



Footprints



The Fall Edition
Volume #353, Issue #4
Editor: Ron Dehn



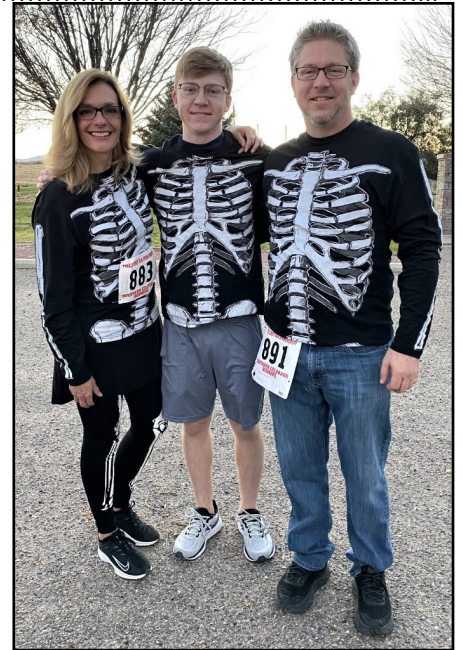
The Dia de los Muertos Predict



Table of Contents

- Predict Photos 1, 2
- Club Info 3
- To Ponder 3
- President's Message .. 4
- Predict Series..... 4
- Blast from Past 5
- Recycle Shoes..... 5
- Human Error 6, 7
- Awards Banquet..... 7
- Rock Canyon..... 7
- Yogisms 7
- Rim to Rim 8, 9
- Raptor Run 9
- Los Muertos Photos... 10, 11
- Rocky Ford Melon..... 12
- Ramblin' 13
- Thank You Notes 14
- Coin Caption Results .. 14
- Sponsors / Discounts . 15
- Birthdays..... 16
- Thank You Jessie..... 16
- Race Calendar..... 17
- Oscar Wilde 17
- Predict Photos 18-20





Above: Dia de los Muertos Predict (more photos pages 10-11)

Below: Runapalooza Predict



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

“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...

If you feel pain, you're alive. If you feel other people's pain, you're a human being. Leo Tolstoy

Don't let yesterday use up too much of today. Native American Proverb

A wise man fills his brain before emptying his mouth. African Proverb

I keep my ideals, because in spite of everything I still believe that people are really good at heart. -Anne Frank, Holocaust diarist

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down. -Oprah Winfrey

Never kick a cow chip on a hot day . Will Rogers



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. 4

“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.

Postmaster: Please send address changes to “Footprints” c/o Southern Colorado Runners at P.O. Box 8026, Pueblo, CO 81008

SCR Monthly Meetings: are held the 1st Wednesday of each month at 6pm at 1601 Bonforte Blvd with a virtual option. All SCR / Tri Club members are welcome and may bring relatives, friends, ideas, and treats.

SCR / Tri Club President is Ted Sillox and can be reached at: president@socorunners.org. Other officers and contact info are listed on the outside back cover.

This newsletter is produced as a group effort by club members.

Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Dave Dehn, Cathy Dehn, Ted Sillox, Marijane Martinez, Danny Nelson, Ashlee Sack, Mary Yang, Dave Diaz, Chris Dehn, Billy Mills*

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.

*William Mervin Mills, also known as Tamakoce Te'Hila, is an Oglala Lakota former track and field athlete who won a gold medal in the 10,000 meter run at the 1964 Tokyo Olympics. His 1964 victory is considered one of the greatest Olympic upsets because he was a virtual unknown going into the event. [Wikipedia](https://en.wikipedia.org/wiki/William_Mervin_Mills)



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



A message from the president Ted Sillox

It is the middle of October as I am writing this message and I am having a difficult time getting this completed. Almost 2 years have passed since I became president of Southern Colorado Runners. During that time our membership suffered a steep decline with covid but we survived and we are now on a steady increase of memberships and members. We now have more than 300 members and our election for board officers is in the very near future. It would really be great to see different people step up to be part of the board and inject new ideas and energy into our club. Speaking of stepping up, club member Jessie Montrose recently volunteered to fill the position of secretary. You might know her from her Atlanta victory. We are still in need of a volunteer coordinator that would help our club to be more involved in civic type of activities and a coordinator could be the person to arrange those type of activities and keep track of who participates.

I have been lucky enough to have a great group of members be on the board and help with the organizing and running of this organization but as I have stated in the past organizations are better when they revolve and change and besides it states in the bylaws that we are supposed to change every year. My fear is that eventually our long-time work horse board members are going to want to do different things and we will be short handed again. If you would like to give something back to running do it now and become part of the board.

Our annual awards banquet is coming quickly and this year we will be at the Rivers Edge Banquet Hall with Classic Catering handling all of the details. This makes arranging the festivities easy as all you have to do is show up and eat and enjoy. We will be collecting nominations for the awards shortly so start thinking about who you would like to nominate for the awards.

We are also still searching for a race director for the Spring Run Off and even though it is 5 months away we need to start making the arrangements for this race in the very near future. This race has been going on for over 40 years and it would be a shame to see it go away as other long-time races have but I imagine that when a race disappears the case is usually that no one would be the director. When you read this it will already be November so we will be down to 4 months and eventually we will run out of time.

One race that I never have to worry about is The Rock Canyon Half Marathon that is happening soon. Melanie Steves and Eric Castellano do such a great job directing this race. They get their family members to pitch in and the race is always a great success. We are also lucky enough to have Gwen Steves work and time this race saving the club several thousands of dollars in race timing fees.

If You Rest You Rust,
Ted

The Predict Series By Ted Sillox



Another year is winding down and we have only 3 predict races out of 14 left to complete. I will be formulating a list of shirt sizes at the remaining races so we can give them out to members who qualified at our annual awards banquet. Look for the list at the timing predict table or ask me for it while you are at a race. If you hosted a race or participated in at least 6 you are eligible for a free predict race t-shirt.

This past quarter we held 3 predict races, Runaplooza, Jessie Finally Finished an Ironman and our annual Harvest Run. Runaplooza was held at the home of Dave and Stacy Diaz in the Domega neighborhood and it is always a fun race to attend. It is always a well marked course and the food and visits after the race are always a great end to the summer season. I was unable to make my chilli verde, no chilli, for this race so I substituted a orange chocolate cake. People must have liked it because there was no cake left. Maybe I will have to make it again for an upcoming race.

Jessie Casarez and her husband Rocky hosted the next race at their home in Pueblo West and we thought it was going to be a mild autumn day. We were mistaken about the mild weather as it turned out to be very warm with a blue sky and bright sunlight. She had planned on having a bon fire afterwards but with the hot weather I don't think bon fires were what people were craving for. In spite of the hot weather we had a good turnout and there was plenty of great food for members to enjoy. Rocky did a great job grilling on such a hot day.

Early October found us at the Gold Dust Bar for our annual Harvest Run. The course goes through the Historic Arkansas River Walk area and the large patio at the Gold Dust is excellent for having this type of gathering. All you have to do is show up and you can enjoy a free beer with complimentary appetizers provided by the club. If you have not attended a predict race you should really consider coming to one of these and see how much fun running can be.

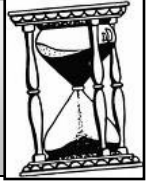
The last 3 races of the year are some of the best. We will be running at Imperial Cemetery at the end of October for the Dia de los Muertos run and in November we will venture to Canon City for the Temple Canyon trail run. The year will finish with Nelson's Pretty fast run in Pueblo West. I would like to thank all of our great members who sacrifice their time and host these predict races. Without their help we would always be searching for places to run and always needing to provide insurance certificates. If you have not attended a predict race put it on your list for things to do.

Laissez Le Bon Temps Rouler,
Ted





A Blast from the Past



This Blast from the Past was sent by Marijane Martinez. As best we can tell, the photo is from the early to mid-1980's. Marijane and Dave Diaz filled in the details. The people in the photo are L to R: Marijane, Gus Romero (with the curly hair), Mildred (Mid) Martinez (no relation to MJ), and Dave Foster.

Gus Romero was a runner, artist, and bartender at the old Gold Dust Saloon. Mid moved out of state. Dave Foster was a Social Studies / Driver's Ed teacher at East High School. The Santa Fe Tavern was owned by Gil Montez and later Dorothy Butcher. The Tavern sponsored several local runners and provided shirts with the Tavern's name. Many people thought the group was from New Mexico, but it was actually a group of Pueblo runners. The photo was from a race out of the Midtown area organized by Frank Arteaga.

If you have a "Blast" you wish to share, 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.

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 be 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

Recycle those Shoes





Human Error

By Ashlee Sack

At the 2022 Great Scottish Run on October 2nd, elite athlete Eilish McColgan crossed the finish line at the 10K race and celebrated breaking the European and British 10K road record – a tremendous accomplishment.

As it turns out, the course was 150 meters short.

Thus, her record was invalidated due to a “human error” in marking the course. As I read those words, my heart dropped. It may surprise you to know, however, that the person in my thoughts was not McColgan, who most certainly was disappointed (even though she is still the current record-holder). The unknown individual who received my heartfelt empathy was instead: the race director.

I’ve done it, too.

As a race director, I’ve been admonished for poor placement of aid stations. I’ve been told that the swag didn’t pass muster. And yes, I’ve mis-calculated a race course...or two. There have been other mis-steps, too.

One year my three-year old son, unbeknownst to me, hid one bag of medals (containing each and every 2nd-place medal for the women’s division) in a box in his closet. On the morning of the race as I set the medals out in order, the omission became apparent and I was stunned, as were the 2nd-place finishers who received alternate prizes. We found the medals a month later when my son finally moved from 3T to 4T clothing.

Races are created by humans. We are humans who LOVE our sport and, more importantly, love the people who run them. We spend countless hours designing the t-shirts, marketing the

event, updating the website, and creating the course that will offer you the best of scenery while still maintaining the correct distance and minimizing logistical issues created by permitting, weather, accessibility, trail or road conditions, and traffic. We deal with calendar coordination, finicky insurance technicalities, electrical issues, random merchandise unavailability, dead batteries, misbehaving timing systems, temperamental inflatable arches, COVID restrictions (my favorite), supply chain issues (my new second favorite), guessing the quantity of late registrants, and myriad other last-minute, forehead-slapping moments that we can never predict.

Eilish’s response was one that every race director can only dream of – utter grace. "I'm sure there are loads of races round the world that aren't measured correctly and the only reason this one has been highlighted is because I broke a record. So I've probably given the organizers a headache," McColgan said in an interview with the BBC. For this, I want to meet and hug her.

I’ve also been on the other side of mishaps – my t-shirt (even though I registered six months in advance) was given to a day-of registrant, my bib didn’t read and my chip time didn’t count, there weren’t any cookies left by the time I crossed the



Photos:

Above: Running at the Rio Frio, where warmer-than-usual temps made running on the Rio Grande River impossible, and the course was rerouted. But, as the race director said, there was still a stunning view of the mountains in the San Luis Valley. He was right.

Left: At a New Year's Day event where the air temp was so cold at the start that my timing tablet wouldn't register my freezing fingers and some people had mis-calculated times

(Continued on page 7)

The Annual Awards Banquet

SAVE THE DATE!

The Awards Banquet will be held on Saturday January 28, 2023 at the River's Edge Banquet Hall, 102 Oneida Street.



We will have food, awards, and a great time. Be sure to check for details on our website. Also look for an email with more information.



Sunday, December 4, 2022

- I can't tell you enough how awesome this race...
- Beautiful, competitive, fast, accurate course
 - Hoodies that you will grab everyday to wear
 - Finisher medals
 - Placing awards
 - Cash prizes for overall placers
 - Colorado Rock memorabilia
 - Music
 - Aid stations and great after race snacks
 - Pavilion, bathrooms, and high chance of warm run weather
 - Hot chocolate for everyone, that includes family and friends!

Check out the Runsignup page for more race information about the course!

Can't wait to see our patrons and all the new runners on RACE DAY! Keep up the training!!!

-Melanie and Eric



Yogi Berra said:

If people don't want to come to the ballpark, how are you going to stop them?

We made too many wrong mistakes.

Never answer an anonymous letter.

I never said most of the things I said.

The future ain't what it used to be.

No one goes there anymore. It's too crowded.

Baseball is 90 percent mental. The other half is physical



Human Error Continued

(Continued from page 6)

finish line. I know – things don't always go perfectly. It's a bummer when we look forward to a race and it doesn't quite meet our expectations or we are the apparent loser in a cosmic game of chance. Our registration money is hard-earned; we deserve to get a quality experience from the events that we support.

But events don't make a lot of money. Please know that your race fee barely covers the cost of putting it on. If you're like me, the registration fee is really a gift to the event organizers who, more often than not, work for a non-profit organization.

Running is just the icing on the cake. Being around other people at an event where the energy is palpable, that's the whipped cream on the icing on the cake.

I've learned to bring a little gift to race directors at each and every race that I attend. It helps me to arrive at the event with gratitude and remember that, on the morning of the race, NO ONE wants the race to go perfectly more than the race director. Their heart is laid out on each meter of the course, from starting line to glorious finish, and every meter in between.

Even if it's 150 too short.



The Royal Gorge Rim to Rim Races

By Mary Yang



This year, the Rim to Rim Royal Gorge Races added an 8-mile trail run. It was a record-breaking year with a total of 498 registered runners for all four races: 5k/10k/Trail/ Half Marathon. We had 95 people registered in our trail event. We asked runners to give feedback on their experience since this was an inaugural event. We were pleased that many individuals took the time to respond. Below is feedback from one of our trail runners.

“Congrats on organizing a perfect trail race this was an absolutely amazing event and I wouldn’t change a thing about it. The course was a great distance and had the perfect level of difficulty. Everything was marked very well and there were exactly enough aid stations in the exact right spots. Thank you for the great event see you next year.” Patrick Martin.

This is a very exciting time for our race committee. We continue to feel honored to host our race at the Royal Gorge Bridge & Park. It offers such a wonderful experience to all who participate. Being able to expand our event to include a trail run has been something we have wanted to do for a while now. The trails throughout the foothills surrounding the park are extraordinary. If you haven’t had the chance to run or bike them, we encourage you to do so.

We want to give a big thanks to all (SOCO members) who were able to make it for this year’s Rim to Rim Royal Gorge Races. This event is Starpoint’s largest and most profitable annual fundraiser. Starpoint is a local nonprofit organization that provides a vast array of services to children and their families, and adults with cognitive and physical challenges.

We also want to give a special shout-out to Ainsley’s Angels of Colorado. We had more than a dozen registered and a multitude of family members “cheering the chariots” for one of

our biggest groups to date. For those who are unfamiliar with this group, they are a charitable organization that matches athletes who are disabled with runners to be pushed in a chariot for endurance events. Their presence is always inspiring and they have become a



special part of our race each year. Be sure to save the date for next year’s event which will be on the weekend of October 7th and 8th! If you have any further questions, please don’t hesitate to contact me: Mary Yang - myang@starpointco.com.



The awards are made from bridge planks





The 11th Annual Raptor Run



The 11th annual Raptor Run will take place at 10am on Saturday, January 21. The start and finish will be at the River Campus of the Nature and Wildlife Discovery Center, 5200 Nature Center Road west of Pueblo Blvd.

The 5-mile run, and 2-mile walk provide scenic views along the Arkansas River on a combination of dirt and solid surface trails. Keep your eyes open for wildlife.

Participants will be treated to breakfast burritos and warm beverages upon completion.

Weather permitting, staff will have a couple raptors present for questions about these magnificent birds.



**NATURE
& WILDLIFE
DISCOVERY
CENTER**

Registration is open via runsignup.com. Long sleeved t-shirts will be **optional for an additional cost** for those who sign up by midnight January 2. For those signing up after January 2, t-shirts may be available but will not be guaranteed.

More Rim to Rim Photos



SCR was well represented at the Rim to Rim Event. Here's a few of our members who participated: L to R: Martha Drake, Carmen Perez, Marijane Martinez, Gloria Montoya, Wendy Garrison, Melanie Nelson Paul DallaGuardia (center) Ron Dehn, Roger Giordano, Dave Dehn, Robert Pratt. Robert has been a chariot pusher for Ainsley's Angels for several years. The Rim to Rim courses are challenging, but they become really challenging when running and pushing a chariot. Hat's off to Robert for his dedication to helping others enjoy the event.

Editor's Note: Kudos to Mary Yang and her large supporting cast. Outstanding job Mary!!! Great shirts, great courses, great finish, great awards, great snacks, great entertainment.

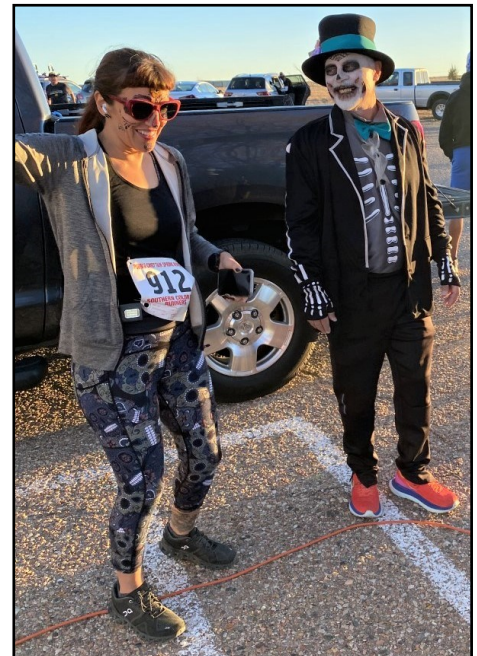


Dia de los Muertos Photos





Dia de los Muertos Photos





Potpourri



From the Rocky Ford
Melon Run:
Left to Right:
Diane Lopez,
Gloria Montoya,
Haley Sinclair,
Melanie Nelson,
Carmen Perez,
Marijane Martinez

Haley ran the 10k,
remainder ran half
marathon

Interesting Thanksgiving Facts

Benjamin Franklin wished for the turkey to be the National Bird.

Abraham Lincoln established Thanksgiving as a national holiday in 1863 at the urging of a writer named Sarah Josepha Hale. She had lobbied for the national holiday designation with 4 previous presidents.

Thanksgiving leftovers inspired the food corporation Swanson to develop TV dinners.

It is likely that the 1621 Thanksgiving in Plymouth included lobster, seal, and swans due to their availability in the area.

The first Thanksgiving Day football game was played in 1876.
Yale vs Princeton.

Female turkeys don't gobble they make purring and cackling sounds. Only male turkeys gobble.

The day after Thanksgiving is especially busy for plumbers.
Be careful with turkey grease, potato peels, rice and stuffing.
They can clog your drains.





Ramblin' Ron's Boogie Board by Ron Dehn



First – The disclaimer. If you choose to try this exercise: 1. Be sure to be close to a couch, chair, wall, or some stable object in case you lose your balance which is very easy to do. 2. If this exercise causes you pain or discomfort – STOP.

A while back, I was having back and sciatic pain. My orthopedic Dr. recommended physical therapy. In addition to strategic stretching, the PT had me do lots of exercises to strengthen my core. One of those exercises was using their balance board.

I liked using this board and so I measured it and decided to make one for myself so I could do the exercises more frequently.

Materials List:

- ¾" Plywood, approximately 2'x11" (or whatever similar size you want)
- 2 pieces of 2x4 approximately 11" long each (match the plywood width)
- 2 pieces of 1x2 approximately 11" long each
- Wood glue and / or wood screws / finishing nails (optional)

I had a scrap piece of ¾" plywood and some scrap 2x4s and 1x2s. Instead of cutting the pieces with my circular saw, I asked my neighbor Scott to make some cuts on his table saw for me and I took my materials to his workshop. Scott is a master carpenter and loves to build things and loves to help people. So I went to the right place.

Scott took my measurements and marked the boards and in a matter of a few minutes all the pieces were cut to size. He then measured the plywood to find the center and marked the place where the 2x4 should go. He used wood glue and finishing nails to attach the 2x4 to the bottom of the plywood. Then he glued and clamped the 1x2 pieces to support the joining of the 2x4 to the plywood. He also added some smaller pieces of wood next to the 1x2 pieces. (these were not on the original balance board at PT but provide extra support.) He then rounded the corners of the plywood with his sander. Scott asked if I wanted him to coat it with polyurethane. Sure I answered and in less than an hour (which included quite a bit of visiting), I had my "boogie board". I had to wait 24 hours for the glue to set before using.

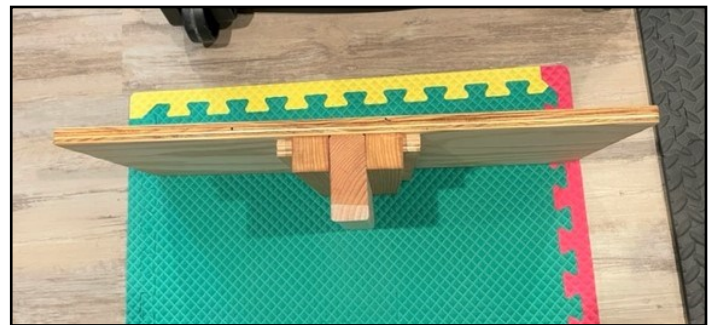
Basically, the Boogie Board is a mini teeter-totter. (If you are under 40, you may have to ask your parents what this is.)

To use the board, put one foot on one side of the board. Carefully (and with something stable near you), put the other foot on the opposite side of the board and try to keep the board flat (balanced). I use the boogie board 2 – 3 times per week. At this point, my regimen is to do 2 minutes with both feet perpendicular to the length of the board. I then do 2 minutes with one foot in front and one in back, both parallel to the length of the board. I then switch the front and back feet for another 2 minutes. After a total of six minutes, I do some other exercise, then do 2 more sets, with an alternate exercise in between. The photos show foot placement.

Now – What if you don't live next door to Scott? If you are strictly looking to build a functional piece, assuming you have the materials, you can make a functional boogie board with a

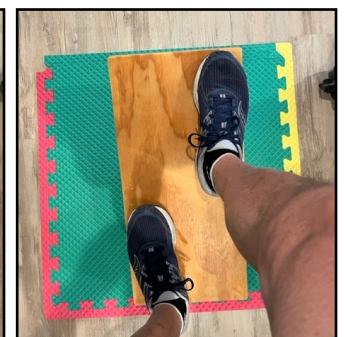
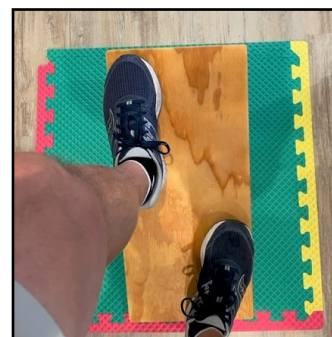
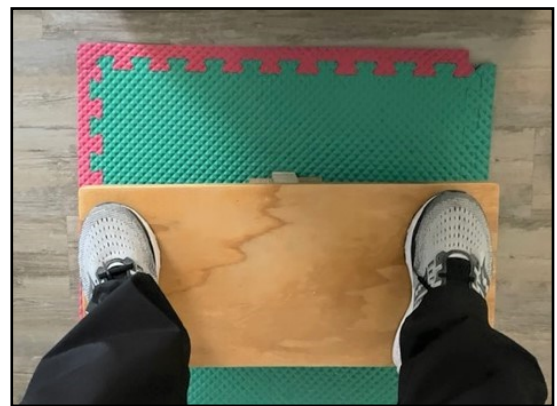
hand saw and a power drill. Wood screws would work if you don't have wood glue. It may not be as pretty as mine, but if you build it strong enough and if you actually use it, you will feel your core strengthening. As a side benefit, I feel it has helped strengthen my knee and ankle.

PS Don't worry if you cannot keep the board perfectly balanced. I can't! But I am constantly adjusting my weight and engaging my core just trying to keep the board balanced.



Above: Side view of the boogie board. The 2x4 is in the middle, and the 1x2s are on each side of the 2x4 for support

Below: The three different foot placements. The bottom two are the more difficult to balance, so have something near to keep from falling.





Thank You Notes



Community Groups may request grants through the Grant Application Process as described on the SCR website. The following are excerpts from grant recipients over a several month period.

From Two Peaks Fitness: “Thank you, Southern Colorado Runners Club, for your support! We appreciate it very much.”

From Coach Zundel, Pueblo South Cross Country: “Thank you so much for the very generous donation. It will be put to good use and will allow me to bring the team to an additional meet! Bussing is our most expensive part of the sport! I truly appreciate it.”

From Ashlee Sack, Youth Exercise Training Initiative (Y.E.T.I.): “Thank you so much! This will be a great addition to our YETI budget in 2023. We love seeing the kids run!”

From John Guerrero, Pueblo Police Activities League (PPAL): “Awesome! Thank you for affording us the opportunity. I have great ideas for the future of this program, and I hope to continue a partnership with your organization to accomplish these upcoming events.”

From Robert Lucero and the South High Cross Country Team - a Thank You card signed by Coach and the Cross Country Team.

From Angela Giron on behalf of the Boys and Girls Club of Pueblo County – a Thank You letter for the donation to the Girls on the Run Program. In part: “...help our members achieve academic success, live a healthy physical and emotional lifestyle and be good citizens and youth leaders in the community...”

To judge the Coin the Caption Contest featured in the August issue of *Footprints*, I recruited a panel of judges from my neighborhood. The neighbors were given the quotes from the entries without names or any identifying information.

The entries were:

1. “Oh, yeah?! Well, what do you think of this rack?”
2. “Colorado Proud!!”
3. “Don't make me...hungry. You wouldn't like me when I'm...hungry. Wait, that's not right. I meant ANGRY!”
4. “Eat Your Spinach” — Popeye Diaz
5. "This is how I used to pose when I was a Chip and Dale Dancer"
6. HURRAH for CSU-P, Boo for Colorado School of Mines (just because I sent most of my money there, lol)


Entrants were Sean McGivney, Marijane Martinez, Dan Nelson, Cathy Dehn, Dave Dehn, and Melanie Nelson.

The Winning entry was #2, “Colorado Proud?” submitted by Marijane Martinez who wins a \$40 gift card to Runner’s Roost in Colorado Springs. My personal favorite was #4 “Eat your Spinach” – Popeye Diaz, but I didn’t get to vote nor sway the judges.

We don’t have a Coin the Caption contest in this issue, but if it is something that the readers want, I will be glad to include a contest next time. So – if you have a photo (especially of a club member or members) that you feel would warrant a clever caption, please send it to newsletter@socorunners.org If I get multiple entries I may enlist the judges to narrow the options. I really hope to receive some photos so we can give away more prizes.


Coin the Caption Contest Results




	<h2>Sponsor Page & Printing your Membership Card</h2>	
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Printing your Membership Card by Dan Neslon

Login to Runsignup.com
 Click on the Gray Person in a circle in the upper right-hand corner of the screen.
 Click on "Profile"
 Scroll to the bottom of the Profile page.
 Click on "My Club Memberships" in the blue boxes under "Account Links"
 Click on the most recent "Membership Card" option.
 The membership card(s) will be displayed.
 You can then print that page and cut out you card(s). Have your card with you to obtain discount.

Runners Roost Fort Collins 3500 S College Ave Suite 178 Fort Collins, CO 80525 admin@runnersroostfc.com (for our new online store) 970-224-9114 10% Discount	 Runners Roost <small>FORT COLLINS, CO</small>
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Runners Roost Colorado Springs 121 North Tejon Street Colorado Springs, CO 80903 Phone: 719.632.2633 10% Discount	 Runners Roost
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 THE GOLD DUST Saloon, Craft Beer and Grill

	10% Discount on memberships 279 Purcell Blvd Pueblo West, CO 719-544-7627
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The Colorado Running Company 5262 N. Nevada Av. Suite 140 Colorado Springs, CO 80918 (719) 635-3833 www.corunco.com 10% Discount	
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Specializing in personalized service to keep the Douglas County community active and healthy.		
Parker 13019 S Parker Rd Parker, CO 80134 303-840-0399	 RNK Running & Walking	Castle Rock 440 4th St. Castle Rock, CO 80104 720-387-7974 **Free Shipping for Southern Colorado Runners Club Members
www.RNKRunning.com		

	Walters Beer & Tap Room 126 Oneida, Pueblo 719-542-0766 At Wed 6pm Shuffle Walk / Run Beverage discount, Free beer ticket with Food Truck purchase
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	Veges Shoe Repair 412 W. Northern Ave. Pueblo, CO 81004 719-564-0190 www.vegesshoerepair.com Service While You Wait	10% Discount
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Thank you MY FRIEND THE PRINTER at 410 W. 5th Street For giving SCR a good price and great service in the printing of our newsletter

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



The Birthday Page



November

1 Ross Barnhart
 2 Lola 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 Juan Morales
 16 Zoey Neal
 16 Robert O'Callaghan
 17 Larry Volk
 19 Ashley Ross
 20 Kayla Roman
 23 Chris Dehn
 23 Richard Giconi
 24 Paulette Arns
 24 William Leitch
 26 Evelyn Rogers
 26 susan steves
 27 Tim Weckx
 29 ROBERT QUINTANA

December

1 Isobel McGivney
 2 Martha Drake
 2 Humberto Paredes
 3 karin kyte
 6 Annabelle Corboy
 8 Andrew Caro
 8 Michelle Cata
 8 Katherine Singer
 9 Brandy Guasta
 11 Dave Dehn
 12 Anthony Diaz
 12 Donald Swearingen
 14 Karissa Dietz
 17 Kaitlyn Faxon
 18 Kaitlynn Sartor
 18 Heidi Simpson
 19 Jessica Casarez
 23 rick hough
 23 Mary Krall
 24 Rich Hadley
 24 Gavin Lopez-Cepero
 28 Melanie Nelson
 31 Roger Giordano

January

1 Gwen Steves
 3 Jennifer Tinnell
 5 Wendy Garrison
 6 Shad Pate
 8 Herman Cata
 10 Patricia Costello
 10 Gina Jimenez
 11 Annmarie Sammons
 12 Tony Faxon
 12 Kyle Reno
 13 Susan Montez
 14 Dione Carroll
 15 Michael Arnold
 17 Robert Pratt
 18 Suzanne Bratina
 18 Lauren Faxon
 18 Gloria Montoya
 19 Ted Sillox
 22 Cathy Dehn
 23 Justin Steves
 25 Jacob Faxon
 26 Allen Drummond
 26 Cheryl Higdon-Holloway
 27 Solomon Dugal
 27 Ashlee Sack
 27 John Vigil
 29 Amanda Conant
 30 Jacee espinoza
 30 Jaime Pearson
 30 Jack Rusch
 31 Danny Nelson
 31 Joseph Rusch

February

1 Casey Smith
 3 Sam Sells
 6 Alexis Romero
 9 Robert Espinoza
 9 Carmen Perez
 11 Diana Quattlebaum
 13 Robert Bergles
 13 Jerry Lopez
 14 Devin Cata
 14 Allen S. Weaver
 17 Frank Guasta
 25 James Gowen
 26 Courtney Renaldo
 27 Patrick Romero

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!

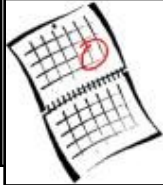
Thank you Jessy

Thank you to Jessy Montrose for stepping up to be our club secretary. We are still in need of volunteers in a few roles. Contact Dan Nelson to learn more about helping our club.

If you plan to move or have recently moved

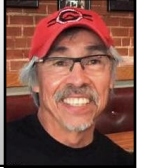
Please Please Please update your address at runsignup.com Because the newsletters are mailed in bulk mail, they cannot be forwarded and if they are sent to your old address, the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

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.

NOV			
Sat 12	10:00 AM	Alamosa Veterans Run	Alamosa CO
Sat 19	10:00 AM	5K Turkey Trot	Florence CO
Thu 24	9:00 AM	Pueblo YMCA Turkey Trot	YMCA
Fri 25	10:00 AM	Christmas Mtn Run	Salida CO
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
January 2023			
1	Sun	Resolution Run 5K/10K	Cañon City
1	Sun	Rescue Run	Colorado Springs
TBD	Sat	Raptor Resolution Run	Pueblo Nature Center
14	Sat	Winter Series I	Colorado Springs
21	Sat	Raptor Resolution Run	Pueblo Nature Center
28	Sat	Winter Series II	Colorado Springs
28	Sat	SCR Awards Banquet	Rivers Edge Hall
February			
12	Sun	Super Half Marathon	Colorado Springs
18	Sat	Winter Series III	Colorado Springs
25	Sat	Winter Series IV	Colorado Springs
May			
20	Sat	Ordinary Mortals Tri	CSU-P

Oscar Wilde, poet and playwright (1854 – 1900) said:

Be yourself; everyone else is already taken.

Always forgive your enemies; nothing annoys them so much.

I'm not young enough to know everything.

I can resist everything except temptation.

Some cause happiness wherever they go; other whenever they go.



Predict Photos



Harvest Run
Predict
Pics

More pics
bottom of
page 19



The Annual Harvest Run Predict is based out of the Gold Dust Saloon. The course takes runners and walkers through the historic area around Union Avenue. Drinks and appetizers are complimentary.



Predict Photos



Jessie and Rocky's Predict in September



More Harvest Run Predict Photos



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turned issues cost us \$.
Hence, if you are going to
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address in Runsigup.



More Pics from Jessie & Rocky's Predict

