



Footprints

The Fall Edition
Volume #353, Issue #1
Editor: Ron Dehn



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The Annual SCR banquet was held on January 29. Some of the honorees include (clockwise from upper left) Eric Medina: Male Triathlete of the Year presented by Melanie Nelson, Most Valuable Club Member: Dan Nelson, Male Runner of the Year: Juan Morales, and Male Youth Runner of the Year: Ian Gowen. More photos and article inside.



Clockwise from upper left

Becky Medina: (Female Runner of the Year) with
Melanie Nelson,
Paulette Arns: (Long Distance Runner Award),
Hollie Brosseau, Robert Lucero, and
Eric Medina:
(3rd, 2nd, and 1st in the 2021 Predict Series),
Nelson and Debbie Brentlinger,
Jason Castro & Susie Steves,
Sean & Jitka McGivney (Banquet Co-Chairs)
Stacey Diaz,
Jessie Casarez: (Female Triathlete of the Year),
Katie Fox, & Biranda Seidel



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		secretary@socorunners.org
Treasurer	Paulette Arns	treasurer@socorunners.org
Communications	Natalie Gowen	admin@socorunners.org
Newsletter Editor	Ron Dehn	newsletter@socorunners.org
Race Calendar	Dave Diaz	
Group Run	Sheri Giordano	sgroupruns@socorunners.org
Predict Series	Ted Sillox	predict@socorunners.org
Membership Chair	Nelson Brentlinger	membership@socorunners.org
Volunteer Points	Danny Nelson	volunteer@socorunners.org

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

“Like” us on Facebook:
www.facebook.com/SoCoRunners

The SCR meetings are held at 6pm on the first Wednesday of each month at 1601 Bonforte Blvd.

To Ponder...

I wish there was a way to know you were in the good old days before you actually left them. -Ed Helms

If you want to go quickly, go alone. If you want to go far, go together. African proverb

A half-truth is a whole lie. -Yiddish proverb

There is a crack in everything. That's how the light gets in. -Leonard Cohen

Rare is the person who can weigh the faults of others without putting his thumb on the scales. -Byron J. Langenfeld

My two favorite things in life are libraries and bicycles. They both move people forward without wasting anything. The perfect day: riding a bike to the library. -Peter Golkin,

Accept that some days you're the pigeon, and some days you're the statue.
So is it good or bad when I'm a statue of a pigeon?
Anonymous



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

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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. 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, Cleo Zarr, Susie Steves, Eric Castellano, Melanie Nelson, Don Pfof, Natalie Gowen, Mary Yang, Melanie Steves, Jay Zarr, Jessie Casarez, Marijane Martinez, Dave Diaz, Stacey Diaz, and Chloe Kim*

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.

* Chloe Kim is a 21 year old American snowboarder who won her 2nd consecutive gold medal in the 2022 Olympics in the Women’s Half Pipe competition.



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



A message from the president Ted Sillox

Greetings Fellow Members,

We are starting out a new year and hopefully at this time next year covid will be mostly a thing of the past. In spite of all of the problems in 2021 we finished the year with an outstanding race, the Rock Canyon Half Marathon. Our club is truly blessed to have some members who are willing to sacrifice their time and put on such a well run event. To Melanie and Eric and all of your family members, a big thank you is deserved.

This year I felt I should be a volunteer at this race rather than a runner and if you have not worked a water stop at a big race it offers a whole different view of the racing world. A slight breeze makes it very difficult to fill small Dixie cups with water or Gatorade and when you survey the tables full of drinks a person tends to think that there will be more than enough drinks for the runners until they start arriving in droves. There were five of us at the last water stop and we were doing all we could to keep up filling cups. If you have never worked a water stop at a large race I urge you to volunteer for one and I guarantee the next time you are in a race you will have more appreciation for the volunteers working there. Bill Vegas and Anthony Diaz have worked this water stop for years and do an excellent job.

Our next big race, the Spring Run Off, has already opened for

registration and it looks like we are going to have another large turnout for this race. Let's hope we have a decent spring day for this race. The school district has modified the road behind the locker rooms at Dutch Clark so the traditional course will more than likely need to change but change is inevitable and we will adjust to this and still have a great race. Thanks to Darryl Clark for stepping up to become the race director for this event.

The awards banquet is at the end of this month and I am hoping we get a good turnout for the event. Sean and Jitka are the directors for this event and do a great job putting this together especially being that we had to change venues due to covid restrictions at the public library.

I would like to thank all of the board members for giving their time and effort to this club and helping to make it operate correctly. We are in need of a secretary and someone to coordinate volunteer activities. If you would like participate and fill either one of these positions please contact the club and join us at the monthly board meetings. Remember our club is only as good as the members who are willing to help us perform and we are always looking for help.

Keep Moving, Ted



The Predict Series By Ted Sillox



We finished the predict series of races this year with Nelson's Pretty Fast Run in Pueblo West. In spite of covid we were able to offer a total of 17 races this past year. Being people were reluctant to host in their homes we were lucky enough to run in a lot of new and different locations. Hopefully people can use the areas for their own training runs. I personally enjoy running in new areas as the run seems to be more entertaining in a new place.

Now that we are getting on with life we have had members return to hosting and the potluck social aspect of these predicts. The only month that needs a host is June so if you would like to host please contact me and let me know so we can complete the calendar. With the return to our normal schedule we will be offering only a monthly predict run.

I would like to thank everyone that stepped to host towards the end of last year. We had some great fun runs with Dia de Los Muertos at Imperial Cemetery and Temple Canyon. If you didn't attend these 2 runs you need to put them on your calendar and attend these events. Life is too short to miss out on these fun runs.

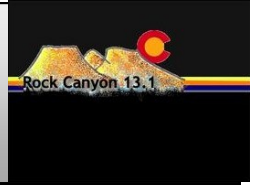
Our overall point winner for last year was Eric Medina. Congratulations to Eric. Those of you who participated in at least 6 runs or hosted a run will be getting a 2 tone t shirt with our logo on the shirt. I was late getting sizes and our longtime supplier Shirtheads has gone out of business so I will be passing out the shirts at predict runs. Bring your old shoes and come join us at the Chilly Willy in January.





The 2021 Rock Canyon Half Marathon

By Melanie Steves



Southern Colorado Runners' Club does it again! For the 35th year in a row we have held a fun, beautiful, and successful Half Marathon! Rock Canyon brings some of the fastest competitors around. This year the race showcased fast finish times with the overall Male (Seth Kolosso) coming in at 1:12.50.8 and the overall Female (Sarah Fickley) at a 1:27.51.3. The race also is a favorite for veteran and new racers from all over Colorado and several U.S. states. With 584 registrations this race proves to hold strong year after year thanks to the hard work of the volunteers, the scenic river trail course, and the exciting race spirit of the event.

This is Eric and I's 4th year as race directors and each time it has had its unique journey to race day. I was thrilled to see that we could once again hold an in-person race and good weather predictions forecasted. The entries flooded in the last month making some of the pressures a little intense as they exceeded what the trend was moving at. Nonetheless, everything came together even if it seemed like just hours before race day thanks to our volunteers jumping in eagerly and with willingness. Special thanks to Justin, Gwen, Mark, Suzie, and Danny for getting up super early to help us with race morning set up and clean up, it's such a big job. Don Thompson, you are amazing with taking on the top course and your volunteer groups. Jason Castro had his work cut out for him as bike lead for the top runners. A huge shout out to all our 40+ volunteers that let me ask for extra favors, some last-minute add-on jobs, and for taking charge of our water stations. I am in awe with everyone and their kindness!!!

Thank you cannot be said enough.

Some highlights of the race were having a large age group of 34 runners under 18 participate. Rock Canyon's mission is to strengthen the joy of running and inspire our youth runners. South High school volunteered at two of the water stations and received \$750 for their cross-country team. There were also, 29 runners over 65 that when seeing them cross the finish line seemed to influence, encourage, and energize us all to aim towards the prospect that running adds to a lifestyle of strength, active movement, and the joy of accomplishment. We were able to keep registration at an affordable price and still have a big event with great swag and atmosphere! Everyone seemed overjoyed to run in the warm weather with the little exception of the high winds, however, they didn't mind it much in hindsight of the next day's freezing temperatures! Best of all tons of people shared their love of the race by flashed smiles, overheard conversations of their race recaps, and thoughtfulness taking the time to let us know what they liked best. Each year gives us feedback on how to help continue to create an amazing local race. I see more and more of Rock Canyon's shirts and sweatshirts all over Colorado and feel some pride to know that we are a part of others race experiences. Great job Socorunners and most of all thank you to Eric who never complains, calms me down, and does all the extra hard work!



From Left:
Chester Haddan III
Sean Staples
Becky Medina (#321)
and a host of runners round the
fountain in City Park
More photos on the inside back cover—pgs 18, 19





The 2021 SCR Awards & Banquet

By Dan Nelson



The 2021 Southern Colorado Runners and Triathlon Club's Annual Service Award winners were presented at the Annual Awards Banquet on January 29th. Sean and Jitka McGivney did a wonderful job of putting the Award Banquet together which was held in the very distinguished Ballroom held on the second floor of 704 N Grand Avenue.

A special thank you to this year's Award Selection Committee members Tom Brosseau, Richard Craft, Martha Drake, Natalie Gowen, Ken Hughes, Scott Marron and Trevor Walker. They had the extremely difficult job of selecting the winners, because all of the nominees were so deserving.

SCR recognizes a Male and Female Youth Runner of the Year (19 years and under) for their running and racing accomplishments and/or being an advocate for running in the community. The Female Youth Runner of the Year was Tanis Chavez of South High School and the Male Youth Runner of the Year was Ian Gowen of Pueblo County High School. Other nominees were Jamie Baker. Tanis "won two cross-country races during the season, qualified for the Colorado State Championship and is always encouraging fellow team mates and opposing team members as well." Ian "Runs track and field as well as being on the tennis team as a State Championship Qualifier and in the 3200 meter he made the top 20 list of all-time record holders for Pueblo County High School."

The Female Runner of the Year was Becky Medina and the Male Runner of the Year was Juan Morales. The Male and Female Runners of the Year are recognized for their running and racing experiences, being influential members and promoters our running club, being involved in the community, being a positive role model and coaching others. The other nominees were Jitka McGivney and Sean McGivney. Becky "has placed in the top ten of her age group in all of the races she competed in this year (2021) and has organized Pueblo Girls-on-the-Run for a number of years." Juan "has logged many miles to reach his primary running goal for this year of running the Moab Trail Marathon and he is very humble and willingly shares his knowledge of running with others and helps others whenever he can."

Recognized for athletic accomplishments as triathletes in terms of racing, improvement, inspiration to others, overcoming challenges and promoting SOCOT2 were SCR's 2021 Female and Male Triathletes of the year Jessie Caseres and Eric Medina. The other nominees were Jane Murtha and Frank Lopez-Cepero. Jessie "not only has a heart of a champion, but she also shares her love and knowledge of the sport to all that are around her." Eric "Decided a couple of years ago to change his lifestyle. He decided to be a participant instead of a supporter of family and friends. In the process he has obtained a much healthier physique. Eric can push through exhaustion and pain and almost nothing stops him from finishing a race." The Spirit of SCR Award, which recognizes and honors a member who champions SCR tirelessly and enthusiastically, but prefers to stay in the background, letting others bask in the spot-

light, was won by Justin Steves. The other nominees were Melanie Nelson and Susan Steves. Justin "is there early in the morning of an event and stays there until everything is done."

Most Valuable Club Member Award recognizes a club member that routinely goes above and beyond serving in a variety of roles and is someone that is a dedicated volunteer and stands out among the other volunteers in the club was presented to Dan Nelson. Ted Sillox was the other nominee. Dan "serves as Vice President, marked the courses for almost all the Predict Runs and performed traffic control when necessary."

Paulette Arns was distinguished with the Long Distance Award in recognition and to express the club's appreciation for the distinguished and dedicated service rendered to the club over an extended period of years. The other nominee was Dave Diaz. Paulette "is a long time SCR member. She was our club treasurer for many years and most recently has returned as our treasurer."

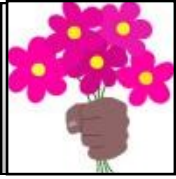
Congratulations to all of the winners and nominees.

A big "Thank You" to the members who took the time to nominate and recognize their fellow club members for their accomplishments in 2021. The nominations were very heartfelt and well written.

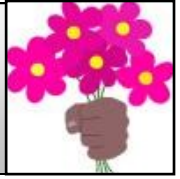
Volunteer awards went to the following

Arline, Kim Arns, Paulette Baca, Mike Baker, Jamie Brentlinger, Debbie Brentlinger, Nelson Brockman, Herb Brosseau, Tom Casarez, Jessie Castellano, Eric Castellano, Ernie Castro, Jason Chavez, Tanis Clark, Darryl Clementi, Nicole Craft, Richard DallaGuardia, Paul Dehn, Cathy Dehn, Chris Dehn, Dave Dehn, Ron Diaz, Anthony Diaz, Dave Diaz, Stacey Dickerson, Charmian Drake, Bob Drake, Martha Espinoza, Robert Fesmire, Ashley Fesmire, Gavin Fox, Katie Fox, Lewis Fox, Steve Garrison, Wendy Giordano, Roger Giordano, Sheri Gowan, Joseph Gowan, Natalie Gurule, Debbie Hadley, Deb Hadley, Rich Higdon-Holloway, Cheryl Hindman, Paul Hughes, Ken Hughes, Melanie Koch, Brenda Koch, Mark Lucero,

Chuck Lucero, Lisa Marmolejo, Cora Marmolejo, Tiffany Marron, Scott Martinez, MariJane McGivney, Isabel McGivney, Jitka McGivney, Paddy McGivney, Sean Medina, Becky Medina, Eric Miller, Doreen Montoya, Gloria Murtha, Jane Nelson, Dan Nelson, Melanie Novasel, Justin Paredes, Humberto Perez, Carman Pfof, Donald Pfof, Lois Quintana, Bob Rael, David Romero, Alexandria Romero, Patrick Sack, Ashlee Sillox, Ted Simmons, Rebecca Sinclair, Haley Spinuzi, Joe Spinuzi, Liz Steves, Gwen Steves, Justin Steves, Mark Steves, Melanie Steves, Suzi Thompson, Don Vargas, Marilyn Veges, Bill Walker, Trevor Whiting, Darrius Whiting, Travon Yang, Mary Zarr, Jay



Potpourri



The Conquering Mind

If you think you are beaten, you are;
If you think you dare not, you don't;
If you like to win, but think you can't
It's almost a cinch you won't.

If you think you'll lose, you've lost,
For out in the world you'll find
Success begins with a person's will –
It's all in the state of mind.

Think big and your deeds will grow,
Think small and you fall behind,
Think that you can, and you will;
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think big to rise;
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man;
But sooner or later, the man who wins
Is the fellow who thinks he can.

*The author of this poem is unknown.
It is said to be the favorite poem of
Pueblo Central High School legendary
coach Ed Lesar. For those of you who
are too young to remember, Ed Lesar
is the Vince Lombardi of Pueblo.
If you are too young to know who Vince
Lombardi is – google him.*

Submitted by Ted Sillox

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



A shout out to all the photographers who contributed to this edition of *Footprints*. I don't know the origin of some of the photos but thank you to Cleo Zarr, Susie Steves, Eric Castellano, Melanie Nelson, Don Pfost, Natalie Gowen, Mary Yang, and my apologies to those photographers who remain anonymous



Blue Skies, Big Birds and Breakfast Burrito

By Jay Zarr



On January 8th at 10 a.m., the Raptor Resolution 5 mile run and 2.5 mile walk began. This year there were over 80 participants. The runners and walkers all gathered to support the big Birds on top of the hill at the Raptor Center under the stunning blue skies of Pueblo, Colorado. The event started with Ron Dehn, the Co-Race Director counting down, and everyone started down their perspective path. The runners ran along the dirt road paralleling the Riverwalk to the turnaround and aid station operated by Cleo Zarr. The top male runner was Jason Koop with a winning time of 29:14. Jessica Lanham was the top female runner with a 38:03 performance. Each won an overnight stay for two at the Pueblo Mountain Park Lodge. Awards were given to the 1st and 2nd place runners in all the age categories. The awards ranged from Family membership, Raptor Presentation, and a kayak trip for two on Lake Pueblo by Story Tellers Travels.

The walker path was the paved trail to the turnaround 1.25 miles away, where they retraced their steps until close to the Nature Center, where they walked along the original asphalt trail right next to the Arkansas River. The two "fastest" walkers were awarded prizes of a Raptor Presentation at a place of their choice.

The race "headquarters" was in the pavilion where music played, with hot drinks, snacks, and breakfast burritos enjoyed by the participants and families. However, the show's stars were the Raptors that Diana Miller and her crew brought down for everyone to get an up-close and personal look and photograph. It was an excellent way to put an exclamation point on the event.

So, before I am off to check today, blue skies, burritos, and Big birds (raptors), There are a few other items. Thank you to our sponsors, Southern Colorado Runners Club, 100% Chiropractic Pueblo West Office, and the Nature and Wildlife Discovery Center staff and volunteers. Next year's race date will probably be January 7th,

so mark your calendar now.

Trusting, I will see you and all your racing/walking friends at Next Year's Race.
Jay Zarr Co-Race Director.

Editor's Note: Thank you to Eric Castellano, Cathy and Dave Dehn, Jennifer Arellano, Bryan Dehn, Dan Sullivan, Cleo Zarr, Deb Hadley, Dave Diaz, and numerous NWDC staff members for your help!



Above:
Jane Murtha
Lew Fox

Left
Race Start

Photos by Eric Castellano and Cleo Zarr

More photos on back cover



Ramblin' by Ron Dehn

Who are those guys?

“Who are those guys”, asked Butch Cassidy (Paul Newman) to the Sundance Kid (Robert Redford) in the movie “Butch Cassidy and the Sundance Kid”.

I wondered the same thing when I had a chat with one of my neighbors Gus. I was out for a run last fall and Gus was riding by on his bike and stopped to chat. After a few pleasantries I asked Gus how far he had ridden. He told me that he had done a combo of dirt and pavement and described a course in Pueblo West that I quickly estimated 20 miles or so. Then he said – “I did a light workout today – had a big day yesterday.”

Of course I was curious and asked what he did yesterday. He then explained something that I could never imagine doing. He drove to the bottom of Music Pass, rode his bike to the top. He left his bike there then ran to Sand Creek Lake. He fished for a while but got no fish. (He carried his fishing gear???) He then ran back to where he left his bike, rode his bike back to the bottom of the pass and drove home.

PS – There are lots of club members that make me ask the same question. There are too many elite athletes to name and I would undoubtedly leave some individuals out. But check out Jessie’s article in this issue as an example.

I ask again, Who are these guys / and ladies???

Meet the “Hurricane”

Julia “Hurricane” Hawkins set a world record in the 100-meter dash. No, Julia is not an Olympic runner. Julia is a 105-year-old sprinter from Louisiana. She finished the 100 meters in just over one minute at the 2021 Louisiana Senior Games. She previously set a record in the 100-104 age division with a time of just over 39 seconds. She was an avid cyclist but gave up biking several years ago and began sprinting at age 100.

Thank You Volunteers

Several people were honored at the recent awards banquet. See the article written by Danny Nelson. Some were honored for their achievements, and some were honored for their contributions to the club. The volunteer list is quite long and covers the last couple years. Like most volunteer organizations, there are lots of members who are highly visible like the club officers and race directors that make major contributions to SCR.

There is also an army of people who do work behind the scenes like hauling equipment, setting up, cleaning up, working water stops, paying bills, updating the web site, marking courses, ordering supplies and awards, and so on. In Melanie Steve’s article in this issue she gave appreciation to the 40+ volunteers who made the Rock Canyon Half Marathon possible. That’s quite a team, and everyone on the team volunteers their time and expertise. A huge thank you to all the volunteers – those we see and those who are mostly invisible.

Farewell Jeff.

In the July 2021 issue of *Footprints* several members honored Jeff Arnold with stories of Jeff’s many contributions to our club and his lifetime of accomplishments because we found out that Jeff had become quite ill. He passed away on Christmas Eve. Godspeed Jeff and thanks!

New Look for Footprints

I assume you noticed the use of colors on the inside and outside covers. The printer accidentally printed the cover in color last time and the board thought we should try it again. I’ve rearranged things so there is less print and more photos in color. Hope you enjoy.

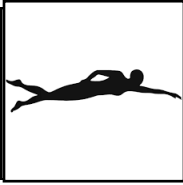
Running Store News

Hello Members,

Our locale vendor for running clothing has decided to close the business and move. As a result you will not be able to order from the SCR store until we secure a new vendor. If you had placed an order we can refund your money as the new vendor may not offer the same item. We will be working to find a replacement as quickly as possible. Sorry for the inconvenience but things change.

Keep Moving,

Ted



My Ironman Chattanooga Race Experience September 26, 2021 by Jessie Casarez



Before I go into my report, I want to thank the following people, who were so instrumental to my success - my husband, Rocky Casarez for always supporting me and putting up with my hours and hours of training; Stacey Diaz for being my running buddy and open water swim partner, and for being my chauffeur for several months while I had no vehicle; Jane Murtha, for being my long ride buddy and hill coach and another of my chauffeurs; Biranda Siedel for being my pool swim buddy and driving me to swim at the pool every Tuesday morning. These people are key to helping me get to Chattanooga and for me being able to finish the race. I also want to thank Coaches Rob and Sheena Archuleta, Coach Nicki Golob, Pam Gonzales, Beth Miller and all of my SIC (Stay Invincible Colorado) Family – this group of people are who inspire and encourage me every day. I never would have signed up for my first Ironman, nor my first marathon, had I not met Rob and Sheena. Thank you to Frankie Cepero Lopez for lending me a bike and race wheels, which was a huge help to me. **Pam Gonzales, Stacey Diaz and Biranda Siedel also get a special THANK YOU for coming to Chattanooga to support me and be my personal assistants and sherpas – much love ladies!** Thank you also to my team, **“The Unbreakables – powered by Watti Ink”**. This team has helped me get through the roughest year of my life. During the start of my training, I had to endure severe heartbreak due to some personal tragedies in my life, more than I have ever endured. My team, “The Unbreakables – powered by Watti Ink” showed me that it is possible to move forward in life, despite pain and despair and that I can use my training and their support, to get me through. I also belong to another private Facebook group, RWOL 3:45. They invited me a few years ago after competing in my first Ironman in AZ.



They are a group of endurance athletes from all over the states and Canada. They too have given me a lot of good information, friendship, and support. Thank you to Gwen Steves for a great century ride and info, and her husband Justin Steves for getting my bike ready to race. Lastly, thank you to everyone in the SoCo Runners

Left: Jessie, Peggy Oreskovich, & Jane Murtha

who have been supportive over the last few years.

This was my third attempt to complete a full Ironman race, and I finally finished it with a time of 15 hours and 43 minutes; we were given 16.5 hours to complete the race. I had an ‘A’ goal of 16 hours, so I was elated to beat that goal. Ironman Chattanooga consisted of a 2.4 mile river swim, a 116 mile bike ride, and 26.2 mile run. The bike and run course included quite a few rolling hills. The bike course included 4808 feet of climbing and the elevation gain for the run is about 1,100 feet.

The swim was fast because we swam with the flow of the river. The water was bath water warm and there was plenty of room to swim. The morning was warm and sunny, and the views as we swam were beautiful. It was especially great, because my friend Jane and I were able to jump in together and we each gave each other a hug and a good luck wish, before we hopped in. Exiting the swim was awesome, because I was not cold at all, I felt great, and my friends and husband were there to greet me.

My T1 (transition from swim to bike) took me 16 mins 33 mins. I know it was a little long, but I didn’t want to forget anything, and I knew I did well on my swim time, so I just enjoyed the moment and made sure I got everything I needed for the bike.

On the bike, I really wanted to try to maintain a 17-mph pace, or to complete my ride in 7 hours, but I didn’t go too far over; I finished it in 7 hrs and 26 mins, 28 secs. The first loop, I was close to that, but after the first loop, it became increasing hard to keep my pace up. I did get tired



from all the hills, and I started to slow down. I pushed as hard as I could to keep the best pace I could, I was able to maintain a little over a 15.5 mph pace over the 116 miles. I never stopped/ never got off my bike. I was very careful to

inued on page 11)



Jessie (Continued)

Continued from page 10)

keep up my nutrition and hydration as drilled into my brain by my friends Nicki Golob and Jane Murtha. I knew that no matter what, that was key to being able to complete the marathon portion of the race. My friend Olivia Medina and her husband, who drove up 6 hours from Florida, were out on the bike course, and it was great to see them around mile 90, it gave me a burst of energy to see them! The course was beautiful! There were a few sections of rough road, which sucked, but overall, it was lovely. So many people along the course showing support; residents of the community. I was extremely happy with my time, and when my ride was done, and I pulled back into transition, I was ecstatic! I think I had the biggest smile on my face! I had done it; I had finished the first two portions of my race. Again, I have my friends; Stacey, Biranda, Pam, Olivia and Mike, and my husband there to greet me as I rode in.

My T2 (transition from bike to run) took me 11 mins and 55 seconds. My feet hurt pretty bad from my bike shoes and that constant pressure throughout the ride, so I took my bike shoes off and sat down and waited a bit to put my run shoes on. In the meantime, I prepared myself to start my run. I was in great spirits. I was so ready to start my run.

As I ran out of transition, I blew a kiss to my husband and headed out with a big smile on my face. The hills started right away. I just followed my plan. I am not a fast runner; my plan was just to NOT WALK. I knew that if I kept a consistent jog, and didn't walk, I could finish in time. I jogged up every hill/no walking for me. The only time I would walk was only at a few water stops. I think I might have walked a few steps through about 5 of the water stops, just enough to drink or grab some grapes. I cannot eat much while I am running; I only ate some grapes and I had some orange/cutie sections in a baggy in my pocket. I carried a handheld water bottle with me, so I only stopped those 5 times to either have Gatorade or chicken broth. At the 13.1 half way point I was greeted as I crossed the bridge



over the river by Stacey, Pam and Biranda. That gave me a boost. At that time, I was still feeling pretty good. By mile 18, fatigue did start to set in. I started to ache a bit. The hills did start to feel harder and harder. Olivia and Mike were out in the dark

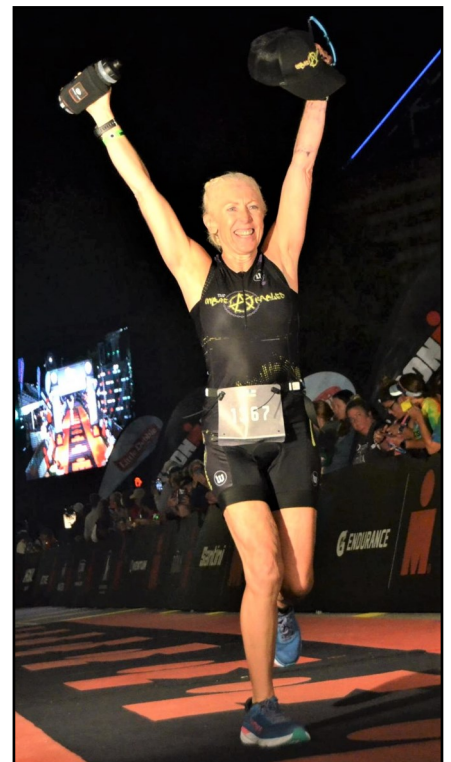
on the run course somewhere after mile 18 and they gave me another much-needed boost! By mile 21, was when the first bit of doubt started to hit me. It was dark, I couldn't see my watches. I knew I was slowing down; not walking, but just a really slow jog. I started to get worried that I might not make my time. There were so many people walking at that point. I asked several people if they thought we would make it, and they said yes, so I was really hoping they were right. By mile 23, I was still in panic mode, but I also knew how close I was. I tried to start pushing a bit. By the time I hit the bridge crossing back over the river, I could hear the announcer was still announcing new Ironmen as they crossed the finish line, so I knew I was close and I started to get excited, so I tried to push even more. I did not want to miss my cutoff time. As soon as I hit the finisher shoot, I took off my hat and sunglasses, lifted my face and chest (I had been running a little hunched over by then). I smiled and started to run down the finishers shoot, there again were Olivia and Mike there to cheer me as I ran. As soon as the announcer mis-pronounced my name (LOL!) as I crossed the finish line, I lifted my arms and pumped my fists in the air and yelled at the top of my lungs, "I DID IT, I F'n DID IT!! YEAH!!!" and then I jumped up in the air and gave one more fist bump to the sky! There were Pam, Stacey and Biranda and Rocky to greet me! Also, Jane, Peggy and Regina. Peggy and Jane had finished several hours before me, but waited around to see me finish.

It was such a wonderful experience, to finally achieve this goal. I can't even describe all the thoughts that went through my mind, as I crossed the finish. I am truly on cloud 9.

Lastly, I did dedicate this race to several people and held these people close to me in my heart and mind as I swam, rode, and ran.

Will I do another Ironman? YES, a most definite yes, but I am definitely taking a year off to take a bunch of camping trips. Thanks everyone for your support.

Left: Jessie and Olivia





Exciting News for the Rim to Rim by Mary Yang



This year, at the Rim to Rim Royal Gorge Races, we will add our first-ever trail run! Throughout the years, we have had several requests to add this event and we have been working hard to make this happen. Several of our race committee members are trail runners, so this has been a big dream for us. We have continued to grow our race and it means a lot to us. The Rim to Rim Royal Gorge Race event are not only the biggest annual fund raiser for Starpoint, a local nonprofit organization that offers essential services for individual with intellectual and developmental disabilities, but our event also creates an opportunity to bring awareness to this very special population.

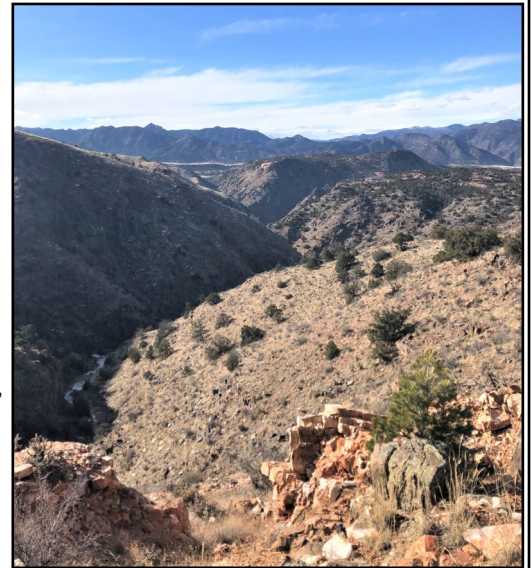
Our race event is fully run by volunteers, and we work extremely hard to keep in line with the many of other races that are held throughout our beautiful state of Colorado. Adding the option of a trail run will only add further value to our event. Each year, we try to add something different, whether it be as simple as adding dog swag (who doesn't love swag for their dog?), or as complicated as creating a new event. This will be our 12th 5K/10K races and our 5th annual half marathon. We have never lost our enthusiasm throughout the years, simply because this race truly means so much to the members of our race committee, and to the recipients who benefit from the programs at Starpoint.

As we venture into new territory, we feel it's important to give a little background and homage to the folks who have helped to transform our hometown by creating a most impressive trail system. Over the past several years, the City of Canon City has been putting forth great effort to provide a trail system like no other. They have carefully chosen the most spectacular locations that are unique to our area and have thoughtfully paved the way for pedestrians to explore and tap into their favorite outdoor activities. In fact, our community has become a destination location for mountain biking and hiking. Personally, I have only been a resident of Canon City, CO since 2010. During my time here, I have observed the makings of so many trails and have experienced just how much the locals have loved being a part of this beautiful transformation. We have a skilled trail builder known by many as, "Steve the trail builder." He is never too busy to stop and speak with hikers, bikers, and runners as they stumble upon him while he is hard at work. It is truly an exciting time for local folks who get out regularly and continue to see such change.

Now that the trails have been, and are continuing to be, built it takes great effort to preserve them and to bring a certain awareness of the importance of how we can all contribute to the preservation of these glorious trails. Who better than a local nonprofit with the mission to promote a culture of community and healthy living through outdoor recreation? Fremont Adventure Recreation (FAR), has become a leader in our community in promoting outdoor recreation in the Royal Gorge Region. They have done so in a way that has offered individuals several opportunities to engage with our trail systems. Whether through trail cleanup days or through hosting athletic events for all levels, FAR is always seeking ways to contribute to the outdoor amenities throughout our community. Truly, this organization has embraced our trails and nurtured them in such a way that has created a sense of pride throughout our community.

We thank the City of Canon City for the beautiful trails that we continue to enjoy and explore. Our race committee will be giving 3% of proceeds from the trail portion of our race to FAR as a "thank you" to another nonprofit with a beautiful mission, and for their continuous effort to preserve our trail systems. We look forward to creating an epic trail run that will leave you in awe of your experience. We are certain you will love it!

Registration for all of our races will open on February 8th. Stay tuned for further details on our trail race. Our race event is always the first weekend in October. Our 5K/10K and Trail Run will be on Saturday, October 1st and the half marathon will be on Sunday, October 2nd.

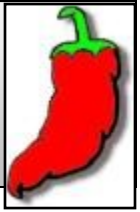


Thank You to our Donors

We thank the following members who made donations to the club last quarter:
Eva Cosyleon, Cathy Dehn, Kayla Roman, Dennis Krall,
Terri Tibbs, Barbara Hadley, Wendy Garrison



Ted's Chili Verde



Ted's Chili Verde continues to be a hit at SCR's pot lucks.

Thanks for sharing Ted!!!

Ingredients:

2 tablespoons vegetable oil
3-4 lbs pork shoulder, cubed ½" to ¾"
1 Onion, diced
1 14.5 can chicken broth
3 tablespoons chicken base
1 tablespoon hot Italian sausage mix
30 ozs (about 18-20 chilies) of Pueblo Chili or chili of your choice
½ lb tomatillos, diced
1 Serrano pepper (optional) diced
2 teaspoons sugar
1 ½ teaspoons garlic powder
1 teaspoon celery salt
1 teaspoon Mexican oregano
5 teaspoons cumin total
4 Jalapeno peppers (optional) diced
1 can (28 oz) green enchilada sauce
6 tablespoons Goya Recaito Sauce
1 teaspoon hot green chilli powder
1 teaspoon mild green chilli sauce
Salt to taste

Instructions:

Heat the oil in large Dutch oven and brown cubed pork. Do small batches so meat browns and does not steam. Also brown the shoulder bone and leave in pot removing at end of cooking.

Deglaze pan with onion, chicken broth, chicken base and hot Italian sausage mix. Add browned pork back in.

Bring to boil, cook 45 minutes.

Add 1/3 of Pueblo chillies, tomatillos, Serrano pepper, sugar, garlic granules, celery salt, Mexican oregano, 1 tsp cumin, jalapeno, green enchilada sauce and Goya Recaito Sauce.

Continue to cook for 1 hour.

Add 1/3 Pueblo Chillies, hot green chilli powder, mild green chilli powder, 2 tsp cumin

30 minutes later add 2 tsp cumin and last 1/3 of Pueblo Chillies.

Salt to taste.

Cook additional 15-20 minutes.

Serve



Predict Series Photo Gallery



El Dia de los Muertos run at Imperial Cemetery

L to R
Host Joe Spinuzzi

Carmen Perez, Deb Gurule, Marijane Martinez,
and Carmen Estrada

Preston, Ross (Dad on stilts), & Jaeley Reed




The Chilly Willie

L to R


Patrick Romero, co-host and course marshal

Ted Sillox working on results

Tom Brosseau, Holly Brosseau, &
Coreen Wright




Sponsor Page & Printing your Membership Card



Printing your Membership Card by Dan Neslon

Login to Runsignup.com
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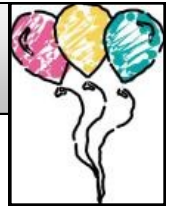
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NOTE:
 Discounts Typically Apply to Full Price Items
 Not sale items
 Discounts may be discontinued at the vendor's discretion



The Birthday Page



February

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

March

2	Kim	Arline
2	Liz	Spinuzzi
5	AnnaMarie	Neal
5	Julius	Romero
9	Erin	Staples
10	Jinette	Fellows
10	Kimberly	Swearingen
13	Jennifer	Irvine
13	Dennis	Krall
13	Bobby	Quintana
13	Mindy	Urdiales
15	Nelson	Brentlinger
15	Chester	Haddan III
17	Vanessa	Bernal
17	Patrice	McGivney
18	Elizabeth	Griesse
20	Charmian	Dickerson
20	Peter	Dickerson
20	Lisa	Lucero
21	Randy	Oles
25	Rebecca	Medina
26	Marv	Bradley
28	Michelle	Blanks
28	Meg	Scarlett
29	Cathie	Marez

April

3	Suzanne	Cote
4	Rebecca	Simmons
6	John	Reed
10	Kevin	Neal
10	Marilyn	Vargas
13	Joe	Brosseau
13	Joe	Farra
16	Haley	Sinclair
19	Stephanie	Giconi
20	Ken	Hughes
23	Garrett	Dietz
26	Lily	Quintana
26	Regina	Webb
27	Jessica	Krall
28	Alexandria	Romero
30	Anthony	Cozzolino

May

2	Gracie	Seidel
3	Katie	Fox
4	Jeremy	Hamm
4	LUKE	QUINTANA
6	Kassandra	Fisher
6	Lauren	Staples
7	Eva	Cosyleon
8	Claudia	Hindman
8	Trevor	Walker
9	Andrew	Caro
14	Bea	Jones
15	Don	Thompson
18	Mark	Koch
20	Diane	Lopez
20	Jenna	Stamey
23	Tionna	Adakai
23	Jitka	McGivney
25	Elliana	Montelongo
25	Reyna	Quintana
26	Tanis	Chavez
26	Lois	Pfost
27	Tom	Brosseau
27	Roma	Seidel
31	Carla	Sikes

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

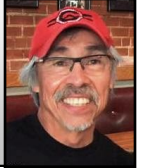
Please Please Please update your address at runsignup.com
 Because the newsletters are mailed in bulk mail, they cannot be forwarded and
 if they are sent to your old address,
 the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

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.

Feb '22			
5	Sat	Winter Series III	Colorado Springs
13	Sun	Super Half Marathon	Colorado Springs
13	Sun	Snow Queen Frosty 5K	Canon City
19	Sat	Winter Series IV	Colorado Springs
		SRO Tune Up Predict Run	
March			
5	Sat	Spring Runoff	Dutch Clark Stadium
12	Sat	Run Through Time	Salida CO
12	Sat	St Pat's 5K	Dwntwn CS
		Trail Predict Run	Roger Giordano
April			
10	Sun	Platte River Half	Littleton CO
		Silver Dollar Predict Run	Danny & Melanie Nelson
May			
1	Sun	Colorado Marathon	Ft Collins
14	Sat	Ordinary Mortals Tri	CSU-P
15	Sun	Denver Colfax Marathon	Denver CO
30	Mon	Bolder Boulder	Boulder CO
		SCR Predict Run	Sean & Jitka McGivney
June			
4	Sat	Revel Rockies	
12	Sun	Garden of the Gods 10M	
		Predict	Open

Running Tips Courtesy of Dan Nelson

Always Warm Down

A warm-down provides a period of adjustment between exercise and rest. It's probably the most neglected part of a training session but you omit it at your peril. Implementing a proper warm-down will improve muscle relaxation, remove waste products, reduce muscle soreness and bring the cardiovascular system back to resting levels. Spend ten to 15 minutes jogging, gradually reducing your speed every couple of minutes. -Nick Grantham, elite coach



Winter Series Photos



From the Winter Series

Left: Marijane Martinez, Carmen Perez, Gloria Montoya, Paula McCabe, and Melanie Steves

Below: Winter Series I, Garden of the Gods, Melanie Steves, Melanie Nelson, Carmen Perez, Steve Fox, Katie Fox, Diane Lopez, Marijane Martinez



Rock Canyon Half Marathon Photos

Left: Volunteers Paul DallaGuardia & Al (The Voice) Arline

Opposite Page

Top Row L to R: Carol Brimmeier (#57) & Jinette Fellows, Ami Matula, Trevor Walker
Middle Row: Eric Castellano & Melanie Steves (Co-Race Directors), Dean Hall, Molly Hadley, Marcus Gurule

Bottom Row: Scott Martin, Timothy Mossberger, Jessie Narimanov, Peggy Oreskovich, John Teisher



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address in Runsignup.



Left: From the Banquet:
L to R: Gloria Montoya, Carmen Perez,
Marijane Martinez, Wendy Garrison,
Becky Medina, Melanie Nelson

Below: From the Raptor Run:
Denise Flory & Regina Webb, Jenna Stamey
& James Wade, Mark Gonzales, Rich Hadley

