



SOUTHERN
COLORADO
RUNNERS



Footprints

The Spring Edition
Volume #354, Issue #2
Editor: Ron Dehn



Lois and Don Pfost at the SCR Banquet in January

Sadly Don passed away unexpectedly on February 23. Don played a huge role in our club. Tributes to Don begin on page 14.

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SRO Winners
L to R

Adam Rich
5k

Kyla Ricks 5k

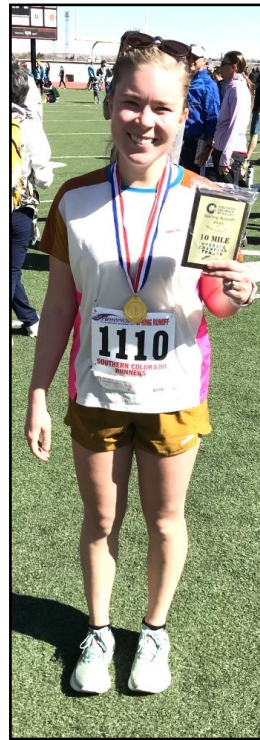
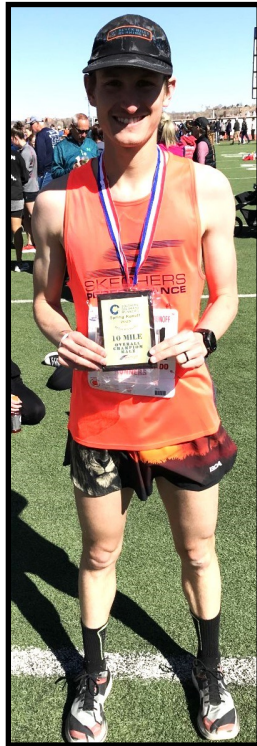
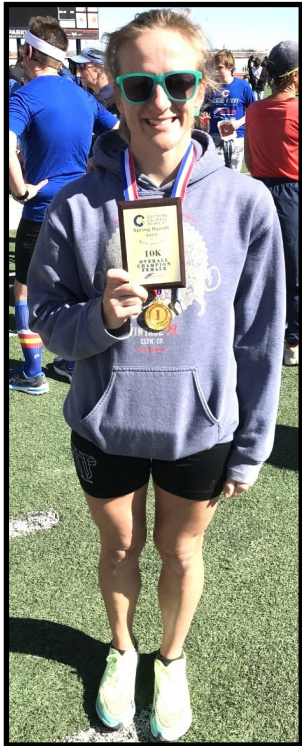
Ethan Conrad
10K

More pics
and articles
inside





SRO Photos



More SRO Winners
L to R

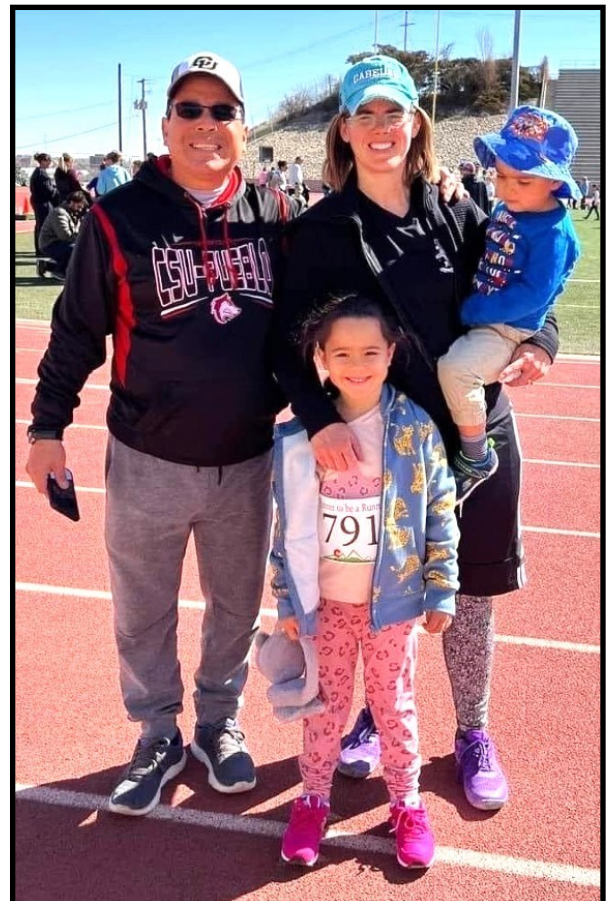
Chantelle
Schultz-Rathbun 10k

Josh Davis 10M

Savannah Davis 10M

Lower Left:
Care and Share received a
\$2,500 donation from SRO
proceeds Pictured are Alex
Moore, Dacia Shaw, Roger
Giordano and Ted Sillox.

Below:
The Quintana Family
Bob Jr, Reyna and kids Lily
and Luke



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...

Gold medals aren’t really made of gold. They’re made of sweat, determination and a hard to find alloy called guts. – Dan Gable

The easiest thing to do in the world is pull the covers up over your head and go back to sleep. -Dan Gable

The quickest way to double your money is to fold it and put it back in your pocket . Will Rogers

Every man's work, whether it be literature, or music or pictures or architecture or anything else, is always a portrait of himself. -Samuel Butler

Happiness is not a goal; it is a by-product. -Eleanor Roosevelt

Think of the poorest person you have ever seen and ask if your next act will be of any use to him. -Mahatma Gandhi

All my life, I always wanted to be somebody. Now I see that I should have been more specific. -Jane Wagner



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.

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

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

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

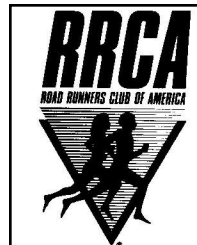
Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month’s Contributing Writers / Photographers: Ted Sillox, Ashlee Sack, Kim Arline, Martha Drake, Marijane Martinez, Alex Romero, Paul Hindman, Dave Diaz, Darryl Clark, Sean McGivney, Dave Dehn, Cathy Dehn, Danny Nelson, Jessy Narimanov, Sheri Giordano, Don Pfof*

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.

*Don Pfof, Longtime member who passed away on February 23. Please see tributes beginning on page 14



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



The Pueblo Spring Runoff 2023

By Ted Sillox



After the Spring Runoff last year, we found ourselves once again in need of a race director for the race. As the year progressed, I kept asking for a director to step up and when no one did I decided, rather late I might add, to become the race director. We have been producing this run for 46 years and it would be a shame to see the race go by the wayside and sometimes when you are willing to work hard things go right for you.

The race was very successful and due to some luck, I was able to dodge what could have been some disastrous interceptions.

The club use to have a notebook, compiled by Dave Diaz, that explained what, where and how to get this race ready but with the changing of race directors the notebook has disappeared. I have kept notes and important web pages in a new notebook that hopefully will help the next director get the race ready. The location of the race makes it necessary that you work with the city of Pueblo, the school district and the HARP organization but if you know that before hand you can get everything in order well before it is time. The great thing about modern technology is that if there is an error you can quickly reach out to a large number of people and correct the information.

It is funny how one conversation can change the course of events. After no one stepped up and longtime sponsor, the Pueblo Chieftain, quit funding as a title sponsor, I was going to let the race die a quiet death. While running with Ken Hughes on one of our Monday night bar runs, I mentioned the lack of a title sponsor and said if I had a good sponsor, I would take over the race. He was curious about the amount and before you know it, he offered his support through his business, the American Diving Academy, and the race became live again. People must be interested because we had an increase of almost 100 runners this year.

Next year Ken would like to offer cash prizes to the winners of each race so I am sure that will spike a new interest in the race as people seem to be drawn to the idea of seeing and running with the top runners in the area. Dutch Clark is going through an entire

remodel with a new parking lot and remodeled facilities so it would be an excellent time to increase the number of participants. We are setting a goal of trying to have 1000 runners sign up next year. The good thing about all of this is the club supports Care and Share and we were able to give them a substantial monetary contribution to their cause.

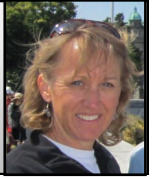
One of the best things about this race is how our members came out to help me by working as volunteers along the course and helping with the race finish. I feel that by having our members involved it gives them a sense of belonging to a club and the activities. Care and Share was very helpful by coming out with their truck and employees to help with treats at the finish line. We are also lucky enough to save a great deal of cost by having member Gwen Steves time the race. She does an excellent job!

THANK YOU TO ALL OF YOU MEMBERS WHO HELPED!! Everyone is welcome to come and help if you are interested in March 2024.



Funner to be a Runner

by Kim Arline



We had 292 kids run from 23 different local schools in the Funner to be a Runner. Many more ran the Spring Runoff. Families that pre-registered raised almost \$300 for Care and Share of Pueblo and donated a couple hundred cans of food. Sierra Vista Elementary took home the trophy for the most kids with 102 runners and Irving Elementary was recognized for donating 140 cans of food. Way to go Pueblo kids for being physically active, caring and FUN!



This was the 10th year to host the kids free race inside the stadium and along the river trail. After volunteering two years hosting the kids run up in the parking lot, I moved the course in 2012 to inside the stadium for more safety but also for a fun gathering of so much young energy on the field, pictures of schools together and allow the parents to watch runners on the hillside overlooking the trail and levee murals and then on the track.





A message from the president Ted Sillox

Our last newsletter highlighted the banquet and little did we know that a longtime member who gave much of his time to the club would be called to his final run. I remember Don Pfof working many of the finish lines at local runs and he did a great job with racing statistics. I wish we could find many and more members that would be willing to work like Don did.

Things change and people come and go and recently our webmaster, Natalie Gowen, announced that she is moving to Colorado Springs. Webmasters are hard to replace so we are going to miss Natalie. She gave us a new improved website, so the club is grateful to her for the work it took to complete the job. At least we are getting to venture to her new home for a predict run and it is always fun to go to a new place to run so plan on coming with us.

Our club seems to have its ups and downs but we somehow just keeping moving along. I would like to see us grow bigger and add new members but, in the meantime, we just need to keep producing races and promoting the sport of racing. I think we offer a tremendous value for the price of our membership but maybe we are not getting our message to the right people. The millennial generation has been the largest generational group in the American workforce since 2016. However, many clubs are struggling to reach and relate to these audiences. Coming right behind them is Generation Z who will make up over 27% of the workforce by 2025. Perhaps we need to offer activities and running education that align with their interests to help grow our younger membership.

Combating membership decline or stagnation in the club is going to require forward thinking and a willingness to change and adapt new strategies and activities. Many people are reluctant to change and resort to the thought process of always doing the same activities at the same time and place. If we want our club to be around in the future we are going to have to try and offer something that attracts new members. Unfortunately, not every change or different strategy may work for our club but I feel we should at least try.

One area we could improve upon is paying more attention to new members and make them feel welcome in the club. I need to start introducing new or fairly new members at the predicts and make sure other members know their names. I remember a member telling a story about when she first arrived in Pueblo, she joined a nearby running club but did not feel welcome so she joined our club instead. If you see someone new, please pay special attention to those members. We seem to live in a world of cell phones and future technology and I feel we do a fairly good job putting information about our activities on social media but maybe there is something we are not doing.

As I am writing this article, I am awaiting word back from Lake Pueblo for a proposed run with a brunch to follow. We used to have a summer picnic for our members but covid made that go away so we are replacing it with a summer brunch. The club will provide breakfast burritos, pastries and drinks for this. Try to keep June 17th open for a fun time.

The Predict Series By Ted Sillox



A new year has started and we have already had four predict races for the year. The Chilly Willy was once again our lead off race and we had a pleasant January day for the race at the home of Patrick and Alexandria Romero near the Mesa Junction. Holiday decorations were still set up and the social atmosphere was still a festive one. This race is a great way to start out the year designing your running goals for the year. Thanks to Patrick and Alex for continuing to host the race.

Our next race was at Dutch Clark and provided members a look at the new race course for our longtime race, the Pueblo Spring Runoff. If you have not been by the stadium work is progressing on the remodel and next year, we will be running on new smooth asphalt in the parking lot. Hopefully the cables for the second suspension bridge will arrive someday and we can build the 10k course as a loop by itself.

Roger and Sheri Giordano hosted the South Shore predict and because of a parking lot remodel it was moved further out on Highway 96. The new course was flatter than last year and we had a good turnout of members participating in the race. The new course also offered a view over the top of Lake Pueblo and Sheri took lots of pictures of runners. Thank you, Roger and Sheri for hosting this event.

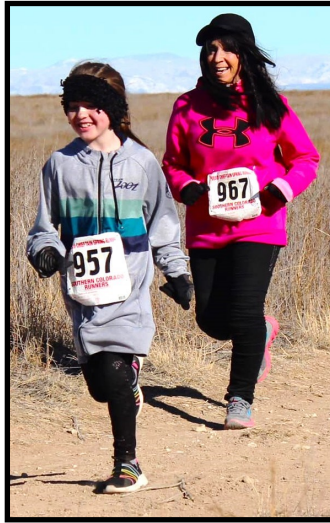
The next race was out on the St. Charles Mesa at the home of Dan and Melanie Nelson. The Silver Dollar predict is always an adventure but well worth your time as Dan always pays every participant. This is one of those races where we have Rocky Mountain Spring weather. It can be warm all week but on race day a blizzard/rainstorm can arrive followed by sunshine the rest of the day. Unfortunately, a blizzard arrived right after the start of the race and left me scrambling to cover the equipment. While covering the equipment and drying it off I accidentally turned off the reader. This led to more problems reconnecting programs all the while runners were crossing the mats. As I had no spotter, I decided to make this a fun run and divide the points equally. I am reminded of "All of the best made plans of mice and men often go awry." Thank you, Dan and Melanie for hosting this race. I am sure you had lots of cleaning to do.

We have a full slate of races for this year and I am awaiting word back from the officials from Lake Pueblo for holding a race/brunch on June 17th at Quail Run. This race will be on top of Lake Pueblo Dam and the club will provide breakfast burritos afterward. On a final note, I will be giving up the predict series at the end of the year as I am now the race director for the Spring Runoff and I don't have the time to do both. By December we will have had almost 50 predict races during the last 3 years and I am committed to making the Pueblo Spring Runoff bigger and better. If you are interested in getting more involved with the club, I will help you learn how the predict series works. Perhaps it is time for a change to the format and you could be the person to show us the way and put new ideas and strategies into the program.





Some Predict Photos





Race Review - Canyon X Half Marathon

By Ashlee Sack

I couldn't help myself. I reached my hand down to the earth, minuscule particles of the eroded walls. Cool and soft, the amber-colored sand seemed more liquid than solid, more ethereal than real. I let it fall from my fingers, as if my very body were an hourglass, but the scattered sand intimated nothing about the passing of seconds or minutes. Though I was in the middle of running a half-marathon, time meant nothing.

I was in a slot canyon, accessed by a mysterious ladder perched on the side of the sandstone wall. No sound reached my ear save the echo of a canyon wren. Any scant light that reached the sandy floor of the slot canyon had a warm tint, staining my skin the color of the sun. The ladder was likely set there for the commercial tour operators who usually use parts of this canyon on their daily excursions. But on this morning, for this race, there were no tourists. There was only a trickle of runners, joggers, and walkers making their way through the sandy-bottomed canyons – breathless and joyful. And in this particular side canyon, at this moment in time – there was only me. I closed my eyes. I breathed deeply. To be here was an honor.

On April 15th, over 250 runners converged on LeChee (near page), Arizona, to run the Canyon X Half-Marathon, hosted by Harold Bennally and Red Earth Running. Designed as a fundraiser to help raise funds for the local Navajo / Diné community (including local youth runners), the half-marathon is a labor of love, culture, and humility. Bennally not only organizes the event, but shares the very canyons he ran as a youth, creates the finishers bracelets, shares elements of the Navajo culture, and supports various Native people running groups.

The 13+

mile course is on Navajo land, part of the 27,000 square-mile territory in portions Arizona, New Mexico, and Utah. From the starting line, we can see Navajo Mountain / Naatsis'áán, a looming 10,348-foot peak that anchors the horizon. A few miles away, the Colorado River breaks free from below Lake Powell's dam and begins its tumultuous course through the Grand Canyon.

The course begins on a plateau next to the road, but within a few miles, dives deep into one of the hidden canyons that the desert is famous for: nearly invisible until you're swept into it, much like summer rainfall finding its way to the lowest points of the rocky topography. Though tradition, called *Ha'a'aahjigo digháideeshwol*, dictates that Diné run east in the morning to greet the sun, Bennally has the course turn west first. As with every detail of this event, the reason is specific: to help spread out runners before they come to some of the tightest slot canyons. West, Bennally tells us, is the direction "of seashell women, as though we entered a Hogan." In doing this, we are running "to find ourselves, where we look up to what's beyond in life that's ahead of us." As anyone who has trained for a long-distance run can attest, we feel the ache of months of training behind us, and set our eyes to the finish line in any race.

Eight miles of soft sand await us as we travel through time and

a variety of rock formations. It's impossible to see everything – as you turn your head to revel in the towering walls, undulating waves of sandstone, and fallen boulders lying like monolithic puzzle pieces from above. Laughter echoes off of walls as runners encounter hidden canyons, tight slots, and obstacles. At "cardiac hill", we use a rope to pull our weary bodies through the burnt sienna sand to the plateau (though we immediately look back and want to return). A few miles more down dirt roads and we can see the final aid station and, eventually, the finish line. It is bittersweet as you leave behind a place so beautiful it borders on magic.

There is more to this race. I could write seven thousand words. I could write about how worried I was about my Achilles injury acting up in the sand, which it didn't. I could write about how wonderful it was to be in the presence of so many runners with so many backgrounds, including the Native Women Running groups from across the nation (Turtle Island). I could write about the moment the sun came up and Bennally let a whisp of corn pollen fall from his hands to the earth, honoring the culture that he is so rightfully proud of. Suffice it to say that this race – the Canyon X Half Marathon – was the most meaningful, beautiful, difficult, inspiring race I have ever participated in.

But like all profound things, words are insufficient. Find your way to the Canyon X Half-Marathon in 2024. Practice getting lost, feeling the earth beneath your feet, and absorbing a culture so rich that it defies explanation. And don't worry about time. It will be there when you get back.

To read more about the event and its origin, please read: <https://www.outsideonline.com/gallery/antelope-canyon-x-trail-marathon/>

For more about the inspiring story of Harold Bennally, see: <https://www.runnersworld.com/runners-stories/a32478275/navajo-moccasin-runner/>

To learn more about Red Earth Running: <https://reearthrun.co/>

[Running in Moccasins Empowered This Navajo Marathoner](#)

For Harold Bennally, traditional footwear combines running's physical elements with the spiritual. www.runnersworld.com

Photos Next Page: Race Director Harold Bennally welcomes runners to the annual event in LeChee, Arizona

The author climbs "cardiac hill" at the Canyon X Half Marathon on April 15th, Photo courtesy of Canyon X Tours

One of the many slot canyons along the course, located on Navajo land in Arizona.

Canyon X Photos



Coin the Caption

Congratulations to Dave Diaz for his winning entry: “Danny’s truck was one of the first to run on natural gas.” Dave wins a \$40 gift certificate for his clever thinking. Stacey Diaz was a close second with ” For sale, Ford truck. Cozy 0 bedroom 1 bath. Easy access to hwys, shopping and restaurants. Must drive there. All reasonable offers considered.” This was my personal favorite, but the judges’ decision is final. Other entries included:

1. Drop in at our next Run
2. toilette da viaggio (Traveling toilet is the translation)
3. Runner’s Trots Trolley
4. Danny’s Poop Palace
5. Danny was determined not to let his recent bout of irritable bowel keep him home.

Thank you to Sheri Giordano, Cathy Dehn, Deb Gurule, and Martha Drake for their entries.

And – Perhaps an apology is in order. The directions in the last newsletter said to send entries to newsletter@socorunners.org Unfortunately there was a short time when emails to this address were not getting forwarded to my email. So if you submitted an entry to this email address and your entry is not listed – we are sorry. Once this problem was discovered, it was corrected but anything sent to newsletter@socorunners.org during that time were simply lost and unfortunately no notice was sent to the sender. As a side note: if you ever send a submission to be included in the newsletter I will **ALWAYS** acknowledge receipt. It may be a day or two, but if you wonder if I received something, you can always call or text me: 719-250-3947. -Ron





Rock 'n' Roll Half Marathon Washington DC

by Martha Drake

See this article

About 2 years ago I received an email offering half price entries into a host of Rock 'n' Roll half marathons across the country. It was only a one day offer. Amazingly 9 women agreed and registered to go to Savannah, Georgia, to run the half in November of 2022. Well the city cancelled the run so we had to pick another half. Again amazingly 9 women agreed to go to Clearwater, Florida, in September of 2023 to run the half along the beach. Well Hurricane Ian hit and the race was cancelled. Back to the drawing board. Five women (Deb Gurule, Melanie Nelson, Carmen Perez, Nicole Climenti and myself) decided to run the half on March 18, 2023, in Washington D.C. It was a spectacular event. It didn't rain, the temperature was cool but perfect for running and we all finished. We started near the Washington Monument, ran across the Arlington Memorial Bridge, past row houses and Howard University and finished in front of the Capitol. The magnolias were at the end of their blooming season and the cherry blossoms were beginning to bloom.

Trip highlights: Deb loved the finisher medal. Melanie was delighted with her gourmet vegan dinner and organic wine pairing at Elizabeth's Gone Raw. Carmen was touched by the Vietnam Veterans Memorial (her father, a Vietnam War veteran, passed away the week before the race). Nicole enjoyed being with her family and showing her daughter women supporting women. Martha liked the attention she received wearing her cherry blossom tights.



Above Right:

Martha,
Carmen,
and
Melanie go
sight seeing

Right:

Nicole, Millie
and Andy by
the
Washington
Monument

Left:

Deb, Melanie,
Martha,
Carmen,
and Nicole display
their finisher
medals



← See this article

Rock 'n' Roll Half Marathon Nashville by Marijane Martinez



Gloria Montoya, Diane Lopez and I were the final 3 to do the make up run after the two previous cancellations. We opted to go to Nashville, Tennessee. I got in touch with a girl, Alvina that I went to Walsenburg High School with who graduated a year ahead of me with my older sister who now lives in Nashville. I wanted any advice she had to offer on visiting Nashville. She invited us to stay with her and her wife, Melinda. Melinda is an epidemiologist who primarily works from home, but she has two other callings in our opinion, barista and head chef! Homemade scones for breakfast and Cosmopolitans made from a concoction she had brewed for several weeks after a scrumptious dinner! I felt like I was on Sex and the City! Jessica Parker eat your heart out.

I suppose I should get back to the reason we went, the half marathon! It poured the night before the race but the morning of, it was gorgeous, shorts and tank top weather. As with all Rock 'n Roll events, there were thousands of people so you never run alone. The biggest surprise for us were all the hills! So many in fact, that they had a banner at the end of the race that read, "I conquered the Nash-Hills"! Coloradans eat hills for breakfast so we managed to "get 'er done"!

Highlights: Gloria loved the honkey tonk area with all the tractor bachelorette parties going up and down the Broadway. She also appreciated the mix of ages of people there, young and older. Diane enjoyed the Grand Ole Opry and came back with a new appreciation of Country Music. I also enjoyed the Opry. Seeing 82-year-old Charlie McCoy playing Orange Blossom Special was a treat. Chris Young not only has a great voice but he's not bad to look at either.

Although the group of 9 who started the endeavor did not get to travel as a group as we initially planned, we all managed to have a great time and now we have lots of stories to share.



Top:

Marijane, Gloria, and Diane

Mid: Kickin' Back at the Grand Ole Opry

Left: Gloria, Marijane, and Diane display their finisher medals



On Sunday, March 19th, I completed the New York City Half Marathon. This race was definitely one of those I had on my, wouldn't it be amazing to do but I will never be lucky enough to get in, list. In the fall of 2022, I submitted my name for the lottery to gain entry in the NYC Half. To my amazement, my name was drawn from the pool, and I had a spot! Coincidentally, the race landed over spring break, making for a perfect family vacation.

I have completed half marathons in the past, but for one reason or another, I typically have felt under trained and not fully prepared for the race. For this to be a pleasantly rememberable race, I knew I had to put the work in. I was a little over 3 months out from race day, allowing me sufficient time to prepare.

Adding to the pressure was ensuring that I trained properly and avoided injuring my back again, which unfortunately is a constant concern of mine. A few days after the Rock Canyon Half Marathon in December 2019, my back seized up. Through an MRI and physician appointments, it was found that my sciatic nerve was almost completely pinched off. This had my right side of my body from the hip down, numb. It was so severe; I was scheduled for back surgery in early February 2020 (talk about perfect timing there). I had hoped to only be sidelined from running for a few months. Once I had been given the green light to start running again, I found my motivation lacking immensely as most races were cancelled throughout 2020 and well into 2021. I did run sporadically during this time but was still very frightened to reinjure my back.

Another one of my goal races had always been the Rock and Roll Half Marathon in Las Vegas. This race is extra special as it is at night, running down the Las Vegas Strip, with no cars! I decided to go all out for the February 2022 race and not only sign up for the half marathon, but also the 5k the day before. I did end up completing both races, but not in the way I had hoped for. I put my all into running quickly, well for me, in the

The New York City Half Marathon

By Alex Romero

5k, which was not the best decision. During the half marathon I felt great until I hit a wall at mile 10. I slowly made my way towards the finish line but made another rookie mistake of eating an energy booster that I had never tried around mile 12. Now I know you never try something new on race day, but I was tired and needed something to get me there. As you can predict, my stomach wasn't impressed with my choice and left me in knots. Fortunately, I did cross the finish line, but was met with an upset stomach and a calf cramp from not being appropriately trained. I had the medals and overall it was a fun weekend, but not the come back I had hoped for.

This takes me to when I get the notification I will be running the NYC Half. Time to be serious and make it a great experience. I did not waiver on my commitment or my training. I rode the Peloton bike and ran on the treadmill routinely over the next 3 months. I clocked in more running time and miles than I ever have before, and I was feeling great. My husband Patrick and I even planned a return trip to the Rock and Roll Las Vegas race where I completed the 5k and 10k. Both races went well, leaving me with excitement and energy after each run. The training was paying off. Here I come NYC!

The NYC Half Marathon has around 25,000 participants annually and runs from Brooklyn to Central Park. I was staying in Times Square and took the subway with my other thousands of runner friends out to Brooklyn. The temperature was a cool 31 degrees at the start line. Many were complaining about the chilly weather, but this Colorado girl was only mildly cold and knew that with the sun shining, we would all warm up quickly. The first few miles of the race are in and around a park in Brooklyn. From there you run down one of the main streets in Brooklyn to the Manhattan Bridge. There were many spectators along the route in Brooklyn, making for an exciting atmos-



(Continued on page 13)

NY City Half Marathon Continued

(Continued from page 12)

phere and one that makes the miles seem to go by more quickly. I was surprised at how steep the arc of the Manhattan Bridge is. You feel as though you are running uphill. Once at the flatter part of the bridge you can see the Statue of Liberty, downtown, the eastside of Manhattan and Queens. The sky was bright blue without a cloud, making for a truly amazing view. As the course enters Manhattan, you run up the east side for a few miles before turning on 42nd Street and passing by Grand Central Station. The race continues through a closed Times Square up to Central Park. You enter the park at about mile 12. This is the first time I started to feel tired and was ready to be done. But with only a little over a mile to go, that is not bad. Central Park has small rolling hills which did make the last mile a little more strenuous than I would have liked, but as the finish line came into sight, the park made for a perfect background. I crossed the finish line and felt pretty good. I would have liked to have been faster and a little stronger, but it was a comeback race I could be proud of.

With this being NYC, I was not able to simply walk a short distance and get in a car to relax. I had to make it back to my hotel 13 blocks away. I did so successfully and even have enough gas in the tank to go out exploring with the family, walking many more miles around the City.

This race showed me a few things, training is very, very important, I might have been nervous of injury, but not training is what will cause injury. I learned that I can still do longer races and enjoy myself. Running is magical and helps me in so many ways, I need to make it a priority and value self-care time. So where do I go from here... well, I have registered for a challenge in January that is an even more ambitious goal. Time to step it up and turn the training to overdrive.

You can follow my fitness journey on my Instagram page, [running_rizzle](#)



By Paul Hindman

Whether you like to walk or run, the Beulah Challenge is a great opportunity for you to enjoy the lovely Beulah Valley views with outdoor enthusiasts. The 5K course is open to walkers and runners. The 10K is for those runners who want a longer race. The 5K course is on paved roads. The 10K is primarily paved with a 1 mile section of gravel. The half-marathon is for those runners looking for a challenging paved, gravel, and trail run that takes you through Pueblo Mountain Park. For competitive half-marathoners, you can sign up for the Over It Series that consists of the Beulah Challenge half-marathon (Sep 23) followed by the Rim to Rim Royal Gorge half-marathon or 8 mile (Oct 7).

Consider signing up for the race as a family: the 5K and 10K races have discounted pricing for people under 18 years old (\$15/person). All participants get a Beulah Challenge gear bag!

All proceeds from participant fees and sponsorships go to support the Beulah School of Natural Sciences.

For more information, maps of the courses go to beulahchallenge.com or register for the race at runsignup.com/Race/CO/Beulah/BeulahChallenge. If you are interested in being a volunteer for the race, please email Paul at beulahchallenge@gmail.com thanks for your support! We are looking forward to a great race.

The Beulah Educational Support Team, a 501(c)(3) nonprofit raises funds for the Beulah School

Right: An issue of Footprints from August 1996 with the Beulah challenge as the cover story



Bringing it Home

Holliman put it in high gear during the last downhill stretch just prior to seeing the finish line in the Beulah Challenge 10K held August 3, 1996. Close on his heels is Eva Marie Gosselin. At 69 years young, John continues to excel in the many road races he enters.

Photo by Gary Franchi



Remembering Don Pfof

From Dave Diaz: The last time I saw Don Pfof (and his wife Lois) we were at the SCR Club Banquet in January. I wish I had spent more time talking to him but who knew it would be my last chance. I've known Don a long time, as he was a long-time runner and I've worked many, many

finish lines with him. Don was always willing to give back to running and to the club and I've tried to list a few of the things Don did for our club. He was our Predict Series coordinator for many years and hosted the Ram-gate 8 Predict Run for about 10 years, he was past Co-President (along with Lois), former membership chair and he handled results for many of our races, both before and after computers. We could always count on Don and Lois to volunteer at the finish line of the many local races we used to have. He was a "Most Valuable Club Member", "Long Distance Runner" and "Dirty Sweat Sock" award winner.

He would even put on workshops trying to teach our members how to work the timing system and as accomplished wood workers, Don and Lois hand-made the awards for the Atalanta Women's race.

He was one of the original race directors for the Osprey Half-Marathon (that's what the Rock Canyon used to be called) when it started at the Osprey campground near the dam.

Don was a good runner when he was young. We had a group of about 10 runners who would meet at City Park on Sundays to run and Don was always there. I remember he could run a half marathon under 1:30 and as he got older and couldn't run, he walked with Lois and the dogs. Stacey and I would like to express our sincere condolences to Lois and their family and offer a belated thank you to Don and Lois for the years of service you gave to our club, you have our appreciation and respect.

From Darryl Clark: When I first met Don, we quickly learned of an unlikely connection. Don was hired to teach at Western Carolina University by my Father-in-Law when he was head of the Sociology Department, at the time. From that moment on, Don and Lois always treated me very well and were quick to assist with any job I asked of them as a race director. I enjoyed Don's rants and Lois' even keel, two good people who have been a credit to our club and community. In fact, I'm not sure one can reminisce about Don without thinking of Lois as a constant. It seemed hard to say "Don" without saying "Don & Lois".

Don had prostate surgery some years ago and, in the aftermath, had a medical marijuana card. He told me he was using it and



the stuff today was a lot stronger than that of his youth. That made me laugh because he seemed to show a true appreciation for the advances in cannabis technology.

Don was a tireless supporter of the running club and those things he felt passionate about. He was a community activist even if it rubbed some the wrong way. He didn't have a lot of patience and might have even seemed to some to be curmudgeonly. Regardless of his approach, I believe Don had a good heart and soul. I doubt he could have won a woman like Lois with a dark heart. I'm certain, as well, he would say he married above himself and was fortunate to have lived a good life and fought the good fight.

He was always good to me. I'll miss him.

From Sean McGivney: Don Pfof will always be one of my favorite SCR colleagues. Every time I saw him, as we got to know each other a little bit more each time, his interest in my family became more genuine. His smile grew and his gaze locked in as he listened to me, and he truly made me feel like an important person. He always asked about my daughters, who are in college now and unable to attend as many SCR events. Every time I go to the bookstore (Books Again), I am equally excited to discover a new read as I am to see Don or Lois putting in a shift, and an opportunity to catch up with them. I never ran with him, but from what I've read, the dude could have run circles around me. But I don't think he would have; I think he would slow down his pace just for me, and give his undivided attention as we talk comfortably, just as we always did. I thank Don and Lois both, for making me feel good every time I see them.

(Continued on page 15)

Remembering Don, Continued

(Continued from page 14)

From Marijane Martinez: When I heard about Don Pfost's passing, I was shocked. We had just seen him at the banquet with Lois and he looked fine. I went to visit Lois and spent time talking with her. They had known each other since they were in high school. I can only imagine how difficult it must have been for her and will be for a long long time. We all know death is eventual but that doesn't mean we are ready for it. I asked Lois what she would miss most, and she said it was the discussions they would have. Lois said Don was a voracious reader and shared things with her that she found interesting but would not have read about herself. I also asked her what role SCR played in Don's life and she said the club played a major role in both of their lives. I asked Lois how long I have known them. She knew exactly the year, 1987. They moved to Pueblo from Sylva, North Carolina. Don taught at Western Carolina University in nearby Cullowhee, NC. Don was an avid runner in North Carolina and immediately looked up running clubs in Pueblo. She remembered they attended a picnic at a park and enjoyed themselves. She said Don enjoyed the exercise as well as the camaraderie.

Things I remember about Don. He and Lois were very active in volunteering for SCR. They could be seen at a variety of events at the finish line. I remember when Don was the coordinator the Predict runs. Back then they were mostly held at the Nature Center. I remember people wanting to check their times after they were done but they were afraid to ask! Don had a bit of a gruff presence but was really a sweetheart underneath. The actual reason he was gruff was because he didn't want to miss someone coming through the finish line while he was checking times. I also remember many years ago when Don and I ran about the same pace. There was a race that was supposed to end once we entered City Park. The race director was waiting in the park to tell runners that the course was short, and we would have to run a lap around the park! Don was not happy, and he did not hesitate to let the race director know. He gave him a two-handed salute, if you know what I mean. I can't say I objected either!! I am happy to say I have an oil burning lamp that Don made and gave to me when he was "wood turning". His work was immaculate. Lois learned to do it as well and is amazing at it too! The vases she made for overall awards for Atalanta one year are phenomenal.

Don was a valuable member of SCR and a friend who will definitely be missed. I will always remember how happy he and Lois looked at the banquet. I am hopeful Lois will continue to join SCR events for the camaraderie as well. RIP my friend.

From Ron Dehn: First—Chris and I offer our sincere condolences to Lois and her family.

Don and Lois have been married 59 years. They have two daughters, Katy (Kathy) and Michelle, grandson Travis, granddaughters Kailey and Ashley, and great-grandsons Camden and Brendan. Don was extremely well educated and had a PhD in Sociology. He taught at the university level full time at Western Carolina University and as an adjunct professor at CSU-Pueblo. He spent the last part of his career as a statistical analyst for the

Colorado Department of Labor & Employment. Don served in the US Army from 1959 – 1961. He said it was “soft duty” because he was a trumpet player in the Army Band.

I had known Don casually for several years, but I remember sitting with Don and Lois at the 2002 SCR banquet, and that's when I really began to know both of them. As the others had mentioned, I worked many many finish lines with the two of them and Don had a passion for being accurate. After all he was a “Stat Guy”.

Don was passionate about many things. He was articulate, extremely well read and volunteered at Books Again.

Because we worked together on many SCR events, we became friends and I spent a lot of time with Don and visited him and Lois at their home several times. I loved one story he told about how he and Lois met. Don had very poor eyesight (without his glasses) and when he and Lois were in high school they were in band class together. They sat facing each other several feet away and one of them thought the other was making “goo-goo” eyes at the other one. Lois began to chat with Don more and “nudge him in the hallways”. And as Don said – the rest is history. His sense of humor kicked in and he told me “It's been the blind leading the blind ever since.”

Don began his running career at age 43 due to the help and encouragement of a colleague at WCU. His friend bought him a Sports Tech Training Log and Don was an absolute meticulous record keeper. He kept that up his entire running career. He would record information about the course, temperature, and all the variables that went into each run. He was an excellent runner. His PR's are: 5k – 18:29 in 1985, 10k – 36:24 in 1986, Half Marathon – 1:23:25 in 1986, and Marathon – 3:16:23 in 1987. One of his amazing accomplishments is that he completed the equivalent of running around the entire earth at the equator (24,903 miles) on November 9, 2002. Who keeps records like that? Don!

Several years ago I wrote an article about Don and asked him what he wished to share about himself. Don said, “I am curmudgeon-like on occasion, usually in situations that I find stressful, like working the finish line.” My opinion is - I never saw him as a curmudgeon and think Don was a little hard on himself. He was intense and definitely a perfectionist. He always did an excellent and incredibly thorough job in any task he took on. He held several positions on the SCR board and attended meetings for many years. For several years he wrote for the newsletter. His contributions to our club have been numerous and amazing.

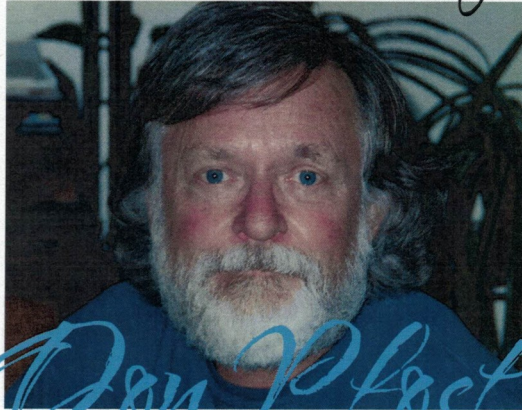
He loaned me a book a while back which I read and when I returned it, we talked about it for a bit. He then gave it back to me and suggested that we both re-read it so we could have a more in-depth discussion. That was only a few weeks before he passed.

Thank you for everything, Don! I will miss you.

See invite to Don's celebration of life on the next page

Celebrating

THE LIFE OF



Don Pfost

07.02.1940 - 02.23.2023

SATURDAY | MAY 20, 2023 | 1:00PM-3:30PM

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Please RSVP to littlemskaty@gmail.com by 05/15/23

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.

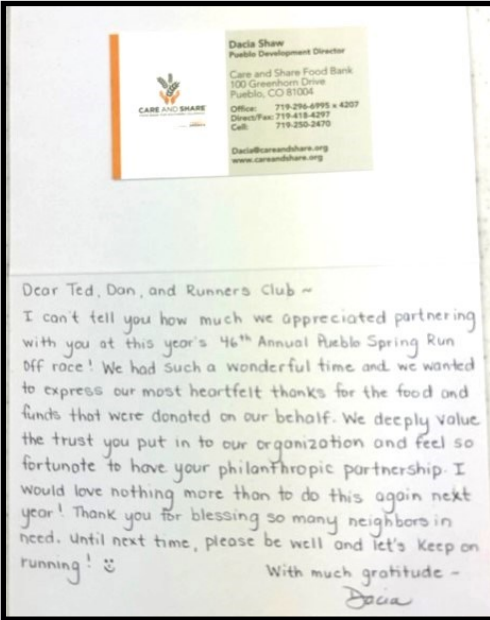
Shoes must be mated and laces tied together or rubber banded together. No holes or completely worn out bottoms. Most of us have running shoes that end up in landfills and it would much better to give the shoes a second life. Bring your gently worn shoes to the predict runs and deposit in the collection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

Ted

Recycle those Shoes

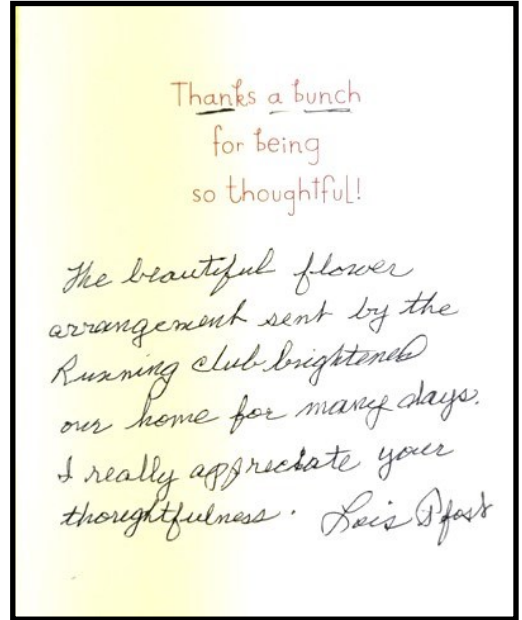


Thank You



We also received a thank you letter from Nate Springer, Care and Share CEO thanking us for our donation.

And we thank Geoffrey Waweru, Michelle Smith, and several Anonymous donors to SCR.



A Couple Fun Fotos

Left: Marijane's niece married a Carolina Panther. Several players attended the wedding and created a photo op with (yes she is in the photo, look real close) Marijane. Yep those guys are BIG!

Right: Katie and Steve Fox horsing around. (Photo "borrowed" from FB. If it's out there—its fair game)





Runs in the Family

By: Jessy Narimanov





My son has been going to races since he was one week old. His father and I were both runners working in a run specialty shop, so he grew up in the culture. We estimated that he logged close to 2,000 miles riding in our BOB jogging stroller just in the first year of his life. Between the two of us marathon training that year, someone was always on stroller running duty each day. As a toddler, he would stand up and clap for people running by in our neighborhood, and then sit and continue to play- because with all of the races he had attended, he learned: we clap for runners. To him it didn't matter if that was for a big event or simply a training run in the neighborhood. He often asked me when I came in the door from a training run of my own "did you win?" To which I always answered with an emphatic YES.

Eight years later, I had my daughter, and although I was no longer working in the run specialty industry, running was still an integral part of my life, and therefore my children's lives as well. That same BOB jogging stroller served well for nap time miles with my baby girl. It seemed that running through all my pregnancies meant my children would prefer to sleep with movement. Running together worked for us. We would go out each day and return satisfied, her with a pleasant rest and me with my run. On weekends, my oldest would now ride his bike alongside us, occasionally asking to run the last mile in with me, or jump in on every other lap at the track for my warm up and cool down during a workout.

Now I'm pregnant with my third, still running, and the cycle continues. We've done a few family runs all together, including the YMCA Turkey Trot and the Spring Run-off 5K. My daughter even got to hop out of the stroller and run the 50 yard dash herself. I love sharing these experiences with them. My hope is that by being a part of my running journey, my children develop their own passion for movement, whether that is also in running or in a sport of their own choosing. There are so many life les-

sons to be learned from pursuing goals: it drives us, humbles us, and changes us for the better. And we all win when we cheer for others along the way.




	<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.

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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



May

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
 12 Annaleigh Awbrey
 14 Debbie Gurule
 14 Bea Jones
 15 KRISTEN GADD
 15 Don Thompson
 18 Mark Koch
 20 Diane Lopez
 20 Jenna Stamey
 23 Jitka McGivney
 23 Alex Pedraza
 25 Reyna Quintana
 26 Casey Pearson
 26 Lois Pfost
 26 Angela Wilkerson
 27 Tom Brosseau
 30 Linda Powell
 31 Carla Sikes

June

1 Diana McKinley
 4 Jessie Narimanov
 5 Lewis Fox
 8 Robert Lucero
 10 Jaylen Vargas
 11 Rahel Gredig
 11 Rahel Gredig
 11 Sean McGivney
 13 Carrie Tucker
 18 Donald Montoya
 20 Melissa Fairbairn
 20 Kira Hughes
 20 Donna Nicholas-Griesel
 21 Carol Brimmeier
 21 Retzio Gredig
 21 Retzio Gredig
 22 Jennelle Chorak
 23 Mary Yang
 25 Kylee Giconi
 26 Tina Garcia
 27 ERIC CASTELLANO
 29 Sean Staples

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

July

1 Marijane Martinez
 1 Tanna Schut
 2 Nicki Golob
 2 Vash Siffing
 2 GEOFFREY WAWERU
 4 Donald Moore
 4 Zarela Vidal-Paredes
 5 Jennifer Arguello
 5 Kim Hunter
 6 Jay Zarr
 8 Joseph Spinuzzi
 8 Roseann Tavarozzi
 9 Bob Noble
 10 Raluca Moucha
 15 Kevin Hughes
 17 David Dietz
 17 REGIS Marquez
 18 Melanie Kempf-Sandoval
 18 Kayla Rogenmoser
 19 David Luna
 20 Bill Veges
 22 Lindsey Romero
 23 Danielle Caro
 23 Eric Medina
 23 Sarah Staples
 25 Greg Horvat
 27 Mary Porter
 29 Darryl Clark
 31 Kaelynne Caro
 31 Malcolm Singer

August

5 Janique Holbrook
 5 Gayle Perez
 6 Jon Teisher
 8 Jennifer FitzPatrick
 9 Dave Diaz
 9 Emily Perez
 11 Richard Craft
 11 Ron Dehn
 12 Ross Westley
 12 Ross Westley
 15 Aaron Potokar
 18 Melanie Hughes
 18 Cullen LaPointe
 18 Ryan Madic
 19 Russ Avina
 19 Emily Lucero
 21 Charles Lucero
 21 Carlos Salazar
 22 Tanis Manseau
 24 Paula McCabe
 27 Richard Emond
 27 John Midkiff
 29 Deborah Shaffer

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!

A genie granted me one wish, so I said, "I just want to be happy."

Now I'm living in a cottage with 6 dwarves and working in a mine.



Race Calendar

by Dave Diaz



The race information below is from several sources and the information may have changed. Make sure to confirm details for any race in which you may be interested.

MAY

Sat	13	PPAL Law Enforcement 5K	Minnequa Lake
Sat	13	Walk a Mile	Pueblo Riverwalk
Sat	13	Womens Distance Festival	Colorado Springs
Sun	21	Ordinary Mortals Tri	CSU-P
Sun	21	Denver Colfax Marathon	Denver CO
Sun	28	Spirit Marathon-Half & 8K	Buena Vista CO
Mon	29	Bolder Boulder	Boulder CO

JUNE

Sat		SCR Peaks & Prairies Predict 5K/2M	4913 Warbler Ct
Sat	3	Revel Rockies Marathon & Half	Denver CO
Sat	3	Runoff Runoff Marathon /Half /6.6K	Creede CO
Sat	10	Rockies 5K	Coors Field
Sun	10	Walk for Life & 5K	Cañon City
Sun	11	Garden of the Gods 10M	CS
Sat	17	SCR Quail Predict Run--Brunch/Picnic	Lake Pueblo State Park
Sat	17	FIBARK 5K/10K Road Run	Salida, CO
Sun	18	FIBARK 10K Trail Run	Salida, CO
Sat	24	4th Annual Sarah Shaw 5K	Pueblo Riverwalk
Sat	24	Dam Run (Lamar Parks & Rec)	John Martin Res

JULY

Tu	4	Liberty Point 5K	Pueblo West
Sat	22	Pioneer Days 5K	Manassa CO
Sat	22	Royal Gorge Whitewater Fest 5K/10K	Cañon City CO
Sat	29	SCR Gowen Predict Run	Bear Creek Park, CS

AUG

Sat	12	SCR Runapalooza 3M/1.3M Predict Run	4727Walnutcrest Ct
Sat	12	Lamar Tinman Tri	Lamar CO
Sat	19	Escape Trail 5K	Camp Jackson, Rye CO

SEP

Sat		Jessie & Rocky Casarez Predict	721 E Heron Dr, PW
Sa-Su	16-17	PP Ascent-Marathon	Manitou CO
Sat	23	Beulah Challenge	Beulah CO
Sat	30	Colorado Springs Marathon/Half	Colorado Springs

OCT

Sat	7	Rim to Rim	Royal Gorge
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TBD Harvest Run

TBD dia de los Muertos Predict

NOV

Sat	25	Temple Canyon Predict	Cañon City
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DEC

Sun	3	Rock Canyon Half Marathon	Pueblo City Park
TBD		Nelson's Pretty Fast Predict	614 E Marigold Dr, PW

EDITOR'S NOTE

NOTE: There was a "glitch" in the email forwarding process and for a short time, emails sent to newsletter@socorunners.org were NOT forwarded to my email and anything sent to that address was lost with NO warning messages. If you sent something and don't see it in this edition, We apologize. The problem was fixed but none of the emails sent during that time are recoverable.

I will ALWAYS acknowledge an email that I receive. It might take a day or two, but if you don't see an acknowledgement, you may text or call me at 719-250-3947
-Ron



Photo Potpourri





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A Few
More
SRO
Photos

