



SOUTHERN
COLORADO
RUNNERS



Footprints

The Fall Edition
Volume #354, Issue #4
Editor: Ron Dehn



Rock Canyon Half December 3
See Page 13

Paul's Thanksgiving Charity Run
See Page 22



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SCR Annual Banquet Jan 27. Mark Your Calendars



Dia de los Muertos Predict



More Dia de los Muertos Photos



Contact Us

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

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Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org
www.socorunners.org/triclub

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www.facebook.com/SoCoRunners

The SCR meetings are held at 6pm on the first Wednesday of each month at 1601 Bonforte Blvd.

To Ponder...

What I do today is important because I am paying a day of my life for it. What I accomplish must be worthwhile because the price is high.

It takes only one person to change your life - you. -Ruth Casey

Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has. - Margaret Mead

Go often to the house of thy friend, for weeds choke the unused path. -Ralph Waldo Emerson

Nobody likes a noisy athlete. Prove yourself on the day of the race. -Joe Vigil

A conclusion is the place where you got tired of thinking. ~Attributed to Arthur McBride Bloch

Don't feel guilty about driving somewhere nice to run. If people can drive to a park to eat hot dogs, you can drive there to run. - Bill Rodgers



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, Melanie Nelson, Biranda Seidel, Desiree DallaGuardia, Marijane Martinez, Mary Yang, Sean McGivney, Paul Hindman, Melanie Steves, Ashlee Sack, Cathy Dehn, Dave Dehn, Dave Diaz, Paul DallaGuardia, Kelvin Kiptum Cheruiyot *

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.

*Kelvin Kiptum Cheruiyot of Kenya is the only person in history to run a marathon in under two hours and one minute in a record-eligible race. In October 2023 he ran the Chicago Marathon in 2:00:35. That is a pace of about 4:36 per mile.



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



A message from the president Ted Sillox

Hello Members,

As I write this message the fall leaves are starting to come out and there is snow falling in the mountains to the west. Summer has arrived and left and thoughts are already turning to fall and winter races. The Turkey Trot races in November are quickly coming up and so is the Rock Canyon Half Marathon in December. We have new race directors for Rock Canyon with Steve and Katie Fox taking over for Eric and Melanie. I am much obliged that Eric and Melanie recruited and arranged for the Fox family to take over the race. Thanks to all of you for putting in the required work to keep this race going. The course will have a detour this year as Pueblo Water is working on the barrier dam below City Park and the older wooden bridge will soon be closed for travel. Construction is slated to start in November as the required work needs to be completed during low flows. Hopefully we will still be able to run down the concrete trail by the softball field. If you are not planning to participate as a runner in Rock Canyon please sign up to volunteer working a water stop or some other job to help produce this race.

I keep trying to recruit new members to our club and I am often surprised at how many runners in this area are unaware of our club. I was getting mail from my mailbox today and happened to be wearing my Southern Colorado Runners jacket as my neighbor ventured by. She asked me what the jacket was advertising and I explained about the club, the predicts, breakfast run, discounts etc. and gave her a card. I asked her if she was a runner and she said yes and that she has friends that run with her. She was somewhat aware of our club as her friend had bid on and won a basket with items from Southern Colorado Runners at the recent autism auction banquet. Martha Drake supplies this basket for the auction and hopefully we will recruit some new members. Please inform other runners about our club when you see them running and try to recruit people to join.

Earlier this summer Ron Dehn and I made a trip down south to Trinidad State Park to educate their staff and volunteers about what it takes to have a successful race. Their race is done in coordination with Cheyenne State Park so you can sign up for both races in parks with great scenery. I am planning on doing both of these races next year. The organizers were not aware that they had picked the same date for the Fishers Peak race as the Beulah Challenge and we advised them to consult our race calendar next year before picking a date. Dave Diaz does a great job keeping the calendar up to date. Our club loaned the Trinidad crew the older time machine to punch in the bib numbers and Ron had an excellent set of directions on how to start and end a race and did a great job of explaining and demonstrating how to direct a race. On the way home I told Ron we must be getting old as he is the newsletter editor and I am president and neither of us remembered to take pictures of the training. In the end their race was a success and our club helped to promote the sport of running. We also have Dave Rael and Marilyn Vargas working with the Pueblo West middle school students timing races and promoting the sport. Some of the equipment they use is older but it works and allows the club to be promoted and advertised.

(Continued on page 5)

The Predict Series By Ted Sillox



Yesterday was our annual fall gathering for the Harvest Run held at the Gold Dust Saloon. Unfortunately, it was a cooler fall day so the patio wasn't quite as warm as we hoped for but the free taco bar was outstanding and the free beverages to wash it down was great. Long time member Dave Diaz arranges the venue and meal so thanks to Dave. Members wanted something more than finger food this year and the taco bar was perfect. There was a large pan divided into 2 sections with one being rice and the other pinto beans and the beans were very tasteful. The condiments had a salsa that I thought was delicious and the pico de gallo was also very good. If you didn't attend you missed out.

Going back through the summer we had some fun predict runs. July saw us drive to Colorado Springs to the new home of Natalie and Joe Gowen and run in the hills near their home. Their Pueblo run was titled Vison Hills and the name fits perfect for their new residence. They live in southwest Colorado Springs in the foothills and the area has plenty of trails for walkers and runners to explore. I had never been in their neighborhood before and you don't really know what an area is like until you actually venture there. All we know is the 1-25 corridor. Hopefully Natalie will keep hosting a predict race.

Hot August saw us in the Omega neighborhood at the home of Dave and Stacy Diaz for Runaplooza. Summer predicts are much more fun as all you need are shoes, shorts and shirt and you don't have to ponder whether you will need gloves or stocking hat or jackets etc. Their neighborhood is relatively flat so the running there is always more relaxing. Our club is lucky that we have long time members who keep hosting and helping us along.

The cool September mornings saw us at the Pueblo West home of Rocky and Jessie Caserez for the Badger Land predict. Every year I look around at the new homes out there and it makes me remember when you could run carefree on most of the roads out there. I sent Ron a picture of Jessie and Rocky's dog as he decided our timing mats were the best place to rest on during the race. The only bad thing about this run is that you realize another summer is coming to an end and soon we will be running in gloves, ugh! There is always some great food at all of these races with the potluck after so if you are not attending, please consider it.

We are always trying to motivate people to join so the predict races will be changing next year to the raffle race series. The way they are operated now only 10-12 percent of our club attends so we are hoping that a more relaxed atmosphere with no timing will attract more members. The plan is to have a raffle, you must be present to win, at each predict and the more you attend the more tickets you will get for the big raffle prize at the banquet.

Let the good times roll,
Ted



Along for the ride

By Melanie Nelson

What do you say when friends ask, “Would you like to go to Washington State and run a race with us?” “Sure!” Is my answer. Fortunately for me, all of the planning was done by Deb, Rich, and Dan. I think the only decision I had to make was what distance I was going to run, lol.

We decided to go to Westport Washington. (July 7-10th) It is a cute little fishing town on the coast. It has a population of about 2200, so when there were over 200 runners for the all three races, that’s a great turnout! Yes, three races to choose from, a 5k, 10k, and half marathon.

All runners start on main street at the marina, go down and around the Fishermen’s Memorial and then head for the paved trail around Half Moon Bay and through Westhaven State Park. A little farther down the trail, the 5K folks will turn around and head back to the starting point. Those running the 10K will appreciate the ocean views as they continue south on the trail and then run around the Westport Lighthouse before returning to the marina. After running around the lighthouse, the Half Marathon participants will follow the signs to the

beach where there will be 5.7 miles of running in the sand before returning to the marina.

They did a staggered start for all the distances on a perfect morning for running . Slightly overcast with a slight breeze. It was a paved trail run with rolling hills along the coast. As you head out past the watch tower and continue along you get to see a few surfers catching a few waves. Then we turned and headed toward the lighthouse that we checked out the day before, ran around it and headed back. As the watchtower came back into view you could hear the waves crashing against the rocks, turn and there’s the finish line with the shop owners, visitors, and other runners cheering you in.

We tried a variety of local restaurants that offered salads, burgers, fresh fish, fish and chips, and the local donut shop that usually sells out before they close at 2pm.



Deb Hadley
(Left)
Rich Hadley



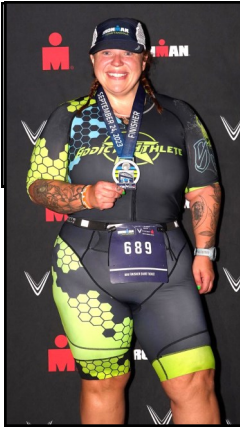
(Continued from page 4)

I was shopping at Lowes recently and noticed all of their Christmas items were already on display and it got me to thinking that our annual banquet is just around the corner. The great thing about having it in January is that most of the banquet venues are readily available for rent as most celebrations are in December. The banquet is a great place to visit with other runners and view the slide show so please plan on attending this year. I plan on having a desert table this time.

Keep Moving, Ted

That’s Pretty Corny

Market leader Brach’s churns out approximately 30 million pounds of candy each fall. That is enough candy corn to circle Earth about 5 times. In 2022 that amounted to \$75 million in sales for Brach alone. As far as nutrition – 19 candy corns is equivalent to 140 calories and 28 grams of sugar which is in the same ballpark as many other Halloween candy staples. Source: Pueblo Chieftain



My First Full Ironman

By Biranda Seidel

There is something to be said about being a spectator at any Ironman event that really inspires you. It lit a flame inside of me that I truly didn't know I had. After watching my friend become a Ironman, I knew this was something I wanted to do.

3 short years ago is when I started my triathlon adventure. I registered for my very first Sprint triathlon. Going into this I had actually never done any sort of open water swim. In fact, swimming was fairly new for me! I struggled to swim 25 yards without having to take a break. After I completed my first Sprint Tri, I was so proud. The challenge of this sport just left me motivated for more.

I was lucky enough to travel to Tennessee to watch one of my great friends complete the Chattanooga Ironman. I came back from that trip and signed up for Waco 70.3. In the months following I learned and grew so much. I conquered Open water swimming and to my surprise, I really enjoyed it. During my training I also developed a love for biking. Being on my bike is where I found my core power and strength. It honestly felt like it was super power. Fast forward 20 weeks later to where I was standing at the start line full of excitement and nerves ready to race. The day was incredible and so much fun. On Oct 16th, 7 hours later I crossed the finish line for my first 70.3 Ironman race.

All of these events led me to signing up for a full Ironman. A few months after Waco I decided to sign up for Chattanooga, the same Ironman that I got to watch my friend complete not long before. I had the honor of doing this one with two of my best friends who I met at SIC (stay invincible Colorado) Katy Frazier (her 1st) and Rob Archuleta (his 7th)

I knew training for this one would be more intense but I knew with the support of my family, I could do it. I am truly so blessed to have the most supportive husband and family. Not to mention the extra bonus of being able to train with two of my best friends. They made hard days and long miles a little bit easier. 25 weeks that consisted of 6 days of training. Most all of my days started at 3:30 a.m.! I went into this journey with a plan and I knew I didn't want to sacrifice time away from my family. With



that, the bulk of my training started and finished all before my family was awake, with the exception of my weekend rides and runs.

I knew these training months would be grueling and hard but after each week I found myself getting stronger. Training with Katy was such a gift. Being able to train beside her was the encouragement I needed because I knew this was a challenge I hadn't faced. I came across this quote during that time and it has stuck with me.

"Don't be afraid to play with the big girls. If you want to get better you have to push yourself and be ok with getting your butt kicked. Do it anyways."

The weeks were full of learning and pushing myself to limits I'd never been to. Some were hard mentally and some physically, but I just took each week as a step closer to getting to my goal.

On September 24th, it was time to put all my work into action. What a surreal moment it was being the athlete instead of the spectator this go around. Ironman Chattanooga is the longest Ironman. It consists of a 2.4 mile swim, 116 mile bike (normally 112) and 26.2 mile run. 2023 had 1,700 athletes representing 49 U.S states and 22 countries. A fun fact that was shared at the Athlete briefing was out of the 1,700 athletes, 400 LADIES made up that population. I felt pretty special!

I woke up the morning of the race feeling pumped. I actually got really great sleep which is unusual the night before any sort of race. My sweet family had balloons and posters in the kitchen waiting for me, and mom made me my pre-race breakfast. My awesome sister Brandis did my hair. (It's tradition at this point. I won't ever do a race without my special hairdresser by my side) My Dad, Brandis and my daughters Roma and Gracie loaded up my gear in the car and they headed to drop me off at 4:30 a.m..

I walked into transition and felt myself getting emotional. All of the hard work, training, sacrifices and small hiccups all led up to this moment. I had spent the last 25 weeks training for this one day. All early wake up calls and long hours on the bike and many miles on my legs. It was time for me to put in all into motion.

I found my bike, and noticed my friend and mentor Rob was taking care of me. He was pumping up my tires and making everything was good. Katy joined us and we got all set up and loaded the bus to head to swim start. Katy and I got ourselves in a pace group and around 8 am it was our turn to jump in. My goal was to be out of the water in 1:10 (time cut off is 2:20) I wanted to focus on staying calm and try to enjoy the swim. Katy and I gave each other a pep talk and we were off. The water was warm and the start was really

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Ironman Continued



(Continued from page 6)



steady. I found my space in the water and began to sight. I noticed right away the bouys were coming fast. The swim was great and I knew once I could see the bridges I was almost finished, and the bridges came up fast! Before I knew it, I could see the sea of volunteers ready to pull me out of the water. I immediately spotting my family and looked at my watch- Time 55:26 I was so happy! I headed into transition.

I have never experienced the changing tent. The volunteer that had me was amazing. She instructed me to sit down and she got me dressed and packed my nutrition in my pockets, put sunscreen on me and I was off.

The bike course was 2 loops. My plan was to ride smart the 1st loop and to stay on top of my nutrition. The course was really beautiful but it was open to traffic. I had a scare around mile 20 when a car passed me and attempted to turn right in front of me. His car touched my front tire. I was thankful I was paying attention and for my loud voice! Me and a guy behind me yelled so loud and car slammed their breaks on. After that, I got myself calmed down and settled into my pace. Lots of rolling hills with a few bigger climbs but nothing crazy. I got to ride with Katy for a bit and that was the best!

I hit the 2nd loop and got to see my family, Jessie and Stacey and that was the boost I needed. The 2nd loop came with a bit of a head wind but nothing I couldn't handle. At mile 85 my feet started to burn. I tried to focus on how beautiful it was out there and not that all 10 of my toes felt broken!

I think around mile 95 is where I dropped my chain on a climb but it was actually a chance to get off my bike for a bit and gather myself. My chain was jammed and it took me a few minutes to figure it out. After adjusting my shoes I jumped back on and made my way back into town. I really

enjoyed the ride and was proud of my effort. The bike is my strength and it's where I find myself happiest.

Upon completing my bike, I grabbed my run bag and made my way into the tent. I was so glad to get my bike shoes off! I knew my left pinky toe was in bad shape but didn't give it any energy. Once again, the volunteer got me all ready and sent me on my way.

Surprisingly I was happy to be on the run. I no longer had to worry about mechanical issues, accidents or flat tires. It was just me and my body.

I struggled to find my legs the first 2 miles. The first 4 miles we ran on the highway and it was exposed. There was zero shade and it was HOT the whole way. I decided to be smart and keep my heart rate down. Once I got to the park I found some shade and started to get a plan together. I played the run to that tree and then walk for 60 seconds game. I knew I still had Barton (lots of hills) ahead of me and I started found myself starting to struggle. The time cutoff mind game started playing in my head and I knew I needed to kick it into gear. Barton was HARD but the support of the spectators in that area was a game changer. So many cheering and lots of encouragement. I knew my family and friends would be waiting for me at mile 13 and that kept my legs moving. Once I got there, I my sister, my girls and my niece and I lost it. I was deep in the pain cave and had no idea how I was going to pull another 13 miles out of me. My sister said a few simple words "get of your head and RUN"- in that moment, something so basic made it click, and seeing my husband Steve and my girls reminded me of my why! I started this journey for many reasons but mainly to show to my girls that they can do anything they put their mind to, and I knew they needed to see their mom finish this race.



I knew I had to be to mile 20 by 11:20 so I put my head down and went to work. The last 12 miles I picked someone or something I was grateful for and thought of that for the whole mile. It really made the miles go by fast. The last half of my run was really great. I got to mile 20 and asked the volunteer what time is was. At this point my watch had died and I had no concept of time.

He said "oh honey it's only 10:15... you've got this" I was so happy and it was at that moment I knew I was going to make it. The last 6 miles I really tried to be present and soak

(Continued on page 8)



'CLINICAL MASSAGE THERAPY BY DESIREE' DALLAGUARDIA' IS PROUD TO SUPPORT SOCO AND T2 ATHLETES DISCOUNTED RATES ON TREATMENTS

Desiree' has been a competitive endurance athlete and practitioner of a wide variety of movement practices for 20 years and a massage therapist for 12 years licensed in the states of Hawaii and Colorado. Desiree' understands the importance of self-care in maintaining balance in strength, flexibility, and mobility, supporting injury free performance in training and competition. Desiree's practice specializes in injury prevention, rehabilitation and maintenance always operating from the foundation of being client centered, evidence based and results oriented.

DESIREE'S INTENTION IN WORKING WITH SOCO/T2 IS TO BE A RESOURCE FOR ATHLETES WANTING TO ENHANCE THEIR ATHLETIC PERFORMANCE.

60-minute Massage Fee \$65 – ***SOCO/T2 Discounted Fee \$55***

90-minute Combination of Movement & Massage Fee \$95 – ***SOCO/T2 Discounted Fee \$80***

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In addition to her offering hands-on treatments for musculoskeletal conditions she also offers sessions of body awareness movements that are structured specifically for the athletes presenting pathologies. NOTE: All athletes are treated with clothes on. (Please wear cotton pants/shorts and loose cotton t-shirt for treatments).

Ironman Continued

(Continued from page 7)

it all in. Barton was just as awful the 2nd loop but the support was great and that made it fun. Once I hit mile 25 is when I could hear the announcer and I got so excited. Right then I looked up and my Dad was waiting for me. My Dad has done this for every one of my races. He waits for me and finishes the last mile with me. This was so incredibly special to me and I know it was equally as special to him. We ran over the bridge together and as I turned the corner and all my pain went away. I could see the lights and the Ironman carpet.

I ran in like it was my 1st mile! I felt nothing but pure joy. I could hear my friend Jessie screaming so loud... then I see my Mom, Brandis

and my sweet girls. And then the best words, "Biranda Seidel you are an Ironman" One of the best things about the day was seeing my husband stand there looking at me so proud. If it wasn't for him this wouldn't have been possible. He has been my biggest cheerleader and support. He always knew when to push me and when to tell me to take a break. I am forever grateful for him. No words can explain how much he means to me. Ironman training is not for the weak and it's hard on everyone involved.

Triathlon has changed my life. It's been an outlet for stress. It's been therapy on low days. It fills my soul with so much joy. It has blessed my life with an amazing community of friends that I now consider family. It's truly a gift wrapped up in passion and victory and my life is better because of it.



GTIS (Georgetown to Idaho Springs) Half Marathon August 12, 2023
 By Marijane Martinez



I believe it was Gloria and Diane who initially suggested registering for the GTIS half marathon. Initially, they as well as Debbie, Kris, Joey and I registered. As is the case for many events in our lives, things happen and as a result Diane was off to Mexico to relax on the beach with her husband, Jerry and their son, Aaron and his significant other, Robin. They were celebrating Aaron's birthday! Kris, sadly couldn't make the event because her dad passed away. Paula McCabe and her daughter, Morgan also registered.

As with all longer distance running events, we attempted to follow a training schedule. This one I found online. I liked it because it had fewer longer runs on the weekends. Overall, training went well with some following the training schedule more than others.

Debbie found an Airbnb in Idaho Springs, so we were set.....or so we thought. We left the Friday before the half, picked up our packets and headed to the Airbnb. It had touted a hot tub which sounded amazing to us. When we drove up to the location in the mountains outside of Idaho Springs, it looked amazing! Beautiful location! Debbie proceeded to the back door to get into the house to open the door on the bottom floor for us. The hot tub was right next to the door. Excited as I was, I opened the top of the hot tub and stuck my hand in the water. ICE COLD!!! Go to the B.A.R. Marijane! (Breathe And Relax).

We unloaded our luggage and went out on the deck to enjoy the beauty and a beverage. We were having spaghetti with meat sauce, salad, and garlic bread for our prerace dinner. I decided to make the sauce before we left town so I would just have to warm it up. The sauce was warming, the bread was in the oven and the water was on for the pasta. The sauce and garlic bread started giving off this amazing aroma. Then just like that, THE POWER WENT OUT!!!! Debbie and Joey quickly found the breaker boxes and went through and checked them all out. No luck! Debbie then called the host and surprisingly, no answer. She left a message. We proceeded to call the power company and found there were no outages in the area. Debbie called Airbnb and was told they would contact the host. Fortunately, the sauce was warm, the bread was done and we had a salad. We sat down and dipped our bread into the sauce, had our salad and followed it with homemade cookies Joey brought. Yummy!! I told the ladies, "We are making lemonade out of lemons!" Knowing it was going to eventually get dark we found a flashlight.....wait for it, NO BATTERIES!! Airbnb called back and said the host contacted the power company and they would be out at 10:00 p.m.!!! HELLO, NOT ACCEPTABLE! Our phones needed to be charged so we would have been sitting in the dark until the power company showed up! NOT! Debbie told them we were going to look for a

hotel and exit stage left. They said they would talk to the host about refunding our money. Joey found a hotel in Central City, we packed our bags and headed out. After it was all said and done, we only had to pay \$6.00 each for the room as Airbnb covered the remainder, and we did get a full refund from the host for the Airbnb! Additionally, we were able to gamble a little. BONUS!

The race was good. The weather was overcast the entire race. Changes were made to the course which I liked with the exception of the "Hill from Hell" in the final mile. It was a staggered start so you pretty much started whenever you wanted. We didn't run around Lake George like we had in the past but the course was fun and well-marked with plenty of volunteers. More and more races are starting to try to eliminate cups so we all took our own nourishment which wasn't an issue because that is how we train. I was however surprised they did not have Gatorade or a like substitute, only water. They did not transport our bags to the finish line which was different but they were giving away last years shirts so we each got one to put over our wet clothes. They changed age divisions to 10-year increments and Gloria and I were lucky enough to place 2nd & 3rd respectively in ours.

We saw Paula McCabe and her daughter Morgan and sat with them to have a beverage after the race. The issue with the Airbnb was in my opinion, unique. I have stayed in many and never had issues or if I did, they were addressed immediately. This was a fluke but all in all, it was a great weekend. We all ran well and have yet another memory!

**L to R:
 Mj, Gloria, Debbie, Morgan, Paula, Joey**





Rim to Rim Royal Gorge

By Mary Yang



The Rim to Rim Royal Gorge Races celebrated another record-breaking year with 625 registered runners, a dramatic increase from last year’s record of 498 registered runners. The success of the race is particularly exciting because it is Starpoint’s biggest annual fundraiser. This year’s runners finished under a new banner reminding them “You Ran for A Reason!” For the last 45 years, Starpoint has provided services and support to two vulnerable populations, adults with cognitive and physical disabilities, as well as children and their families in Fremont and surrounding counties.

The Rim to Rim underwent some dramatic changes in its 13th year. Consolidating from a two-day event to a one-day event made life easier for our host the Royal Gorge Bridge and Park. Our hard-working volunteers were also thrilled. The City of Cañon City and Fremont Adventure Recreation (FAR), a local non-profit, have partnered to create the trail system surrounding the Royal Gorge Bridge. Moving the iconic half marathon from the roads to the trails this year enabled our runners to experience some of the most beautiful vistas in Colorado. Also new this year was ensuring our youngest participants got to experience the magic of running across the highest suspension bridge in the United States. Watching toddlers through tweens running in costume across the length of the bridge was an experience we won’t soon forget.

One thing that hasn’t changed is the strong partnership we have with the Beulah Challenge in the Over It SOCO series. Series participants get to run two beautiful races for a great price. I really enjoyed working with the new Beulah Challenge Race

Director Paul Hindman. His energy and enthusiasm have set the stage for the continued success of our two small town races making a big impact.

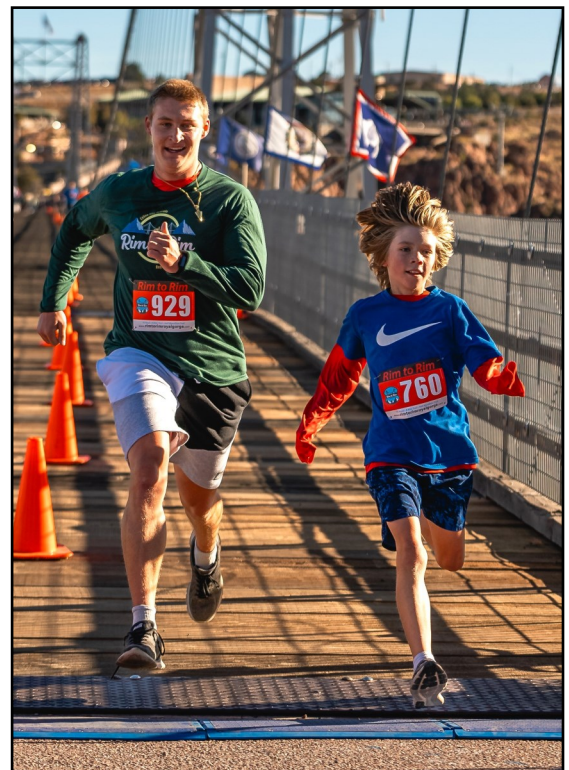
Our whole town really comes together to support Starpoint and this event. We couldn’t do it without many engaged volunteers of different backgrounds and abilities pitching in. The individuals, organizations, and businesses who sponsor the Rim to Rim are a key facet of why our race is able to grow each year.

One of the hallmarks of our race is positivity and hospitality. Many participants commented to volunteers throughout the course that



“everyone was so positive and friendly.” Our volunteers felt the same about the runners, noting their friendly demeanor and graciousness. The crowds’ support and energy during the awards ceremony was particularly remarkable this year. They cheered on the top runners who received awards made from Royal Gorge Bridge planks. While we’re looking forward to another record-breaking year in 2024, we also think next year the race may sell out for the first time! It’s important to us that our race stay small enough for everyone to enjoy it while the energy and excitement remains high.

I couldn’t be more proud to direct an event that brings together three of my biggest passions in life – the great outdoors, running, and providing support to those who most need it.



Over It - SOCO Series: The Beulah Challenge & Royal Gorge Rim to Rim

By Sean McGivney



Jitka and I made a serious commitment this year and registered for the Beulah Challenge half marathon and the Royal Gorge Rim to Rim 8 miler. We have both run half marathons previously, so we both know what that feels like. Jitka has a special birthday coming up and has entertained the idea of trying her first full marathon. I told her that when I did the Beulah half marathon previously, it felt more like I had run a full marathon than a half marathon, so she would get a closer idea of what that feels like than she would any other half marathon we've ever done. So we both signed up for it, and thought the Royal Gorge Rim to Rim looked fun, too, so we chose the 8 miler since the half marathon seemed a bit of a risk, not knowing how Beulah would go.

The day of the Beulah Challenge was a great, cool Colorado morning for running. Our good running partner, Juan Morales, also joined us. We agreed to all run together, at the same pace, so we could keep an eye on each other. I'm especially thankful for this, as I'm the Old Man of the group and I tend to do stupid things if I don't have sound minds/voices to suggest reasonable alternatives. We ended up finishing within about 5 seconds of each other.

If you've not run the Beulah half marathon, think of it as an 7.5 mile run at elevation, followed by a 2.5 mile hike, followed by a 5K. It's not easy, and I recommend taking some fuel with you that your body can handle while you're on the hike part, just before the last 5K. If you go too fast the first 8 miles, you will feel fatigued on the hike, and you will have a higher risk of rolling an ankle or taking a spill. I suggest an easy pace, and you can always pour it on the last 5K if you have the energy.

The views throughout are great, as you might expect. The turnout is strong for a small community race, but it does not feel crowded. If a half marathon seems like too much, there are 10K & 5K options. We really liked this race, and will most definitely do it again.

We had not ever attempted a Royal Gorge race, but had always wanted to, and this was a fun one. Once again, the weather was perfect, if a little on the cool side to start. There were a lot more participants for this one than the Beulah Challenge, most of them doing the 5K option.

About 6.5 miles of the Rim to Rim 8 mile race was on a single track trail. Jitka and I got separated by about 5 runners heading onto the trail, and so could not run together (not that this was really a practical option for anyone). The views during the were nice...I assume, since I spent most of it staring at the ground 5 feet in front of me. It was never treacherous, but you had to strategically choose when and where you could step off to take a break or take in the view. I did witness one person fall, a few

who slipped (including myself), and one dude who thought he broke his arm swinging it against a rock while trying to maintain his balance. A lot of folks ran with their dogs, which in a way was nice (if you like dogs), but I don't know if this was the best race for that.

We started in the Royal Gorge parking lot, ran the trail, then went back through the parking lot and over the suspension bridge to the other side. This was a lot of fun and a unique experience! My chief concern was the staggering of the starting times for each race (again, there were multiple options). Many of the 5K participants were walking toward the bridge, up to 3-4 abreast and oblivious to others, while the 8 milers and half marathoners were finishing. This was mildly annoying in the parking lot, but finishing on the bridge made a potentially anxious finish almost dangerous, as we were funneled between cones and groups were walking back the other way.

I was exhausted after pushing myself the last mile. I don't think an additional 5 miles on the trail would have been possible for me. It would be fun to do this again next year. We saw many SCR members here and at the Beulah Challenge, which was nice.

After the race, Jitka and I enjoyed taking photos from the bridge and a gondola ride. It was just the two of us, so it felt like a date, which we don't get to do often. Afterwards, we had a nice breakfast in downtown Canon City.





Beulah Challenge-2023

By Paul Hindman

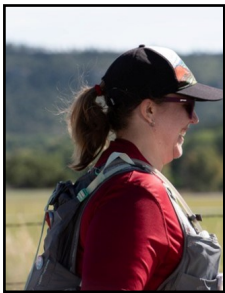


The Beulah Challenge is a Half Marathon, 10K and 5K. It's been in around since 1996 and supports the extracurricular activities at the Beulah School of Natural Sciences with activities such as field trips to the Pueblo Mountain Park to learn about the flora and fauna of our environment. The Southern Colorado Runners this year donated funds through their community grant program to help advance this effort. I've run the Half for many years as well as volunteered to be a race marshal. Last year the Beulah Educational Support Team, which is the 501(c)3 that supports the school and oversees the Challenge, asked me to step up and be their race director. Because it supports the kids I decided to accept. The Beulah community really supports this race so the job went relatively smooth. I didn't know it but My daughter had a surprise for me. The day before the race at the packet pickup in Pueblo, and while I was busy looking at the list as the participants checked in, I looked up and saw my daughter. She lives in Oklahoma and registered under a fake name. What a great surprise! My son-in-law and grandson also registered. Here they are running in the race.

To add a little different flare to the event, I contact our local Beulah Valley Pottery to see if the owner, Sumi von Dassow, would make commemorative mugs for the first place overall winners. She graciously agreed and made them which I know will be treasured by the winners for years.



For the participant medals, Tony Pemberton, the Maintenance Director at the mountain park, created wood cookies with the race logo stamp. They were then delivered to the school and all the students put an inspiration message on the back. The older students did some incredible art work and the younger students had fun with pictures and symbols. I heard from many runners how special this was.



Saturday, September 23rd, was the big day and we had 160 runners. The weather was beautiful with sunny skies. At 8:00 Adam Davidson, with

Grass Roots Gravel, gave the start signal for the half marathon. At 9:00 and 9:15 the 10K and 5K respectively were also off and running. In the 5 K, our SCR Vice President and President were in the lead pack. Ted Sillox tried to keep up with Dan Nelson but he was too fast. Dan won the overall men's title and Ted came in fourth. Both of these guys continue to amaze me that even at an "advanced" age, they not only keep up with the younger runners, but can beat them. Great job and congratulations to both of them.



To end the morning, everyone made it in safely but with a few sore muscles. Apparently we have some hills and altitude that Pueblo doesn't have. If you ran in the race, thank you. If you weren't able to run in this year's event, we hope to see you next year. Maybe I'll even add a few more surprises that aren't in your "normal" race.

Cheers and may the wind always be at your back.

Dan Nelson taking 1st Place in the 5K
Ted Sillox (right)



Rim to Rim Royal Gorge Race

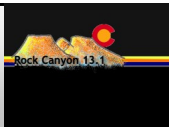
By Paul Hindman



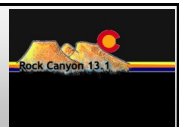
On Saturday, the 13th, the annual Rim to Rim Royal Gorge Race was held. Several of the Southern Colorado Runners members were present and did an amazing job. There was a 5K road and an 8 and half marathon trail run. I ran the 8 mile and saw at the start of the race Ted Sillox, Roger Giordano, and Sean and Jitka McGiveny for our club. I'm sure there were others so sorry if I didn't see or recognize you. Looking at the results, Ted and Roger both won their age groups. I didn't win but I wish Ted would hurry up and have his birthday so he would move out of my age group and I could move up the list. Sean I hope you stay in your age group for a few more years.

Mary Yang organizes this race to benefit Starpoint which provides essential services to two vulnerable populations, adults with cognitive and physical disabilities, as well as children and their families. She does a great job and it really is something to finish the race by running across the bridge. I snapped a couple of pictures at the end of the race of those two speed demons, Ted and Roger, with their winnings. It's a wood block made from the old planks that used to be the decking for the bridge.

This is a race that should definitely be on your bucket list. Incredible scenery and the weather is usually good. At least it was this year.



Rock Canyon Half Marathon December 3, 2023



**We are excited to announce that Rock Canyon will have new Race Directors!!!!
Katie and Steve Fox!!!**

This super duo has been a part of our SOCO Runners Club and Rock Canyon Volunteers for as long as I can remember!

Katie and Steve Fox will be keeping the race awesome as always, plus bring in their own creative flare. We will help behind the scenes this year with all the confidence in Team Fox to provide another year of Rock Canyon Half Marathon Fun!!!

**Get registered early to ensure your spot and to get in at our early registration pricing!
We can't wait to see what these two add to our race day experience!**

-Eric and Mel





Tunnel Vision Duathlon

By Ashlee Sack



Historic Tunnel Drive features in a few local races, but none that highlight it in the name. On Saturday, October 14th, the tunnels took center stage at the first-ever Tunnel Vision Duathlon in Cañon City. The event was a departure from the “average” 5K, offering participants an opportunity to ride their bike from Centennial Park to the Royal Cascade Trailhead, dismount, and ascend one of the steepest trails in Fremont County, and then return to the park. Beginners traveled only .25 miles up the trail before admiring the view and descending. Intermediate runners went 1.75 miles to a gorgeous overlook featuring views of the Arkansas River and the Royal Gorge. Advanced runners – 15 in total – managed to reach the top of Fremont Peak, a 4-mile trek that covered over 1,800 feet of elevation gain.

The event was unique not just in its structure, but also in the fact that it attracted such a wide variety of participants. The youngest duathlete was just 3 years old and completed the sprint distance course, designed for children and families.



Note that Royal Cascade is very steep and remote. Be careful to carry the 10 essentials and be safe. Trail information can be found at: <https://trails.colorado.gov/trails/royal-cascade-26980> Fremont Peak is also accessible from an alternate trailhead, East Ridge Campground, at the Royal Gorge Trails. The 4.5-mile out-and-back route is available at: <https://trails.colorado.gov/routes/116175> Views from the top are incredible and stretch from the plains in the east to the majestic Sangre de Cristo Mountains in the west. The first annual Tunnel Vision Duathlon was supported by various local entities: the Tiger MTB team parked bicycles at the transition area, Fremont Search and Rescue provided communications and first aid support, Jesse Young and Canon City’s Parks Department cleared trails, Jeff and Melissa Shepherd provided an aid station, From the Flames Wood Fired Pizza cooked lunch, Nutritional Healthy Coach Roxanne Schuster from Natural Grocers provided the finisher’s aid station, and the event was sponsored by Florence Family Dentistry. More information on the event, photos, results, and information on future events can be found at www.joinfar.org/tunnel-vision.html

Seasoned athletes who competed in the Advanced category wowed the organizers as they finished in under 2 hours. The Queen and King of the mountain – the fastest male and female to reach the top and back to the park – were local runner Shana Thorson (2:06:58) and Wilmer Gaviria of Colorado Springs (1:47:42). Complete results are available at www.joinfar.org/tunnel-vision.html. Views from the top of the peak were reported by participants to be “worth it”, despite the grueling elevation gain.

For those who would like to experience the course on their own, Tunnel Drive and Royal Cascade are open to the public. View the course on COTrex: <https://trails.colorado.gov/routes/116174>

Club members Melanie and Danny Nelson took part in the event, which FAR hopes will be annual from now on.

Below: Dan Nelson





The Canon City Resolution Run

By Ashlee Sack



The holidays are coming, and with them, winter weather. Darker days can be brightened by a training run in preparation for a 5K or 10K on the not-so-distant horizon. Fremont Adventure Recreation in Cañon City hopes you'll put the 5th annual Resolution Run on your calendar - Monday, January 1st. New Years' Day will dawn, and we hope you'll run with us on the first day of 2024.



The Resolution Run features a later start than most - 9:30. Sleep in just a little and come join us at the Pueblo Community College - Fremont Campus in Cañon City for a fun, (mostly) flat run along Tunnel Drive. The weather is always the wild card at this event. We've seen sub-freezing temperatures, snow, sun, and warm weather in the last five years, and always look forward to seeing what New Years' Day has in store for us. As runners, we know that most adverse weather conditions are no excuse to stay inside - just pile on the comfy layers, put on your mittens, and wear a good hat! (A pair of hand warmers never hurts, either.) Hot

cocoa will greet participants at the end of the 5K or 10K courses.

The event is designed to be affordable for all, with a basic registration (bib, aid stations, timing, swag bag) at just \$15 per person (\$5 for kids 18 and under). Add a long-sleeved tee, sweatshirt, or beanie during online registration by December 10th.

Start the year off right with beautiful views, positive people, and a great goal! More information at: <http://www.joinfar.org/resolution-run.html>



After most of SCR's Predict Events, we have a pot luck meal. Dave Dehr's French Toast is always a popular choice. Cathy provided the recipe. ENJOY!

We are soliciting favorite recipes. Please share one of yours for the next issue of Footprints

DAVE'S OVERNIGHT FRENCH TOAST



- Arrange 12 (3/4 inch thick) or a regular size loaf of bread (white seems to be the best) in a buttered 9 x 13 inch baking dish.
- In a large bowl, beat 6 eggs
- Add: 1 1/4 cups of milk, 1/4 cup half-and-half, 1/4 cup sugar, 2 Tbsp. maple syrup, 1 1/2 tsp. vanilla extract and 1/4 tsp. salt (optional)
- Dip the bread in the mixture and place upright in the pan
- I always make extra mixture and Pour the remainder over bread in the pan
- Cover with aluminum foil, Refrigerate, overnight.
- In the morning bake in a preheated oven at 400 degrees F for 15 minutes.
- Turn over and bake for 20 minutes more or until golden brown, making sure the batter is totally cooked
- Pop under broiler and dust with confectioners sugar and/or cinnamon, if desired.
- Serve with fresh fruit or maple syrup.
- Serves 6



Potpourri



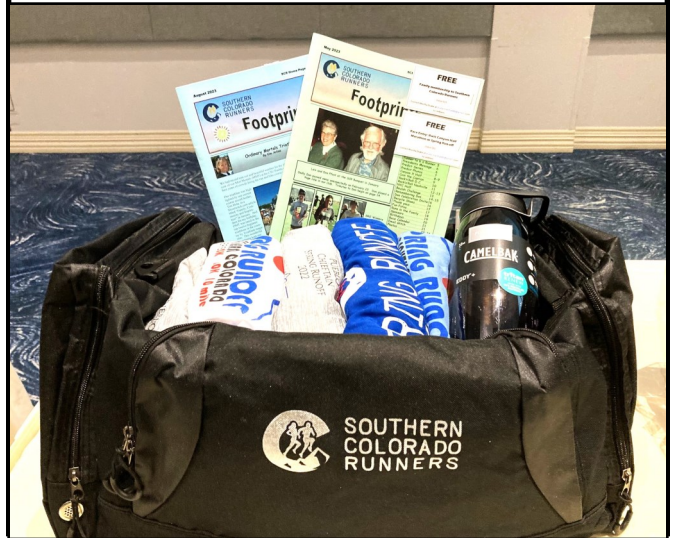
RIP Tim

The Southern Colorado Runners have lost another good friend as Tim Kraemer, former manager of the Gold Dust Saloon, recently passed away. Back in the day, the Gold Dust Saloon helped our running club with most of our races. Tim would pick up the shirts from Screened Effects, bring them to the Gold Dust before the race and (along with Ruth, Shelly and the crew) would do packet pick up for our races. Then he would bring the left-over shirts to the race and pass them out to runners on race-day. Tim was always a big help when we used to stuff newsletters and prepare them for mailing at the Gold Dust. He was always there to help but expected nothing in return. Thank you, Tim, we appreciate everything you did for us. A gofundme account has been set up at <https://gofund.me/a9e776a1>



SCR Promotion

SCR provided a bag with shirts, a family membership and a race entry for the Soaring Eagles Center for Autism banquet and comedy night. Consider making one for your charity. It's good PR for the club and makes money for your cause. Talk to me about the details.
Martha Drake



Rita the Rock Planter by Melanie Nelson

If you haven't heard about Rita yet, you need to make a day trip to Victor Colorado and take a short hike to see her. Created by Thomas Dambo, an artist based in Copenhagen Denmark and famous for his 100% recycled wood troll sculptures. He has 119 around the world in 19 different countries. Colorado is lucky to have two. Dambo created one in Breckenridge in 2017 and now in 2023 in Victor. It took him over eight days with the help of over 50 volunteers to create Rita. Rita is made out of old wood pallets that would have normally been thrown away.

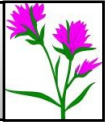
Many people don't stop in Victor on their way to Cripple Creek, however, Victor offers a lot for such a small old mining town. The weekend we were there Victor was very busy with art and pottery shows, museums and a cute little coffee shop that had a line down the block.

I would recommend taking a drive to Victor, Colorado and spending the afternoon.





More Potpourri



Left -to-Right: Diego Hernandez, Ted Sillox, Melanie Nelson, Katie Fox and Steve Fox. Not pictured is Jessica Casarez. These Club Members ran the Escape 5K Trail Run at YMCA Camp Jackson near Rye, Colorado on Aug 19, 2023



Thank you for the donation to colt cross country, It helped us buy new sweats! Sincerely, Clint W. Zundel, Social Studies Teacher, Head Boys and Girls, Cross Country Coach, Head Girls and Boys Track Coach



Photos from the Beulah Challenge
Left: Barb, Molly & Carrie Hadley (Molly won the 10k overall, first female/first runner)
Below: Katie Fox, Haley Sinclair, Carmen Perez, Gloria Montoya, Marijane Martinez, Wendy Garrison & Melanie Nelson



Above:
Katherine & Mac Singer





Predict Photos (more on back cover)



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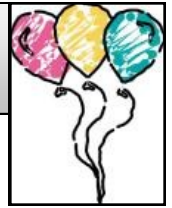
Thank you MY FRIEND THE PRINTER at 410 W. 5th Street For giving SCR a good price and great service in the printing of our newsletter

NOTE:

**Discounts Typically Apply to Full Price Items
 Not sale items
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The Birthday Page



November

Ross	Barnhart	1
Iola	Rusch	2
Barbara	Hadley	3
Ben	Pierce	3
Jordan	Reese	4
Ernie	Aguilar	5
Jessie	Quintana	5
Chris	Weidner	8
Keilin	Molina Izaguirre	11
Richie	Perez	11
Nicole	Clementi	14
Juan	Morales	15
AnnaMarie	Neal	16
Robert	O'Callaghan	16
Larry	Volk	17
Aaron	Griego	20
Kayla	Roman	20
Chris	Dehn	23
Richard	Giconi	23
Paulette	Arms	24
Lenore	Raich	25
Tim	Weckx	27

December

Isobel	McGivney	1
Humberto	Paredes	2
Martha	Drake	2
karin	kyte	3
Scott	Marron	3
Annabelle	Corboy	6
Andrew	Caro	8
Katherine	Singer	8
Michelle	Cata	8
Rodney	Muhammad	8
Amy	Bernstein	10
Dave	Dehn	11
Anthony	Diaz	12
Crystal	Horton	14
Karissa	Dietz	14
Frank	Carleton	16
Kaitlyn	Faxon	17
Kaitlynn	Sartor	18
Jessica	Casarez	19
Frankie	Johnson-Brester	20
Robert	Drake	20
Remy	Pate	22
Rich	Hadley	24
Melanie	Nelson	28
Roger	Giordano	31

January

Wendy	Garrison	5
Shad	Pate	6
Herman	Cata	8
Gina	Jimenez	10
Annmarie	Sammons	11
Kyle	Reno	12
Tony	Faxon	12
Susan	Montez	13
Chris	Habgood	15
Michael	Arnold	15
Gloria	Montoya	18
Lauren	Faxon	18
Suzanne	Bratina	18
Ted	Sillox	19
Cathy	Dehn	22
Jacob	Faxon	25
Allen	Drummond	26
Cheryl	Higdon-Holloway	26
Ashlee	Sack	27
Solomon	Dugal	27
Amanda	Conant	29
Jacee	espinoza	30
Jack	Rusch	30
Danny	Nelson	31
Joseph	Rusch	31

February

Timothy	Perez	7
Robert	Espinoza	9
Diana	Quattlebaum	11
Jerry	Lopez	13
Robert	Bergles	13
Devin	Cata	14
Erika	Fortin	15
Carter	Nelson	17
Erik	Flodin	20
Courtney	Renaldo	26
Patrick	Romero	27

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

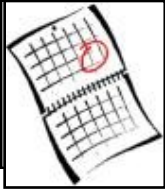
If you plan to move or have recently moved

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,
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THANK YOU a WHOLE BUNCH!

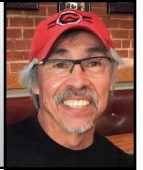
Did you Know?

The official
 National Animal of
 Scotland is the
 Unicorn



Race Calendar

by Dave Diaz



November

Sat 18	<u>5k Turkey Trot</u>	Florence CO
Thu 23	<u>Pueblo YMCA Turkey Trot</u>	YMCA
Fri 24	<u>Christmas Mtn Run</u>	Salida CO
Sat 25	<u>Temple Canyon Predict</u>	Cañon City

December

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

January 2024

Mon 1	Resolution Run 5K/10K	Cañon City
Mon 1	Rescue Run	Colorado Springs
Mon 1	<u>New Years 5K</u>	Salida CO
	Chile Willy Predict	201 Jackson, Pueblo CO
Sat 13*	Winter Series I	Colorado Springs
Sat 20	Raptor Resolution Run	Pueblo Nature Center
Sat 27*	Winter Series II	Colorado Springs
	SCR Awards Banquet	

February 2024

Sat 10	Valentines Twosome	Pueblo City Park
Sun 11	Super Half Marathon	Colorado Springs
Sat 17*	Winter Series III	Colorado Springs
Sat 24*	Winter Series IV	Colorado Springs
	Fox Trot Predict	

March 2024

Sun 3	Spring Runoff	Dutch Clark Stadium
Sat 9	Run Through Time	Salida, CO

*tentative dates



Squeezed in 2 more predict photos



Thanksgiving Run Invite from Paul DallaGuardia



Come on out to our annual Thanksgiving Day give back to community fun run. Thanksgiving morning, 8 am start from City Park pool parking lot. Non-timed 5k run and 2-mile walk. There will be a couple of pies given to random runners at the finish line. Not really random, they have to be part of the race.



Entry fee will be same as the previous years: Donation of Warm clothes , personal hygiene stuff or nonperishable food items which will be donated to a local organization.



Ramblin' A Few Thoughts by Ron Dehn



The Raptor Run

Mark your calendars for January 20, 2024. This will be the 12th and final Raptor Run. Jay Zarr and I, as well as the Nature and Wildlife Discovery Center staff, are hanging up our Race Director hats. It's been a fun and meaningful endeavor and we've had good participation and reasonably good weather given the time of year. Last year we dodged the bullet and a front moved in a couple hours after we handed out the last burrito.

Roger Giordano dominated the men's side of the race for several years. Meno Vargas, who was a standout runner for Pueblo West HS, edged Roger out once or twice. We have had several other excellent runners in both the men's and women's categories. In addition, there has always been a sizable contingent of walkers.

We have kept the course "runner friendly" as most of it is on dirt. It is also quite scenic near the river. This run is unique because instead of a starting gun, a raptor is released to start the race weather permitting. We have also had volunteers bring raptors to the gathering so participants could see a red-tailed hawk or a barn owl up close and personal.

The awards for winners have also been unique, however this year's decisions have not yet been made. I'm assuming this year's will also be on the unconventional side. Fun!

The Corporate Cup

I first got involved in the Corporate Cup in 1986. Marijane Martinez and I were on the Employee Development Committee at (then) USC and incorporated Employee Wellness as one of the committee goals. One of the first things we did was enter our "company" into the YMCA Corporate Cup. There were a relatively limited number of events in those days beginning on Friday night and ending on Saturday afternoon. One of the more popular events was the 5k Predict. This event encouraged the "non-athletes" to participate, and that concept is one of the major goals of the Corporate Cup. Get people moving who don't consider themselves athletes. Retirees are also eligible to participate and for many years after I retired, I continued to

take part in some events but at some point, the university quit participating.

Well, someone in HR got CSU-Pueblo involved this year and I let Marijane know and we both signed up for several events. The activities have expanded enormously. The 5k and bike predicts are still a part, but so is volleyball, bowling, golf, corn hole, football throw, and a slew of other events. It now encompasses 2 or 3 weekends. If you haven't done the Corporate Cup, I highly recommend that you see if your company has an interest. In addition of having a lot of fun, it is a great team building activity.

Feedback

In the last issue I requested feedback from you readers. I did get a few thoughtful responses but am still interested in receiving your thoughts. What do you like? What do you not like? What features would you like to add? If you have suggestions of new items, would you be willing to submit them? Let me know your thoughts. Please.

Meg
Scarlett,
Lew Fox,
Marijane
Martinez,
and me
at this
year's
Corporate
Cup Bike
Predict





Harvest Run Photos
Thank you to the club member
who posted them on FB



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