



SOUTHERN
COLORADO
RUNNERS



Footprints

The Fall Edition
Volume #354, Issue #1
Editor: Ron Dehn



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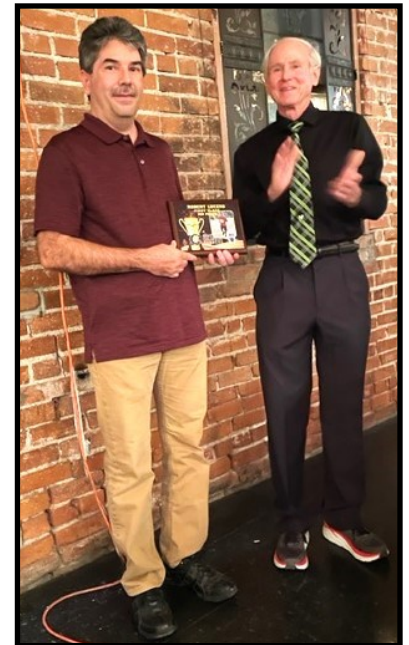
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The Annual Banquet

A few photos from the Annual Banquet, Clockwise from UL: Ted Sillox and Bob Noble, Regina Webb (Female Runner of the Year) and Jessie Casarez, Jane Murtha (Female Triathlete of the Year) and Eric Medina, Robert Bergles (Male Triathlete of the Year) and Dan Medina, Scott Marron (Male Runner of the Year) and Dan Nelson. See the article on Page 4 and many more photos inside.



More Banquet Photos



Top Row

Natalie Gowan (Spirit of SCR Award) Ted Sillox, Dan Nelson, Ted, Melanie Nelson (Most Valuable Club Member), Dan

Middle Row

Jamie Pearson (Female Youth Runner of the Year) & Coach Robert Lucero, Becky Medina & Marijane Martinez (Long Distance Runner) Robert (1st Place Predict Series) & Ted

Bottom Row

Melanie & Ken Hughes of American Driving Academy, Title Sponsors of the 2023 Spring Runoff

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...

There is no greater fallacy than the belief that aims and purposes are one thing, while methods and tactics are another. - Emma Goldman

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

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty. -Mohandas K. Gandhi

Be a lamp, or a lifeboat, or a ladder. Help someone's soul heal. Walk out of your house like a shepherd. -Rumi

If Barbie is so popular, why do you have to buy her friends?
~Author Unknown

The older I get the better I used to be. - Lee Trevino

If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it. - Priscilla Welch



Southern Colorado Runners
www.socorunners.org

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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.

“Footprints” Volume No. 354, Issue No. 1

“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: Sheri Giordano, Dan Nelson, Eric Medina, Ted Sillox, Ashlee Sack, Natalie Gowan, Nelson Brentlinger, Jay Zarr, Paul DallaGuardia, Stacey Diaz, Dave Diaz, Elizabeth Robinson, Schwartz*

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.

*Elizabeth Robinson Schwartz was the first woman to win an Olympic gold medal in the 100 meter run in 1928, the first year women’s track events were included. Google her. A few years later she was in a plane crash and the doctors told her she would never walk again. She not only walked again but won another Olympic gold in 1936.



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



The Annual SCR Awards

By Dan Nelson



The 2022 Southern Colorado Runners (SCR) and Triathlon Club (SoCoT2) Annual Service Awards were presented at the Annual Awards Banquet on January 28, 2023. Thank you to our president, Ted Silox, for arranging the venue and the meal. The well attended event was hosted at The Rivers Edge's Banquet Hall and a delicious meal was prepared by Classic Catering Company.

This year's Award Selection Committee members did a great job of picking this year's very deserving award winners. A special thank you goes to the selection committee members Natalie Gowen, Helen Whitener, Jitka McGivney, Jessie Casarez, Robert Lucero, Becky Medina and Sean McGivney.

The Female Youth Runner of the Year, Jamie Pearson, is a Junior at South High School where she runs cross country and is on the track team. In cross country she finished in the top 15 at the All-City Cross-Country Meet. In track she competed in the 800 meters, the high jump and was an alternate on the state qualifying 4X200 Relay team. Jamie is also a member of the Mercury Youth Track Club.

This year's Male Youth Runner of the Year, Kenshin Siffring, has proven himself to be a great team leader on South High School's cross-country team, wrestling team, soccer team and track team as well as being a straight-A student at South High School.

Regina Webb is this year's Female Runner of the Year. Regina is a dedicated Runner as well as a triathlete. She is very dedicated to her training and excels at race distances from 5k to Ultra distances.

Scott Marron who earned the Male Runner of the Year is an accomplished trail runner. This year Scott has logged many miles to prepare for multiple long distance trail races from 5k to 30k.

Recognized as SCR's Triathletes of the Year are Jane Murtha and Robert "Buster" Bergles. Jane puts her heart and soul into her training, even when she is dealing with injuries and excelled in her first Ironman as well as other triathlon distances. Buster is always up for a Triathlon challenge and traveled to Arizona, New Mexico, Oregon, and South Dakota to compete in Triathlons. Buster continued to compete in triathlons after he crashed his bike and dislocated his shoulder in a rainstorm.

The Spirit of SCR Award, which recognizes and honors a member who champions SCR tirelessly and enthusiastically, but prefers to stay in the background, letting others bask in the spotlight, was won by our IT professional and Web Page developer Natalie Gowen. Natalie does a tremendous amount of work for the club and does it all behind-the-scenes and is currently undertaking the very technical and time-consuming task of converting our current web site to a new, more modern and robust web development format. The new web site looks great!

The Most Valuable Club Member Award recognizes a member that goes above and beyond in Serving the Club. This year's Most Valuable Club Member is Melanie Nelson. Melanie has done a tremendous amount of work for SCR this Year. She filled in as SCR's Secretary and wrote up the monthly meeting minutes until a permanent secretary filled the position, worked with the various Predict Race hosts to schedule races for the whole year as well as hosting a predict herself. She has also served on the race committee for the Atlanta 5k and has volunteered to help at the Spring Runoff, Rock Canyon Half Marathon, the SCR Awards Banquet and more. Marijane Martinez was awarded the distinguished Long-Distance Award. The Long-Distance Award recognizes and expresses the club's appreciation for the distinguished and dedicated service rendered to the club over an extended period of years. Marijane has been a very long-time SCR member and has held multiple SCR officer positions. She has been the race director of the Women's Distance Festival for many years and now serves on the Atlanta 5k committee. Marijane has been an advocate for SCR for many years by encouraging folks to join, volunteer and participate in SCR events. She has mentored many runners and has been a running buddy for the Pueblo Girls-on-the-Run 5k for a number of years.

Congratulations to all of this year's SCR Award winners and thank to the selection committee!

Editor's Note: In addition to thanking Ted, Melanie, and Dan for their hard work in making arrangements for the banquet, the club wishes to thank Bob Noble. Bob's wife Trisha Davis lost her battle with cancer in December, 2020. (See the tribute to Trisha in the February 2021 issue of Footprints) Trisha loved running and SCR so Bob donated \$5,000 toward new timing equipment in Trisha's honor. THANK YOU BOB AND TRISHA!



The Fire Inside
By Eric Medina



The Fire Inside

The Fire Burns Inside my Eyes
 Youth, Strong, Fast, No Fear
 Desire to win, experience gained in a past world of competition
 Greatest view of being the best in your sport of choice
 The Fire Inside Burns Bright
 Older, Stronger, Faster, and No Fear
 Passion to defeat the competition; experience keeps you in the game
 View of being the best, starts to get cloudy, but
 The Fire Inside my Eyes Burns Strong
 Older, not the strongest, slower, and still No Fear
 Desire to compete, experience of decades past,
 View is blurred through lenses that were never there before
 The Fire Inside Burns, just not as Bright or Strong
 Old Injuries, physically weaker, considerably slower, DOUBT
 View distorted by the decades of life and experiences
 The Fire Inside has changed
 My heart has taken over, what my eyes can no longer see
 My love of the sport, my experiences gained, my love of having No Fear
 I no longer physically have the body to compete at the sport I love,
I MUST RETIRE!

BUT MY HEART WILL ALWAYS REMEMBER THE FIRE INSIDE

I am sending this poem if you would like to put it in the newsletter. I wrote this months ago for the Huerfano Poetry contest and I placed 3rd. It is about my wrestling career and after reinjuring my knee at the US National Championships this past year. I wrote this when I was struggling with whether I could ever wrestle again. I literally wrote this in 15 minutes and sent it in to the

competition and didn't think anyone would read it or like it. I placed out of 90 entries and even won \$150 bucks.

Editor's Note: Eric sent the above description along with his poem. Congratulations Eric! Not only a fine piece of writing, but placing 3rd out of 90! I'll take that any day.

TRI Club Swim Times

Pueblo West Regional Center
6-7pm Mondays and Wednesdays

Centennial High School
6-8pm Tuesdays
11am – 1pm Fridays



The times will change in late Spring



A message from the president Ted Sillox

It's not a running club issue, it's an individual issue.

It has become standard to blame our community for our problems and demand the community change to save them. We forget that a community can only do what we choose to do. Our run club is a community, and it is a composition of all of us. The club or community can't do anything on its own.

We need to concentrate on adapting the American precept that each individual is accountable for his actions. If you want your club to improve and prosper you need to take command and do what is right and necessary. There is a misconception put forth by the Supreme Court that a corporation is an individual. One could easily compare a corporation to our club as we are both controlled by boards. The reality is we operate on the efforts of the people who are willing to sacrifice and get involved. Any change and progress must come from within the club.

Any high school coach will tell you that they have players who will do only the bare bones minimum for their team. The problem becomes that the team will only improve when each individual making up the team gets involved in improving. Our club will only improve when more individuals decide to become more intractably involved.

Holding ourselves personally accountable is difficult. We justify our situation that we simply don't have the time available to help. You can use it as a valid excuse your entire life and the majority of people will agree you. But if you want things to be better, use it as a motivation rather than an excuse. Just like running a race you can coast to the finish line or put forth the effort to move up several places or have a PR.

Self-made people have one characteristic in common. They are willing to find the time to get done what is necessary and essential and we have a core group of members performing at this level. What we need is an influx of new or younger members willing to become more involved. If you value Southern Colorado Runners and Tri Club the time to get involved is now.



The Predict Series By Ted Sillox

We recently completed the predict series for the year 2022 with the last run of the year at the Home of Nelson and Debbie Brentlinger. The last quarter of the year has some of our best predict races of the year. This year we got to run in Imperial Cemetery for Dia de los Muertos (day of the dead) for the second year and it was every bit a success as the first year. The club is lucky that we have Joe and Liz Spinuzzi arranging this race and thankful that the cemetery allows us to run in there at dusk. The course was changed a little to make it easier to navigate and we put out solar jack-o-lanterns to help light the way but I don't know if they put out much light. Being we start the race a little later than most to enjoy the ambiance of a cemetery at twilight it would probably be a good idea to bring a flashlight if you are planning to attend the race next year. There are not any street lights and rather than have someone trip and fall it would be good to see the flashlights bobbing long. Seeing people in costumes and enjoying the social potluck afterward is always a great time. This year we will have the potluck in a new building the cemetery is building so it will be closer to the entrance. Be sure to put this fun run on your calendar.

Our next predict was the run at Temple Canyon. The park has changed its name officially to the Robert Rockafellow Park but all the locals still call it Temple Canyon. If you have never hiked or ran all the way to what is the temple, I suggest you do that sometime in 2023. It is a natural amphitheater and you can easily imagine Native Americans using it for ceremonies although there is no proof that it was ever used for that purpose. The weather was decent that day except for a strong breeze blowing out of the west and maybe that deterred people from attending as this was not the larger crowd we usually get at this predict. A large group of us ventured to Orteaga's, a long time Mexican restaurant, in Canon City for some excellent food and conversation after the run. Roger and Sherri Giordano organized this run and laid out the course so members could come and take in the great scenery that surrounds the area.

The last run of the year was Nelson's Pretty Fast Run and we had a good turnout of members for this run. Nelson and Debbie open up their home for all of the runners after the race so everyone can come in out of the cold and enjoy a brunch after the race. If you have never attended one of these predicts you should really consider coming. It is an excellent way to meet other club members and form running groups or get information about upcoming



(Continued on page 7)

Chilly Willy Photos



(Continued from page 6)

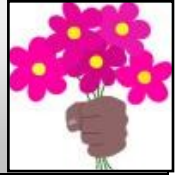
races and events. You can either make one of your favorite dishes just bring something from the store and participate in the meal afterward. Eating is one of the ways that people bond together and is much easier than running.

As we have not printed our next newsletter as of this writing I need to talk about the first race of 2023. January 7, 2023 found us at the home of Alexandria and Patrick Romero for the Chilly Willy. We had excellent weather for this run, no wind or snow and a comfortable temperature to run in. It is always good to see runners starting out a new year and setting new goals. The Romero's lay out a great course from their house on Jackson St to the Historic Arkansas Riverwalk and back. They live in a Victorian era house and the streets are very welcoming to runners. The streets are wide and have sidewalks away from the street for walkers or runners. They always make very good coffee at their house and somehow coffee is more enjoyable in winter. Next January plan to attend.





Potpourri



			5			8		
	2	6		4	9		1	
5			1				2	
	5					3		9
	6			2			5	
1		7					4	
	7				5			2
	3		4	1		5	9	
		5			3			

Sudoku

Each Row, each column, and each small square must contain the numbers 1 through 9

We thank sudokuworks.com for permission to use the puzzle

The solution is on page 11.

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

Recycle those Shoes





runBlossom Promotes Health and Wellness for Children, Families

By Ashlee Sack



When April comes, it brings with it the welcome return to longer days, warmer temperatures, and colorful harbingers of summer.

It's also the month that over 200 youth in Cañon City, Florence, and Penrose will begin training for the runBlossom 5K. As part of the Youth Exercise Training Initiative (YETI), children ages 7 to 18 will meet with coaches after school twice a week and become acquainted with the sport of running. They'll learn nutrition tips, stretching, and pacing techniques. They'll explore local trails, including the Hogbacks and the Riverwalk in pursuit of training courses. Most importantly, they'll be outside in the fresh air, running with friends and enjoying a healthy outdoor activity.

On May 6th, after four weeks of practice, the young runners will line up with other athletes – many of them family members – to run the 19th annual runBlossom 5K. The course will take participants from Centennial Park in Cañon City along the famed Arkansas Riverwalk, following the course of the spring runoff as it makes its eastward journey.

“This event is unique in that we support all ages and abilities,” says Brian VanIwarden, runBlossom and FAR Director. “We have narrowed it down to just one distance so that we can focus our resources and our efforts on supporting our students and our non-traditional runners.” The event features a course that has only about 124 feet of total elevation gain and is also accessible to groups like Southern Colorado Runners and Ainsley’s Angels, who use specialized ‘chariots’ to push participants with disabilities.

All youth in the YETI program receive a t-shirt, and there are special awards for youth participants. For the ‘Youth / YETI’ contest, the award age groups are broken into ages 3-5, 6-8, 9-11, 12-14, 15-18. “Kids are at such different places developmentally when they’re young, so we really want them to be racing against their peers,” says VanIwarden.

This year, Southern Colorado Runners is a proud sponsor of the YETI program, allowing FAR to pay for tees, awards, and additional coaches if needed.

The runBlossom 5K is open to all runners and walkers! For more information, please visit joinFAR.org. Registration will open soon.

Photos top to bottom:

- Clayton Melster is pushed by helper Ed Hanson in the 2022 runBlossom Race
- Youth and adult athletes participate in the 2022 runBlossom Race at Centennial Park
- The author’s son, Cal, participates in the 2022 runBlossom 5K (proud mom)
- A youth award winner with prize
- A gaggle of YETI kids – age 6-18 - at the 2022 race





**SOUTHERN
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SoCoRunners.org Goes Mobile

by Natalie Gowen



Before cell phones and high-speed internet, going online was an event. Once you made it through the screeching, there was the load time, the lag time, and if you were particularly cursed, the spinning circle of death. Then there were all those AOL disks that became so ubiquitous high school art teachers started collecting them for sculptures.

Now, going online is a nervous habit. Wake up early for a run? Better go online to check how many layers you're going to need. Get to your meet-up spot before your running partner? Take a minute to check in on your fantasy team standings. Bored during a Zoom meeting? Sneak onto the SoCoRunner site to find out when the next social run is happening.

Except until recently, you couldn't have checked that slyly on your phone, because the SCR website wasn't very mobile responsive. It's been a workhorse of a site, housing 20 years of the newsletter back catalog, race results and blog articles. When I took over as Communications Chair and Webmaster I was blown away by how much fantastic information is stored on the website. The problem is, I don't think many of our members realize what a great resource it is.

That's why this fall I set out to update the look and feel of SoCoRunners.org. I wanted to create something that was easy for club members to navigate and even easier for committee members to keep up to date. And it had to be mobile-friendly.

The first step in any refresh is to take a look at the logo. We needed one that could be formatted both horizontally and vertically and gave us an icon we could use in other design elements.

Anytime I embark on a logo refresh, I want to honor the past while moving the design into the future. That's why you'll see a lot of similar elements between the two logos. The Colorado C made it over as did the mountains. I like aspirational imagery, so we added a male and female runner charging up a hill. The new font represents the ruggedness of our region. We run roads, we run trails, and we aren't afraid to get a little dirty in the process.

As for the website, it's updated with a modern user experience.

- Big buttons that will help first-time visitors to the site navigate their way to becoming a member
- Prominent links to the calendar, Prediction Series, and Tri-Club pages

- A section highlighting the club's four big races of the year—the Runoff, Ordinary Mortals, Atalanta, and Rock Canyon
- A shout out to the club's sponsors on every page of the site
- Easy access to all that wealth of information from years past, all the articles, newsletters and race results (though this part is a work in progress, there are over 900 articles to categorize!)

For imagery, I wanted to highlight our club members and club sponsored races as much as possible. All the pictures come from our club events, so you might see your own face smiling back at you on a page or two.

The best thing about designing a website is that it is always a work in progress. It's never ever finished. It lives and breathes just like the organization it serves.

Don't make going to the SoCoRunners.org page a yearly event only when it's time to renew your membership. Be sure to check it out regularly so you can stay well informed about club happenings. Then share it with your running friends so it can serve as a resource for them too.

Previous Club Logos





Golfing across America

By Nelson Brentlinger



I am always surprised when I see a good runner who knows exactly when they started to run, perhaps their doctor told them they would die soon if they didn't lose weight. Anyway, I started to run when I was 2. There were times I couldn't toddle / walk fast enough to get where I wanted to go thus running happened. I ran in high school and competed in the state cross country championship right here in Pueblo. It was on the executive 9 course at city park, but I didn't play golf yet.

My sister's children started playing when they were about knee-high to me, and they would say, "Uncle Nelson, want to play golf?" Well no, until it became yes. I bought some golf clubs in 2002 and went to Iraq--the clubs sat unused until 2005 when I moved to Pueblo West. I began playing. I mainly played at Hollydot, but eventually began playing more and more of the local courses. Soon local included New Mexico and Utah. At some point I decided it would be fun to golf in all 50 states. Things didn't change very fast--as you know our Western States are spread apart. In 2022 Debbie and I visited Mishicot, WI. On the way we golfed in Illinois, then we played in Michigan (about 1/4 mile into Michigan) which was much closer than the about 2 miles we drove into Illinois. We stayed in a resort in Mishicot and played right out our back door. Then we went to Minnesota and golfed at a beautiful course near Rochester. In August we went to Hawaii. We golfed at Volcano golf course. A couple months later Mauna Loa erupted--we missed that, but we saw Kileaua (mainly just a little smoke and a glow--maybe).

This year we are planning a couple big trrps--we are going to New England where the states are close together. We are going the long way so through Banff National Park and Niagara Falls on the way--hopefully we will find a course in Canada that is open (and cheap). Then if things are good, we will go to the Atlantic coast in early Fall and visit about 10 more states and fly to Europe (maybe we will play there and maybe not).

In 2024 we will need California and Alaska. As an aside many people want to run a race in all 50 states. I have run in most of them, but only races in a few.



Solution to the Sudoku Puzzle on page 8 Plus a little humor

7	1	9	5	3	2	8	6	4
3	2	6	8	4	9	7	1	5
5	4	8	1	7	6	9	2	3
2	5	4	7	6	1	3	8	9
8	6	3	9	2	4	1	5	7
1	9	7	3	5	8	2	4	6
9	7	1	6	8	5	4	3	2
6	3	2	4	1	7	5	9	8
4	8	5	2	9	3	6	7	1

Actual Song Titles / Lyrics

(One or two may not be real, but you get the idea)

I Liked You Better Before I Knew You So Well

How Can I Miss You If You Won't Go Away?

I'm So Miserable Without You, It's Like Having You Here

If The Phone Don't Ring, It's Me

I Would Have Wrote You A Letter, But I Couldn't Spell Yuck

If My Nose Were Full of Nickels, I'd Blow It All On You

I Would Kiss You Through The Screen Door But It'd Strain Our Love

They May Put Me In Prison, But They Can't Stop My Face From Breakin' Out

Get Off The Stove, Grandma, You're Too Old To Ride The Range



Raptor Resolution Take 12 (sort of)

By Jay Zarr



This year on January 21st the 11th Raptor Resolution Run took place. A little later than in the past, so maybe we should call it the "Raptor Checking in on your resolution run." There were about 100 participants, which was the largest run to date. The race was again Co-directed by Ron Dehn and Jay Zarr. Most volunteers were members of the Southern Colorado Runner's Group; without them, it would be challenging to have this race.

The race started with releasing a Kestrel Hawk that the Raptor center had rehabilitated, and a lucky racer was able to do the honors. Everyone was so excited about the freedom of the kestrel that no one moved until Jay yelled GO! The racecourse follows the dirt path along the concrete trail until it drops into the trail along the Arkansas River. The race is a five-mile out and back. The walk distance is 2 miles and follows the concrete path to a home bench where the walkers, strollers, dogs, and leash turn around to return to the center.

The fastest time was 33:12 by Joseph Rusch and the fastest female was Jamie Pearson with a time of 37:10.

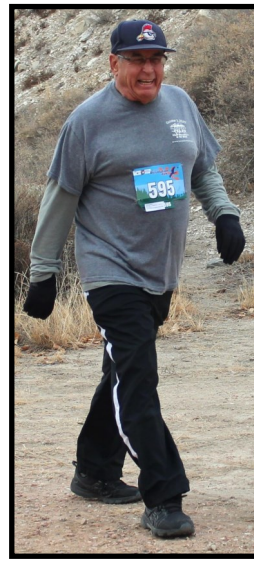
The first-place awards were a private Raptor presentation to be held in the future, either at the River Campus in Pueblo or the Mountain Campus in Beulah. The first, second, and third place winners in each group received Pueblo Salsa rewards, and a certificate for Life is Good products in the Gift Shop of the Nature and Wildlife Discovery Center.

The weather conditions were perfect for the start of the race turning quite windy and cold by the end. The race ends enhanced by the burritos and the rest of the participants' treats. The showing of raptors by volunteers of the Raptor Center answering questions peppered by the runners always a highlight before the award ceremony, which was held on the front patio of the Nature and Wildlife Center.

Finally, a huge thank you to all the volunteers of SCR, NWDC board members and staff, and the sponsors who were SCR and 100% Chiropractic of Pueblo West made the event happen.



More Raptor Run Photos



City Park Thanksgiving Day Run

By Paul DallaGuardia



What started off as a whim 9 years ago has turned into a successful annual event that helps out those less fortunate in the community.

The early morning activities starts off with Don and

Mary Jane marking the 2 mile walkers course that goes around the perimeter of City Park while I mark the 5 K course thru Aberdeen, down to the river, along the river and back up to City Park.

This is a non-timed event but a special event that gets us together for a few hours to socialize and burn a few calories before the Thanksgiving dinners.

Entry fee(s) for this soirée are donations of warm clothes, non-perishable food items and/or personal hygiene items. The “Entry Fees” have been donated to local organizations such as Salvation Army, Care and Share and Cooperative Care. Roger Giordano has been very instrumental in distributing the goods the past several years. This past year we collected 130 pounds of food and a large bin full of clothes.

I can’t thank you all enough for supporting this run every year. If you are unable to make the run but still want to participate thru donations give me a call.



More Thanksgiving Day Photos





The Charleston Half Marathon

By Stacey Diaz

The photo of Dave and me is at the finish of the Charleston half marathon, which was on Saturday, January 12. It was a point to point in the city of Charleston, South Carolina. They served shrimp and grits for all finishers. The second picture is of Dave and me and my brother Walter Sipple modeling our race shirts. There is a picture on them of the sweet grass rose. These are made by the Gullah, Geechee descendants, who also make the sweet grass baskets which are popular here and are also found in the Smithsonian's American History Museum.

from those West African slaves. Originally designed as a tool for rice production, the sweetgrass basket has evolved to a decorative art. Today, sweetgrass basket weaving remains an integral piece of the cultural fabric of Mount Pleasant. To mark the legacy and artistic contribution of the baskets and their creators, the seven-mile stretch of Highway 17 was designated the Sweetgrass Basket Makers Highway.



The art of weaving sweetgrass baskets has been passed down from generation to generation, from mother to daughter, through the Gullah community who descended



Editor's Note: Stacey knows I am interested in history so she added some information about the sweet grass baskets in her note to me. I've not traveled much in the south and found it interesting and figured you readers would appreciate as well.

Coin the Caption

Ok, Here's the way this works. Come up with a clever caption for the below photo. Send it to newsletter@socorunners.org by midnight April 1 with COIN THE CAPTION as the subject, and you will be entered into Coin the Caption competition. The winner will receive a \$40 gift card. **Very Important Contest Rule: As tempting as it may be to do otherwise, your entry must be printable in a family magazine.** Yes Footprints is a family magazine. Good luck and we encourage lots of entries. There were only 6 entries for the last contest, so get those creative juices flowing for your chance to win the \$40 gift card.



Coin the Caption Contest


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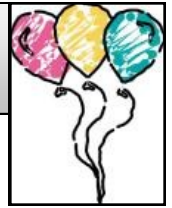
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 Discounts Typically Apply to Full Price Items
 Not sale items
 Discounts may be discontinued at the vendor's discretion



The Birthday Page



February

1 Casey Smith
 3 Sam Sells
 6 Alexis Romero
 7 Timothy Perez
 9 Robert Espinoza
 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

March

2 Kim Arline
 2 Liz Spinuzzi
 5 AnnaMarie Neal
 5 Julius Romero
 9 Erin Staples
 10 Jinette Fellows
 10 Kimberly Swearingen
 13 Jennifer Irvine
 13 Dennis Krall
 13 Bobby Quintana
 13 Mindy Urdiales
 15 Nelson Brentlinger
 16 Mark Madic
 16 Emily McElwain
 16 Tina Valdez
 17 Patrice McGivney
 20 Charmian Dickerson
 20 Peter Dickerson
 20 Lisa Lucero
 21 Randy Oles
 21 Grayson Pate
 22 Kristina Samuelson
 23 Taylor Christensen
 25 Rebecca Medina
 26 Sarah Liebel
 27 Tasheena Calderon
 28 Meg Scarlett

April

1 John McKinley
 1 Dave Talcott
 2 Victoria Bull
 3 Suzanne Cote
 4 Jacob Lee
 4 Rebecca Simmons
 5 Tim Bratina
 6 Xander Mondragon
 6 John Reed
 6 Zoe Rusch
 8 Amanda Arbucci
 10 Kevin Neal
 10 Marilyn Vargas
 13 Joe Brosseau
 15 Cindy Allgood
 19 Stephanie Giconi
 19 Madison Morris
 20 Ken Hughes
 23 Garrett Dietz
 26 Lily Quintana
 28 Alexandria Romero

May

2 Gracie Seidel
 3 Katie Fox
 4 Jeremy Hamm
 4 LUKE QUINTANA
 6 Will Bratina
 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
 20 Diane Lopez
 20 Jenna Stamey
 23 Jitka McGivney
 25 Reyna Quintana
 26 Casey Pearson
 26 Lois Pfost
 26 Angela Wilkerson
 27 Tom Brosseau
 27 Roma Seidel
 30 Linda Powell
 31 Carla Sikes

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

Thank You

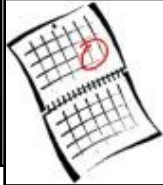
We thank the following members who made donations to our club:
 Regis Marquez, Chris Habgood and Donna Nicholas-Griesel.

Our Club received a Thank you card and letter from the Boys and Girls Club for our support of their organization.

If you plan to move or have recently moved

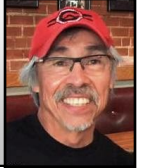
Please Please Please update your address at runsignup.com
 Because the newsletters are mailed in bulk mail, they cannot be forwarded and
 if they are sent to your old address,
 the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

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.

Mar

- 5 Sun Pueblo Spring Runoff Dutch Clark**
- 11 Sat St Pat 5K CS
- 11 Sat Run Through Time Salida
- 18 Sat South Shore Predict Lake Pueblo--Roger & Sheri Giordano**

Apr

- 6 Thu Rockies Opening Day Coors Field
- 15 Sat Silver Dollar 28855 Hillside Rd--Dan & Melanie Nelson**
- 17 Mon Boston Marathon

May

Choose Your Own

- 6 Sat Adv 1117 Candytuft Blvd--Sean&Jitka McGivney**
- 6 Sat Run Blossom 5K Cañon City
- 7 Sun Colorado Marathon Fort Collins
- 21 Sun Ordinary Mortals Tri CSU-P**
- 21 Sun Colfax Marathon Denver
- 29 Mon Bolder Boulder Boulder CO

Predict Series 2023

Host

- | | | |
|----------|------------------------|------------------------------|
| TBD June | Peaks & Prairies | Rob Espinoza & Becca Simmons |
| 15 July | Vision Hills | Dr. & Natalie Gowen |
| TBD Aug | Runapalooza | Dave & Stacey Diaz |
| TBD Sep | Finally Finished Iron- | Rocky & Jessie Cesarez |
| TBD Oct | man | Dave & Stacey Diaz |
| TBD Oct | Harvest Run | Joe & Liz Spinuzzi |
| TBD Oct | Dia de los Muertos | Roger & Sheri Giordano |
| TBD Nov | Temple Canyon | |
| TBD Dec | Nelson's Pretty Fast | |
| | Run | Nelson & Deb Brentlinger |

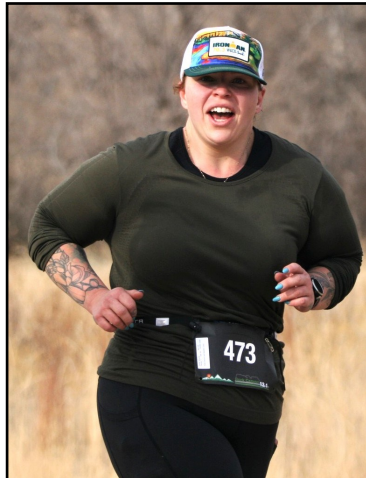
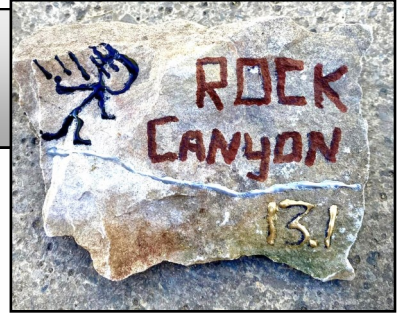
Remember the Ten Run

The *Remember the Ten Run* honors 10 members of the Oklahoma State University Basketball Family that were killed in a plane crash on January 27, 2001. There are in-person and virtual options. See the link below for information:

<https://okstate.com/sports/2022/12/13/remember-the-ten-run.aspx>



Rock Canyon Photos



Temple Canyon Predict Photos





More Banquet Photos

(Thank you to Sheri Giordano for these and other pics in this edition)





Still More Banquet Photos



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And a few more

