



Footprints

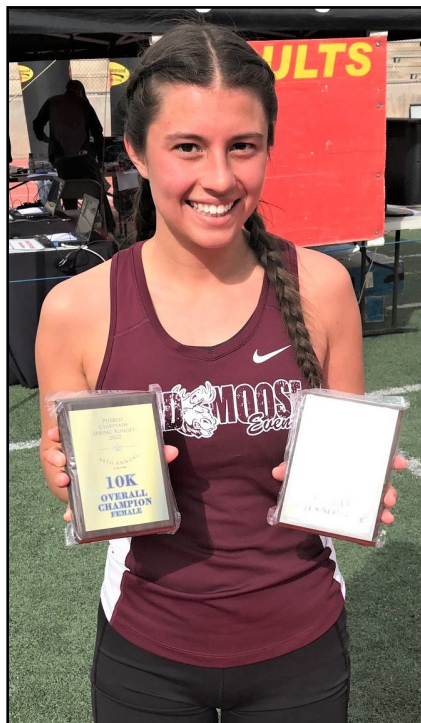
The Spring Edition
Volume #353, Issue #2
Editor: Ron Dehn



Above: Patrick Romero & Deb Hadley



Left:
Marcus
Gurule
10Mile
Champ

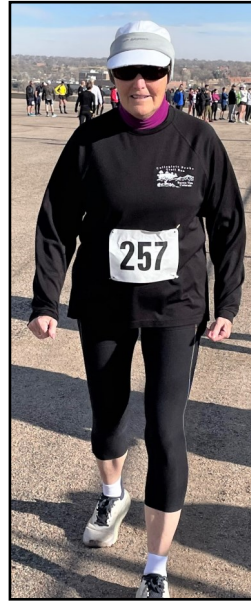


Right:
Kylah
Ricks
10K
Champ

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Top Row:
Cheryl Maes, Tina Valdez,
Carmen Estrada
Donna Nicholas-Greisel
Dave & Coreen Wright

Middle Row:
Joe Brosseau
Paul Koch
Biranda Seidel & Nicki Golob
Regis Marquez

Bottom Row:
Diego Hernandez
Carrie Tucker
Donald Moore

SRO Photos by Sheri Giordano,
Ted Sillox & Chris Dehn

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

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

To Ponder...

There is no point at which you can say, 'Well, I'm successful now. I might as well take a nap.' -Carrie Fisher

May you live all the days of your life. -Jonathan Swift

Do not confine your children to your own learning, for they were born in another time. -Hebrew proverb

Complete possession is proved only by giving. All you are unable to give possesses you. -Andre Gide

There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings. -Hodding Carter

Money often costs too much. -Ralph Waldo Emerson

I always thought of running as just dancing forward. -Tom Hiddleston

I have met my hero, and he is me. George Sheehan

The weak can never forgive. Forgiveness is the attribute of the strong. -Mohandas K. Gandhi



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:
P.O. Box 8026
Pueblo, CO 81008

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

“Footprints” Volume No. 353, Issue No. 2

“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: Sheri Girodano, Chris Dehn, Ted Sillox, Darryl Clark, Marijane Martinez, Wendy Garrison, Kyle Reno, Ashlee Sack, Dave Diaz, Dan Nelson, Jennifer Arellano, Melissa Fairbairn, Evans Chebet and Peres Jepchirchir

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.

* Evans Chebet and Peres Jepchirchir, from Kenya, Male and Female winners of the 2022 Boston Marathon. Times: 2:06:51 and 2:21:01



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



Darryl and Jeremy Hamm one of the Lead Bikes and one of the many volunteers

The Spring Runoff

By Darryl Clark

PUEBLO CHIEFTAIN SPRING RUNOFF 2022



wasn't especially wild or uneducated. One of the funner memories of this year's classic was seeing Jessie Quintana, a long time participant, running in honorary bib #1. She just keeps on trucking.

Of course, the Spring Runoff wouldn't be complete without the always hilarious Funner To Be A Runner races for the younger kids. There can be no more enjoyable race to watch than the 50 yard dash although, the enthusiasm is matched in the older kids one mile race. Marilyn Vargas and Kim Arline did another fabulous job organizing and executing the event and probably infected a few more kids with a lifetime love of running.

It reaches the level of cliché to say that an event of this magnitude wouldn't be possible without volunteers. We hear that comment applied to many an undertaking but any race director witnesses the absolute truth of it. From hauling water stop equipment, parking cars, cutting up fruit and helping the race director maintain sanity, the selflessness demonstrated by the always ready volunteer group is testament to the willingness to help others and devotion to community. Through their efforts, we provided a fun day for all participants and raised approximately \$1300 for the Care and Share Food Bank. Not bad. Not too bad, at all.

On to number 46.

Below: Kim Arline presents the Funner to be a Runner participation trophy to Sierra Vista

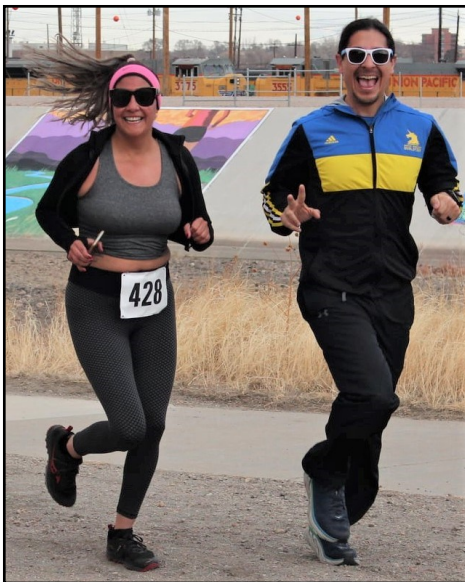
Opposite Page: Robert and Jessie Quintana Co Race Director Mary Porter, Darryl, and Marilyn Vargas

If there were ever a year the Running Gods smiled on the Spring Runoff, 2022 was it. In the first post COVID edition, 435 entrants made a grand return to Dutch Clark Stadium in this oldest of Pueblo races. Friday night before the race, high winds came for a visit causing runners to roll their eyes, race course marking signs to be blown down, port-a-lets to be turned 90 degrees from their intended positions and creating all kind of chaos in the mind of a particular race director. However, at a point during the early morning, the wind relented leaving ideal racing conditions for the three race event. Once everyone had raced, volunteers had packed up, and the ghost of another successful event had been put in the books, the biggest snowstorm of the season hit town leaving 6-8 inches in some areas.

As always occurs, there were a number of sterling performances in what some regard as their favorite event of the year. By winning the overall title in the 5K with a time of 15:20, Adam Rich tied Steve Cathcart (son of late SRO race director, Terry Cathcart) for most individual victories in the history of the event (11). One has to suspect Adam will be back in 2023 for a shot at the all time record. Marcus Gurule outdistanced all competitors in the 10 mile race with what appeared to be a very easy time of 1:02:19 and, in what is becoming more common, Kylah Ricks easily won the overall 10K championship as a female competitor with a blazing time of 39:58. For posterity's sake, it should be noted that the author told Kylah she was going to win the overall before the race only to be greeted with a "What...me?" stare. It is only fair to acknowledge that her mother has posted pictures of this teenage running machine online so the guess



More SRO Photos



Top Row: Hilbert Navarro,
Ken Hughes & Jay Zarr,
Adam Rich, Kerry Roman

Middle Row: Emily & Matt Diaz,
Eva & Boney Cosyleon,
Marijane Martinez, &
Chris Dehn

Bottom Row: Robert and
Jessie Quintana,
Assistant Race Director Mary
Porter, Darryl,
and Marilyn Vargas





A message from the president Ted Sillox

Greetings Fellow Members,

It seems as though I just finish writing this message and it is time for another one. Time keeps marching on and with the Spring Run Off completed it means we have seen 25% of the year pass by. We had a good weather day for the race and our members stepped up and did a great job with all of the parts of this race. Funner to be a Runner had a big turnout and perhaps some of those runners will be part of the clubs future. I volunteered to work the awards table so it was fun to hand out medals and plaques. As I was getting ready for this the owner of Racing Underground approached the table and asked who our announcer was as he needed to get busy timing. I looked and happened to see media specialist, Ron Dehn, standing at the finish line and I quickly recruited Ron to announce people as they crossed the line. He did an excellent job for having no notice or prep time. Thank you to Darryl and all of the members who helped with this race.

Our next club race is Ordinary Mortals Triathlon and we will need members to volunteer to help with this race. If you run but do not do triathlons this would be a great opportunity for you to come and help with traffic, water stops, course set up or many of the jobs that need to be completed for this race. Please consider volunteering and helping to put on this triathlon that we host every year. The event will take place on the campus of CSUP and if you are interested please contact Kim Arline.

We have over 200 memberships in the club now with close to 300 members so we are recovering from the downturn of covid. I am hoping that one of our 300 members would like to step up and help us with the position of secretary. If you would like to get more involved and see how our club functions this position would be a good way to see the what, how and why we operate. We are not a fortune 500 company so it is not a difficult job. You just need to write a few notes about discussions and the proceedings at the once a month board meeting and type them up before the next meeting. The meeting usually only takes 1 hour. Think about the benefits you have received from running and use this chance to give something back.

With the coming of spring and warmer weather I see more people outside running and exercising. Keep trying to recruit some of those people into our club so we can continue to grow our numbers. We have the Wednesday night social run at Walters and a group of us run on Monday nights rotating once a month to a different pub. These are fun runs with no timing and are for the social aspect of running. Anyone is welcome to come and run at these events. Whatever you do just remember to:
Keep Moving Forward,
Ted

The Predict Series By Ted Sillox



The Predict Series

Our predict series has recovered nicely from the lock down. We have members stepping up to host again and we have had 3 good predict races this year so far. January saw us running the Chilly Willy from the Romero residence in the mesa junction neighborhood with a potluck afterwards. Patrick and Alexandria always do a great job putting on this race and even though we had a light snow the night before the sun popped out making it a perfect day for a winter run. Eric Medina was the point winner for this race on a course that went by the main library around the Arkansas River Walk and back to the Romero residence. The Romero's have some of the best coffee at these races and I always look forward to that after the course. Now that we are publishing in color I will need to start taking pictures of these runs.

Our next predict was the tune up for the Spring Run Off and we held it at Dutch Clark. With February weather you never know what you will be getting and the night before left a nice coating of ice on all of the surfaces. Dan Nelson and I were putting on this race and I brought my bicycle to go out and mark the course but seeing the ice on the asphalt at the parking lot I said to myself, "This looks like a broken arm" and decided against the bike ride. It seems like every time I bring that bike to Dutch Clark the run gods sabotage the ride. In spite of the weather we had a good turnout and had a fun race with Dave Dehn being the point winner for this race. He did that by crossing the finish line in front of his wife Cathy. Not sure but I think he pushed her out of the way.

Roger and Sheri Giordano hosted our next predict at Lake Pueblo on the south shore using the extensive bike trails that have been built there. If you have not run there I recommend you go out and explore the area. There are some steep routes to climb but the views are great and the downhill is nice on the way back. I don't get to run the entire course while timing but I usually run the shorter distance just to get warm and see what the course looks like and the trails had bridges with lots of twists and turns. We had a big turnout for this race as we had good weather for that day. Scott Marron was the overall point winner for the "moderately" difficult course.

In April we will be having our Silver Dollar predict hosted by Dan and Melanie. This is a race where you can get paid to run and the social potluck is always great afterward. Looking forward to seeing you there and if you have never attended one of the predict races please come and bring your favorite dish.





Introducing Scotlyn Gamble

By Marijane Martinez



I met Scotlyn Gamble’s parents (Kathy & Kevin) at a mutual friend's house when we played cards one night in 2019. They indicated they needed to leave because they had to get up early to drive their daughter to a race in Colorado Springs. We discovered they too were going to the Winter Series race where I was also going. I met Scotlyn the next day. Scotlyn currently runs approximately the same pace as I do but it won't be long before I don't see her until the finish line where she will arrive minutes before me. She will be a great addition to the Pueblo West Cross Country team where she will be going as a freshman next year. Scotlyn is a sweet and talented runner who I know will continue to improve throughout her high school career. Following is a brief introduction to Scotlyn Gamble.

She started running in 4th grade, her elementary school had a running program called Girls on the run, she did that in 4th and 5th grade and the in middle school did cross country for 6th, 7th and 8th.

What she likes most about running is being outdoors and seeing the different sceneries that each race has, what she likes least about running, is when it is super hot.

She will be going to Pueblo West High School, she will be going out for cross-country, but probably not track because she does golf and track, and golf are at the same time.

Scotlyn’s short-term goal would be to make the cross-country team in high school and improve my times. Long term: She would like to run a 1/2 marathon at some point.

Some of her most memorable experiences running would be when she did the incline and ran down Barr Trail, because it was a fun experience, and the views were awesome. One of her school runs was in Beulah State Park and the runners both-ered a wasp nest and a bunch of the kids got stung and wasps were everywhere. The 1st winter series race she did was in Black Forest, and she felt awful during it and wasn't sure if it was the altitude, we found out the next day she had the Flu and learned she ran a 5k with the Flu. Also, going to state in Denver was a lot of fun.

**Photos from the Winter Series:
Below Left: from 2019
Right: from 2022**





Ramblin'

by Ron Dehn

Dear Readers, I've got a few topics to share.

Newsletter Printing: We are continuing to print the cover in color. You may recall that the printer accidentally used color a couple issues ago. When I inquired about continuing the practice, Ray at My Friend the Printer gave us a generous price break. The staff there is always helpful and friendly. If you have printing needs, try My Friend the Printer at 410 W. 5th Street in Pueblo.

Kudos to Darryl and his team: A huge pat on the back to Darryl Clark, Mary Porter, and their huge supporting cast of volunteers for the excellent job of continuing the annual Spring Runoff. They dotted their I's and crossed their Ts to continue the tradition of this popular running event. If you have never been a race director, take my word – there are a ton of details that you have to be on top of. THANK YOU to the SRO Team!

Newsletter Submissions: I put the newsletter together, but you are the ones who create the content. I encourage submissions relating to health and wellness. It could be about a training method, an event you are planning or participating in, a healthy recipe that you enjoy, or a myriad of topics that are related or somewhat related to being active and healthy. We also love photos of you participating in such activities. We are apolitical so if a topic is political in nature, please send it some-



where else. It's never been an issue, but we are a family newsletter, so some topics are of course not appropriate. Please submit to: newsletter@socorunners.org Submissions sent to this address will be forwarded to whichever email service I am using at the time. **If you submit an article or photo and do NOT hear back from me within a couple days – please follow up. Sometimes I miss an email, so please let me know if I haven't acknowledged your submission.** 719-250-3947

Change of Address: If you have moved since the last newsletter was mailed, please go on runsignup.com and update



your address. Newsletters sent to your old address are not forwarded and we are charged for every returned newsletter. In one year, we can pay \$75 or so for returned mail.

Jeff Arnold: (above photo) We did a tribute to Jeff Arnold a couple of issues ago, but I highly recommend that you read the article by Kyle Reno in this issue. I love the true story and the incredible truth that Kyle states so well. What we do, even if it seems minor and insignificant at the time, has the potential to greatly change the lives of those around us. Kyle didn't even know about the sport of cross country. Because Coach Arnold practically forced Kyle to participate – he became an outstanding athlete and now is passing on Jeff's wisdom to young men and women. Jeff's actions on a single morning, changed Kyle's entire life. Our deeds are like pebbles thrown into a still pond. The ripples from that pebble spread across the entire pond. AKA the butterfly effect.

Rick Acosta: Each day my computer pops up with "photo memories from this day". A few days ago one of my photos was of Rick Acosta. Rick was an active club member and an early covid victim. Unfortunately he didn't survive. I really enjoyed knowing Rick and considered him a friend. Before he got hit by a truck, his pace was similar to mine so we spent more than a few predict events running along beside each other and chatting. I know we did a newsletter tribute to honor Rick but since his photo popped up, I'll share another tribute. RIP my friend.

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.

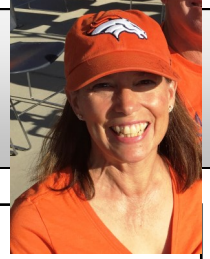
Shoes must be mated and laces tied together or rubber banded together. No holes or completely worn out bottoms. Most of us have running shoes that end up in landfills and it would much better to give the shoes a second life. Bring your gently worn shoes to the predict runs and deposit in the collection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

Ted



Apples, Togas and Sneakers

by Wendy Garrison



Calling all ladies who love to run or walk - registration is open for the annual Atalanta 5K run/1.5 mile walk.

The race this year will be on Saturday, July 30. The location will be the same as last year, at City Park near the zoo. Walkers will start at 7:45 am with the runners following at 8:00 am.

The race is unique with a Greek theme, complete with togas and a Greek god. The race celebrates the heroine Atalanta from mythology and the foot race where she was wooed with golden apples from Hippomenes.

In addition to the festive atmosphere, participants will love the stylish headbands from Boulder's own BOCO Gear as well as random door prizes. Overall winners in the walk and run will receive custom made bowls from Pueblo artist Ron Dehn. Age group winners will take home apple infused honey from another great local business - Boley's Bee Haven.

Women of all ages and abilities are encouraged to participate in this fun event. Registration is online through Runsignup. The cost is 25 dollars through July 8. SCR members will receive a 5 dollar discount. After July 8 the price will increase to 30 dollars (25 dollars for SCR members). Race day registration will cut off at 7 am and will be 35 dollars so early registration is preferred.

Grab your sneakers and let's have a (toga) party!





The Impact Coach Arnold had on My Life

by Kyle Reno



During the summer of 1997, after spending the night at my relatively new friend Ryan Singleton's house to celebrate his 14th birthday party, my life made an unexpected pivot that changed the trajectory of my life.

Ryan Singleton and I were preparing to start our freshman year at Pueblo County High School. Ryan had joined the cross-country team (a sport I had never heard of), and he was going to pre-season practice, the morning after Robert Seamans and I stayed over for his birthday. When we arrived at his practice Ryan's coach drug Robert and me out of the car and convinced/forced me us run with the team. I remember during the run saying that if that old man told me I could not drink Dr. Pepper I would lose it. I later found out that Coach Jeff Arnold loved Dr. Pepper.

By the time I returned home that night I had decided that I wanted to run cross-country! My parents were not so sure that this was the best idea as I was a portly young man. But, after persisting they relented and said I could run! We agreed that I could not quit until the season was over if I did not enjoy the sport, little do we know that it was a sport I could never quit. That season I was not fast, I came in dead last, by minutes, for most of my races. But I fell in love with the sport and my team. As a young man at this point my family and I had worked through some tough things I and other members of my extended family had experienced outside of the home and I was likely on a precipice between success or failure. And Coach Arnold and the team helped me to begin to heal and find a new love for myself and others.

I really wanted to be good and wanted to earn a letter. I badgered Coach Arnold about what I needed to do in order to earn a letter. I would guess that because he wanted me to leave him alone, he said that if I broke 25 minutes for a 5K I could letter. I wonder if he believed I could do it. My best time at that point was probably around 30-32 minutes. Even though I doubt that Coach Arnold believed that I could do it he did give me the opportunity in the form of an inspirational speech, and a pair of magical kangaroo skin shoes. The magical meet was the Central Invitational, my mind was set, and I was going to make it. My most clear remembrances of the race take place just after the mile mark where runners turn off the dirt path and go onto the grass to begin heading back towards the tennis court. According to my recollections this is where I first passed anybody in a race. I was not the slowest runner in a race! As far as the rest of the race I do not remember much just

Kangaroo Shoes



the pain, and the metallic taste in my mouth, but that did not matter to me; I was a man on a mission. When I crossed the finish line, I had run a time of 24 minutes and 9 seconds I think. I had done it. I earned a varsity letter!!! Coach Arnold changed my life forever when he allowed me to earn a letter I did not deserve.

After that race I was injured and was not able to run the rest of the season, but I was hooked. That winter I joined the swim team and was a much better swimmer than runner (a swim a low 6 minute 500 free in my first season of competitive swimming). But I never fell in love with swimming like I did running. That spring I ran track and by that time I had hit puberty and was a much faster runner. In my recollection at the beginning of the school year I had a 35-36-inch waist and a 32- or 33-inch inseam and by track season those measurements switched. The following cross-country season I made the varsity cross-country team, and we went to the state meet! I continued to grow as an athlete and a person.

During the four years of my high school career Coach Arnold and I built a close relationship and connected over reading books, running and training horses. Coach Arnold helped me to begin to see the world beyond the cattle ranch I grew up on. I do not think that the I can muster the words or phrases that will adequately paint a picture of the influence Jeff Arnold had on me.

From my early childhood I had only wanted to be a cowboy and horse trainer and had begun to train (or break) horses during the summer between 5th and 6th grade. During my senior year I determined I wanted to run in college and made arrangement to run at Adams State College (a team I was not qualified to be on). I really enjoyed being on the team, but I missed my family and concluded that I would not be able to make the top 9 or 7 any times soon if ever. I made the decision to transfer to the University of Colorado Colorado Springs (UCCS). Once at UCCS I loved competing and trained with many of my best friends, including my former high school teammate Brad Winn (UCCS steeplechase record holder) and Aaron Rubalcaba-Lopez (one of the groomsmen in my wedding) both from Pueblo. Most importantly in my first weeks in Colorado Springs I met (and some would claim tricked) my now wife Tina Gray! From running at UCCS I was able to get a job coaching at Palmer High School where I have been a track and cross-country coach since 2007. While I have had the opportunity to coach some fast and successful athletes, I strive to connect with all the different athletes on the team in attempt to give back the gift that changed my life forever from a man I love from the bottom of my heart Jeff Arnold.

From that time in the summer of 1997 to very recently I stayed in regular contact with Coach. We would talk over the phone during college, I was not a prolific writer as he

(Continued on page 11)

Impact (Continued)

Continued from page 10)

was. And once I was done competing and began coaching, I would see him at meets, where I won approximately \$1,000,000 in nickels. We also talked on the phone as well. I have saved various letters and document he sent me over the years. There is a letter where he wrote about the Buddha and his search for enlightenment, a letter he wrote to me after I graduated from college, and another he wrote when Tina and I were married. When he originally wrote them, I do not think I understood what he was sharing with me, but now he is gone I am trying to understand the simple lessons he was sharing.

Coach once shared a document he titled “Notes for Book on Running and Coaching.” In it he begins to tell the story of his coaching career. The third paragraph reads:

If Coaching success is measured by wins and championships, I haven’t got much to brag about. If, however, a coach’s main goal should be, as mine has become, to develop human qualities such as kindness, respect for self and others, and appreciation for hard work, I’d be proud to be judged by many of the kids who have graced my program. I don’t know how much credit I can take since many started with those good qualities, but deep down I feel running has helped most of them become even better.

I treasure his words.



Above: Me (in the Colorado shirt) in the mile at an Air Force Academy indoor meet. (I won)

Below: Tina Gray at the NCAA Division National Meet



Editors Note: Many of us “old timers” knew Kyle when he was competing at the High School Level. It truly sounds like Kyle is following in Coach Arnold’s footprints and “giving back”. Here is an update on his life today:

I’m currently the assistant educational director at the Roundup School and Day Treatment Center in Colorado Springs. Our School services students with disabilities that have a therapeutic need (this usually means they have behaviors that limit their ability to access a public school setting). I have worked at Roundup since 2009.

I continue to coach track and field and cross-country at Palmer High-school (the original and real Palmer) where I have been an assistant coach since the spring of 2007. My wife, Tina Gray and I have 2 daughters Guinevere (11) and Coraline (5).

Editor’s 2nd Note: Kyle’s Mom (Diana) is also carrying on Coach Arnold’s legacy. She has been coaching at Pueblo County High school for several years. Also—When Kyle sent this article to me, he included additional personal comments. I felt they were so powerful, I asked Kyle for permission to share and he gave the ok. His comments follow:

I began composing this essay or maybe a tribute some years ago in order to teach my special needs student how to write an essay. I have since then worked on it, revising and reviewing it from time to time. It started as an essay about my love of running and how the sport has made me who I am but has become a tribute to Jeff Arnold who as you know was quite influential in the early years of the Southern Colorado Runners, he was an influential person in my life as well. I wanted to share this document for years, but have been reticent to do feeling as if it may be over sentimental rambling. This draft has been in my inbox for several years. When I was informed of Coach Arnolds death my family and I were at my mother’s house, and I had to leave. I walked out and drove around for a period. I parked and cried a little remembering the man I love. I then returned as I didn’t want to ruin the holiday festivals. Once back surrounded by my family I broke down into full body sobs. I want to commemorate the man I love and am thankful for. I hope you would consider publishing it in the next issue if the club’s newsletter.



runBlossom Celebrating a Century of Running in the Arkansas River Valley

By Ashlee Sack



This year, our community is celebrating something special: its 150th anniversary. On April 2, 1872, Cañon City incorporated. Since the mid-1800s, Cañon City has celebrated its standing as a truly ‘western’ community. Our community embodies the western motif: a hardscrabble group of individuals who have faced adversity, persevered through difficulties, and created a community of people who love the American western landscape. Our earlier settlers – including the Rudds, Harrisons, Macons, and McClures - battled dry summers and unpredictable winters as they planted crops and orchards along the banks of the Arkansas River. Their earliest known celebration was ‘Fruit Days’, usually held in the autumn as peaches and apples ripened on the trees. Citizens would come together for a number of activities, including a fruit exhibit, a fireman’s tournament, dances, and a lawn tennis tournament. What may be most intriguing to local runners outdoor recreation enthusiasts, however, is the inclusion of both “running races” and “bicycle races” in the 1894 description of activities. It seems that our earliest Arkansas River Valley forefathers were fond of the very same activities that we enjoy today: running and biking. With prizes that ranged from a “new suit” to cash, the races encouraged both “professionals and novice” enthusiasts to participate. While the location of the foot races isn’t listed, bicycle races took place at the DeWeese & Dye track, and trials were held on Main street “between Rockafellow’s and the school house”.

After the turn of the century, the Fruit Days festival became the Blossom Festival and has been held on the **first full weekend in May for generations**. Eighteen years ago, Fremont Adventure Recreation re-introduced the foot race - as runBlossom. This year, the event features a 5K course along the Arkansas Riv-

er that will be familiar to many runners. The return of the Youth Exercise Training Initiative has necessitated two waves, allowing competitive runners to begin at 8:00 am, and youth / walkers to enjoy a more relaxed wave start at 8:45 am. More information is available at runblossom.org. Cost is just \$30 to enter, and the first 150 participants will receive both a t-shirt and a commemorative Fremont Peak keychain. Youth (18 and under) receive 50% off registration fees.

They City’s motto for the 150th anniversary is ‘The Adventure Continues’, and it is with a touch of nostalgia that we present the annual running event. Equipment and attire may have changed since 1894, there may be more female competitors, there may not be a pie-eating contest at the end, but the celebratory nature of the event has not changed. On Saturday morning, under a crisp blue sky, beside the rushing snowmelt of the river, and surrounded by the budding leaves of cottonwood trees, runBlossom

participants will carry on a tradition that we can all appreciate: celebrating this beautiful place we call home.

Above Left: There are no extant photos of the running races in Cañon City, but this image of a race in Minnesota is circa around the same time as the Fruit Days running event.

Below: The annual runBlossom 5K is an opportunity to run a beautiful, flat course and participate in a number of events afterwards: a parade, craft fair, carnival, and entertainment.



Your New Favorite Pikes Peak Ascent Training Run

By Ashlee Sack



The Pikes Peak Ascent and Marathon loom on the horizon – a goal as large as the massif itself. Those who seek to reach the high point on the mountain know that training has already begun. Early mornings, late afternoons, and plenty of stretching in between dominate our schedules. Many runners spend a significant amount of their efforts figuring out how they can get some good hill training into their schedule.

Enter Royal Cascade – Cañon City’s newest epic trail.

Royal Cascade effectively links Tunnel Drive – the flat, riverside trail system that has existed since about 1910, and the Royal Gorge Trails – 22 miles of singletrack with 3 trailheads and an embarrassment of riches in terms of views. Cascade (as it is affectionately called) has no trailhead of its own but is reached via Tunnel Drive on the downward side or Summit View on the uphill end. If you’re looking for a high-intensity training run, here’s what I plan on running:

Start: Tunnel Drive Trailhead, just off Hwy 50 in Canon City
Run: 1.75 miles of warmup, flat, wide trail (plus three fun tunnels!)

Begin: Royal Cascade Trailhead, rising 1,800 feet in elevation gain over 3.6 miles

Run: ~2 miles to the East Ridge Campground, where a shuttle vehicle has been pre-set

or

Run: Back down the 3.6 miles to the start of Cascade and then back out Tunnel Drive (1.75 miles)

Total distances (please note that these are approximate):

Tunnel Drive to East Ridge Campground: ~7.5 miles

Tunnel Drive to top of Cascade to Tunnel Drive: ~10.75 miles

Your legs will burn. Your lungs will scream.

Your heart will sour. Your mind will wander.

Note that this area is remote! The trail winds through side canyons above the Arkansas River in the heart of the Royal Gorge. Be very aware that wildlife (including bighorn sheep, deer, and mountain lion) are present, so exercise both caution and consid-



erate behavior. Be aware that this trail is open to multiple uses, including mountain bikes, hikers, and runners.


This trail will be subject to a seasonal closure and will NOT be available in June and July. For more information on the history and beta related to this trail, please see www.joinfar.org/royalgorgeregion.

We all know that the journey to any finish line is the real prize, and this trail will offer you some of the most beautiful, challenging, scenic trail runs in the region.


Above: Running Royal Cascade is an adventure, so be prepared with enough water, a running partners, snacks, and physical readiness!

Royal Cascade is the “golden spike” of two trail systems, linking downtown trails to the Royal Gorge Trails to provide an incredible route for running, hiking, biking, and training.





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Printing your Membership Card by Dan Neslon

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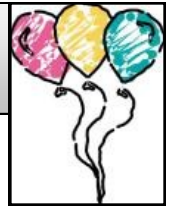
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NOTE:
 Discounts Typically Apply to Full Price Items
 Not sale items
 Discounts may be discontinued
 at the vendor's discretion



The Birthday Page



April

1	Dave	Talcott
3	Suzanne	Cote
4	Rebecca	Simmons
5	Tim	Bratina
6	John	Reed
6	Zoe	Rusch
10	Kevin	Neal
10	Marilyn	Vargas
13	Joe	Brosseau
13	Joe	Farra
18	Bryan	Dehn
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	Will	Bratina
6	Kassandra	Fisher
6	Lauren	Staples
7	Eva	Cosyleon
8	Claudia	Hindman
8	Trevor	Walker
9	Andrew	Caro
9	Mark	Steves
14	Debbie	Gurule
14	Bea	Jones
15	Don	Thompson
18	Mark	Koch
20	Michael	Goodman
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

June

4	Molly	Hadley
4	Jessy	Narimanov
5	Lewis	Fox
8	Robert	Lucero
9	Biranda	Seidel
10	Jaylen	Vargas
11	Rahel	Gredig
11	Rahel	Gredig
11	Sean	McGivney
11	Rebecca	Rieck
13	Carrie	Tucker
17	Rick	Macias
18	Donald	Montoya
19	Dani	DeGraw
20	Melissa	Fairbairn
20	Kira	Hughes
20	Donna	Nicholas-Griesel
21	Carol	Brimmeier
21	Retzio	Gredig
21	Retzio	Gredig
21	Mike	Parlapiano
23	Mary	Yang
24	Laurice	Lopez-Cepero
25	Kylee	Giconi
27	Eric	Castellano
29	Sean	Staples

July

1	Jennifer	Arellano
1	Marijane	Martinez
1	Tanna	Schut
2	Nicki	Golob
2	Donald	Pfost
2	Vash	Siffing
4	Emily	Diaz
4	Donald	Moore
4	Zarela	Vidal-Paredes
6	Jay	Zarr
8	Joseph	Spinuzzi
8	Roseann	Tavarozi
9	Bob	Noble
10	Valencia	Montelongo
10	Raluca	Moucha
15	Kevin	Hughes
15	Colette	LeBeau
17	David	Dietz
17	REGIS	Marquez
19	Jason	Castro
20	Kristina	Moore
20	Bill	Veges
20	Andrew	Washburn
22	Emily	Arellano
22	Lindsey	Romero
23	Danielle	Caro
23	Eric	Medina
23	Sarah	Staples
25	Dustin	Mitchell
25	Sabrina	Montelongo
27	Mary	Porter
27	Jayme	Stangier
28	Claude	Skelton
29	Darryl	Clark
29	Timothy	Mossberger
31	Kaelynne	Caro
31	Malcolm	Singer

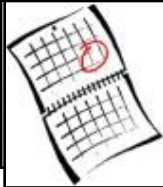
Note: If your name is misspelled or in all caps, or is incorrect in some way, please login to runsignup.com and make corrections.

THANK YOU!

If you plan to move or have recently moved

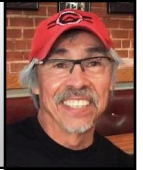
Please Please Please update your address at runsignup.com
 Because the newsletters are mailed in bulk mail, they cannot be forwarded and
 if they are sent to your old address,
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THANK YOU a WHOLE BUNCH!



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.

MAY			
1	Sun 8 AM	SCR Choose Your Own Adventure Predict	1117 Candytuft
1	Sun	Colorado Marathon	Ft Collins
7	Sat	run Blossom	Canon City
7	Sat	Walk a Mile--Color Run&Walk	Pueblo Riverwalk
14	Sat	Ordinary Mortals Tri	CSU-P
15	Sun	Denver Colfax Marathon	Denver CO
30	Mon	Bolder Boulder	Boulder CO
JUNE			
4	Sat 8 AM	SCR Peaks & Prairies Predict 5K/2M	4913 Warbler Ct
4	Sat	Revel Rockies Marathon & Half	Denver CO
4	Sat	Runoff Runoff Marathon /Half /6.6K	Creede CO
11	Sat	Garden of the Gods 10M	
18	Sat	Summer Solstice Fun Run	Arkansas River Trail
JULY			
TBD		SCR Vision Hills Predict Run 5M/2M	1 Silverweed
16	Sat	Pioneer Days 5K	Manassa CO
30	Sat	Atalanta Women's Run/Walk	Pueblo City Park
AUG			
TBD	Sat	SCR Runapalooza 3M/1.3M Predict Run	4727Walnutcrest Ct
SEP			
TBD		Jessie Casarez & family Predict	Details soon
17	Sat	Beulah Challenge	Beulah CO
17-18	Sat-Sun	PP Ascent-Marathon	Manitou CO
OCT			
1-2	Sat-Sun	Rim to Rim	Royal Gorge
TBD		Harvest Run	??
TBD		dia de los Muertos Predict	Imperial Memorial
NOV			
26	Sat	Temple Canyon Predict	Cañon City
DEC			
4	Sun	Rock Canyon Half Marathon	Pueblo City Park
TBD		Nelson's Pretty Fast Predict	614 E Marigold Dr, PW

Running Tips Courtesy of Dan Nelson

Run Naked

Once a week, go out for your run without your watch, music, or phone. This teaches you to feel your pace instead of relying on numbers. —Meghan Reynolds and Jessica Green, USATF certified running coaches



We thank our donors this quarter: Paul Hindman, Randy Oles and Amanda Conant.



Recipes



Here are a couple recipes I can recommend because I've tried them both. -Ed

Recipe for Energy Bites
Submitted by Jennifer Arellano

1 cup oats
½ cup of peanut butter
¼ cup of honey
¼ cup of chocolate chips
a little bit of vanilla extract
(itty bitty)
Feel free to add chia or flax seeds
The above proportions make a small batch, so I usually double it.

Mix ingredients in a bowl and form into small balls. Refrigerate for one hour before eating then store in an airtight container and refrigerate.

A recipe for Energy Bites from gimmesomeoven.com
Submitted by Melissa Fairbairn

1 cup (dry) oatmeal (old-fashioned oats or gluten-free oats)
2/3 cup toasted unsweetened coconut flakes
1/2 cup peanut butter
1/2 cup ground flax seed
1/4 cup unsweetened cocoa powder
1 tablespoon chia seeds (optional)
1 teaspoon vanilla extract
Stir ingredients in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for at least half an hour. Roll into balls and store in an airtight container and keep refrigerated for up to a week. If mix is too dry, add honey or peanut butter. If too wet, add oatmeal



Pics from the South Shore Predict hosted by Roger and Sheri Giordano.

Left Photo: Gwen Steves, Rocky Hill, Sheri, Pete from Frisco (camping in the area and joined in), Roger, & Jason Castro

The trails were challenging but wonderful. The views were fantastic!



Right:

"The Two Richards"

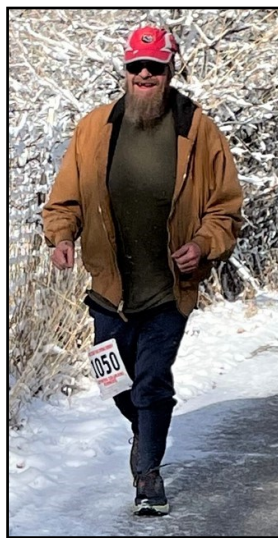
Richard Edmond and the other Richard is a new SCR member recruited by Sheri when she and Roger were marking the course. He joined the club on Race Day.

(Sorry I didn't get the new member's last name)





Predict Series Photo Gallery

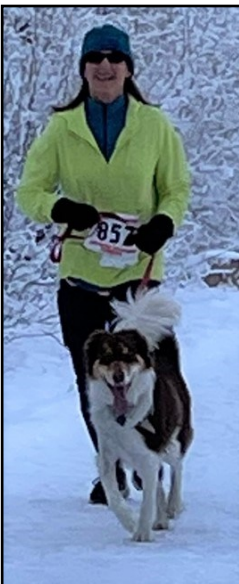


**From the SRO
Practice Predict**

Top Row: Becky Medina,
Humberto Paredes, Sean
McGivney, Juan Moralez,
Dave Diaz, Rylan Dehn

Middle: Dan Nelson,
Richard Emond, Jennifer
Arellano & Bryan Dehn

Bottom: Hollie Brosseau,
Robert Bergles, Scott
Marron, Robert Espinoza



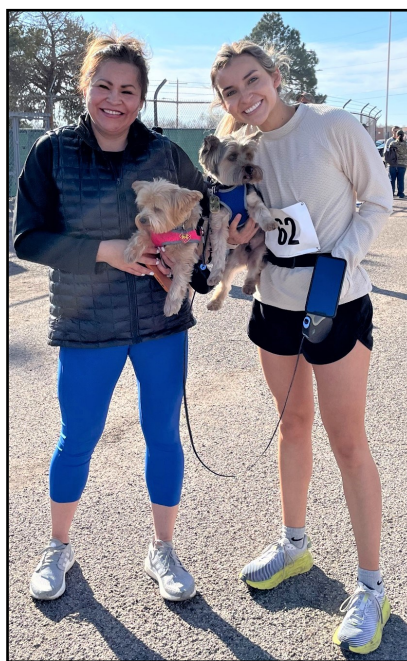


More Photos



From the Silver Dollar Predict: UL: Host Melanie Nelson, Ken Hughes (provider of the mimosas), & Dr. Robert Pratt
Above: Martha Drake, Ann Macartney, & Suzi Steves
Left: The Brunch Crew

Below From the Spring Runoff L to R:
The Care and Share Ladies
Lisa and Alexandria Clough
Tim Bratina



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More SRO Scenes

UL: Canon City Runners
Above: Start Line at the Funner to be a Runner
Below: Toddler Run

