in the girls division of the Pueblo City-County Cross Country meet held on October 13th at Elmwood Golf Course. Tanis is a senior at South High School and has made great strides in improving her times this year. Congratulations to Tanis.

Elections are just around the corner so if you feel like you would like to become more involved consider running for a board position. We also are in need of a secretary as Wendy Garrison changed jobs and could no longer attend the meetings. Thanks to Wendy for serving. Darryl Clark has stepped up to be race director for the Spring Run Off so the position of volunteer coordinator is vacant. I think we need to be more visible in the community and a volunteer coordinator could help us with this.

If you are a member that is interested in triathlon we have a new trainer, Cheryl Higdon-Holloway, and she has secured pool time for members interested in improving their times. She has plenty of coaching experience and is willing to help with making you a better triathlon athlete. Feel free to contact her for more information.

I hope to see all of you at the Harvest Run on October 27th at the Gold Dust and if I don't know you please come and introduce yourself to me.



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.

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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 Dehn, Dave Diaz, Wendy Garrison, Dan Nelson, Marijane Martinez, Mary Yang, Paul DallaGuardia, Jane Murtha, Cheryl Higdon & *Alyson Felix

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.

* Alyson Felix holds the record for the most medals won in the Olympics by a US athlete in Track and Field. In the last Olympic games she broke Carl Lewis' previous record.



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



The Predict Series

By Ted Sillox



How great it is that we are back to our regular predict runs with the potluck social that follows afterwards. We had a decent turnout in spite of the wet damp morning for Rob and Beck Espinoza's Peaks and Prairies run. Our best trooper, Danny Nelson, plowed through the mud and rain to mark the course. Thank Danny after all of the predict runs for getting out there and marking the course. He does the best job!

The Gowen's hosted the Vision Hills Predict and it was beautiful weather. Just right for running and on a course most of us have not run on before. If you are not attending these runs you are missing out on fun. The Diaz family hosted our next predict and we had great weather that day. Plenty of social interaction with good food followed the run.

Summer closed out with the Colorado's Best Dam Run at Lake Pueblo and the facilities there are great. It would be a great venue for a pay for 10k run with all of the restrooms and sitting areas available. Hopefully this can become a reality.

Our Harvest Run at the Gold Dust is October 23rd and we offer free food and drink for those attending the event. The following weekend we will run in Imperial Cemetery at dusk. The course will offer plenty of twists and turns and allows runners to run without the thought of watching for cars. Cemeteries are a great place to run with little or no traffic or walkers. I am going to keep trying to offer predict runs that are fun and entertaining. Last year the Christmas Light Night Run from Walters Brewery on the Arkansas River Walk was very popular so we probably will repeat it.

There will be a November predict run at BF Rockafellow Park in Canon City hosted by Darryl Clark, and Nelson Brentlinger will host a December run at his house in Pueblo West. We are always looking for a host so contact me if you are interested in hosting an event.



Running Tips - Courtesy of Danny Nelson

Know Your Limits

You don't have to smash every run. Intense interval sessions and long runs are important pillars of a training plan but too much too often will fatigue you physically and mentally. Include some comfortable steady-state work and recovery runs to give your mind and muscles adequate recovery. -Shaun Dixon, elite runner and coach

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

Atalanta Continued

(Continued from page 1)

Returning race director Becky Medina led a dedicated group of volunteers whose goal was to ensure a successful race. This year's volunteers included: Marijane Martinez, Melanie & Danny Nelson, Martha & Bob Drake, Carmen Perez, Gloria Montoya, Debbie Gurule, Nicole Clementi, Wendy Garrison, Ted Sillox, Eric Castellano, Paulette Arns, Jason Castro, Mike Baca, Gavin & Ashley Fesmire, Don Thompson, Travon & Darrius Whiting, Herb Brockman, Don Pfof, Ron Dehn, Lewis Fox, Bob Quintana, Dave Dehn, Sean & Paddy McGivney and Lisa Lucero.

Donations for Atalanta came from the following generous sponsors: Kari & Joe Brosseau, Pueblo Subaru, Barbara Hadley, Mark Gregory, King Soopers and Biranda Seidel.

The date for next year's Atalanta will be July 30, 2022. Martha Drake will be Atalanta's 2022 race director.



Above: Trévon Whiting, Bill Veges, Natalie Veges (honoree), Eric Castellano, Darius Whiting

Below Right: Race winner Brooke Kottenstette and Eric

Below Left: The Atalanta committee: Melanie Nelson, Martha Drake, Becky Medina, Marijane Martinez, Wendy Garrison, Carmen Perez, Gloria Montoya, Nicole Clementi

Women's Tribute

Florence healed
Amelia flew
Atalanta ran
We heal
We fly
We run
We embrace the
spirit of the women
before us
And those to follow
Amen

Atalanta thanks the following sponsors:

Kari & Joe Brosseau, Gold
Pueblo Subaru, Jeremy Hamm, Silver
Barbara Hadley, Silver
State Farm Insurance, Mark Gregory, Bronze

Atalanta thanks the following who donated prizes for drawings:

Gold Dust Saloon Craft Beer and Grill, Gypsy Java's Cafe & Coffee Shop, Love Mug Coffee Shop, Solar Roast Coffee, Southwest Deli & Café, Squawk Coffee, Starbucks, King Soopers (southside), & Biranda Seidel



More Atalanta Photos



See Page 14 for
A few more Atalanta photos

Clockwise from upper left:

**Eric Castellano and Helen Aring, winner
of the walk**

The Marijane Martinez Family

**Barb Hadley (one of the founders of the original
Atalanta race, Barb's daughter
Molly, and granddaughter Margot**

Helen Whitener



RUN FOR A REASON

By Mary Yang



Starpoint hosted their 11th Rim to Rim Royal Gorge Races on October 2nd & 3rd at the Royal Gorge Bridge & Park. The weather could not have been more perfect for runners. Truly, it's an honor to host our event at such a beautiful outdoor venue. As always, there was a lot of inspiration out along the courses. Starpoint is a local nonprofit organization that supports children and adults with intellectual and developmental disabilities. This race event is Starpoint's largest annual fundraiser and all of the proceeds go right back into offering essential supports to individuals and families in Fremont, Custer, and Chaffee Counties.

Running at the famed Royal Gorge Bridge & Park is most definitely a big draw for our race. However, we work really hard at making sure the venue itself doesn't overshadow the true meaning behind our event. This year while marketing, we used a tagline, "Run for a Reason," to really drive home that this race truly supports a worthy cause. Helping us further drive this concept home was the presence of two other nonprofit organizations that showed up to our start line; Ainsley's Angels and The Lockwood Foundation. Both organizations work with volunteers to help support athletes with disabilities so they can also participate in endurance events. Ainsley's Angels are known primarily for using a chariot to push Angel riders in road races. The Lockwood Foundation is known primarily for trail riders in which they use an adaptive chair for individuals who use wheelchairs. They explore various mountain trails and even summit 14ers. Both groups advocate for inclusion and awareness for athletes with disabilities.

Various individuals from Starpoint have been involved with Ainsley's Angels for the past 5 years now. In fact, we have formed our own local group, Southern Colorado Running Buddies, and often meetup for fun runs during the week. This was our first year engaging with the Lockwood Foundation and we are thrilled with yet another opportunity for our athletes to engage in.

On race day, as both Ainsley's Angels and the Lockwood Foundation made their way to the start line, it was apparent that fellow runners were moved by the individuals in these groups. It allowed us to bring awareness to such groups and further awareness about why we work so hard each year to put on our race. It was a beautiful blend of three nonprofit organizations coming together to support one another for the same mission of inclusion and spreading awareness. Ainsley's Angels and the Lockwood Foundation lead all of the other runners out along the course. We had just under 400 runners this year. The 5K and 10K is held on Saturday and the Half Marathon is on Sunday (always the first weekend in October).

Our race continues to grow, which means so much to all of us from Starpoint. It is an honor to host an event at such an iconic location. We have met so many wonderful people throughout the years, which makes the journey so exciting. There is a ton of camaraderie amongst runners each year, leaving our race committee members feeling fulfilled and inspired. We want to thank all of the volunteers who show up along the courses, the race committee, our sponsors, and the folks at the Royal Gorge Bridge & Park. Mark your calendars for next year! October 1st (5K/10K) & October 2nd (Half Marathon).

Our 2021 Sponsors:

Presenting Sponsors- Pizza Madness, Susie & Bruce Bell, Benefit Health Advisors, Fremont County Tourism Council.

Gold Sponsors- ATMOS, Legacy Bank, Sun West Credit Union, Bank Central (Hutch Hutchison).

Silver Sponsors- Edward Jones Investments, Florence Family Dentistry, ease e, Canon City Mugs, Solvista Health, Colorado Healing Acres, Gobin's Inc.

Bronze Sponsors- Frontier Feeds, Lindner Chevrolet Inc, Big O Tires, The Winery at Holy Cross Abbey, Canon City Lions Noon Club.

Our 2021 Partners:

Royal Gorge Bridge & Park, Royal Gorge Dinosaur Experience, KRLN, Canon City Daily Record, and Royal Gorge Zip Lining Tour.

www.rimtorimroyalgorge.com

www.starpointco.com

southerco@ainsleysangels.org

Ambassador-Robert Kent

jeffrey@lockwoodfoundation.org

Founder-Jeffrey Lockwood

Photo Credits: Char Linder & Ground2Air Productions



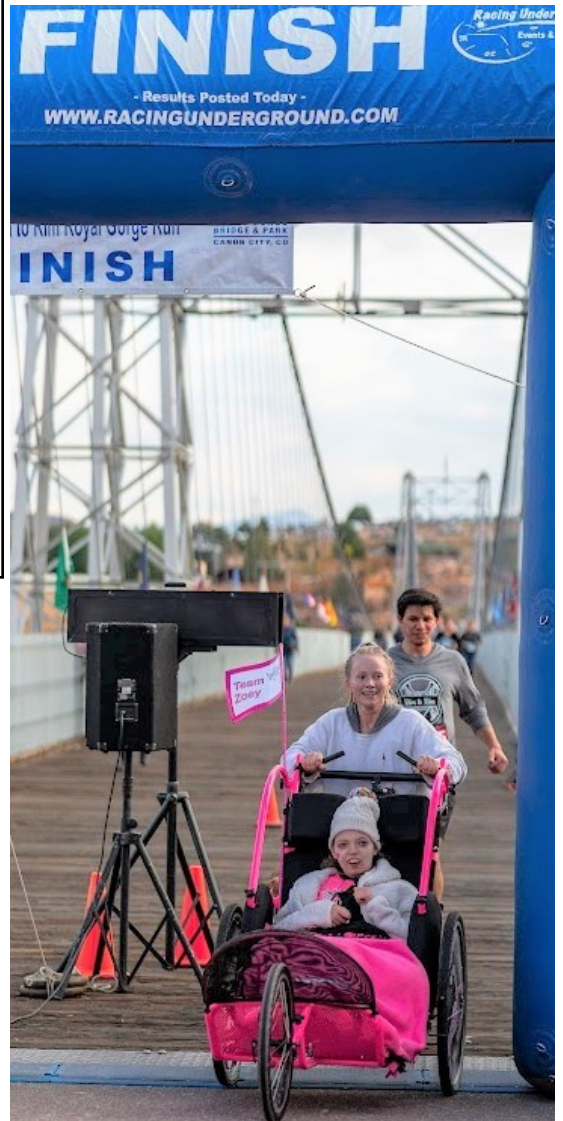
Run for a Reason more photos



Left: Nelson and Debbie Brentlinger did the 5k on Saturday and volunteered at the Half Marathon on Sunday

Upper Left: Uphill Challenge

Upper Right: Award Winners with awards made from bridge planks



Left: Runners were treated to entertainment after finishing the race

Right: Lots of smiles at the finish



Ramblin' by Ron Dehn



Above: Melissa, me, & Makena at the Fallen Heroes Run

Lower right photo: Dave & me

The Fallen Heroes Run

This was my 4th year of running the Fallen Heroes Run in Oklahoma City. Proceeds from the event go to a scholarship fund for dependents of National Guard soldiers from the area who have lost their lives in the middle east conflicts.

In the past I have always run the Half, but this year for a

variety of reasons / excuses I ran the 5k. But it all worked out because this allowed me to run with my daughter Melissa and (sort of) run with my granddaughter Makena. I say sort of because Makena would slow down occasionally to let Melissa and I catch up with her for 50 yards or so, then take off again. Makena participated in the “Girls on the Run” program in Oklahoma City a few years ago but now runs track as a sprinter at her middle school.

There are somber portions of the run because at every mile there is a sign with a photo and bio of a fallen soldier. Some military participants run in full gear and rucksack. The event is similar to the Rock Canyon half in that the majority of the run is alongside a river and is a relatively flat course.

The Royal Gorge Rim to Rim

Because of covid I have not participated in many organized runs since the Spring Runoff of 2019. A while back my brother Dave told me he wanted to run the Royal Gorge Rim to Rim and he thought it would be a good idea to run it together. I am so glad he convinced me to do it. It felt so good to be in a race with a crowd of runners. And even though we are still cautious about covid, it was almost like the “good old days”.

Race Director Mary Yang dotted every i and crossed every t. The race was extremely well organized. And what truly special awards. First and second place runners in each division received a wooden award made out of a bridge plank with the Rim to Rim logo burnt in. Super Cool!

There were inspirational moments as well. There were several participants from Ainsley’s Angels and the Lockwood

Foundation. Able bodied runners made sure that disabled participants completed the course. And this course was extremely challenging. See Mary’s article on page 6 for more details.

Thanksgiving

This is traditionally a time when the idea is to give thanks. I try to remember the spirit of the holiday, but it is easy to get caught up in the peripherals. In both of the runs mentioned above, there were reasons for me to reflect. In the Fallen Heroes Run, those soldiers who gave their lives will never be able to participate in a run. And their families will not be able to greet them at the finish line or cheer them on as they ran.

In the Rim to Rim run there were disabled people who could not participate if it weren’t for an able-bodied partner who took on the challenge to push or guide them through the course.

For me these events served as a reminder to be thankful to be able to do what I do. I’m not particularly fast but on just about any given day I am blessed to be able to run a 10K if I choose to do so. Again I won’t be setting any land speed records, but my body allows me to do it. I am not bragging but being thankful and humble that I am this fortunate. I recently went to a memorial service for one of my classmates who died of cancer. Not because she did anything high risk. Cancer is indiscriminatory and this classmate (South High 1966) is only one of several of my friends that won’t be going to any more reunions.

I will most certainly enjoy time with my family and extended family this Thanksgiving. And I will enjoy food specially prepared by many because we do a potluck style meal. But I will also try to remind myself on Thanksgiving Day as well as every other day, to pause and give thanks.



Upcoming Races

The Rock Canyon Half

The tradition of the Rock Canyon Half Marathon continues. The 2021 event takes place at 8:30am on December 5. The start and finish are at Pueblo City Park. The in-between is indeed worth the entry fee. You will wind along the relatively flat and gorgeous river trail with views of the river, wildlife, a variety of trees and plants, the magnificent bluffs and the Pueblo Dam along the way. There are several aid stations with water and Gatorade.

This event requires a substantial support crew so if you don't plan to run, and would like to volunteer, contact Melanie Steves at 719-250-1373 or melaniesteves@yahoo.com. Volunteers will receive a sweatshirt.

And the price is quite affordable. The \$55 price is extremely reasonable considering the sweatshirt and swag you get, along with a fantastic course. Go to <https://runsignup.com/Race/CO/Pueblo/RockCanyonHalfMarathon>

to sign up.



Rock Canyon 13.1



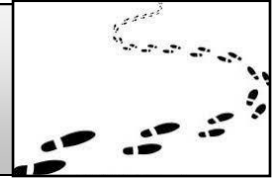
At the Nature and Wildlife Discovery Center
River Campus

Coming January 8, 2022
Check <https://hikeandlearn.org/>
in the next few weeks



10,000+ Steps a Day for a Year

By Cathy Dehn



At the end of November last year 2020, a screen popped up on my Fitbit page as I was updating my daily steps, "You are on a 50-day step streak of 10,000 or more steps a day." I didn't even know it was a thing. But, when I saw that I couldn't stop. It became my goal for the year. And because of Covid, my husband Dave and I became avid walkers to make sure we were out each day.

Dave did this right along with me, even though he has an IWatch and not a Fitbit. Many days we would walk in the mornings, evenings and have our regular daily steps. We continued our Tuesday, Thursday, Saturday run/walk days and added biking and yoga on other days. When we traveled over the summer and were in the truck most of the day, we would walk sometimes at 9 pm in the dark and with a flashlight to finish off our 10,000 steps. And there were our Disney days when we walked constantly each day for a week and usually tallied up 25,000 or more steps per day. But, the goal was at least 10,000 each day for one year and we reached that on October 5th. It was something we really enjoyed and were very glad we did and completed!

I had a hard time letting go of reaching at least 10,000 steps per day, but decided that a different goal was in order. This year starting in November, we will be mixing it up with different exercise. I will stick to our run/walk days, but will be adding biking, yoga, swimming, weights and hiking. I am excited about this new goal and of course Dave will be doing it with me along with his own exercise goals.



Paul DallaGuardia's Thanksgiving Day Run / Walk

Paul Dallaguardia will be organizing his 8th annual Run / Walk on Thanksgiving morning. The event gives us an opportunity to get some exercise, have camaraderie with our running buddies, and lend a hand to those less fortunate.

This year's event will take place at 8am at the City Park Swimming Pool parking lot.

There will be a 5k run and a 1 ½ mile walk. This is not a timed event, but a fun run. There is no entry fee – but donations are encouraged. Please bring canned goods, new personal hygiene items (toothbrushes, toothpaste, soap, etc.) or warm clothing (jackets, gloves, socks, hats, scarves). Paul is coordinating with SCR's Roger Giordano and all items collected will again go to benefit Care and Share.

And as an added bonus – there will be a random awarding of 2 pumpkin pies.

Kudos to Paul for organizing such a meaningful event. This is a great way to burn some calories before our traditional dinner and help someone supplement their dinner or keep them a little warmer this winter.



SCR Online Store Update by Marijane Martinez



I have been overseeing the ordering on the Runsignup.com SCR store since its inception. Kim Airline was kind enough to set it up. I check it periodically and I then text the orders to Shirt Heads. Liz at Shirt Heads adds our smaller orders onto her larger orders which means there is no definite estimate of how long it will take to receive the order. The difficult part has been getting the merchandise to the club members. The Gold Dust was kind enough to hold on to the merchandise until members picked it up however that is no longer going to be a resource. I spoke with our club President, Ted Sillox and he agreed that perhaps it is time to add a mailing fee so the merchandise can be mailed to club members. Therefore, as of January 1, 2022 when you order merchandise through the store you will be assessed a small fee for mailing. Currently we are carrying short sleeved shirts, long sleeved shirts, and tank tops. Shirts and tank tops come in Male and Female sizing ranging from Small to XXL. If you wish to order headbands you may call Liz at Shirt Heads. All merchandise prices are listed on the store ordering page. Beginning January 1, 2022 there will be an additional mailing fee for shirts. That amount will be \$5.00.

I still have merchandise for the following club members. If you would please contact me at my email, marijane.martinez@comcast.net to arrange pick up I would appreciate it.

Michael Arnold, Kevin Bailey, Jayme Bright, Mindy Chapman, Richard Craft, Chris Gredig, Andrew Hackler, Bobby Streip, Ross Westley. Thank you!



At the St. George Half Marathon on October 3, 2021. Marijane Martinez, Martha Drake, Carmen Perez, Gloria Montoya, Diane Lopez



My Ironman Experience

By Jane Murtha

At the start of 2021, I decided to register for Ironman Chattanooga. A full Ironman had been on my bucket list for a while and when I told my gal pals, Peggy Oreskovich and Jessie Casarez, they decided to join me, and Regina Web signed on as our sherpa. The race, sponsored by Little Debbie snack cakes, took place September 26, 2021. Instead of the usual 140.6 distance, it was 144.6, due to the bike leg including an extra 4 miles. I like to joke it was an Ultra Ironman. We all trained diligently, following a 24-week training plan designed by the renowned sports author and coach, Matt Fitzgerald. We all have our own stories, and this is my race recap.

After what felt like a mostly sleepless night, I woke up irritable and a little cranky on race day. Pre-race nerves and anxiety, I'm sure but I distinctly remember thinking "I just want to get this over with." Race supporter extraordinaire and former Southern Colorado Runner's Club member, Olivia Medina, arrived at 4:30 AM to drive us to the Ironman Village. We groggily (and a little grumpily) stumbled out of the Airbnb, ready to go check Ironman off the bucket list. At transition, we took care of last minute details, filling up water bottles, separating bike and run nutrition and generally overthinking every decision. The anxiety continued to build as Peggy and I boarded the bus to the upriver start of the point to point downriver swim. The sun was still not up and it was a little chilly to be playing hurry up and wait but Jessie managed to find us as we milled about killing time. As the sun started to light up the morning sky, 1,900 Ironman wannabes started pulling on wetsuits and slathering on anti-chafe creams and Vaseline. The energy and anxiety was palpable as we self-seeded ourselves for a rolling swim start. The pro men started promptly at 7:30 but it seemed like forever before the line of athletes started gradually making their way forward to the dock at the water's edge. As a faster swimmer, Peggy went ahead in the line while Jessie and I lined up further back but side by side. After all the waiting around, suddenly we were on the dock with just enough time to wish each other a quick good luck before we hopped in the water to start the swim a little after 8. The quest was on to complete the journey that started months earlier.

For most triathletes, including myself, the swim is most feared and dreaded. As I heard one participant spin it, "the swim is my third best discipline." At the athlete briefing prior to the race start, the race official said to keep the buoys on our left. Looking downriver at the sea of athletes in front of me, the majority seemed to be swimming between the shore with the buoys on their right. I followed suit, focusing on staying relaxed but trying to push a little. After all, it's a



Jessie, Peggy, & Jane

race. Early on, I took a pretty hard kick to my upper left bicep. No big deal as I paused to take in the scene of swimmers creating a wall of water splashing down the river. I paused again as I struggled to sight and took a breaststroke kick to the stomach. Oooff. "Sorry!" I blurted out to the guy that kicked ME. Guess I was apologizing for getting in the way of his foot? He immediately replied "Sorry" as well. Niceties exchanged, we continued past the hallway point, indicated by the buoys changing from yellow to orange. After swimming under three bridges, I fell in stroke sync with a random guy in a wetsuit with a blue stripe on the sleeve. We both looked up at the same time and spotted the red buoy, signifying the swim exit, "The red buoy!" I exclaimed. "Yeah!" he replied with a huge grin as we both realized we were almost done with the first discipline. Volunteers waded in waist deep water, leaning in to offer a helping hand and haul us up onto the concrete steps. The downriver current, while not perceptible to me while swimming, pushed me to a faster than usual time. As I started the long trek to transition, I felt great.

Swim split 1:07:49; 1:45 per 100 yds; 47th AG

In the transition tent, I grabbed a seat and a helpful volunteer stripped off my wetsuit, sprayed me with sunscreen and helped me stuff my pockets with fig bars, my preferred solid food nutrition on the bike. I slapped on my helmet, glasses and bike shoes and started the long trot to my bike at the far

(Continued on page 13)

Ironman Experience Continued

(Continued from page 12)

end of transition. Official transition time 11:24. Not fast by any means but I was hustling while trying to prepare to spend a loooong time in the saddle.

I mounted my bike and headed out of town, still soaking wet from the swim. Glancing at my heart rate displayed on my watch. I was surprised to see it only read 111. It stayed in that range for the first 20 miles or so before gradually starting to creep up. Riders were bunched for the first half of the first loop and there was a real sense of camaraderie. We'd been warned of some rough sections in the road and lead riders called out warnings well in advance of the impending threats/obstacles. Additionally, other potential hazards were pointed out as the race progressed. We had to negotiate a hard left after the steepest climb, negating the usual downhill reward. As the roads smoothed out on the return to town, I was able to soak in the beauty of the countryside in the foothills of Lookout Mountain. It was truly a spectacular ride! As I approached mile marker 30, the lead pro riders with their police escorts and media crews passed. What a reality check! They were 50 miles ahead of me! No matter, I was following my race plan, taking in two hundred plus calories and electrolytes every hour. Unfortunately, the closer we got to town, the more vehicular traffic there was on the road. I spied Regina, Olivia and Mike cheering me on and that helped me regain my focus, which had started to wane. After completing the first loop, the riders were more evenly spaced out and I focused on an even effort to carry me thru the second loop. I'd been relying solely on the water and fuel I'd put on the bike in the morning, but I started to utilize the on course aid stations, calling out "water" "Gatorade" or "banana", depending on my needs. As the volunteers rushed to accommodate me, I fed off of their overwhelming support. I caught Peggy around mile 85, greeting her as I rode by. A few miles down the road, two dogs broke loose and started to charge into the group of riders ahead. As shouts and warnings rippled back, I feared a disaster was about to strike. Thankfully, the dogs hesitated, torn between their natural instinct to chase moving prey and their owner's commands to stop. We shot by, unscathed except for a temporary spike in our heart rates. Riding into transition, I spotted my daughter, Savannah, cheering for me. I pumped my arm out of excitement to see her and relief to finish the bike unscathed. The crowd roared in response to my excitement. I felt like a rock star!

Bike split 6:13:23 18.57mph for 116 miles. Sixth AG

I hobbled to the transition tent after handing off my bike to a volunteer and grabbed my run bag. I slipped on my running shoes and fresh socks, changed out my bike glasses for run glasses, pulled on my hat and shuffled to the portapotty. Hardcore racers are known to pee while on the bike but I'm not at that level. I waved at Biranda, Olivia and Mike as I headed out on the run Transition time 9:41 Then, I spotted

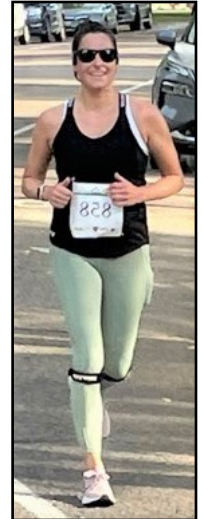
Savannah again as I started the run. I hugged and kissed her as she was FaceTiming my son, Max. I heard his words of encouragement and fed off of them as I started the run. Isn't technology great?!

I felt ok for the first couple of miles but by mile three, I started to struggle. I realized I needed to fuel and take some more electrolytes. I felt better almost immediately and fell in step with some guys, sharing stories and teasing one another. I MAY have told a guy he had a great smile and looked like a nice guy but then again I surmised, so did Ted Bundy. I concluded it was 50-50 whether he was a nice guy or a serial killer. Another fellow was from the DC area and had triplets. I came across Savannah and Regina around mile 8 and told them I felt like I needed some Pepto Bismol out of my special needs bag. The hilliest part of the course (Barton Hill) lay between me and special needs so I had to gut it out. I started drinking Coke at every aid station. I rarely drink Coke, but it tasted like the nectar of the gods! I ducked into a portapotty at mile 11 and when I popped out, I spotted Peggy. We greeted each other and fell in step with one another. At mile 12, I needed to replenish the ice in the ziplock baggies I was using for core cooling since my ice had long since melted. As luck would have it, all the ice at that aid station had melted too. The volunteer apologized and cheerfully asked if I wanted her to pour the cup of melted ice on my head. I asked her to pour it on the back of my neck instead. She obliged but it ran down my body and soaked my right shoe and sock. Peggy started running again



(Continued on page 14)

A Few More Atalanta Photos



Left: Don and Lois Pfost enjoy a popsicle after the race.
Middle: Jessie Quintana and Greek God Eric
Right: Maggie Loe

Iron Man Continued

(Ironman Continued from page 13)

(we were walking in the aid stations) and I asked her if she was stopping at special needs. She replied no, she didn't need anything. I couldn't decide what to do. I didn't want her to drop me but I was worried my wet shoe and sock would become an issue. Also, I wanted that Pepto Bismol! I decided I needed to take care of my issues. As I stopped at special needs, I made a split second decision to just change one sock (since only one was wet), grabbed the Pepto and chased Peggy down. I knew if I kept her in sight she'd push me to a fast finish. We weren't talking but kept a steady pace in between aid stations. I had to dig deep to stick with her, my legs were hurting but not unbearably so and I thought, "If this is the pain case I can at least take a peek inside." I also thought about how our friends at home were tracking us, watching us dueling it out. Two training partners and friends, running side-by-side, pushing one another after racing for over 11 hours. People begin commenting on how strong we looked and how evenly matched we were. Some of them even wondered aloud if we were friends or knew each other. My normally chatty self was mute, no more serial killer jokes or questions about one's family. It was all I could do to flash a thumbs up in response to the "good job, looking strong, great pace" comments. Around mile 19, Peggy tripped and went down hard, skinning her elbow and banging her ankle. I asked if she needed to walk. When she replied no that she was going to run it

off, I knew it was about to get REALLY hard. I could tell she was aggravated with herself and when that happens, watch out! She pushes even harder! As we approached the notorious Barton Hill for the second time, I asked if she was going to walk it. When she replied "yeah let's walk the hills" "I knew we were going to stick together through the end. It wasn't easy, Peggy is a fast walker and I strained to kept pace. As soon as we crested the hills, we'd fall into step, our footsteps synchronized. As we closed in on the finish and faintly heard finisher's names being announced, I managed a "Hey Peggy." She cautiously replied "Yeah?" thinking maybe I needed to walk. Incredulous, I quietly said "I'm going to be an Ironman." Huge smiles broke out across our faces as we realized the journey that began months ago was all but complete.

I finished in the top 15 percent of my age group, which was an pleasant surprise, but the real joy came from experiencing it all with my friends and family. I started the race with one friend and finished with another, all the while feeling the overwhelming support from family, friends and volunteers. It doesn't get any better than that!
 Final run time 4:52 Overall time 12:34:44 Eleventh AG overall.



The Liberty Point 5k

The 14th annual Liberty Point 5k run / walk took place on July 4 of this year. There were 229 participants. Eleven year old Brooke Kottenstette led the lady runners with a time of 22:35. Evan McCulloch, a standout Cross Country and Track athlete at Pueblo West High led the men with a time of 18:55. Note: For several of the early years, SCR's Stan Hren served as race director and chief organizer of this event. Stan retired and now lives out of state.



Top Row

Brooke & twin sister
Taylor Kottenstette

Evan, Neil, & Cami
McCulloch

Biranda Seidel

Middle Row

Adam, Jessy (2nd overall
lady finisher) & Teagan
Narimanov

Matt Smith hoisting the flag

Chester Haddan III

Bottom Photo

Eric Castellano, Melanie,
Suzi, and Mark Steves



MOUNTAIN VALLEY PERFORMANCE ACADEMY (MVPA) By Cheryl Higdon

Name: Introducing Mountain Valley Performance Academy (MVPA), a non-profit organization that includes a registered USA Triathlon/multisport competition unit and a registered USA Swimming competition unit. MVPA's home base is located in Pueblo West but extends to include the Rocky Mountain front-range.

Function: MVPA serves to train, condition, and educate serious minded athletes who desire to discipline themselves in the area of USA Triathlon/multisport and or USA Swimming (age group/Masters) competition. MVPA includes all ages, genders, and abilities including para/athletes. Cross training in running, biking, swimming, and strength and conditioning develops both units. Event planning and computerized biomechanical analysis is included for club members.

Purpose: One purpose for organizing MVPA includes, answering the pleading of many colleges, universities, and high schools which are presently organizing Triathlon/multisport teams. These institutions frequently seek existing competitive swimmers from USA swimming teams. Athletes who train as youths in USA Swimming compete more successfully in triathlon/multisport/Ironman competitions, since swimming is generally the most difficult skill to develop.

Another purpose is that MVPA creates opportunities for families to train as a family unit. Parents can train with their children and set family goals to improve fitness and to compete in sanctioned Triathlon and or Swimming events.

Head Coach: Dr. Cheryl Higdon Holloway earned a Ph.D. in human performance science with an emphasis in biomechanics. A retired university professor, teaching exercise physiology, biomechanics, neuromuscular physiology, adaptives, and sport psychology has also coached high school, college and USA age group and Masters swimming, totaling over 50 years. She has developed several teams and led them to regional championships and just recently this summer, led the Pueblo West Swim Club to a division championship. She has coached numerous athletes to local, state, regional, World Class and All American championship status. Coach Cheryl is a current certified USA Triathlon/multisport and current certified USA Swimming coach.

Pool Time and Place:

Centennial High School Tuesday and Thursday from 6:30 to 8:30PM and East High School, Fridays from 11:00AM to 1:00PM.

Starting Date: November 2, 2021

Contact: To acquire pool time and space please sign up as soon as possible.

Training will begin November 2, 2021.

Cheryl Higdon Holloway

505.469.0048 call or text

Email: saricinfo@gmail.com

Email: info@mountainvpa.com

Webpage: mountainvpa.com


will be up and running Nov 1, 2021

Woodlands Texas Ironman


Gwen Steves place 2nd in her division with a time of 10:52:40. She qualified for a slot at Kona Championships next October 2022. She also placed 6th among all female entries.

Her younger brother Seth Holloway placed 14th in his division with a time of 11:48:18. This was amazing considering it was his first Ironman competition.






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Printing your Membership Card by Dan Neslon

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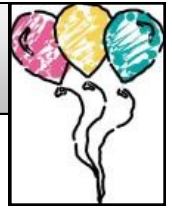
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The Birthday Page



November

1	Ross	Barnhart
1	Eric	Palacio
4	Jordan	Reese
5	Ernie	Aguilar
5	Jessie	Quintana
8	Chris	Weidner
14	Nicole	Clementi
15	Juan	Morales
16	Zoey	Neal
16	Robert	O'Callaghan
17	Larry	Volk
19	Ashley	Pataro
20	Kayla	Roman
23	Chris	Dehn
23	Richard	Giconi
24	Paulette	Arns
25	Lindsay	Williams
27	Tim	Weckx
29	ROBERT	QUINTANA

December

1	Isobel	McGivney
2	Martha	Drake
2	Humberto	Paredes
3	karin	kyte
3	Scott	Marron
6	Annabelle	Corboy
8	Andrew	Caro
8	Michelle	Cata
8	Katherine	Singer
11	Dave	Dehn
12	Anthony	Diaz
12	Sara	Salisbury
12	Donald	Swearingen
13	Lallo	Vigil
13	Laurel	Wright
14	Karissa	Dietz
14	Crystal	Horton
19	Jessica	Casarez
23	Starr	Ames
24	Rich	Hadley
24	Gavin	Lopez-Cepero
24	Mandi	Wharry
28	Melanie	Nelson
31	Roger	Giordano

January

1	Gwen	Steves
3	Jennifer	Tinnell
4	Bree	Weinstein
5	Wendy	Garrison
6	Shad	Pate
8	Herman	Cata
10	Michelle	Marquez
12	Carmen	Estrada
12	Kyle	Reno
13	Susan	Montez
15	Michael	Arnold
17	Rob	Pratt
18	Gloria	Montoya
19	Andrew	Hackler
19	Ted	Sillox
21	Joshua	Montelongo
22	Cathy	Dehn
23	Justin	Steves
26	Allen	Drummond
26	Cheryl	Higdon-Holloway
27	Ashlee	Sack
29	Amanda	Conant
30	Jacee	espinoza
30	Jaime	Pearson
31	Danny	Nelson

February

1	Casey	Smith
6	Jay-Michael	Baker
6	Alexis	Romero
9	Robert	Espinoza
9	Carmen	Perez
10	Mindy	McAllister
11	Diana	Quattlebaum
13	Robert	Bergles
13	Jerry	Lopez
14	Devin	Cata
14	Marcus	Mccall
20	Diane	Ernewein
22	Luiz	Chavez
27	Patrick	Romero

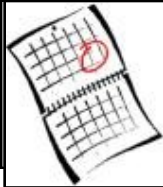
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Please Please Please update your address at runsignup.com
 Because the newsletters are mailed in bulk mail, they cannot be forwarded and
 if they are sent to your old address,
 the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

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.

November

14	Sun	Horsetooth Half Marathon	Fort Collins
25	Thu	YMCA Turkey Trot	Pueblo YMCA
26	Fri	Christmas Mtn 5M Run	Salida CO
27	Sat	Temple Canyon Predict Run	Canon City CO

December

5	Sun	Rock Canyon Half	Pueblo City Park
11	Sat	Nelson's Pretty Fast Predict	614 E Marigold Dr

January

1	Sat	Rescue Run	Colorado Springs
8	Sat	Winter Series I	Colorado Springs
22	Sat	Winter Series II	Colorado Springs

February

5	Sat	Winter Series III	Colorado Springs
19	Sat	Winter Series IV	Colorado Springs
13	Sun	Super Half Marathon	Colorado Springs

March

5	Sat	Spring Runoff	Dutch Clark Stadium
12	Sat	Run Through Time	Salida CO

April

TBD	Sat	Ordinary Mortals Tri	CSU-P
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Katherine Singer is a pioneer in women's running in Pueblo. This is Katherine at the 2021 State Fair Run



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Contact Us

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

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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.

Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org
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The Final Thoughts...

Running is a road to self-awareness and reliance—you can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet. *Doris Brown*

Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic. *Tim Noakes*

We often miss opportunity because its dressed in overalls and looks like work. *Thomas A Edison*

When I am in a slump, I comfort myself by saying if I believe in dinosaurs, then somewhere, they must be believing in me. And if they believe in me, then I can believe in me. Then I bust out. - Mookie Wilson outfielder for NY Mets. *(editor's note: According to snopes.com this quote is misattributed to Mookie, but it is still fun and useful for when we are in a slump of any kind)*

Happy Thanksgiving!