



Footprints

The Spring Edition
Volume #353, Issue #3
Editor: Ron Dehn



Above: 5k run
Champion **Jessy
Narimanov** with our
own Greek God (**Eric
Castellano**)

Upper Right: 1.5M
Walk Champion
Gina Benfatti with
Eric

Right: 2022
Honorary Runner
Patrice McGivney
with **Eric**

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Top Row: Lois Pfost (Mother) & Kathy Kieckhafer (daughter), Natalie (age 94) (Mother) & Bill Veges (son), Suzanne Bratina & Alex Romero

Mid Row: Jitka McGivney & Eric, Carmen Perez, Gloria Montoya, Becky Medina, Melanie Nelson, Diane Lopez, Barbara Jean Gonzales, Marijane Martinez, Millie Clementi (little girl), Eric Castellano, Martha Drake, Nicole Clementi

Bottom Row: Nikki Arriaga & daughter, Lew Fox giving Hi Fives to Katie Fox

Contact Us

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

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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...

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed. -Carl Jung,

Do not believe that it is very much of an advance to do the unnecessary three times as fast. -Peter Drucker

It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy. -George H. Lorimer

And for those of you who want more RAM in your computers ... 640K ought to be enough for anybody. --Bill Gates. 1981

The older I get, the more clearly I remember things that never happened. Mark Twain

Too often I would hear men boast of the miles covered that day, rarely of what they had seen. -Louis L'Amour



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

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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: Carmen Perez, Wendy Garrison, Marijane Martinez, Ted Sillox, Anthony Diaz, Bob Quintana, Gary Franchi, Kim Arline, Mary Yang, Dave Dehn, Cathy Dehn, Suzanne Cote, & Joey Chestnut*

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.

*Joey Chestnut won his 15th title in the annual Nathan’s Hot Dog Eating Contest. Joey downed 63 dogs and buns in 10 minutes. He barely broke stride when a protester tried to disrupt the event. Joey put the protester in a headlock and continued eating. Seconds later security guards took over. Joey’s record is 76.



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



LET THE TOGA PARTY BEGIN

by Wendy Garrison



Aah - summer in Pueblo. For many of us that includes traditions of barbecues, early morning runs and Lake Pueblo. For several women, summer also means one heck of a run/walk/toga party good time. City Park was the scene of this year's annual women's only 5K run/1.5-mile walk known as Atalanta.

Atalanta, the Greek Goddess of Running, was the theme of the toga inspired race held July 30 by a group of women known as the Big Dog Runners and sponsored by Southern Colorado Runners. Cloudy skies and 64 degrees greeted the 41 runners and 31 walkers. In holding with tradition, the hosts wore togas. A Greek God (Eric Castellano) and pint-sized Goddess (Millie Clementi) also welcomed the athletes. No party would be complete without prizes and the race did not disappoint. All athletes received custom headbands from BOCO custom hats and head gear from Boulder. Door prizes from the following companies also added to the fun: Solar Roast, Elmwood Golf Course, Starbucks, Black Box Provisions, Biranda Seidel, Steel City Nutrition, Big Daddy's Sunset Bowl, Fazoli's, Brittney Thompson and Great Divide.

Preceding the race, Atalanta's honorary runner was announced. This year's runner is Patrice McGivney. Although the longtime Pueblo runner now attends Princeton University, she was able to accept the award. Patrice's



Paula McCabe & Alexandria Clough

running accomplishments include being a four-year letter recipient on the East High School Cross Country Team. Like her parents, Sean and Jitka, Patrice has been involved in SCR for many years as both a runner and volunteer. Notably, she stepped into a leadership role while in high school and served as Club secretary.

Marijane Martinez started the race with the reading of the Women's Pledge

Florence healed
 Amelia flew
 We love
 We laugh
 We run
 We embrace the spirit
 Of the women before us
 And those to follow

The Pledge, written by Chris Dehn and Marijane Martinez, honors the spirit of those who accepted the day's challenge - fast or slow,

The 1.5-mile walkers started the race and for many this was no stroll around the park. Gina Benfatti set the pace, completing the walk in 23:35. Less than 30 seconds behind Benfatti was Susan Montez with 23:53. Beth Miller placed third with 24:32.

The 5 K run featured some of Pueblo's very talented runners. Many completed the course in under 30 minutes. The speed and grace of Atalanta herself was seen in the amazing skill of overall winner Jessy Narimanov. Narimanov, sporting a Romanesque shirt, completed the course in a blistering 19:54. Niki Arriaga posted an impressive 24:21 for second and Jane Murtha was on her heels for third with a time of 24:44.

The overall winner in the walk and run, Gina Benfatti and Jessy Narimanov, were presented with custom Atalanta bowls. These bowls were made by Pueblo artist and SCR member Ron Dehn. First through third place age division winners received apple infused honey from local beekeepers Boley's Bee Haven.

The winners of the 5 K run were:

- F 12-19 Hope Musso, Isobel McGivney, Keilin Molina Izaguirre
- F 20-29 Alexandra Clough, Yareli Peña, Patrice McGivney
- F 30-39 Niki Arriaga, Cassie Pate, Jenny Weber
- F 40-49 Melanie Steves, Dawn Ballas, Jitka McGivney
- F 50-59 Jane Murtha, Patricia Costello, Nancy Musso
- F 60-60 Jill Walkinshaw, Paulette Arns, Hollie Brosseau
- F 70+ Donna Nicholas-Griesel, Jessie Quintana

The winners of the 1.5-mile walk were:

- F 12-19 Ashton Brosseau, Emeri Whiting
- F 20-29 Sophia Velasquez
- F 30-39 Jenna Conklin, Jessica Ruston, Shanae Weber
- F 40-49 Traci Whiting, Amy Heath

Toga Continued

F 50-59 Jennifer Dunker, Rebecca Martinez, Katy Keickhafer
 F 60-69 Susan Montez, Teresa Tafoya, Janique Holbrook
 F 70+ Beth Miller, Theresa Martinez, Lois Pfof

Race director Martha Drake was pleased to have “another successful Atalanta race under our belts. It’s inspiring to see women of all ages participating and leading a healthy, active life.” She also expressed gratitude for all the volunteers and sponsors who were crucial to ensuring the race’s success.

Sponsors of Atalanta included: Joe & Kari Brosseau, Jeremy Hamm (Subaru), Barbara Hadley, Mark Gregory (State Farm), Chris & Ron Dehn.



Course Marshals: Jerry Montoya, Bob Drake, Mark Gregory, MJ (photo bombing), Don Thompson, Herb Brockman, Dan Nelson, Bob Quintana, Dave Dehn, Ron Dehn, Don Pfof

Volunteers: Martha & Bob Drake, Marijane Martinez, Don Thompson, Debbie Gurule, Nicole & Millie Clementi, Melanie & Danny Nelson, Gloria & Jerry Montoya, Diane Lopez, Becky & Eric Medina, Carmen Perez, Barbara Jean & John Gonzales, Eric Castellano, Gwen Steves, Jason Castro, Roberto Thomas, Ann Macartney, Ted Sillox, Bob Quintana, Ron & Dave Dehn, Lewis Fox, Herb Brockman, Mark Gregory, Don Pfof and Wendy Garrison

Plans are underway for Atalanta 2023 to be held the last Saturday in July. Togas will be washed and stored until then.



Patricia Costello



Roberto Thomas and Jason Castro

Interesting Fact

The length of 1,000,000,000 (one billion) one dollar bills laid end-to-end measures **96,900 miles**. This would extend around the earth almost 4 times. Source: the Internet (of course)





A message from the president Ted Sillox

Well fellow runners, here it is July and half the year is already gone. I hope you are having a fun summer and getting out there enjoying running and racing. Our club offers several great local races and I hope you have participated in all or some of them. Atlanta, women only race, is just around the corner as I am writing this article so I hope we have many members sign up and bring along a friend. The group of ladies who organize and host this race do a great job and thanks to Martha Drake for being the race director this year. Speaking of race directors, Daryl Clark has resigned as the director of our biggest race, the Spring Run Off. We need a new person or persons to come forward and direct this race. There is a printed guide to follow so if you or a group of members would like to take this over please contact the club.

The club had a very successful OMT this spring and thanks to Kim Arline and Gwen Steves for directing this event. I also need to thank all of the members who come out and give their time to fill in all of the jobs that need to be done. These events could not happen without their help. If you have never helped please consider giving the club one day of your time and participate with us on some or any of the races.

We continue to try and recruit new members into our club and we picked up a few people from the No Wine Before Its Time hosted by Ken and Melanie Hughes. I keep hoping that we are going to lure more young people in the club and hoping they will want to become involved with the inner workings of the club. Many of the board members, including me have been in their positions for almost 2 years and I think it is better if new, different people, with new ideas come on board and direct the club. Even though it is summer it is not too early to start thinking about the elections that will be on us before we know it. I often hear the statement, "I would like to give back or pay it forward" but at some time you need to walk the walk and not just talk the talk. As you read this consider running for a position on the board. We are still looking for a secretary to take a few notes once a month at our board meeting and that would be a good starting spot to learn the ropes. If you have benefitted from running or walking you could help others do this by serving on the board.

Many people think running has to be an isolated activity but there are many social aspects to running. On Monday nights a group of us run for one month from different locations, usually bars. Our biggest problem is finding bars that are open on Monday nights. We use to run from the Gold Dust but after several episodes of not being open we decided to start spreading our joy around town. This is an open run and anyone can come and run or walk with us. Once you attend you can suggest places for the group to run from and enjoy a beverage afterward. If you are interested in joining us contact me and I will let you know our current location.

Keep Moving,

Ted



The Predict Series By Ted Sillox

Timing the predict series is one of my favorite events in our club. I have some great people, Danny and Melanie Nelson, helping me with these runs and running just doesn't get any better than this. I also appreciate the members who have stepped up and hosted one of these events at their house. Please be sure to thank our hosts while you are attending their event for we would not have the fun times if these people did not help us out.

This quarter we held 4 predict races, 3 in the morning and one evening predict. In May Sean and Jitka McGivney hosted Choose Your Own Adventure in University Park where you could pick from a variety of distances and courses. The only problem I have is that I keep forgetting to take pictures while I am timing. Maybe if members could see the smiling faces they would realize these are fun events that they are missing out on.

Our next predict was Peaks and Prairies at Rob and Becks in the north side neighborhood behind Lowes. The course gives you a chance to observe growth in areas that you probably would not have ventured into. There is always fun conversation and good food after the race. So far we have had very nice weather for our predict races this quarter and hopefully that pattern will continue.

Our evening predict was No Wine Before Its Time and what more could you ask for. Free wine, free vegan burgers, free side dishes and door prizes were offered to those who attended. We also got to dine and socialize in an air conditioned building after the hot run. If you are not coming to these events you are simply missing out on summer fun at its finest.

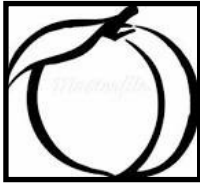
Last Saturday we were once again in University Park where board member Natalie Gowen and her husband Dr. Joe hosted the Vision Hills Predict. It was a perfect summer morning just made for running or walking. The course ventures near Walking Stick golf course and gives you a different view of those areas. We gathered in the back yard after the run for the brunch that follows.

We are now half way through our predict series for 2022 but there is still enough time and events for members to complete 6 runs and get a free t-shirt. Last year we gave out a quality shirt that had our logo printed on it and was in 2 colors. This year I will try to send out information showing the number of times people have participated. If you are close I will remind you to try to get there to make the required 6 runs/walks. There is still time for you to come and join us. I am looking forward to the Dia de los Muertos in the fall at Imperial Cemetery. That is a colorful fun run full of twists and turns. Plan on wearing your best Halloween outfit and come join us.

Laissez Le Bon Temps Rouler,

Ted





The Peachtree Road Race

By Ted Sillox

I originally planned to run the Peachtree Road Race in Atlanta, Georgia in 2020 but then the covid germs came along and the race got cancelled. The next year they held a virtual race but those are nothing more than a training run and lack all of the elements that make racing so much fun. Finally, in 2022, the race got back and was up and running so I signed up in February and made plans to venture to Atlanta on the fourth of July.

I should mention that I am lucky enough to have a niece who lives 10 minutes from the start line so I had a place to stay and no worries about getting there. If you ever decide to do this race Atlanta has a great inner city train system so you can stay away from the downtown area and simply hop on Marta and ride to the start.

The race is the largest 10k in the US and typically draws close to 40,000 runners. In fact it is so popular that unless you join the Atlanta running club you probably won't get in as members are guaranteed entry into the race. I think the club makes a ton of money on this race. It also draws top runners from all over the world as the winning purse is \$10,000. Unfortunately I didn't get that but I did get to see the elites start.

After watching the start I warmed up by walking back to my wave which are designated by letters and go every 3 minutes. I was planning to run with my niece so I did not give an estimated time and started in wave G. At least it wasn't Z. Looking back along Peachtree Street all you can see is a ocean of people filling a 4 lane street getting ready to run. It has been years since I ran a large race and I thought that after starting we would spread out and it would be a relaxing run. Was I ever wrong as I was weaving in and out and around other runners for the entire 6 miles. Somewhere around 4 miles I was passing a group of run walkers. You know the type, people who train for only 3 weeks to do a race and are doing the old run for

a minute and then have to stop and walk before running again. As I ran by them, listening to their gasping, I thought how the heck did they get placed in the front waves but they more than likely embellished their race times. It sure makes you feel like you are a good runner

when you just keep passing people the whole race.

After the race I was looking at the results and it was interesting to see that there was an 89 year old man who ran it in 1 hour 6 minutes and a 93 year old woman who ran it in 1 hour 10 minutes. My age division, the 60's, was won by a 63 year old man in 38 minutes 10 seconds. There were numerous 60 year olds under 40 minutes so it gives you an idea of how good the field is. Not everyone in the south is sitting around eating chicken and waffles, there are some runners.

The course is straight and has a few hills to go up and down and it finishes in Piedmont Park where you get a cold bottle of water, your t-shirt and a green peach. I'm not sure what the green peach was for as you can't eat them. If I could have attended a Braves game I would have taken it along and got it autographed as it could have substituted for a baseball.

This is a fun race with lots of friendly people and Atlanta has lots of entertaining events and places to see so if you are looking for a destination race I would highly recommend it. It is muggy this time of year but there is lots of oxygen in the air there.



Left: Race Start

Right: Piedmont Park after finish





Ramblin'

by Ron Dehn

I Like to Run

I like to run by myself. It gives me time to reflect, meditate, pray.

I like to run with a buddy or buddies. You form a bond and when you are doing this you share whatever is on your mind. Can be routine, lighthearted, or dead serious. Not a whole lot is off limits. I did this for years at the university at lunch time. Occasionally I still do with one of our kids, grandkids, my brother Dave, or a friend.

I like to run with a large group in a race. Any size group is fun, but events such as the Bolder Boulder, our own Spring Runoff, or the Rock Canyon Half are especially fun because the collective energy of the crowd lifts everyone up. It is truly a time where the whole is greater than the sum of the parts. IE synergy.

I like to run SCR Predict Runs. I really enjoy the friendship of our club members. We truly have a great group of people. The Predict events are not about winning anything, but it's about fellowship and doing something we all love. The food after is a bonus.

I like to run in different kinds of weather. Not big on running in extreme heat. It can be unhealthy and even dangerous. I like to run in the morning when things are fresh. I like to run when it is cooler outside. It feels good to start off just a tad cold, then warm up by running. Running in the rain is neat if it's not too cold. I especially like to run in the snow. I love to hear the crunch / squeak sound my shoes make in the snow and it's great to be the first one to make footprints on the overnight carpet of white. Magical!

I like to run trails. I often see rabbits, hawks, prairie dogs, and turkey vultures and sometimes, coyotes, deer, and occasionally a fox or snake. I see cliffs, the Pueblo Reservoir, Pikes Peak, the Wet Mountains, the Spanish Peaks and a little bit of the Sangres. I see a storm approaching, rainbows, and all kinds of clouds. I see chollas and prickly pear in bloom and 300-year-old junipers twisted and gnarled from years of weather. Even though I may be only 3 miles from home, I feel like I'm in the wilderness. I cannot see houses, roads, or telephone poles. I love to hear the sounds of nature. I become immersed in this beautiful and fascinating world.

I guess I just like to run.

Opportunity Cost

I had a year of Economics in college. One of the concepts the professor introduced was that of "Opportunity Cost". Don't quit reading – this really does have something to do with running. The Opportunity Cost concept simply means that you have a limited resource and when you use

some of your resource (in economics it is often money) on one thing, you do not have the "opportunity" to spend / invest it on something else. So you must weigh which option(s) produce the most benefit. My synopsis is a bit of an oversimplification, but you get the idea.

As I get older, I am much more aware of a couple finite resources. One is time. The other is my body.

Think about the fact that we say we are "spending" time when we do something. Several years ago I applied the "Opportunity Cost" principal with regard to time. I had been doing the Pikes Peak Ascent regularly and was having to devote more and more time on the mountain to training. For me, between the drive, time on the mountain, and recovery, a single training session took most of one day. It was taking away from family time. I trained by myself and decided that I would only train on the mountain if I could incorporate family time with training. So in 2010 I talked my brother, who had run the Ascent in 1985, into signing up for the race. We trained and did the event together. In 2013, four additional family members joined us, and we spent time training together both on and off the mountain. In 2014 five of our family members signed up and we did the same thing. We haven't done it since, but I hope one day to be at the top cheering on one of my kids, grandkids, nieces, or nephews.

The body. This resource has several nuances. I've been running for forty years. It has been a wonderful thing to do for so many reasons including: physical and mental health, socialization, and pleasure to name a few. I'm definitely better off having done it, however the knees, hips, and back are showing some signs of wear. I want to extend my running "career" for another ten years. At this point I rarely run two days in a row. And for the last fifteen years I've done a lot more cross training. You younger triathletes are doing it right. I've shortened my distances and understand that times are not near as important as before. I've also done some P.T. and incorporate the things I've learned into my daily routine. The exercises and stretching help address the problem areas.

So what's the point of all that in a nutshell? I'm 74 this month and I want to balance conservation of my physical resources while keeping those resources in shape and still experiencing the joy of running. Five miles is about a mile further than it used to be.

Thank You

Next time you go to a Predict Event, be sure to thank the host & hostess. They are opening their home and providing food and liquid refreshments. Yes, it is a potluck, so everybody pitches in, but your host & hostess do a lot extra.

(Continued on page 9)

Ramblin Continued

(Continued from page 8)

Then there are Ted, Melanie, and Danny. These guys haul equipment and even the portable john to the predict events. They mark the courses, process results and do both the physical and the technical work. While everyone else is eating and visiting, they are tearing down and loading equipment and later will haul everything back to the shed.

This is only the beginning of what these three do for the club. They preside over meetings and take minutes because we are still looking for a club secretary. They do a lot of the logistical behind the scenes work for the club and interact not only with club members but with outside agencies as well. **Yes, the club has other officers and race directors who do tons of work, I don't want to minimize their contributions or the contributions of past officers.** I appreciate and thank all active members. But for the last few years, Ted, Melanie, and Danny have really stepped up. Thank them next time you see them and if you are at an event, lend them a hand. Also think about taking on a larger role in the club. For starters, we are still looking for a club secretary and a race director for the Spring Runoff.

Happy Trails.

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

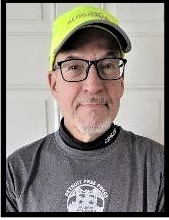


A Blast from the Past

“Blast” is a new feature to our newsletter. This particular photo appears to be from the 1982 Valentine’s Twosome. Thank you to Jim Robinson, Bob Quintana and the Diaz Brothers for the pic.

Please submit photos and a short description of your “Blast” by the next newsletter deadline. Photos must be at least 10 years old. We will use up to 3 photos per issue. First come first served.





Marv Bradley was a humble super-achiever

By Gary Franchi

My initial thought when I heard that long-time Southern Colorado Runners member Marv Bradley had passed away on May 21 was that it couldn't be true. I'd always considered Marv to be Mr. Indestructible. I talked to him often over the years when he was running a marathon almost every other week and ultra-marathons a couple or more times a year.

However, we don't live forever. Marv was 83 when he passed away after a brief illness with cancer. But the Canon City resident left behind a running record like no one I've ever known personally.

After giving up smoking at the age of 50 and taking up first walking and then running, Marv quickly got hooked on racing. And I mean long-distance racing. His first race, just shy of his 52nd birthday, was the Spring Runoff 10k in 1991, and his first marathon was in Steamboat Springs a year later.

That was just the start. He went on to run over 400 marathons or ultramarathons, running an ultra in every state, and a marathon and half-marathon in every state more than once. Among the notable were three Boston Marathons, several Pikes Peak Marathons, the Athens Marathon, Leadville 100-miler (twice), Rocky Mountain 100-miler in Wyoming, Colorado Trail 50K, High Plains 100k, 50k events in Colorado Springs and Grand Junction, Grand Canyon Rim to Rim 50-miler and the Centennial Trail 100-miler.

I'd gotten to know Marv quite well since I was working at Pueblo Community College when he was an executive board member on both the Pueblo campus and PCC's branch Fremont Campus in Canon City, and he was one of the original founders of that Fremont Campus. We chatted often, and it was pretty much exhausting listening to him detail his travel plans to marathons and ultras all over the country.



Marv was a great guy, and what I liked most about him was that he was humble. He was proud and loved to talk about his events and accomplishments, but he never bragged. Never acted like he was special. He just told stories about what the events were like, sometimes about the people he met or some unusual happenings at them. He would come up to my office to chat



Marv and his buddies from "Team Slug"

when he was on PCC's main campus for a meeting. And when I was on the Fremont Campus for a special event, he was always there, and we would talk as much as time would allow. I once went to a Canon City Rotary Club luncheon with Marv as his guest.

When he was inducted into the Fremont Hall of Fame because of his contributions to higher education for the Canon City community, I was there to witness the occasion and take photos. That night, he was proud and happy. But he remained humble about the honor.

(To read the specifics of Marv's life, his obituary is available online.)

Editor's Note: I had the good fortune to visit with Marv at SCR events through the years. My impression always was that he was a real nice person. It's been a while since he was regularly involved with SCR but he received Male Runner of the Year honors in 2003. The Canon City Rim to Rim planning committee said that Marv was instrumental in the initial planning for the Rim to Rim races. In addition to being a supporter of higher education, his obit states several other talents that Marv had including that of musician, singer, disc jockey, radio announcer, radio station manager, and restaurant owner. He was also an Army vet and as Gary noted was very involved in his community. My best to his family.

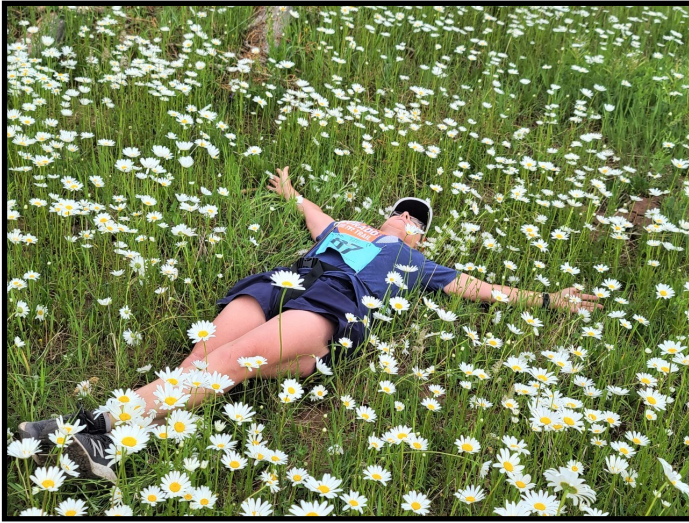


The Cuchara Mountain Trail Race by Kim Arline

I reconnected with my original marathon training buddy and joined Terri Tibbs at the Cuchara Mountain Trail race on June 25th. I planned to run the 15-mile Queen of the Mountain course but 100 mph winds over the winter blew down 500 acres of trees near Blue Lakes and Trinchera Peak - the 13,000 ft peak I would attempt to earn the crown on. But a huge swath of the National Forest is closed until a big logging operation can safely clear all the downed trees. And the weather forecast looked dreadful for the entire weekend.



Kim and Terri



We had plenty of energy left to explore the Dike Trail after the race and even planned to volunteer on trail maintenance on Sunday for a free race entry. But it started raining in late afternoon and never stopped that weekend. So trail work was cancelled and I just enjoyed a quiet, peaceful morning in the cabin with friends.

But Terri, her two friends and I had wonderful conditions on the 5-mile loop up the abandoned ski area catwalk, over the back side of the ski area to Indian Creek trail to Baker Creek trail. It was GORGEOUS! The Human Potential Running Series is all about the spirit of running and not focused on beating others so no awards are given. So I took a lot of pictures of flowers, gorgeous views of the Spanish Peaks and downed trees along Baker Creek. After Terri and I finished, we returned to the amazing fern forest in the aspens with a huge field of daisies to cheer on the others. We did a lot of "Forest Bathing Therapy" as the Japanese call it. (See photo laying in the daisies)





The Royal Gorge Rim to Rim Races

By Mary Yang



As the race director for the Rim to Rim Royal Gorge Races, I will always be humbled by the fact that we are granted access to host our race event at the famed Royal Gorge Bridge & Park in Cañon City, CO. The foothills surrounding the park are some of the most beautiful views I have ever seen. I grew up in Colorado and have made my way along many trails throughout the state, and I am proud to call Cañon City my home.

The Rim to Rim is much more than a race; it is also Starpoint's biggest fundraiser. Starpoint is a local nonprofit that serve the communities in Fremont, Chaffee, and Custer counties by supporting families, adults with disabilities, and senior citizens to live as independently as possible. Our mission is to enrich lives and realize dreams in those with cognitive and physical disabilities.

As a runner myself and being in this line of work, I have had the opportunity to come to know charitable groups, such as Ainsley's Angels and The Jeffery Lockwood Foundation, whose missions are to assist individuals with disabilities in endurance events. They do so by pairing runners/hikers with individuals who need assistance via the use of a running chariot or hiking chair. Connecting with such organizations has added extra value to our race. We love that we have a great turnout from these groups on race day. They are filled with inspired individuals who show up at our start line and remind us that this is much more than a race. Seeing paired riders and pushers along the course reminds us your race registration will make a difference for the many individuals that Starpoint serves.

So, yes, this race offers the experience of taking in some of the most GORGEous views and the unique experience of running over America's highest suspension bridge, but it is so much more. Pairing the meaning of the race together with such a venue has proven to be an epic experience for our race commit-



tee, volunteers, and registered runners. We hope you will join us this year and help us celebrate our 12th year of the Rim to Rim Royal Gorge Races. There is an event for everyone, including your furry companions and kids.



On Saturday, October 1, we will host our 5K, 10K, inaugural trail run (8 miles), and free kids' race. On Sunday, October 2, we will host our half marathon. Please note that our half marathon is a challenging course with some big hills.

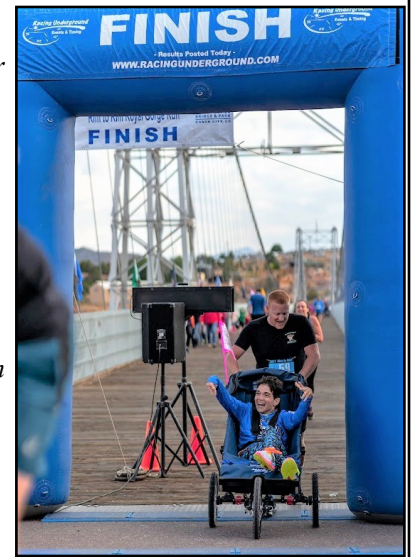
We are partnering with the Beulah Challenge again this year to host the **Over It** half marathon series. We hope this will be the start of a Southern Colorado series that will add other half marathons in our region each year. Why not? It is always great to join forces with other races and support one another. Registration for the half marathon series will be through the Beulah Challenge @ www.beulahchallenge.com

You can find out more information for the Rim to Rim Royal Gorge Races @ www.rimtorimroyalgorge.com or find us on Facebook @ Rim to Rim Royal Gorge Run. You can learn more about Starpoint @ www.starpointco.com

You can also reach out to me directly myang@starpointco.com. I am always happy to answer any questions.

Run for a reason this fall season!

Editor's Note: My brother Dave and I ran the 10k Rim to Rim last year and we loved it. It was a great race and extremely well organized. The course was challenging and the views were spectacular. And you cross the bridge to get to the finish line! How very cool is that! I'm definitely planning on being there on October 1.



The Royal Gorge Rim to Rim Continued

AMERICA'S HIGHEST SUSPENSION BRIDGE AWAITS YOU!

Rim to Rim Royal Gorge Races

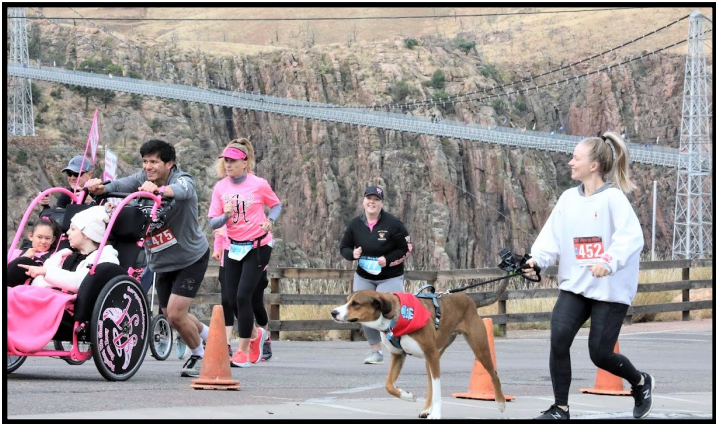
October 1st
5K/10K/8M Trial Run/Free Kid's Race

October 2nd
Half Marathon

Run for a reason, this fall season! All proceeds go to benefit Starpoint in providing services in Fremont and surrounding counties.

Visit Us! <https://www.rimtorimroyalgorge.com/>
Facebook- Rim to Rim Royal Gorge Run

Photo credit
Vicki Meier





Coin the Caption Contest

Readers. Come up with a caption for the photo of Dave Diaz below. Send your caption to newsletter@socorunners.org to enter the contest. Put "Coin the Caption" in the Subject Line. A panel of judges will pick the best caption and the winner will receive a \$40 gift card. Deadline is midnight October 1. Must be a member of SCR to win.




Our
Condolences
to the family
of
Mike Borton
who passed
away on July
30 at the age
of 66.
Mike and his
family were
involved with
SCR and the
local running
community for
many years.




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Printing your Membership Card by Dan Neslon

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 Scroll to the bottom of the Profile page.
 Click on "My Club Memberships" in the blue boxes under "Account Links"
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NOTE:
 Discounts Typically Apply to Full Price Items
 Not sale items
 Discounts may be discontinued at the vendor's discretion

2022 Senior Games, Ft. Lauderdale, Florida

By Marijane Martinez

Don and I headed out to Ft. Lauderdale on May 10th. I was going to compete in the 5k on Thursday, May 12th. We were picked up at the airport by our friends, Mac & Katherine Singer from Las Vegas, Nevada. They had arrived a few days earlier and were visiting Mac's brother who lives in Ft. Lauderdale. We then headed to the condos right off the beach in Hollywood, Florida, where we would be staying with Elmo Shropshire and Pam Wendell from Novato, California.

Elmo Shropshire is a retired veterinarian, competitive runner and country music singer. He is best known for his Christmas novelty song, "Grandma Got Run Over by a Reindeer". When I think about that song, I am reminded of the 5k Jingle Bell run that took place before the Christmas costume parade in downtown Pueblo many years ago. I was standing behind Dr. Robert Pratt trying to figure out his costume. He had a women's winter coat on and a wig I believe. After studying him for a while I noticed the "prints" on the back of the coat. Ah ha! I realized he was the grandma who got run over by a reindeer! Robert ran while carrying a tape that was playing the song! Yes, it was that long ago! Little did I know back then that one day I would meet Elmo Shropshire who sings the song!!!

Elmo and his lovely wife Pam were kind enough to offer a room in their condo to Don and I even though we had never met. Initially, we were going to stay with Mac & Katherine, then Elmo and Pam graciously invited all 4 of us to stay with them. We had an amazing time. Elmo is a very serious runner and placed in every event he participated in at the Senior Games. Oh yeah, did I mention he is 85 years old! He is about as spry as they come and just a really nice guy!!! What is also really cool is his wife Pam is his biggest fan. She was scouting

his competition for the 5k, in which he took 1st place in his age division! Our trip to Florida was amazing.

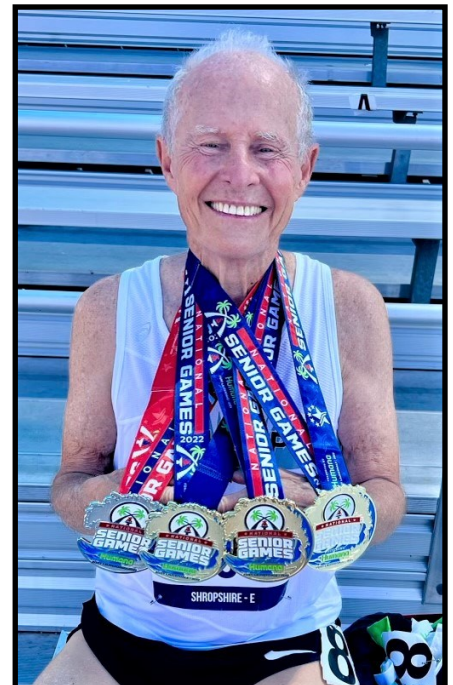
The weather cooperated, the 5k was run right next to the beach, and we were able to see our friends from Santa Fe, New Mexico, Tim and Rita Vigil! They too are phenomenal runners. And as an added bonus, I was able to take a picture with Kathrine Switzer who also ran the 5k. I am attaching pictures and am happy to say 2 of the pictures were on display in poster form at the Expo!! We could not have had a more memorable trip and were honored to be able hear Elmo sing the reindeer song for us in the condo!! Life is Good!



L to R: Pam, Elmo, Katherine, Mac, MJ, Don

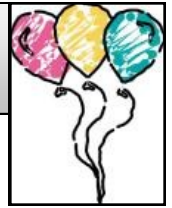
Above:
Katherine
Switzer

Right: Elmo
with his
medals





The Birthday Page



August

5	Janique	Holbrook
5	Steve	Seidel
6	Jon	Teisher
7	John	Jefferson
8	Jennifer	FitzPatrick
8	Connor	Steves
9	Dave	Diaz
10	Catherine	Gallegos
11	Richard	Craft
11	Ron	Dehn
12	Ross	Westley
14	Frank	Lopez-Cepero
15	Mark	Gonzales
15	AARON	POTOKAR
18	Melanie	Hughes
19	Emily	Lucero
21	Charles	Lucero
24	Paula	McCabe
25	Samuel	Gowen
25	Taylor	Lopez-Cepero
27	Richard	Emond

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!

September

1	Steve	Fox
2	Maria	Weaver
3	Melissa	Dunnahoo
3	Natalie	Gowen
3	Diego	Hernandez
4	Jane	Murtha
9	Hollie	Brosseau
9	Chris	Gredig
9	Kenshin	Siffring
10	natalie	veges
13	Ted	Johnson
13	Carolyn	Sharp
14	Victor	Boley
15	Matthew	Diaz
17	Debra	Gallegos
21	Stacey	Diaz
22	Max	Gowen
22	Ronald	Olson
22	Michael	Orendorff
23	Gary	Franchi
24	Amy	Hernandez
25	Dean	Hall
25	Kerry	Roman
25	Katie	Teisher
26	Siria	Aguilar
27	Deb	Hadley
27	Cassie	Pate
29	Rylan	Dehn
30	Thomas	Herzog
30	Helen	Stillwell

October

6	Michael	Atlas-Acuna
6	Barry	Dunn
8	Kevin	Bailey
12	Denise	Crepeau
12	Michele	Heusel
13	Peggy	Oreskovich
14	Kim	Reed
15	Teagan	Hurley
16	Melanie	Steves
16	Terri	Tibbs
17	Sheri	Giordano
19	Raelene	Moore
19	Denny	Stangier
19	Arnold	Tsosie
20	Lynn	Dietz
20	Paul	Hindman
22	Ann	Macartney
22	Filomeno	Vargas
23	Tyler	Giconi
23	Kadince	Neal
28	Marvin	Jones
31	Justin	Dominguez
31	David	Rael

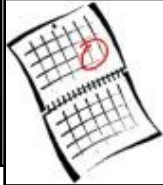
November

1	Ross	Barnhart
1	Eric	Palacio
2	Iola	Rusch
3	Barbara	Hadley
4	Jordan	Reese
5	Ernie	Aguilar
5	Jessie	Quintana
8	Chris	Weidner
10	Coreen	Wright
11	Keilin	Molina Izaguirre
14	Nicole	Clementi
15	Melissa	Coburn
15	Juan	Morales
16	Zoey	Neal
16	Robert	O'Callaghan
17	Larry	Volk
19	Ashley	Pataro
20	Kayla	Roman
23	Chris	Dehn
23	Richard	Giconi
24	Paulette	Arns
24	William	Leitch
26	susan	stevens
27	Tim	Weckx
29	ROBERT	QUINTANA

If you plan to move or have recently moved

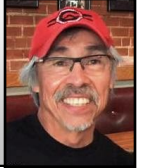
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 if they are sent to your old address,
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THANK YOU a WHOLE BUNCH!



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.

AUG

Sat 6	7:00 AM	Melon Man Triathlon	Rocky Ford CO
Sat 13	7:30 AM	SCR Runapalooza 3M/1.3M Predict	4727Walnutcrest Ct
Sat 13	7:00 AM	Tinman Tri	Lamar, CO
Sat 20	7:00 AM	Melon Run @ Ark Valley Fair 5K/10K State Fair Stampede is canceled for 2022	Rocky Ford CO Pueblo

SEP

		Fortitude 10K is canceled for 2022	Ft Collins
Sun 4	8:00 AM	Broncos 7K Run/Walk	Denver CO
Sat 17	7:45 AM	Beulah Challenge	Beulah CO
Sat 17	7:00 AM	PP Ascent	Manitou CO
Sun 18	8:30 AM	Spanish Peaks Half Marathon	La Veta CO
Sun 18	7:00 AM	PP Marathon	Manitou CO
Sat 24	4:00 PM	Jessie's "Finally Finished an Ironman" Predict	712 E Heron Dr PW

OCT

Sat 1	7:00 AM	CS Marathon	Co Springs
Sat 1	8:30 AM	Rim to Rim 5K 10K	Royal Gorge
Sun 2	8:30 AM	Rim to Rim Half Marathon	Royal Gorge
Sat 8	4:30 PM	Harvest Run Predict	Gold Dust Saloon
Sat 29	5:00 PM	dia de los Muertos Predict	Imperial Memorial

NOV

Thu 24	9:00 AM	Pueblo YMCA Turkey Trot	YMCA
Sat 26	9:00 AM	Temple Canyon Predict	Cañon City

DEC

Sun 4	8:30 AM	Rock Canyon Half Marathon	Pueblo City Park
Sat 10	9:00 AM	Nelson's Pretty Fast Predict	614 E Marigold Dr



Tri Club Swim Schedule

From August 9—November 14 Tues, Thurs, Fri 4pm—6pm Centennial High School

PENDING Mon, Wed 6pm-7pm Pueblo West Regional Center.
CHECK CLUB WEBSITE



Liberty Point 5k Photos



Predict Events Photo Gallery



Top Left: Teacher (Melissa Fairbarin), Student (Kentley Steves), Mom (Gwen Steves)

Below Left: Chester Haddan III placed in his age division



Below: Some of the Dehn Family Bryan, Jennifer, Rylan, Ron, Chris, Melissa, Mark Luna (dog) and Emersyn in the front (future shortstop and cross country runner)





Predict Series Photos

Pics by Suzanne Cote & Dave Dehn



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