



SOUTHERN  
COLORADO  
RUNNERS



# Footprints

The Summer Edition  
Volume #354, Issue #3  
Editor: Ron Dehn



## Ordinary Mortals Triathlon By Kim Arline

We had record turn out and beautiful weather for the 10<sup>th</sup> year of OMT and 11<sup>th</sup> year of our Mini Mortals (MMT) at the CSU Pueblo campus. We had one of the best years of crowds lining the run and bike course cheering people on.

Our triathlon was highlighted by our current course record holder, Tim Hola, in a Slowtwitch.com article titled “Family, Community and Inspiration” in January. And then for my birthday, OMT was rated in the top twelve beginner triathlons in the country by Triathlete magazine. This wonderful advertising kept our participant numbers up despite having to host the race on a Sunday instead of our normal Saturday.



Like prior years, those racing loved the race, had great feedback and lots of smiles. It’s always great to see everyone having so much fun. Those of us working behind the scenes struggled this year. It was the hardest year for me yet trying to cover all the volunteer slots with so few volunteers thanks to the Sunday scheduling and many out-of-town graduations and weddings for loyal, experienced volunteers. This race is a beast to put on covering six courses, adults and three groups of kids in less than 5 hours. Gwen Steves performed computer magic figuring out the new timing system just days before the race and running the old and new side by side to not miss any times.

If we host the race again, we will need to enlist volunteer groups in the community to take charge of part of the course, have prior Zoom meetings going over

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## OMT Continued

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making maps, updating the website, sanctioning, working out law enforcement logistics, coordinating with Lake Pueblo, getting lots of kayaks and paddleboards in the water to oversee the swim.

This race director is tired. It's been two months since our race and I'm still exhausted just thinking about it. I'd be happy to turn the reins over to someone else and just volunteer 10 hours or so the weekend of the event. If anyone is interested in being the race director or helping move the event to Lake Pueblo, please email me at [kimarine@comcast.net](mailto:kimarine@comcast.net) and we can set up a meeting in September to discuss your ideas to restructure the event. Until then, enjoy your summer, run, bike, swim and be safe and happy!

the race and that group just handle it, in exchange for a donation to their group. Club member, Randy Oles, is ready and willing to coordinate this effort so I can focus on all the other aspects of the race. This year's event would not have been possible without a dozen of the Steves relatives working Sat and all day Sunday, Jessie Casarez and Biranda Seidel's family and friends and Don Thompson, THE LONGEST OMT volunteer as he helped with the original event in the 1990s in Pueblo West and his friends marshaling the adult bike course.

But the 2024 event is in jeopardy. Not only do we have to secure dedicated volunteers prior to opening registration. We also need to schedule the event after graduation weekend to minimize on-campus traffic concerns, especially for the kids. We also have to avoid other big races up north that our participants, club members and volunteers often sign up for. With leadership changes at the university, due to unknown potential changes until early next year and pool maintenance concerns, we are not guaranteed we can host our event May 18, 2024 as we'd like to.

Our options are:

Skip the 2024 event and try to return to CSU campus in 2025.

Hope May 18<sup>th</sup> date is a go and we get confirmation from CSU by mid-January to take care of all the contracts and volunteer groups and then open registration.

Try to find a warmer race date, restructure the entire race at Lake Pueblo with an open water swim. We could easily do this for the youth MMT at the swim beach and use the trail system but the adult event will be a lot more complicated. Some of you might love this idea, but It will require a dedicated team of people (not just our family members) doing all the legwork, figuring out the course,





### 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](http://www.socorunners.org)  
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The SCR meetings are held at 6pm on the first Wednesday of each month at 1601 Bonforte Blvd.

### To Ponder...

The sparrow is sorry for the peacock at the burden of his tail.  
-Rabindranath Tagore

It is easy enough to be friendly to one's friends. But to befriend the one who regards himself as your enemy is the quintessence of true religion. The other is mere business.  
-Mohandas K. Gandhi

The lights of stars that were extinguished ages ago still reach us. So it is with great men who died centuries ago, but still reach us with the radiation of their personalities.  
-Kahlil Gibran

Spend the afternoon. You can't take it with you. -Annie Dillard

In my case, I thoroughly enjoy running 100-odd miles a week. If I didn't I wouldn't do it. Who can define happiness? To some, happiness is a warm puppy or a glass of cold beer. To me, happiness is running in the hills with my mates around me. -Ron Clarke



**Southern Colorado Runners**  
[www.socorunners.org](http://www.socorunners.org)

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

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

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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](mailto: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.

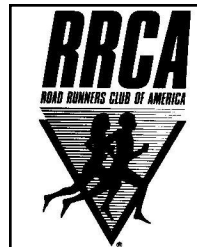
Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Dan Nelson, Marijane Martinez, Dave Diaz, Kim Arline Eric Medina, Ted Sillox, Ashlee Sack, Mary Yang, Jessie Casarez, Sheri Giordano, and Julia “Hurricane” Hawkins\*

**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.

\*105-year-old Julia "Hurricane" Hawkins is the oldest woman to run 100 meters in an official competition - qualifying her for this year's National Senior Games.



SCR is associated with RRCA, Road Runners Club of America. See: [www.rca.org](http://www.rca.org)



## Bucket List Ride turns to Disappointment

By Eric S. Medina

We have tried to do many types of races around the country and for Buster Bergles the Ride the Rockies race was one on his Bucket List of races. He asked if I would like to do the ride, I was not all that up for that massive ride as I am not a biking stud like him. I advised Becky of the race and she said, I am not doing that, but you should do the challenge with Buster, as he is always traveling with you for your crazy idea races. So, with that in mind, I went to work the next day and advised Buster that I would join, him, but that I and him where to old to do the tent thing. I have never road over 64 miles in one day or have done multiple day long rides, so my doubt of can I do this was starting to creep in my mind. Buster on the other hand has done century rides, Ride the Plains and is just a biking freak of nature, so my goal was to try and finish each day and make the decision for the next day.

I am a planning guru, which is another thing I like to do during our races, so we signed up and I booked an Airbnb in Fraser for the whole 6-day race. This year the race started in Ft. Collins and took the loop around Rocky Mountain National Park through Black Hawk and back to Ft. Collins. So, planning for a 6-day ride was going to be challenging.

The first thing we did was ask our good friend Chuck Smith, who is injured and a fellow rider if he would be our SAG vehicle. He jumped at the change and took a week off of work to drive us around and follow us on each day ride to make sure we were hydrated and for just moral support. He would drive us to and from each race so that we could relax or sleep. He would have the cooler with hydration, food and equipment to fix our bikes if anything went wrong, so that we didn't have to carry the extra weight and we didn't have to wait for the race SAG vehicles. The communication with Ride the Rockies at first was not bad, but as the race got closer, it was confusing as race mileage keep changing. But this race had been done for years, so I thought it was just me over reacting.

We got to the package pickup in Ft. Collins on June 10<sup>th</sup>, which was a joke and the beginning of the tragic week, dealing with Ride the Rockies. First, they literally had 3 vendors and no food or snacks, unless you wanted to go to the bar next to the package pickup, just expected more. I went to pick up my packet and I was informed that they ran out of my size of race jersey, which I had already paid for in the price of registration. Ummm, how do you run out of my size when I ordered this 4 months ago and there are not a lot of people my size doing this race, ummmm. So, as of today almost 1 month after the race, I still have not received my jersey? Not happy, but we are here so let's just go get a good night sleep and ride tomorrow.

The first day was the ride from Ft. Collins to Estes Park, we get to the start line and wonder if we are in the wrong area

as not many people there, no banners or fan fair. We are told by the 2 people at the start line it is a rolling start, just go when you want. Trying to get out of Ft. Collins was not

easy, as they did not have the course marked through town and no people or law enforcement at the intersections of where to turn. So very frustrated, as we hold races that don't cost a 10<sup>th</sup> of what we paid that are better organized and marked.

We made it to the 2<sup>nd</sup> aid station, where the pancake breakfast

was to have at the halfway point at Big Thompson Canyon. Looking forward to having food after 2 big climbs already at this point, but that was short lived. They were charging riders \$10 dollars, which we were never advised of in the brochures or through the event. Lucky, we had our buddy Chuck following us, as we found that every day, they would charge riders for any type of food or lunch, which is normally free to riders. Some of the aid stations they would run out of snacks and drinks, before even half the riders had stopped, we were always the first out and still they were limiting food and drinks at aid stations. At the end of each race, there were



(Continued on page 5)



## Disappointment Continued

(Continued from page 4)



only vendors charging for food and drinks, nothing was available for free.

The roads were very narrow, not swept, huge potholes for such a long race and we work for CDOT, so we know roads that are safe and unsafe. Every day there was 3 troopers on motorcycles going up and down the road, but I never felt safe, especially going down mountain passes, where the shoulders were super sandy and traffic going 60 mph, right next to you and debris in the shoulder and roadways. I am complaining as a warning for both the race and for safety.

We had every weather that could be had. The 2<sup>nd</sup> day race from Estes Park to Allenspark, was rain, which is not fun when you are going 45 mph down a pass. Third day, which was supposed to go over Rocky Mountain National Park, was cancelled as the park closed due to a freak snowstorm. They tried to change the course the night before, it would have been a 4-hour drive to get to the start, as we were unable to go over RMNP. So, a day of rest after 2 rough days of climbing. Grand Lake to Winter Park was so unorganized half the riders missed the turn for a 4-mile climb off the highway, which I was dumb enough to see someone turn, so I did it, not fun. Buster missed the turn as no one was at the highway to tell people to turn. Worst road in the state, and as I told you we work for CDOT, massive pothole, bridge joints broken, sand and debris on side of road and Buster got our first and only bike problem, flat tire. Lucky, we had Chuck and there no shoulder to fix the tire, so they parked off the roadway, when I caught up with them after my turn that they missed.

The next day was up Berthoud pass, which was 14 miles of just slow climb, that was where the beast Buster came out, he killed that climb. But the worst was still to come after

riding through Georgetown and Idaho Springs, we had to climb up two 8% grade climbs to Black Hawk. But coming down hills were so scary, I have never understood what nervous breakdown, are but going down these mountain passes had my nerves shattered. Every time I finished these massive steep declines, I would be so tensed and stressed as a big guy on little tires is not meant to go that fast as nothing good would come from it, if I went down.

The last day was once again, put in question as a rockslide had changed the course by Boulder and the new route was littered with debris and considerably more unsafe than the days before. So, they gave us the option to change course on our way to Ft. Collins, but the thunderstorms and down pour of rain was not worth the risk. I usually, don't quit most events in the middle, but due to our belief of unsafe conditions and the races lack of respect for our safety, we discontinued the last day and called it good. We don't regret this decision, as we heard the nightmares of the route, so we just packed up and headed home.

To end this tragic story on a good note, we rode more miles than we thought we could, the scenery was just beautiful. I found out I have limits, when it comes to downhill riding and that we were in way better shape physically then we thought we were. It was a bucket list race, that we can check off, but we will never do this race again, due to the lack of support, safety and organizational function of the race. It just reminds us of the great quality of people and organization that our club has running events. So, if we have never told you before, thanks to all the people who put on events for us, as it is appreciated when you go to a crappy put on event.





## A message from the president Ted Sillox

Hello Members,

Already half the year has gone by and I hope you are making it to all of your planned summer races. Speaking of races, last month the club sponsored a morning brunch run at Lake Pueblo. Members who attended were treated to a free breakfast burrito from our local award-winning restaurant, Romero's. There were boxes of pastries from Schusters Banquet Bakery, fresh coffee, juice and Bailey's Crème for your coffee. We had an absolutely perfect summer morning for the 5K that was on top of Pueblo Dam. It was overcast and cool enough that we even had a fire going in the pavilion. Thanks to Dan Nelson, Melanie Nelson, Roger Giordano and Sheri Giordano for helping out to put on this brunch picnic.

As many of you know I run in a group on Monday nights and after we finished our run we were sitting at The Fuel and Iron Patio. On the next table there was a group of women who often run together and one of them asked me if I knew what race had taken place several weeks back at Lake Pueblo. She described how her group was running near by and saw all of the people running on top of the dam. I explained that it was Southern Colorado Runners celebrating with a free summer brunch for members. I also explained that in October there is a Harvest Run with free beer and food and that they could enjoy all of this for a whopping \$15.00 per year. It puzzles me that we don't attract more members with many of the discounts and free benefits we offer to members. For example, our club offers a place to learn new techniques and make new friends.

We have lost our webmaster, Natalie Gowen, as she has moved to Colorado Springs so if any of you who like to deal in computers please come and join our board. We also are still looking for a volunteer coordinator and it would be great if we had someone that could get our club more involved in doing volunteer work within the community. I was thinking that perhaps we could join with trail builders and maybe do some erosion work on the road below Dutch Clark and be able to do away with the concrete traffic wall barriers. If you have driven past Dutch Clark recently you would have noticed the completed paving project in the parking lot and we will get to run on new asphalt for the Spring Runoff.

I know many of you travel around going to different races and please write an article about your race experiences and send them to Ron Dehn. He puts in many hours crafting this newsletter but I think what he needs more than anything is articles from members. It doesn't need to be an elaborate story but just a small narrative about your trip/race and who, what and where. Even if it is not about racing but maybe just a hike that you did with friends and you think other people would enjoy the same hike let Ron know in an article.



## The Predict Series By Ted Sillox

Our predict series keeps rolling along and this quarter started out with the Choose Your Own Adventure at the McGivney residence. They lay out a variety of courses so you can pick any amount from short to long for your predict run. The University Park neighborhood has lots of winding streets and plenty of ups and downs for a variety of running tempos. After the run there was the usual spread of food but I found the water that Jitka had put mint leaves in was outstanding. Hardly anything had leafed out but her mint plant was as green as it gets and made the water much better with the cool taste of mint. We are lucky to have members willing to host our races so we get to run in different places all the time.

Our next run was on the north side of Pueblo at the home of Rob and Rebecca. It is fun to see how the course has to change each year due to the growth of the surrounding neighborhood. New homes and streets either enhance or take away from where we ran the year before. There is always great food and company at this predict and people often stay to visit after this race. If you haven't attended any of our predict races you are certainly missing out and there is a variety of food from meat lovers to vegan so you can easily find a treat to eat.

We had a second race during the month of June and it was our annual summer brunch at Lake Pueblo. As I mentioned in my other article all of the food was free and provided by the club. Members not attending these runs are surely missing out on the fun part of running! As I am writing this I am thinking about the next run in Colorado Springs at the new Gowen residence. It will be a new trail in Bear Creek Park so hopefully many of you will attend.

### *President's Message Continued....*

We have lost several of our past races such as the Valentine Twosome and Atalanta due to not having a race director so if you would like to give back to running think about doing something other than training and step up to revive one of these races. You won't have to be entirely on your own as other members will help if you ask them. I keep hoping that we will get some new members that want to get involved and will help to grow our club bigger. You can help grow our club by word of mouth to people you know at your gym or rec center. You can also help by leaving your past copies of Footprints where other people can readily read the information. For example, if you visit a specific coffee shop, ask if you can leave your old copies there. Take care and be sure to keep on running.

Ted





## Race Review: Great Escape Trail Events at the Royal Gorge Whitewater Festival

By Ashlee Sack

Each week before the Royal Gorge Whitewater Festival, the temperature seems to fluxgate between 85 and 100 degrees – difference that can either encourage or discourage people from heading out for a run. Summer in Fremont County can offer a perfect, still, cool morning, or a forced furnace of air before noon.

This year, a fortuitous projection of 90° just before Whitewater weekend seemed to prime the pump for a deluge of participants in the Great Escape Trail Events. These events – which offer both running and bike courses in 5 and 10K distances – are a labor of love for the volunteer organizers. The Whitewater Festival promotes recreational activities on the water, and it has a history of dabbling in foot races as well. In the early 2000's, Fremont Adventure Recreation held the Whitewater Adventure Race, an obstacle-based short run that was fairly popular. As races do, however, this one ran its course and retired. Enter the Great Escape Trail Events in 2021, a family-oriented series of courses that promotes participation by runners and mountain bikers of all ages and abilities. Organized by three local enthusiasts, the events have weathered trail-eroding storms the night before the events for two years in a row and this year – the weather cooperated.

The air on Saturday morning was cool, and the runners were jubilant. They came from near and far to participate in the land events scheduled between whitewater events, bands, and more. Over 165 participants competed in the five events, which that included 77 5K runners and 34 10K runners. Participants ranged in age from 9-67. Some ran at a competitive pace and some enjoyed a relaxed pace along the Arkansas River – the perfect place to enjoy a summer morning.



Two Cañon City Middle School cross-country standouts won the under-18 category – dynamos Mason Lenard and Johnny O'Hara each ran the course in under an hour – 58 minutes. Plenty of medals were handed out to youth under 18, who beamed and wore their prized awards throughout the day at the festival.

Organizers had their share of issues: running out of 5K bibs, a few timing mistakes due to human error, and a small discrepancy on the 5K course, but in all – another community event celebrating outdoor recreation, trails, and a culture of running – triumphed. (Many thanks to Southern Colorado Runners members Melanie and Dany Nelson for attending!) Proceeds from the events will be used to improve trail infrastructure and amenities in the Fremont County area.

Here's to finding joy (and cool mornings) in the summer – on the water, on the trails, and in communities where we support small events doing BIG things.

Results can be found at

<https://my.raceresult.com/253867/>

### Did You Know?

The average person spends two weeks of their life sitting at traffic lights.





# Predict Photos







# More Predict Photos







## Rim to Rim Royal Gorge Races By Mary Yang

The Rim to Rim Royal Gorge Race will experience a big change this year. The race will be a one-day event, rather than a typical two-day event and will be held on October 7th. With that change being made, the half marathon will no longer be a road race on the south entrance of the Bridge, rather, has been recreated along the foothills north of the Bridge and turned into a trail run. This is a very exciting time for the Rim to Rim Royal Gorge Races. As the race continues to grow and change, so too does the footprint of the race.

Last year was the first year that the Rim to Rim Royal Gorge Races set foot on the trails when they added an 8-mile trail run. The feedback received after the race was incredible. People loved it, and the race committee members were so pleased that registrants took the time to share their experiences from this inaugural trail event. From that, the wheels began to turn and set in motion the recreation of the half marathon.

The trail system that surrounds the Royal Gorge Bridge & Park is special. The landscape changes several times throughout the surrounding foothills. You will experience segments of glimmering mica and quartz rocks, a bird's eye view of the gorge, and the ever-changing views of beautiful surrounding mountains. At certain points during the new half marathon trail run, you will be able to look over your left shoulder and see a distant view of Pikes Peak, while at the same time, over your right shoulder the view of the Sangre de Cristo Mountain Range.



on the famed Royal Gorge Bridge. In years past, the Kids' Race was held by the Tommy Knocker Playground, which is located south of the Bridge and away from the finish line and awards ceremony. This year, the Rim to Rim Royal Gorge Race Committee members thought it would be more exciting to have a larger crowd cheering on the kiddos as they make their way across the Bridge. Parents can accompany their kiddos across the Bridge, or they can simply cheer on their wee runners as they make their way to the finish line. This is a new fun feature that is sure to make for a memorable experience and great photo ops.

In closing, we want to give a special thanks to the City of Canon City, our local trail builder (Steve Thomas), and Fremont Adventure Recreation (a local nonprofit organization) for all of the work they have invested into creating such a glorious trail system and for helping to preserve it in such a way that many will continue to enjoy and adventure on for years to come.

See you in October! The Rim to Rim Royal Gorge Race will be held on Saturday, October 7<sup>th</sup>. For more information, please visit [www.rimtorimroyalgorge.com](http://www.rimtorimroyalgorge.com)

***All proceeds from this event go to Starpoint, a nonprofit organization that has served communities for more than 50 years. Starpoint provides essential services to two vulnerable populations, adults with cognitive and physical disabilities, and children and their families.***

A very special shout out to our longtime sponsors of the Rim to Rim Royal Gorge. Thank you for your continued support which has been our launching board to growth and success.

### Presenting Sponsors

Bruce Bell (and in memory of his beautiful wife Susie Bell), Pizza Madness, Benefit Health Advisor, Fremont County Tourism Council

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SunWest Credit Union, Royal Gorge Zipline Tours/Royal Gorge Rafting/Whitewater Bar & Grill/Royal, Gorge Vacation

*(Continued on page 11)*



Though the Rim to Rim Royal Gorge Race continues to expand in the number of registrants, there is a registrant capacity set in mind to preserve the overall experience for runners and to preserve our unique trail system. The half marathon trail run will be capped at 200 registrants and the 8-mile trail run will also be capped at 200 registrants. The 5K road route will allow for a slightly larger capacity. All races will finish by running over the famed Royal Gorge Bridge.

Another exciting change this year is that the Free Kids' Race will be held





## Pikes Peak Swim Run Duathlon

By Jessie Casarez






Here are two pics from the 2023 Pikes Peak Swim Run Duathlon at Prospect Lake on 7/1/23, before and after. The three of us competed in this race last year, and really enjoyed it and this year the weather was much better. We all competed in Ironman Waco 70.3 last October, and this was the first time we were all back together.

Biranda Seidel placed 3<sup>rd</sup> in her age group, I placed 2<sup>nd</sup> in mine and Robin Krueger placed 2<sup>nd</sup> her age group. Biranda is currently training for Ironman Chattanooga 144.6 on 9/24/23. She used this little race for training. This will be her first full Ironman race in September.





**Robin  
Jessie  
Biranda**

## Rim to Rim Continued

*(Continued from page 10)*  
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 Proud partners with Canon City Daily Record, KRLN Royal, Royal Gorge Route Railroad, and the Gorge Dinosaur Experience.



**\*\*Please note.** The 10K route is no longer an option for registrations. It will be reserved as a back-up route in the unlikely event that heavy rain or snow causes the trails to become muddy. In that event, we will utilize the 10K route (dirt road) and extend it to an 8-mile route for both trail events, in order to preserve our trail system.

**\*\*\* \$5 discount code for all SOCO Club Members is SOCO23.**





# Predict Photos







# Predict Photos



**5k walk for Parkinsons**  
Left to right: Chrissy Cruz, Nicky Cruz, Marijane Martinez, Don Thompson, Jessie Quintana, Lew Fox, Meg Scarlett.





## Crazy Idea, 4 Races in 4 States in 4 Days

By Eric S. Medina

So, one of the races we wanted to do this year was Georgia Atlanta Peachtree 10K, the worlds largest 10K. The race itself was supposed to have 60K of racers and it was on of the states that Becky and I have not completed some type of race in. Buster Bergles had also wanted to enter this race, so the three of us decided let's go do this so we signed up and the commitment was made. Becky getting off during the week is always the challenging park, but she did so we planned on driving out.

I started to make the plans and had a crazy thought, which is not unusual for me, as anyone who knows me, knows I am not of the right mind. Years ago, Becky had run 3 races in 3 states during the 4<sup>th</sup> of July and this was a technically 4-day week of the 4<sup>th</sup> of July, so I wondered, can I find 4 races in 4 states, and could we all do them in the time that I have scheduled. My research started and after months of calling and organizing, I came up with the master plan not just for running but for food. As I am also a foodie, as you don't get this big unless you know where good food is located. My schedule has us going through 13 states in the 7 days of travel, some for races and some states just for food.

The Peachtree was being run on 4<sup>th</sup> of July, which was on a Tuesday this year, so I found 3 other races in three other states prior to the Peachtree. I talked Becky and Buster in to attempting this weird and long road to trying to complete and travel to all these races in my timetable. They both thought I was crazy as Buster and I have never really run multiple days in a row, so the question was can our bodies handle all the running in a row. Also, the humidity and heat in the mid-west and southern states.

We left on Thursday night after Becky got off work, working our way to Hays, Kansas for a night sleep, but not before stopping in Wallace, KS at a gas station to get chicken strips and fried beef and bean burritos, as these are great travel and running food for me. We traveled Friday morning to Kansas



City, Missouri, which is out of our way from the 1<sup>st</sup> race, but Becky had never been to Arthur Bryant's the home of BBQ. Becky who said she was not hungry ate all the ribs and lots of onion rings, picture shows you

the love. Great pre-race food as we headed for our 1<sup>st</sup> race in Hannibal, Missouri, which is 3 hours north of Kansas City.

We pulled into this little town where Mark Twain was born



and wrote all his stories right on the Great Mississippi River. We had our first hotel in all our travels that we refused to stay; Becky called it the Bramble Tree of Hannibal. Do to unsafe and just gross conditions, I refused to check in and found another hotel in town of course at twice the cost. We settled in and went to packet pick up and it was one of the best organized events in a town of 17k. They had a weekend festival with the largest mud volleyball tournament, which has been going on for 42 years and a carnival with rides and booths. The downtown was even shut down, which includes a major highway during the race. More pre-run food of crab cakes and mac and cheese bits deep fried and beers for Becky and Buster.

Saturday for 1<sup>st</sup> race the Hannibal Cannibal was a 5K in Hannibal, Missouri not an easy course, but the weather was overcast and two hill climbs, one was to top of lover's leap, see photo. Beautiful and well-run course with over 700 racers we would recommend this race for anyone in the area.

We then went back to hotel, showered and headed out to Chicago, Illinois for our 2<sup>nd</sup> race the next day. We drove 4.5 hours to Chicago went to downtown just to go to Al's #1 Beefsteak, which was one of the best sandwiches Becky's has ever eaten. We went to the Pier and had a drink that overlooked downtown Chicago and listened to a live band on the Pier. We then traveled to our hotel, which was over 1 hour away in a suburb of Chicago in Napierville.

We woke up to rain on our 2<sup>nd</sup> day, which was a 4-mile run at the Firecracker race. It rained, which was not like Colorado rain, 72 degrees, warm but down pour at the turn around,

*(Continued on page 15)*



## Crazy Idea, continued



*(Continued from page 14)*

soaked but I rather enjoyed running in the rain for a whole race, my first time. It was on a beautiful concrete path, nice scenery and organized and marked. The only complaint was it was a 4.5-mile race, for most that is not a problem, for me that is like another race in my mind. Becky took 3<sup>rd</sup> in her



age group and Buster took 1<sup>st</sup> in his age group and I won, because part of the finish was free ice cream from an ice cream truck, so in my mind I also won.

We were soaked to the bone, went to the hotel, shower and started traveling to our 3<sup>rd</sup> race on the next day in Tennessee. This was our longest day as we traveled from Chicago in a driving rainstorm that flooded Chicago. We drove through 2 hours of massive rain and traveled to Caryville, Tennessee for a total of 9 hours on the road. We got to the hotel at around 8 pm with another hour time loss.

We got up to travel for our 3<sup>rd</sup> race in 3 days in Deerfield, Tennessee, which was about 30 minutes away from our hotel. What I didn't realize was that the race was in the middle of the Great Smoky Mountains of Tennessee, which was green, and beautiful. On our way to the race, we had to travel 17 miles into the mountains, where GPS did not work and we started stressing that we were lost as we were in the back woods of Tennessee, one road in one road out. Single wide trailers, shacks for houses and just started thinking about Deliverance (the movie). We were just getting ready to turn around as we thought we were lost when we hit a guard's gate and a gated community. This was a wonderful area, with pool, huge houses surrounding a large lake and huge green woods all tucked in the middle of the valley of the Great Smoky Mountains and their own runway. Just for perspective a plot, not an acre is worth 300K. The race was small 5k, but they had a fly over by one of the owners' planes to start the race, which was like running Beulah race, but with twice the size of trees and shade everywhere. Hills and more hills that lead to more hills, but the weather was

overcast again, so we have really avoided the heat we were expecting. We had completed our 3<sup>rd</sup> race and we were all surprised how we felt physically and mentally, but we were now heading back to hotel to shower up.

We left Tennessee and headed to our final stop, which was going to be the original race Peachtree. On our way just outside of Chattanooga, TN, Becky had to go to restroom again and we stopped at a little hole in the wall gas station called Bimbo's. Not a place we would usually stop, but only think close, as we filled up and went in, I spotted the reason we came here, food. The lady and I had a conversation about all the fried food she was making, and it was the best fried chicken, potato wedges (deep fried), corn nuggets (cream corn and whole corn deep fried) and okra we have ever had. After eating the first piece in the car, I almost turned around to go get more, first time Becky's stops have produced fruit. We also stopped by Buckee's if you have never been the best car stops ever, we had Briskets sandwiches and my favorite from there a large sausage on a stick wrapped in a tortilla, ummm. Pre-race food is always better at Buckee's.

We finally made it to Atlanta, Georgia for the Peachtree and



went to the Expo to pick up our packets. We checked into our hotel which was downtown Atlanta only one mile from the race finish line, which was Atlanta that is great. We were also only 4 blocks away from the train to take us to the start line. We went to a hole in the wall place called the Steakhouse Lounge, which I had researched. We had some of the best and fresh seafood, which is crazy in land locked Atlanta. Becky will swear by the rainbow trout, my Salmon BLT was wonderful, and it was so good I ordered a half dozen oysters, which were fresh and great.

*(Continued on page 17)*



4th of July  
**Liberty Point**  
5K Run/Walk  
Pueblo West, CO





## Crazy Idea, continued

*(Continued from page 15)*

Peachtree started with a morning train ride to the start line, which was already packed as we pushed our way into the train. Lucky, it was a fast ride, but it was interesting as we made our walk from train to the start of the race. We walked about 1.2 mile to our chute, which was packed and up and down streets trying to figure out where we were all starting. Becky had decided that since there were so many people she would just run or in my case walk a lot with me for this 10K. We were standing at the start line in our chutes, when it started to rain, which was once again a good think, as it keeps the head down. I knew that this would not last as Becky has no patience, so she tried, but half mile into the course, I had to tell her just to leave me as she was going crazy as she couldn't really run.

The Peachtree was so packed, you would never run this race for time as there are just too many people, in waves way ahead of my time. I was doing ok, on not so strong legs after 3 days of running and riding in a car, but I was doing ok and making good time. They had fire hydrants with sprayers all over the course, which was great for a big guy like me who overheats, I was soaked, which was ok with me. I got to the dreaded cardiac hill at mile marker 3, which I have seen on tv, when the professionals race. I looked at the hill and kind of laughed to myself, they call that a hill, the 3 other races had worse hills then this. We have ran the Bolder Boulder, which in our minds is more fun than Peachtree due to most of the Peachtree is ran in the city, with little residential areas. It was great to complete the race and glad we did this race as the last race of the 4 races.

The end of the race was not the end of our crazy week, as about 30 minutes after I finished, we were walking back to the hotel, when a driving thunderstorm rolled through. It was so bad the race organizers ended shutting down the race, first time, pulling 500 to 1000 people off course with

no finish and clearing Piedmont Park, where the after party was being held. We walked to our hotel in a driving rain-storm, where I had to hold Becky's hand as going across streets the running water was over our ankles. It was a crazy way to end our 4<sup>th</sup> race, just glad to have finished and get out of soaked clothes.

We ended our trip going the opposite way, as I can never miss a chance to go to my favorite place in the world to eat BBQ ribs. We drove 6.5 hours to Memphis, Tennessee to Blue City Café, Becky ate items like baked beans, which she normally does not like. She had never been with me to Memphis and agree that this was the best hole in the wall place to eat BBQ, she even liked my fried catfish.

So, after all of that we completed our goal of 4 races in 4 state in 4 days. We drove around 3514 miles through 13 states and ate several times at Braum's on our way through Oklahoma, which has the best soft serve ice for the cheapest price. I even brought home a half gallon of the best chocolate milk from their store.

It was a great time had by all, we three have traveled all around the country together and had lots of laughs and saw some sites we would have never seen, if not for these races. I don't believe we will ever do 4 races in a row again, as it is hard both physically and logistically, but glad we did this together. Looking forward to our next adventure and encourage people to get out of their comfort zone and do races and eat food in the middle of nowhere and support small races and hole in the wall restaurants.



**At the Gowen Predict**



## Ramblin' A Few Thoughts by Ron Dehn

**Thank You:** Thanks goes out to Natalie Gowen who has been serving as the Communications Officer for our club. The main duty of this position is to maintain the club website. In addition to the routine announcements, Natalie overhauled our website and designed a new logo for our club. Thank you, Natalie, for your time and expertise. Natalie and her family have moved to Colorado Springs.

**Uncle Ted Needs You:** Well, President Ted Sillox is not the only person who needs you. Every club member needs someone to step up and be our Communications Officer. As of this writing, this position is vacant. Before the Internet, *Footprints* was the primary mode of communication with members. In the “old” days the newsletter was the primary vehicle for upcoming event information and for conveying race results. We are not in Kansas anymore Dorothy. The Internet provides a tool such that -to-date information is available 24/7 to club members. The newsletter is static. Once it is printed it is frozen in time, a snapshot. That is pretty neat for historical purposes, but not so neat when last minute changes occur to a race calendar or somebody wants SCR information on their smartphone. Our society has become accustomed to real time information. Our club needs an active website and therefore a club member who will step up and make that happen. The webmaster actually has a lot of flexibility. For the most part, the website can be maintained as the webmaster can fit it into his/her schedule. Quick / emergency notices can be uploaded in a few minutes from a smartphone. If this job is something you are interested in, please contact Ted or one of the other officers.

**Kim Arline Needs You.** See Kim Arline’s article in this issue. She is asking for help with the OMT in the future. This is a great benefit to the community. Kim and her team have carried the ball for many years. She would like someone to take over, but at the very least needs additional help with course marshalling as well as other duties.

**Uncle Ted, Uncle Danny, and Aunt Melanie need you.** Ted, Danny, and Melanie have been heading up the club, heading up the Predict Series, and heading up the Spring Runoff. Agreed, there is an army of volunteers that support these efforts, especially the Spring Runoff, but that is a lot on Ted, Danny, and Melanie’s plates. I encourage you readers to take a look at the club functions that need support and then think about how you can assist.

**Predict Series Changes.** Speaking of the Predict Series – Beginning January 2024, Ted and company are giving up the timing of these events. They have done over 50 in a row. We will still gather for running / walking and have potlucks but there will be no predicting and no timing.



Running / Walking / Socializing / Eating are the most important aspects of what we have been doing anyway. However, if an individual or group of individuals wants to take over the timing function – training will be available.

**Is Anybody Out There?** I need your feedback. I rarely hear from members about the newsletter. I often wonder if very many people actually take the time to read it. There is a considerable amount of effort that goes into producing this. The writers spend a lot of time organizing their thoughts and putting them down, re-reading and re-writing. The photographers often make selections from many photographs, and some go to the trouble of cropping them, adjusting the color / intensity and then sending them to me. And ultimately, I spend a lot of time putting this all together. Then Chris and I spend an entire evening taping and preparing the newsletters for mailing. There are a couple more hours spent to / at / and from the post office. In addition there are expenses for printing and mailing. I’m NOT complaining, but I am asking for feedback. What do you like in the newsletter? What do you not like? What additional things would you like to see? How can it be improved? Fair warning – If there is some features you would like to see – would you be willing to provide them? More recipes / bios / puzzles / training tips / etc. If you want more of something – please provide it. Please send comments /suggestions to [newsletter@socorunners.org](mailto:newsletter@socorunners.org).

**Along those lines.** I do enjoy putting *Footprints* together. It is a way I can contribute to the club and there is a lot of flexibility as to when I work on it. Sometimes it’s a half hour or 45 minutes here and there, and sometimes I devote marathon sessions. However, if one of you readers would like to take over – I will gladly step aside to let someone else take the reins. I would miss it for sure, but if you have new ideas and want to take on this role, let me know.

Thanks Readers!




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**Printing your Membership Card by Dan Neslon**

Login to Runsignup.com  
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 Click on the most recent "Membership Card" option.  
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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  
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# The Birthday Page



## 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  
 23 Dan Cooper  
 24 Paula McCabe  
 25 Brie Horton  
 27 Richard Emond  
 27 John Midkiff  
 29 Neymar Hernandez  
 29 Deborah Shaffer

## September

1 Steve Fox  
 3 Melissa Dunnahoo  
 3 Diego Hernandez  
 3 David Horton Jr.  
 4 Jane Murtha  
 5 Kristy Blondin  
 6 Lindsay Carleton  
 9 Hollie Brosseau  
 9 Chris Gredig  
 9 AnnaMarie Neal  
 10 natalie veges  
 13 Ted Johnson  
 13 Carolyn Sharp  
 17 Debra Gallegos  
 18 Shelly Carrillo  
 21 Stacey Diaz  
 22 Ronald Olson  
 22 Michael Orendorff  
 22 Michelle Smith  
 23 Gary Franchi  
 24 Amy Hernandez  
 25 Wilfredo Calderon  
 25 Kay Renee Eitel  
 25 Katie Teisher  
 26 Siria Aguilar  
 27 Cassie Pate  
 30 Thomas Herzog

## October

4 Oliver Pate  
 9 Katie Knutson  
 12 Denise Crepeau  
 12 Siri Everett  
 14 Kim Reed  
 16 Melanie Steves  
 16 Terri Tibbs  
 17 Sheri Giordano  
 18 Cindy Resendez  
 19 Raelene Moore  
 19 Arnold Tsosie  
 20 Lynn Dietz  
 20 Paul Hindman  
 22 Meno Vargas  
 23 Tyler Giconi  
 23 AnnaMarie Neal  
 26 Dorene Miller  
 28 Marvin Jones  
 31 Justin Dominguez  
 31 David Rael

## November

1 Ross Barnhart  
 2 lola Rusch  
 3 Barbara Hadley  
 3 Ben Pierce  
 4 Jordan Reese  
 5 Ernie Aguilar  
 5 Jessie Quintana  
 8 Chris Weidner  
 11 Keilin Molina Izaguirre  
 11 Richie Perez  
 14 Nicole Clementi  
 15 Juan Morales  
 16 AnnaMarie Neal  
 16 Robert O'Callaghan  
 17 Larry Volk  
 19 Ashley Ross  
 20 Aaron Griego  
 20 Kayla Roman  
 23 Chris Dehn  
 23 Richard Giconi  
 24 Paulette Arns  
 26 Evelyn Rogers  
 26 susan steves  
 27 Tim Weckx

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

### If you plan to move or have recently moved

Please Please Please update your address at [runsignup.com](http://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.

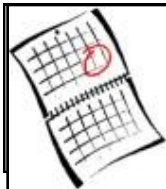
**THANK YOU a WHOLE BUNCH!**

Accept that some days you're the pigeon, and some days you're the statue.

So is it good or bad when I'm a statue of a pigeon?

Anonymous





# Race Calendar

by Dave Diaz



## AUG

<b>Sat 12</b>	<b>SCR Runapalooza 3M/1.3M Predict</b>	<b>4727Walnutcrest Ct</b>
Sat 12	Tinman Tri	Lamar, CO
Sat 19	Escape 3M Trail Run	Camp Jackson, Rye
Sat 19	Melon Run @ Ark Valley Fair 5K/10K	Rocky Ford CO

## SEP

Sat 2	Wine Run 5K	Holy Cross Abbey
Sun 3	Broncos 7K Run/Walk	Denver CO
<b>Sat 9</b>	<b>Jessie Casarez Predict</b>	<b>712 E Heron Dr PW</b>
Sat 16	PP Ascent	Manitou CO
Sun 17	PP Marathon	Manitou CO
Sat 23	Beulah Challenge	Beulah CO
Sun 24	Adams State 4M for Mental Wellness	Alamosa CO
Sat 30	CS Marathon	Co Springs

## OCT

Sat 7	Rim to Rim	Royal Gorge
Sat 14	Grassroots Gravel Bike Race	starts/ends Union Ave District
<b>Sat 14</b>	<b>Harvest Run Predict</b>	<b>Gold Dust Saloon</b>
<b>Sat 28</b>	<b>dia de los Muertos Predict</b>	<b>Imperial Memorial</b>

## NOV

Thu 23	Pueblo YMCA Turkey Trot	YMCA
Fri 24	Christmas Mtn Run	Salida CO
<b>Sat 25</b>	<b>Temple Canyon Predict</b>	<b>Cañon City</b>

## DEC

<b>Sun 3</b>	<b>Rock Canyon Half Marathon</b>	<b>Pueblo City Park</b>
<b>Sat 9</b>	<b>Nelson's Pretty Fast Predict</b>	<b>614 E Marigold Dr</b>

## Clever Insults

"He has all the virtues I dislike and none of the vices I admire."  
-Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure."  
-Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary."  
-William Faulkner (about Ernest Hemingway)

"His mother should have thrown him away and kept the stork."  
-Mae West



## Training Tips Courtesy Dan Nelson



### Running Tips

#### Run More Hills

“One of the beauties of hills is that they really work on dynamic power, hip strength, and hip mobility because you need to be able to go and drive those hips really high to get up.”

—Jay Bouchard, online editor at 5280

#### Close Thumbs Over Fists while Running

This is a weird technique popularized by famous runner and coach Alberto Salazar. Many people run with their thumbs pointed up, but this tenses the forearm muscle and, through a long domino like muscle chain, can create unnecessary muscular fatigue.

—Brandon Mentore

#### Slow Down Your Breathing

Breathing is the No. 1 thing that beginners and intermediate runners do wrong. It may be counterintuitive, but most distance runners are breathing too much. By trying to bring in so much oxygen so quickly, you’re not getting rid of all the CO<sub>2</sub> in your lungs. As a result, you’re starving your lungs of oxygen—the exact opposite of what you want. Slow down your breathing, relax a little, and you might find running is much easier.

—Scott Keatley, USA Track and Field Level 1 certified, former cross country coach, and a consultant at Keatley Medical Nutrition Therapy in New York City

#### Tread In All Directions

I regularly run backwards and sideways on the treadmill. This activates muscles and micro-tendons you would never use in normal, everyday workouts, thus increasing strength, stability, and support for the muscles that are typically overused when running. It also builds core strength by forcing your abs to engage to help you balance.

—Cindy Slansky, RN, a competitive runner and CEO of [GreenPaxx](http://GreenPaxx.com)

### Cycling Tips

#### Cycling Turning technique

When cornering, ensure your outside pedal is at the lowest position, with pressure being placed on it. This will give you more grip, particularly in the wet, and make sliding out less likely.

By BikeRadar.com

#### Observe Cycling Etiquette

Be courteous while riding and observe basic cycling etiquette. Some tips include:

- Share the road with cars and paths with runners, walkers, horses, and other cyclists.
- Ride on the right side of the road or path, following the direction of traffic.
- Use hand signals to make cars and other cyclists aware of your turns.
- Observe traffic laws, including traffic lights and stop signs and speed limits.
- Announce yourself and your intent to pass other cyclists saying “On your left” when passing cyclists.

#### Proper hand and wrist alignment while cycling

Keep a constant check on your wrist and hand alignments. Proper blood flow to the hands and feet is pertinent for ride comfort. Always ensure your core muscles remain engaged to take unnecessary pressure off your hands and shoulders. Road cycling should not leave you with numb hands, a stiff neck, aching shoulders, or injured feet and joints.

Jennie T. for obovabikegear.com

#### Use Blinking Lights

Equip your bike with a blinking red light in the rear and a headlight in the front (preferably blinking also) Use these lights every time you ride

Ron Dehn

**26.2 miles = 138,336 feet = 461.12 football fields**





# Predict Photos





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