



SOUTHERN
COLORADO
RUNNERS



Footprints

The Winter Edition
Volume #355, Issue #1
Editor: Ron Dehn



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Banquet Award Recipients Clockwise from UL

Meg Scarlett (Female Runner of the Year) with husband Lew Fox, Tim Weckx (Male Triathlete) with Dan Nelson, Sheri Giordano with Biranda Seidel (Female Triathlete), Melanie Nelson with Melanie Steves (Most Valuable Club Member), Dave Diaz with Greg Horvat (Male Runner of the Year)

More inside



More Banquet Pics



Above L to R
Ken Hughes (Spirit of SCR) with wife Melanie, Hollie and Joe Brosseau (1st and 2nd place in
2023 Predict Series, Anthony Diaz and Bill Veges (Long Distance Award)

Below: More Banquet Photos Courtesy Sheri Giordano



Contact Us

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

President	Ted Sillox
Vice President	
Secretary	Jessy Montrose
Treasurer	Paulette Arns
Communications	
Newsletter Editor	Ron Dehn
Race Calendar	Dave Diaz
Group Run	Sheri Giordano
Predict Series	Ted Sillox
Membership Chair	Nelson Brentlinger
Volunteer Points	Danny Nelson
Tri Club	Cheryl Higdon-Holloway

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...

A lie can travel halfway around the world while the truth is putting on its shoes. Mark Twain

Do it trembling if you must, but do it! Emmet Fox

A small spark can start a great fire. Emmet Fox

I never drink water because of the disgusting things that fish do in it. W. C. Fields

Perfect valor is to behave, without witnesses, as one would act were all the world watching. -Francois, duc de La Rochefoucauld

I keep watching what I do to see what I really believe. Sister Helen Prejean

Is not dread of thirst when your well is full, thirst that is unquenchable? Khalil Gibran

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



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, Cathy Dehn, Kim Arline, Desiree DallaGuardia, Jay Zarr, Sheri Giordano, Paul DallaGuardia, Kendra Turner, Marijane Martinez, Paul Hindman, Ashlee Sack, Martha Drake, Dave Diaz, Dave Dehn, Melanie Steves*

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.

*Melanie Steves was honored at the 2024 Banquet for being SCR’s Most Valuable Club Member. Thank you Melanie for your many contributions.



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



A Message from the President Ted Sillox

As we start 2024 there are some changes coming for our run club and it made me recall a quote I heard once, you go to war with the army you have, not the army you want. We simply don't have the workers we need to produce the races we have or use to have. At the January board meeting Kim Arline announced that she has decided to retire from being the race director for the Ordinary Mortals Triathlon. She has been performing this job for 10 years and if you recall she had penned an article for Footprints about needing to have someone take over the directing of the triathlon. Well, no one came forward so we will not be having our annual triathlon. We are now down to 2 real races, Rock canyon and the Spring Runoff and 1 fun race the Valetines Twosome. It is my thought that the best thing for our club would be to concentrate on the 2 actual races and try to perform them as best as we can. I wish we could put on more races, but we simply don't have enough club involvement to do that and I sure don't want to burn out more of our people.

Because we need more members and especially younger members it is now possible for runners 18 and younger to join our club for free. If you have friends, relatives or neighbors that are younger and are interested in running let them know they can become a member for FREE! The website will automatically give them a free discount when they enter their birthday. I am hoping that as we attract this younger set into our club they will stick around and help us grow. You could also let them know that they would get a discount for any of our club races for being a member. Doing nothing is not an option so I am hoping this will attract some people.

Speaking about involvement our vice-president, Dan Nelson has decided to resign after 3 years of service. Dan provided many behind-the-scenes services for our club but eventually people reach a point where they have other items on their bucket list and they move on. Thanks to Dan for all the work he did for the club. Luckily, Paul Hindman, has decided to step up and take on the role of vice-president. I would very much like to see some of our younger members get involved and take on some of the leadership roles. If you have an idea of how to attract more people don't hesitate to contact the board.

On a positive note, we are preparing for the Pueblo Spring Runoff and you might have noticed one of our big blue signs in the Pueblo area. There is one by Dutch Clark Stadium, one by Pueblo West Walmart and one on Bonforte Blvd near the American Driving Academy building. We are promoting this race with lots of advertising, and I hope inflation does not keep people from participating in the race. The good thing is it takes place at a time of year, spring, when people are looking to renew their faith in another growing season and many people use this as the motivation to start training and running. Our club will continue to try and offer activities that would benefit runners or walkers so all we can do is adjust, adapt and overcome.

The Predict Series Last Quarter 2023 By Ted Sillox



To finish out the year we were scheduled to run 3 predict runs but due to winter weather we were only able to complete 2. We started out the last quarter with our Dia de los Muertos run and this year we moved the location to the historic Roselawn Cemetery located on the mesa area. We try to have this run near the end of October, and we had a cold front pass through that kept some people home. If you have not been to Roselawn it looks like the perfect spot to film a Halloween movie. There are lots of old growth trees and lots of older headstones, some of which are massive monuments to Pueblo's prominent families. The staff at Roselawn could not have been more accommodating for us and they even participated in the potluck social after the run providing Dominos pizza to enjoy and arranged the chapel area for the dinner after the run. Joe and Liz Spinuzzi host this run and arranged for us to be able to run there, thanks Joe and Liz. The past newsletter had pictures of our members all decked out in their costumes. If you have not attended one of these runs you are missing out on a fun filled evening. Put it on your calender for next year.

Our next run was the always popular Temple Canyon run located in the BF Rockafellow park near Canon City. Once again, a cold front passed through and dumped some snow in the park the night before. Roger Giordano hosted this run, (thanks to him), and I met him bright and early to mark the course. With all the snow the normal flour arrows were out so we switched to some crazy pink hair spray paint. It worked great and the only problem was while we were marking every tree or bush you touched thanked you by dropping some snow on your head. Despite the weather, we had a good turn out and the only problem was the cold killed the battery in the computer, so I had to record the last runners by hand and enter them in at home. After the run a large group of us stopped at Ortegas restaurant in Canon for a well-deserved breakfast. We had the long table in the middle of the place and being it was early we could all sit together. This is another one of those runs that if you have not participated you are missing some great scenery and some great company.

Our last run of the year was to be Nelson's Pretty Fast Run but as usual a deep snow occurred the night before, so we decided to cancel. This was to be our last timed predict run and starting in 2024 they will become the Raffle Runs. You will need to be present while we draw the tickets, and you must be a current member to win the prize. We will still have a course and it will include a walk option, but the idea is to have a more fun, social setting with no worries about trying to hit your time.

Step Streak Update by Cathy Dehn

I submitted an article to Footprints in Fall of 2021 after completing one year of 10,000 steps or more each day. At that time, I stated that I thought I was going to try and mix it up and do other activities. My husband Dave and I do like to do other activities such as yoga, hiking, an occasional bike ride, swimming laps, and we do like Pickle Ball. Since my previous step streak, I realized I really do like to walk/run, so decided to keep going.

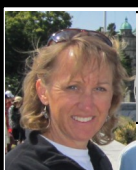
In 2021, I missed a few days when my sister passed away and a few days in February 2022 when I had Covid. All in all, I have missed 6 days in 3 years plus. As of the writing of this article, I have walked or ran at least 10,000 steps or more coming up on 3 years and 3 months. Of course, I have not done this alone. As in the first article, I mentioned that Dave has walked or ran with me every single day. If he hadn't, I wouldn't still be on a step streak. He often asks me throughout the day, "How many steps do you have?" If it is few, he says, "Let's go now before it gets cold or before it gets dark." I have certainly appreciated his support these past three years as we initially started in 2020 and completed our first year in October 2021. With the exception of those 6 days, we haven't stopped.

I had to ask myself, "Why do you want this step streak to keep going?" It's what we do now! I like it for sure, but I continue to walk as a preventative health measure. My Dad was a Type 2 Diabetic and four out of six siblings have dealt with diabetes. The heredity part of this is very strong. It is a way for me to have continual daily exercise that keeps my blood sugar lower. I am hopeful that I can avoid diabetes with this ongoing routine of ours.

Also, in August of 2022 I took a bike fall and had a concussion. I was wearing a helmet and did not hit my head, but the

jolt of the fall caused a concussion. Three months out I was improving and then Dave and I were rear-ended in our car. Believe it or not, I got a second concussion and have experienced many concussion and post-concussive symptoms since. I can honestly say that I am finally doing well and close to where I was before the bike fall. It has been an interesting road and I have learned a great deal about concussions, especially at my age. Actually, more than I have wanted to know. The point of mentioning this is I did not stop walking, even when there were times when I was experiencing light-headedness, dizziness, fatigue, etc. The walking was my saving grace. It kept me moving to get my 10,000 steps in, even on days when I didn't feel that I could.

I am not a runner but a walk/runner. I like to walk some days and walk/run others doing intervals. Dave will do his run and run back to me. It has worked for us along with some of our other activities of choice. It has been so good for us to be active in our 60's. I will follow Dave in a couple of years and we intend to be active in our 70's as well. It has worked for us and we want to keep moving as long as we can!!



Ordinary Mortals and Mini Mortals Triathlon by Kim Arline

2024 OMT and MMT has been canceled. We could only secure one date from the university for the race on Sunday, May 19th. We lost key volunteers with that weekend. We truly need more people helping organize and execute this race. We had one club member step up after my plea after our 2023 event. Randy Oles is willing to serve as our volunteer coordinator but schedule conflicts prevent other longtime volunteers from helping. I feel like I've been pushing water uphill to keep this race going, and felt the need to just go with the flow this year.

We hope we can bring the events back May 17 or 18, 2025. Put that on your calendar and let me know if you're willing to help bring it back. It is a great event but needs an army of dedicated volunteers to commit to helping. The 2023 event was the hardest race yet with so few volunteers on a busy graduation weekend, looks like we will always have that weekend following the university graduation weekend.





Funner to be a Runner by Kim Arline

ber of kids. It gets hectic 10-10:30 so jump in and help if you see it get backed up!

Someone PLEASE offer to do this! I have only been able to run the SRO once since I started helping with F2BR in 2010. This race ALWAYS falls on my birthday weekend and I want some folks to give me a gift and allow me to run the SRO this year! But I can't do it without a group offering to take care of registration.

Funner to be A Runner

After the Spring Runoff races on March 3rd, SCR hosts a really important community event! We offer a free kids race and kids love it! We are fostering the younger generation to run and play more. And we've inspired a lot of their parents to start running too!

There are several local PE teachers instrumental in promoting this event at their schools and bring dozens of kids. We have a competition for a big trophy for the school that brings the most participants. One school often brings over 100 kids to run! At least six schools make special t-shirts for the kids to show off and represent their schools. How cool is that? Don't you want to be a part of this?

It's a really fun event and we always need volunteers!

8:30-10:30 am we need a group of volunteers to help check kids in and hand out bibs. Most pre-register online, I provide an alphabetical list by school, and you just highlight the name and hand them a bib and pins. If they sign up that day, put their slip in the school's envelope. After registration closes at 10:35, we need someone not associated with the schools, to tally the count of kids for each school and total num-

Starting at 10:30 we need helpers on the field and along the trail. We've had up to 465 kiddos to keep organized on the field, marshal them on the trail outside the stadium and back. We need just general crowd control at the start line with so many people milling around and helpers handing out ribbons at the finish line. This is a great job for anyone, especially people that plan to run the SRO. Just stick around after your race and help.

10:45 am 50-yard dash for kids kindergarten and under
10:50 am Grades 4-8 start the 1.2-mile run
10:55 am Grades K-3 start the 1.2-mile run

I love having lots of kids chasing me on my bike for my birthday. But I too would like a chance to run the SRO, so please reach out to me at kimarline@comcast.net and tell me you will coordinate registration with your friends and I can register for the 10-km. I will be back in time to help organize the chaos on the field, start the race and recognize the schools afterward.





Creating a Lifestyle

By: Desiree' DallaGuardia

As we are well into the new year I find it fascinating as I overhear conversational topics of New Years resolutions. Naturally, I hope everyone who sets out on the resolution journey meet their goals but I have a slightly different perspective on the subject.

Year after year I observe the sizzling out of resolutions months into the new year- and to be honest I have experienced it myself. But quickly after failed attempts at resolutions and fads including diets, training regimes etc. I restructured my thinking. The one thing these terms all have in common is the fact that they are meant to be pursued for a period of time. I wanted more so I replaced the short-term vocabulary, fads and trends with 'lifestyle'.

Now, before embarking on the quest of creating a 'lifestyle' of goals that I wanted to achieve I sat with great intention on what it was I wished to accomplish as a human athlete on this planet. Years ago I came to the conclusion that I wish to be versatile in body, mind, spirit and clothes! Yes, clothes! If I'm shopping for groceries or putting fuel in my vehicle and I'm challenged with the opportunity to dance or spontaneously do some wild yoga move or run a ninja warrior course I'll be ready- I won't have to kick off my high heels or secure my skirt! My intention in my lifestyle is to be comfortable, and ready at any instance for anything. This also reflects in physical activity. I like to stay conditioned to a point where I feel confident in moving into any physical activity with confidence that I'm not going to get injured because of my training in muscular resilience.

Perhaps it is my astrological sign that spurs this quality of life in me or the many years I traveled as a gypsy where I got to know, on a deep level, the importance of being able to adapt at the drop of a dime.

So, what does this mean for the athlete, the runner, the triathlete? Let's reflect on plane in which swimming, biking and running keep us in- forward moving linear plane- for the most part. We condition in that plane hour after hour and year after year and get stuck in the vicious cycle of chronic injury, or acute injury with rehabilitation back into homeostasis. We all want the secret in how to avoid injury and from my experience the answer is to condition to be well rounded in a multitude of disciplines. For example, training for a 50-mile race I found myself conditioning more in the sport of swimming, yoga, receiving massage, cold plunging as well as pranayama (breathe work) than I did actually running. The vast majority of time in training and racing I stayed injury free and when an injury did happen I bounced back quickly because of my training in putting my body in conditions that were synergistic to the action of running.

I like to look at muscles like fibers that run in a straight line and in order to condition them to be adaptable to all circumstances with a resilience to injury I twist the muscles and fibers like a twizzler candy then keep spiraling in all directions either actively through active movement or passive movement through receiving massage therapy treatments.

I encourage you to look deeply at how you move through life, repetitive motions in your activities of daily living and hobbies. Assess yourself for your capabilities and limitations in your strength, flexibility and mobility then be courageous in implementing a plan of attack in making some upgrades. I know some of you are saying to yourself, I feel great just how I am now and don't want to change anything. I respect that but if we don't expand ourselves into a deeper awareness of our bodies and minds, we will never truly know the truth of how good our bodies are designed to feel. We must have the mindset that everything just keeps getting better and better.

Reflect on the wisdom of your body and listen with great compassion to what it is telling you it needs. Living this way is a lifestyle that is present not only when your at the gym or on your run, but rather all the time in between those training moments.

People ask me what I'm training for and I say, "life".

Desiree' DallaGuardia
Clinical Massage Therapist
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Thank You to the Sponsors of last years Rim to Rim event at the Royal Gorge

Presenting Sponsors



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The 2023 Annual SCR Awards Banquet By Dan Nelson

The 2022 Southern Colorado Runners (SCR) and Triathlon Club (SoCoT2) Annual Service Awards were presented at Brue's Alehouse at the Annual Awards Banquet on January 27, 2024.

The Female Youth Runner of the Year was Jamie Pearson and the Male Youth Runner of the Year was O'Ryan Falk.

Meg Scarlett and Greg Horvat were the very deserving Female and Male Runners of the Year.

The very dedicated Triathletes of the Year were Biranda Seidel and Tim Weckx.

The Spirit of SCR Award, which recognizes and honors a member who champions SCR tirelessly and enthusiastically, but prefers to stay in the background, letting others bask in the spotlight, was SCR's dedicated member Ken Hughes. Ken has volunteered many times as a course marshal, parking lot flag person, packet pickup worker, swag bag stuffer, as well as dedicating many hours traveling to local businesses to secure many donations and sponsorships for the Spring RunOff.

The Most Valuable Club Member Award recognizes a member that goes above and beyond in Serving the Club. This year's Most Valuable Club Member is Melanie Steves. Melanie has done a tremendous amount of work serving as race co-director for a number of years for the Rock Canyon Half Marathon and volunteers for other races and events.

Bill Veges was awarded the distinguished Long-Distance Award. The Long-Distance Award recognizes and expresses the club's appreciation for the distinguished and dedicated service rendered to the club over an extended period of years. Bill has volunteered to work water stations and other duties for well over 20 years.

The Predict Series was won by Hollie Brosseau, with Joe Brosseau taking second place and Robert Lucero bringing home third place.

Thank you to all the SCR club members who joined us at the Awards Banquet and made it a very enjoyable evening.

Editor's Note: A special thanks to Ted Sillox and Melanie and Dan Nelson for organizing and getting the awards. Thanks to the award committee and to Sheri Giordano for her great photography.



Banquet Continued

2023 SCR Volunteer Award Recipients

Kim Arline	Joe Gowen	Ed Steelman
Al Arline	Debbie Gurule	Gwen Steves
Paulette Arns	Cheryl Higdon-Holloway	Melanie Steves
Buster Berles	Paul Hindman	Conner Steves
Suzanne Bratina	Janique Holbrook	Justin Steves
Will Bratina	Jessie Huddleston	Kentley Steves
Nelson Brentlinger	Ken Hughes	Mark Steves
Debbie Brentlinger	Kevin Hughes	Susie Steves
Herb Brockman	Merlanie Hughes	Heidi Thompsom
Holly Brosseau	Sara Liebel	Don Thompson
Tom Brosseau	Marijane Martinez	Logan Thompson
Shelly Carrillo	Paula McCabe	Roberto Urbina
Jessie Casarez	Sean McGivney	Bill Vega
Rocky Casarez	Jitka McGivney	Al Weaver
Eric Castellano	Eric Medina	Maria Weaver
Herman Cata	Becky Medina	Regina Webb
Darryl Clark	Beth Miller	Tim Weckx
Charity Collins	Keilin Molina	Mary Yang
Ezra Collins	Susan Montez	
Kristin Collins	Gloria Montoya	
Zadok Collins	Jane Murtha	
Suzanne Cote	Jessie Narimanov	
Denise Crepeau	Hilbert Navarro	
Ron Dehn	Dan Nelson	
Dave Dehn	Melanie Nelsonj	
Cathy Dehn	Randy Oles	
Chris Dehn	Michael Orendorff	
Paul DallaGuardia	Carmen Perez	
Desiree DallaGuardia	Tim Piper	
Dave Diaz	Alexandria Romero	
Stacy Diaz	Julius Romero	
Anthony Diaz	Patrick Romero	
Martha Drake	Zoey Rusch	
Rob Espinoza	Ashlee Sack	
Katie Fox	Birenda Seidel	
Steve Fox	Ken Sharp	
Lew Fox	Ted Sillox	
Rylee Fox	Rebecca Simmons	
Wendy Garrison	Joe Spinnuzi	
Roger Giordano	Liz Spinnuzi	
Sheri Giordano	Sean Staples	
Natalie Gowen	Adrienne Steelman	

Predict Series Awards

Arns, Paulette	Pate, Cassie
Bergles, Robert	Pate, Shad
Bratina, Suzanne	Perez, Gayle
Bratina, Will	Romero, Alexandria
Brentlinger, Nelson	Romero, Patrick
Brentlinger, Debbie	Salazar, Carlos
Brosseau, Hollie	Sillox, Ted
Brosseau, Joe	Simmons, Rebecca
Brosseau, Tom	Spinuzzi, Joe
Casarez, Jessie	Spinuzzi, Liz
Casarez, Rocky	Tavarozzi, Roseann
Cata, Herman	Volk, Larry
Cata, Michelle	
Dehn, Cathy	
Dehn, Dave	
Dehn, Ron	
Diaz, Dave	
Diaz, Stacy	
Drake, Bob	
Drake, Martha	
Emond, Richard	
Espinoza, Robert	
Giordano, Roger	
Giordano, Sheri	
Gowen, Joe	
Gowen, Natalie	
Holbrook, Janique	
Horvat, Greg	
Lopez, Dianne	
Lucero, Robert	
Martinez, Marijane	
McGivney, Jitka	
McGivney, Sean	
Medina, Becky	
Medina, Eric	
Molina, Keilan	
Montoya, Gloria	
Nelson, Dan	
Nelson, Melanie	
Paredes, Humberto	
Paredes, Zarela	



The Last Raptor Run

By Jay Zarr and Ron Dehn



Jay:

It was a bittersweet, brisk day for the last “Raptor Resolution Run” co-director by my good friend Ron Dehn and me. Over the years, the run has raised about 25 thousand dollars and created many memorable runs.

I recalled the first run, where the wind was so strong that a lady was hit by a branch, causing a slight bloody head wound before getting around the corner. There was the run when the temperature was frigid, and Roger Girodano, who won the race that year was hyperthermic, and we wrapped him up in a sleeping bag once he got back into the Yurt. Families attended for many years bringing us honey and Sheri G. would bring us potica to share. There have been runs where the USAF academy cadet would come down and “smoke” the course.

However, the star of these runs is the Raptors. How many races does one go to where the start is releasing Red Tail Hawks, Twin Horn Owls, Kestrels, and other raptors rehabilitated at our very own Raptor Center, directed by Diana Miller and is run by dedicated volunteers.

Speaking of volunteers, this race would not have happened without the Southern Colorado Runner Club volunteers who operated the finish line and Cleo Corsi-Zarr, who handled the water station every year with hot and cold water and hand warmers.

I will miss all the participants, some who have become friends and others who always say hello whenever our paths cross. So, keep wearing all the shirts, support the NWDC, stay active, and with any luck, I/we will see you soon on another run/walk.

It has been a good “RUN,” and our vision is that the NWDC will continue this winter run tradition.

Ron:

I agree with Jay. It’s been a great experience helping make this race happen all these years. We tried to make the course runner friendly by keeping most of it on dirt. As an aside, many years ago I had the good fortune to attend a presentation by Bill Rodgers (4 time winner of Boston and 4 time winner of NYC marathons). Bill said, “The single most important thing you can do to extend your running career is to run on dirt.”

Although I never ran the race, I helped set the course every year but one. How can you not love a course that is at times near the river, winds around trees, gives opportunity for wildlife viewing, and is just plain peaceful. At least twice, bald eagles were sighted just before race start. What a setting!

One thing that was extremely unique through the years were the awards. They varied but at times we awarded kayak trips, a night’s stay at the Horseshoe Lodge, NWDC memberships, Raptor Releases / Presentations, and a variety of NWDC swag.

Roger Giordano dominated the field for several years. Former Pueblo West High School standout Meno Vargas then took his turn as “king of the course.” We never kept course records, but this year’s race just had to be one of the fastest. Young Harrison Walter clocked in at 31:39 which is nearly 3 minutes faster than the 2nd place male runner. That is a 6:20 pace on a winding trail run. The ladies’ winner was even more amazing. SCR’s Jessie Narimanov was the 2nd overall finisher with a time of 33:25 and a 6:41 pace. Jessie was 5 ½ minutes ahead of the next lady runner. Wow!

Thank you for all the help through the years. First to Jay and Cleo Zarr and the NWDC staff and volunteers. Among many other duties they furnished the burritos. Lois and Don Pfost helped many times in the early years. Marilyn, Meno, Jaylen Vargas, Dave Rael, and Sheri Giordano were with us nearly every year. Chris, Bryan, Cathy, & Dave Dehn, Jennifer Arellano, and Dan Sullivan, were with us many times. This year’s standout crew consisted of Paul DallaGuardia, Stacey Diaz, Sheri Giordano, Jitka McGivney, and Sean McGivney. Dave Diaz stepped in to help after he ran. And a special thanks to Pixie and Ken Raich. This dynamic duo came out of “retirement” to produce race results and even had the results posted on a TV screen in nearly real time.

And finally a note of appreciation to all the participants from the beginning. You made it all worthwhile. Thank You!

Bob Drake won the honor of releasing a red tailed hawk before the start of the 2024 Raptor Run

Bob had recently joined the Audubon Society so the honor was indeed appropriate





Raptor Run Photos

Courtesy Sheri Giordano



Ramblin' by Ron Dehn



Thank You's

First a huge thank you to Melanie Nelson, Dan Nelson, and Ted Sillox for organizing the annual banquet and awards dinner and special thanks to Sheri Giordano for taking photos. I've included as many pics as I had room for, but there are more on Facebook. Go to: <https://www.facebook.com/SoCoRunners>.

For more on the banquet, see the articles and award recipients in this issue. My gratitude for the exceptionally nice swag for the predict series and volunteer awards. Wow – nice gear.

Also a huge thank you to all the writers, photographers, and contributors to *Footprints* in 2023. So many people make this possible. First a thank you to my wife Chris. She and I spend an entire evening preparing approximately 220 newsletters for bulk mailing. She also checks over some of the content before we go to print. And of course the many people who make submissions: Sheri Girodano, Dan Nelson, Melanie Nelson, Ted Sillox, Eric Medina, Ashlee Sack, Natalie Gowan, Nelson Brentlinger, Jay Zarr, Paul DallaGuardia, Stacey Diaz, Dave Diaz, Kim Arline, Martha Drake, Marijane Martinez, Alex Romero, Paul Hindman, Darryl Clark, Sean McGivney, Cathy Dehn, Dave Dehn, Jessy

Narimanov, Mary Yang, Jessie Casarez, Biranda Seidel, & Desiree DallaGuardia. Others who are helpful in the process are Ray, Pat, and crew at My Friend the Printer and Tammy at USPS bulk mailing. Please let me know if I accidentally omitted your name. My apologies.

It was very refreshing to read Katie Fox's article on the Rock Canyon Half. Fortunately, volunteers were plentiful for this event. So glad to hear. Thank you Katie and Steve for taking on this important event. Kudos to Melanie Steves and Eric Castellano for helping so much in the transition.

Help Wanted

On the other hand, please read Ted's Message from the President and Kim Arline's two articles Funner to be a Runner and Ordinary Mortals Mini Mortals Triathlon. Some of our club functions are in need of CPR / First Aid. If you are interested in keeping these events/functions off of life support, please contact Ted and/or Kim. I don't think it is hyperbole to say that some of SCR's activities are in serious need of additional volunteers, especially from younger members. If you walked into an SCR board meeting, you might easily mistake the group as the planning committee for their 50th highschool reunion. (There are a couple exceptions on each edge of the spectrum.)

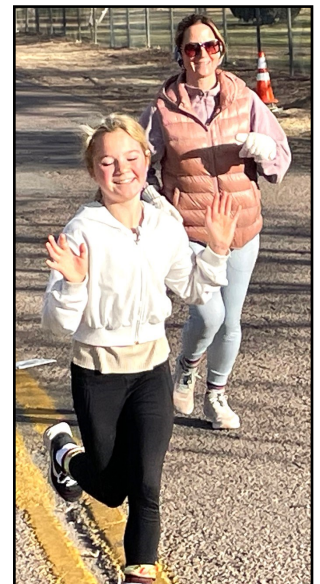
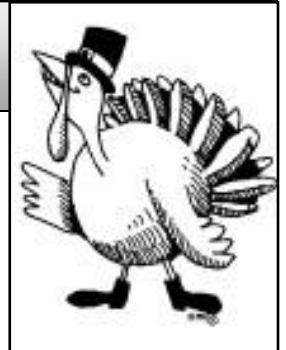


Thanksgiving Run By Paul DallaGuardia

The 2023 give back to the Community Thanksgiving Day run was a huge success this year. We had over 75 participants highlighted by the monetary donations from the Pueblo West Eagles, Aerie 4471 and Steel City Eagles, Aerie 3367. All Food, clothing, personal hygiene items and monetary donations were given to our local Care and Share food bank, earmarked for Pueblo County residents.

Pumpkin pies were won by Ted S and Biranda S. Massage certificates, donated by Desiree DallaGuardia, were won by Mary Jane M., Katie F., Melanie S., and Isidro B.

I would like to thank you all for participating in this annual run. I've been told it's beginning to be a "Thing".



Girls on the Run 5K By Kendra Turner



Boys and Girls Clubs of Pueblo County hosted their annual Girls on the Run 5k race at the Nature Center’s River Campus on November 17, 2023. A total of 38 Club members ran the race alongside coaches and volunteer Running Buddies, the highest participation rate in the event’s seven year history.

Reflecting on 2023 as a whole, Erika Jinez, a program coordinator at Prairie Winds Clubhouse, highlighted GOTR as *the* best event for her Club’s female members. “So many of our members participate in intramural sports at the Club, but this opportunity felt special to the girls because it was just for them.” Prairie Winds Clubhouse first participated in the run in 2022, but this year, had so many girls who wanted to run the race, that they couldn’t fit them all in one van.

“This was our second year in a row with GOTR because of how much success we had the first year. Most of the girls, who participated this year, had [done it] last year.”

“Our girls liked more than just the running part of it. They loved that they were able to express themselves and their athletic abilities without being judged. They learned how to be themselves without letting anybody define them and also how to support one another. My mission as a coach was to show these girls how to be themselves, the importance of self-love/confidence, and that as girls, we can be just as successful as boys in sports or athletics.”

SoCo Runners has played a key role in the success and return of the race each year, supporting the Club since 2017 as a monetary sponsor to cover girls’ registration fees and as the largest contributor of volunteers who assist with the event.

The Girls on the Run program used by the Club aims to strengthen girls’ social, emotional, physical and behavioral skills to successfully navigate life experiences through running. Members who sign up for the program, ranging from third grade to eighth grade, train for the 5k beginning in September and practice twice a week until the event. Each girl who registered made it to the finish line and received a medal for their accomplishment. After the run, girls celebrated with lunch near the river where they could spend time with the coaches and volunteers.

Volunteer Coordinator for the Clubs, Jena Sanchez, said she was very proud that so many of the volunteers have come back year after year and look forward to participating. The volunteer



support helped each girl feel successful — handing out high fives, shouting positive messages and running alongside them while carrying water bottles and jackets the girls dropped along the way. Many members rounded the final turn walking and visibly exhausted, but with their Running Buddy’s encouragement, rallied to cross the finish line in a sprint. Ten girls from the East Side Clubhouse participated, including two older girls who led the race as pace setters. Shay, a freshman at South High School, and Nicole, a freshman at East High School said they both benefited from the GOTR program when they were younger members. Neither girl runs in Track or Cross Country at their respective schools, but they both participate in league sports through the Club. They said they participated in the run “just for fun” as leaders for the younger girls. Proving the run is more about teamwork than for competition, the girls crossed the finish line together at 34 minutes 24 seconds.

Clarissa, an elementary member from the East Side Clubhouse, participated for the first time this year. “My feet really hurt, but I was pushing through so I could finish.” She and other first-time runners showed off their medals to their coaches and said that even though it was hard, they had a good time.

The Club sincerely appreciates volunteers who helped this year: Melissa Hernandez, Eric Medina, Barb Hadley, Marijane Martinez, Melanie Quintana-Nelson, Kristy Withrow, Kiera Richardson, Martha Drake, Wendy Garrison, McKenzie Ehlers, Corbyn Durbin, Lawrence Sanchez, Ayres Ritchey, Gloria Montoya, Haley Brownson, and Robert Bergles.



San Antonio Rock 'n Roll Half Marathon by Marijane Martinez



My husband, Don had never been to San Antonio so when I received an email with a worthwhile discount to enter, we decided we would go. We left on Thursday, November 30th and returned on Monday, December 4, the day following the half. I had researched Airbnb locations and found one that appeared to be close to the San Antonio Riverwalk and the race itself. The only downside was that we had to walk up stairs to the apartment on the top floor. Small sacrifice once we got our luggage up. Everything was within walking distance so we only used Uber to and from the airport.

Going to San Antonio during the Christmas Holiday was amazing! The Riverwalk had lights from one end to the other. It is definitely a sight to behold. Since I knew that former SCR members Lallo and Lisa Vasquez moved to San Antonio, I got in touch with Lisa and we were able to meet up at the Expo. The picture of the three of us was taken there. We were able to see their daughter, Lilliana who is a little beauty.

Don and I were able to go to the Riverwalk for dinner and a boat ride. Lisa and Lallo made a great recommendation for dinner, (Rio Rio) and we thoroughly enjoyed the fajitas and margaritas. We also went to a nearby theatre to watch "The Alamo" and then walked to the Alamo. They are currently expanding the area so if and when we return it will cover a much bigger area with all the additions they are currently working on.



Since the Broncos played after the half, Don and I had found a bar while walking to the expo that was right on the way from our Airbnb and it turned out to be a very friendly place. Losing to Houston while in Texas was a bummer but we had a good time.

The weather was great for a run, cool at the start but comfortable once you started running. Don and Lallo met after the race started and went to the finish line to wait for Lisa and me to finish. Don was amazed at the number of participants and the overall atmosphere of the race. The course was good. We ran through a military installation and there were service men and women cheering us on all the way. Support from the community for the race was awesome. I have run several Rock 'n Roll half marathons and have not been disappointed. I believe every Rock n Roll I have run has a section where people are holding American Flags and there are pictures of service men and women who passed away while serving. It is very touching.

Our trip was short but sweet and lots of fun. I hope to be able to run quite a few more half marathons. As a matter of fact, Gloria Montoya, Diane Lopez, Martha Drake and I will begin training next month for the Colorado Half Marathon in May. Hopefully this cold spell will pass so we can train!! More about that in my other article where I could use some cheese with my whine!!



How To Be A Running Spectator

By: Paul Hindman



Spectators and fans are important for athletes. Athletes wouldn't reach the amazing things they do without them. We all have been part of a crowd that cheered on our favorite football, basketball, or baseball team to help them win the game. But those aren't the only athletes that need encouragement, runners and walkers need it too. Granted watching a running race isn't as exciting as a team sport with a touchdown, basket, or home run but that person is still trying just as hard. Just like cheering for that one yard push to get a first down, runners sometimes need just a little encouragement like "you can do it" at the end of a race to finish. This year you probably are running in some kind of organized race and your family and friends will be encouraging you. Or you might be a spectator yourself because you got one of those "cursed injuries" and need to take a break and become a spectator. Here are a few cheer suggestions for your supporters or you as a spectator:

- You got this!
- Good Job!
- Way to go!
- Looking good!
- Amazing!
- You look great!
- Keep going!

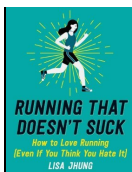
The one cheer a runner or walker only wants to hear once is "You're almost there!" so save this one toward the end of the race, not at the 3, 2 or 1 mile "to go" spot. I've been in races where I didn't know the course and got that cheer at 3 miles to go so I picked it up only to find out I burned the last of my candle too quickly. My suggestion is to only do this cheer when the finish line is truly just around the corner.

When you are on the course waiting for your special someone to arrive, cheer on everyone. They may act like they don't hear you but they do. When your person approaches, wave your arms or hold up that sign. On the longer distances, don't be discouraged if your runner fails to give you a smile. Believe me they are smiling inside.

Again, running is not a spectator sport but we need you. Even if you and your gang only show up at the finish, your runner will appreciate it.

Just one more thought on you as a spectator. That runner or walker at the back of the pack is trying just as hard, maybe harder, than the leader. They trained hard for this race. Maybe it's their first race. Maybe it's their 100th race. It still takes a lot of commitment to do this race so let them know how well they are doing.

NOW GET OUT THERE AND CHEER!



Book Review: Running that Doesn't Suck

By Ashlee Sack



Over the years, I've had many conversations with individuals who express disbelief when I tell them that they, too, can be a runner. As they suspiciously eye my running shoes and mittens (I run in any weather), they tell me that they never could. But I often see it in their eyes - they wonder if they could. It's then that I recommend this book: Running that Doesn't Suck- How to Love Running (Even If You Think You Hate It), by Lisa Jhung. This 210-page comedic, instructional book breaks the activity of running (calling it a sport, in my opinion, makes it a wee bit more unapproachable) into bite-sized bits of helpful information that help to demystify the how's, where's, and why's of putting your feet to the dirt and heading out to catch some great views and healthy habits.

Jhung is a Colorado resident who, as an outdoor enthusiast, writes with honesty and heart. Her easily-accessible read covers subjects such as gear, motivation, injuries, nutrition, and etiquette. It's a fun read to give to a friend who may be interested in approaching running, but feels like more of a "walker". She has written for Runner's World, Outside Magazine, Men's Journal, Ment's Health, and other publications.

Follow Jhung on Instagram at <https://www.instagram.com/lisajhungwrites/>



Resolution Run 2024 - Running Into the New Year

By Ashlee Sack



Did you make a resolution for 2024? Or do you balk at the thought of making a time-sensitive goal? Whichever side of the “resolution” dividing line you fall on, the 2024 FAR Resolution Run was a fabulous start to the year. Even if participants’ “resolution” was to just get to the starting line, Fremont Adventure Recreation saw 161 people achieve that goal. Young and old, fast and faster, all came together to start the year off with a healthy and positive experience. Held at the Pueblo Community College Fremont County Campus, the event was a draw for a record number of people this year.



As runners, we all know that the health benefits of running are many. From fresh air to a strong heart, running and jogging are fantastic ways to maintain physical and mental health. Many of us also recognize that events provide motivation, allow us to celebrate our successes, and introduce a bit of healthy competition into our lives. But for many, the very word “running” is intimidating. The idea of completing 3 miles is daunting.

At the Resolution Run event, and at most of our events, we make a strong attempt to make sure that all people feel welcome. You don’t have to be able to run a 7-minute-mile or sprint the whole way. Walking with a friend and enjoying the sights and sounds of the trail is a perfect way to participate. We plan our routes to take participants to some of the best views in the county, so there’s no reason at all that anyone should have to rush through them! One of the best aspects of races is that they have the potential to introduce people to trails and open spaces that they may never have visited before. As the science behind outdoor recreation health benefits grows, its beneficial to all to encourage recreationists of all ages to get outside as often as possible. A recreation community should include as many people and as wide a range of abilities as possible.



These are our shared spaces and our shared experiences, and making them a welcoming place is great for everyone.

We hope more people resolve to take part – whether as a participant or a volunteer – in community events like these in 2024. (We’re already looking forward to the Spring Run-off!) Fun, friendly, 5K events are a great way to introduce people to not just running, but trails, parks, and their community.



Because while we may be divided in other ways, it’s moments like these – frosty toes on a starting line, commiserating with each other on the first day of the year – that we find common ground. And its doesn’t matter if it takes you 18 minutes or 45 minutes to cover it.

Find photos and results of the event at joinFAR.org. Many thanks to Southern Colorado Runners who participated in the event!



The 2023 Rock Canyon Half by Katie Fox

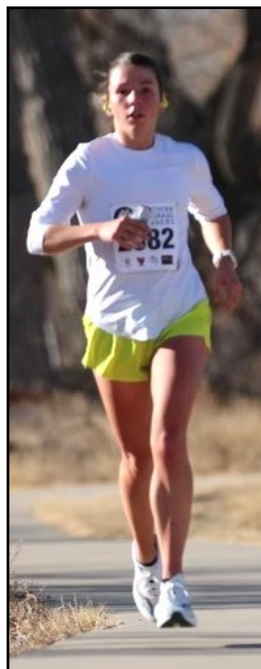
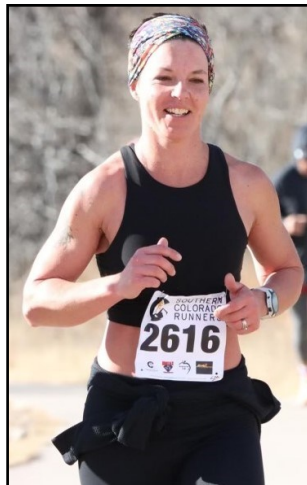


Wow, what an awesome race! When Steve and I agreed to take on the challenge of being the race Directors for Rock Canyon Half Marathon, we were nervous, hesitant and really didn't know if our schedules would allow for such a huge task. With this being my first, ever, half marathon, run almost 10 years ago, this race has always been very near and dear to my heart! So it was important for us to step up. Luckily we still had the help and expertise of Mel Steves and Eric Castellano to guide us and lead us along the way. As we took on the challenges and obstacles of putting together a race of this magnitude, we realized that it's a lot of work for just two people alone. Mel was so instrumental in being able to monitor the website, race sign up, and emails. Eric gave us the rundown on the race course, marking it and who to get in touch with for integral parts of the process. This made it easier for Steve and I to focus on the race itself and the tasks at hand.

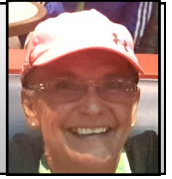
I think we were most surprised when we found that there are so many amazing volunteers that sign up for this event every year! We really thought rounding up enough volunteers would be our biggest hurdle, but it ended up running so smoothly, thanks to all of their great support and dedication over the years. Volunteers are really what makes these races go so smoothly!

All in all it was an amazing race, and we learned a lot. We had a little bit of trouble with the timing and our Superstar Gwen Steve's is working to really figure out how to better fine tune it for next year!

Before we were done with all the work on this race, we had only signed up to do it this one time saying "we just don't have time for it and can't commit to such a huge responsibility". But the day the race came, we were already filled with excitement and accomplishment and were ready to start planning the next big race! We are excited for the Rock Canyon Half Marathon, 2024! We are going to continue to make this more of a group effort with Mel, Steves, and Eric Castellano by our side, as we plan to make next year EPIC!!!



Winter Running Blues by Marijane Martinez



I don't know about you guys, but for me winter running is a challenge! I really have to convince myself to go outside when it is cold! I have learned over the years, that not running during the colder months makes running again too hard, so I register for races to keep myself going. This year I decided to run the FAR Resolution Run in Canon City. This picture of Paul Dellaguardia and me, was taken by Tanna Autry who has been encouraging Paul to start running again, after a 3-year hiatus. The 5k, which is what I ran, was hard because it went up to Tunnel Drive, which is mostly uphill. Everyone talked about how beautiful it was but for some reason when I run, I am so focused on the course I seldom appreciate the beauty. I have been this way for as long as I can remember. I was glad I opted for the 5k, that's for sure! The weather seemed to change after we arrived at the race. The wind started blowing and it was a tad on the chilly side. However, once the race started, the wind didn't seem so bad and it warmed up too. There were quite a few participants, the highest ever according to the race director. Welcome back to running Paul! Great way to start out 2024!

have done it if it would not have been cancelled, but I admit I was relieved! Several Pueblo runners participate in the 4-race series, so that makes it easier to be motivated. Our reward is the breakfast after the race.

I find that having others to train with and go to the races with really helps me. I am lucky too, because if no one else is willing or able to go to a race I register for, Don will go with me. If I make a plan to meet someone for a training run, I try really hard not to cancel. Since I am retired, I have the liberty of going later in the morning when the temps are too cold. Fortunately, a few of ladies I run with are also able to run later when the temps are too low. As I age, I am more conscious of the temperatures, running conditions and difficulty of courses. My goal is to continue to run for many more years.

I will continue to push myself and register for winter events, so I can continue to do what I really do love. Once I am outside, I am fine but I have to admit, I do tend to whine a lot!

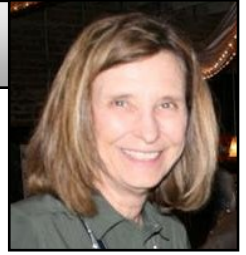
I also signed up for the Winter Series (short courses) in Colorado Springs. The first one at Red Leg Brewery was cancelled because of extremely cold temperatures. I suppose I would

A few of the Rock Canyon Volunteers



HAPPY NEW YEAR!!! Paul DallaGuardia and Marijane ran the FAR Resolution 5k run in Canon City on New Year's Day!! Great way to start the New Year.

Recipes



PECAN FRIED WILD RICE

This dish is simple and very flavorful. It's also surprisingly fast to prepare, and you'll save even more time by cooking the rice a day or two in advance.

INGREDIENTS

- 1½ tbsp extra-virgin olive oil
- 4 - 4½ cups cooked wild rice/brown rice mixture (see note)
- Freshly ground black pepper to taste
- ½ cup frozen green peas
- ¼ cup green onions, chipped (roughly 1 bunch; use the green portion and some of the light-green portion)
- ½ cup toasted pecans, broken or chopped
- 2 tbsp tamari
- 1 tsp toasted sesame oil

Recipe by Martha Drake
Makes 4-5 servings
as a side dish

DIRECTIONS

In a skillet over medium heat, add the oil. When the oil is hot, add the cooked rice, season with pepper, and sauté for 2-3 minutes, stirring occasionally. Add the frozen peas and stir through for another 2-3 minutes, then add the green onions, pecans, and tamari. Stir until the peas are heated through and the green onions have wilted and cooked a little, about 3-4 minutes. Turn off the heat, stir in the toasted sesame oil, and season to taste with sea salt and pepper if desired.

You can use all wild or brown rice, or a wild and basmati rice mix. Wild rice is particularly nice to use because it adds an earthy flavor that works well with the other ingredients. I typically use roughly ½ cup each of wild rice and brown rice. Rinse the rice, and combine with close to 4 cups of water and a few pinches of sea salt in a saucepan. Bring to a boil, stir through, then reduce heat to low and cover. Let simmer for 45-50 minutes until the water is absorbed and the wild rice is tender and has opened up. Let cool a little, or refrigerate until ready to use. If you use more wild rice, you will need more water.

Side Note:

Martha, Cathy Dehn liked your Pecan Fried Wild Rice Recipe (that appeared in a previous issue of Footprints) so much that she formatted it for her recipe box. Thank you for your delicious and healthy recipes.

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

Quinoa Salad with Dried Fruit and Nuts courtesy Martha Drake

A favorite at predicts. It's vegan but don't let that scare you away! -Martha

Prep time: 15 mins **Cook time:** 25 mins **Total time:** 40 mins

Serves: 6 cups

Ingredients

- 1 cup quinoa
- ¼ teaspoon salt
- 2½ cups chicken stock (substitute: water)
- 3 green onions, chopped
- ½ cup raisins and/or dried apricots
- 1 pinch cayenne pepper
- 1 tablespoon vegetable oil
- 1 tablespoon rice wine vinegar (substitute: apple cider vinegar)
- 2 tablespoons lemon juice
- 2 tablespoons sesame oil (optional)
- ½ cup chopped fresh cilantro
- ¾ cup chopped pecans or walnuts (toasted)

Instructions

Bring the quinoa, salt, and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. Once done, transfer into a large serving bowl, and let it cool for 20 minutes. Once cool, stir in the green onions, raisins, apricots, cayenne pepper, vegetable oil, vinegar, lemon juice, and sesame oil. Let sit at room temperature for 1 hour to allow the flavors to blend. Just before serving, stir in the cilantro and pecans.

Nutrition Information

Serving size: ½ cup



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 Click on the Gray Person in a circle in the upper right-hand corner of the screen.
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Discounts Typically Apply to Full Price Items
 Not sale items
 Discounts may be discontinued at the vendor's discretion



The Birthday Page



February

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 11 Diana Quattlebaum
 13 Robert Bergles
 13 Jerry Lopez
 14 Devin Cata
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 17 Carter Nelson
 20 Erik Flodin
 26 Nancy Mitrick
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 23 Alex Pedraza
 25 Reyna Quintana
 26 Casey Pearson
 26 Lois Pfof
 26 Angela Wilkerson
 27 Tom Brosseau
 31 Carla Sikes

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

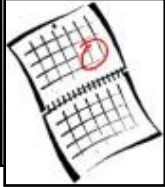
If you plan to move or have recently moved

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!

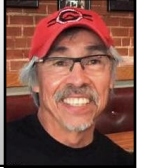
Thank you

to SCR members who made donations to the club last quarter.
 Jacob Lee,
 Allen Drummond,
 Cathy Dehn,
 Katherine Singer,
 & Richard Craft



Race Calendar

by Dave Diaz



March

Sun 3, 9am	<u>Pueblo Spring Runoff *</u>	Dutch Clark Stadium
Sat 9	<u>Run Through Time</u>	Salida, CO
Sat 16	<u>St Patrick's 5K</u>	Colorado Springs
Sat 23	<u>South Shore Group Run</u>	Lake Pueblo

April

Fr 5	<u>Rockies Opening Day</u>	Coors Field
Sa 6, 9am	<u>Bayln Michael Meyer 5/10K</u>	<u>Lovell Park, PW</u>
Mo 15	<u>Boston Marathon</u>	
Sa 20	<u>Fox Trot Raffle Run</u>	Colorado City

May

?	<u>Choose Your Own Adv</u>	<u>1117 Candytuft Blvd</u>
Sa 4, 8am	<u>Run Blossom 5K</u>	Cañon City
Sa 4	<u>Collegiate Peaks 25/50M</u>	Buena Vista
Su 5	<u>Colorado Marathon</u>	Fort Collins
Su 19	<u>Ordinary Mortals Tri</u>	CSU-P
Su 19	<u>Colfax Marathon</u>	Denver
Su 26	<u>Spirit Trail Race Mar/1/2 8K</u>	Buena Vista Imperial Gardens Ceme- tery
Mo 27	<u>Memorial Day FREE 5K</u>	
Mo 27	<u>Bolder Boulder</u>	Boulder CO

June

Su 9	<u>Garden of the Gods 10M10K</u>	Colo Springs
15-17	<u>FibArk Trail Races</u>	Salida CO

* Discount for SCR Members

**SCR Received a Thank You letter from
Dr Brenda Krage, Superintendent of Fremont RE-2 School District for the \$500
donation for the cross country athletes of the Florence Jr/Sr High School.**



More Banquet Photos





Photo Potpourri



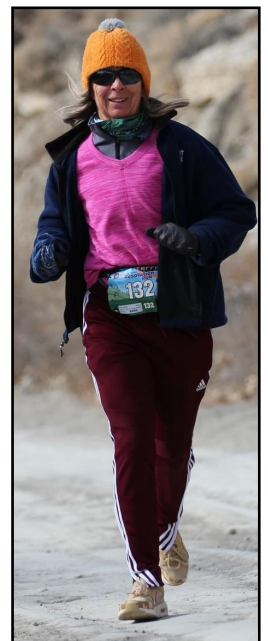
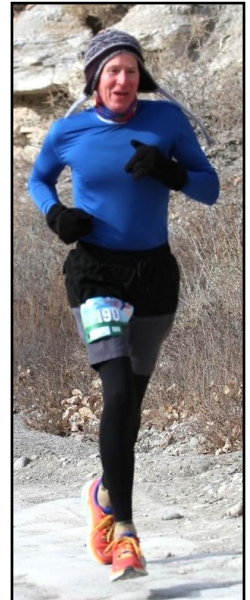


More Photo Potpourri



This Row
from the
Banquet

Below from
the Raptor
Run





The Chilly Willy lives up to its name!

By Dave Dehn



January 13, 2024 proved to be an exceptionally cold day for Pueblo Colorado. However, that did not stop eight brave, (I mean crazy) walkers/runners from participating in the first of the year Raffle Run, (old predict series).

If I remember correctly, the run started at -3 degrees with a wind chill of -9. I guess it doesn't matter within a few degrees here or there. The group was huddled around the sign up table like it was a fire pit to keep warm. I saw a few smiles, but mostly everyone was pretty well covered up.

The run started at 201 Jackson Street and went up to the River Walk, with walkers turning around and runners doing a loop and returning to the start. For the most part the race path had good traction and good directions. Alexandria's Mother Janique braved the cold as a Course Marshall to make sure we all returned safely. However, it was tempting to stop at the Sacred Bean coffee shop for a quick cup of hot Joe.

Cathy and I walked the two miles and visited about the lack

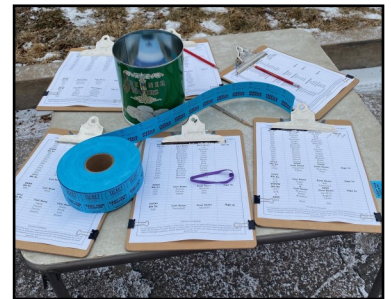
of feeling in our toes and how we should have worn long johns. We also saw others out walking that were not a part of our event and thought how those without a home or place to get warm survive?

All in all it was a fun time with lots of laughter and shivering. One advantage of having a small group was the chance of winning the drawing for the King Soopers gift card that I was lucky enough to have my name drawn.

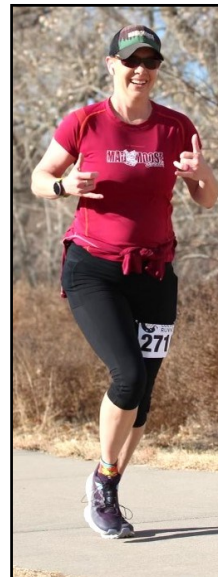
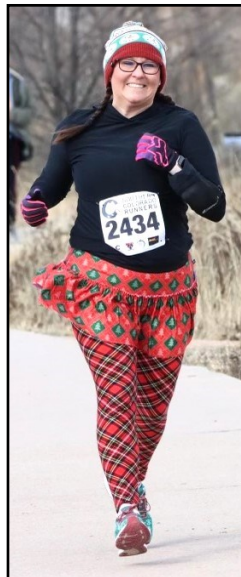
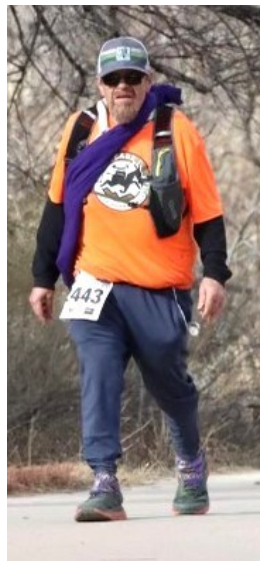
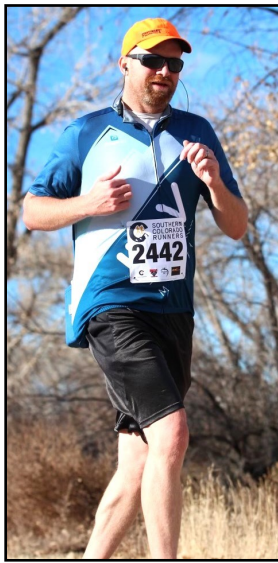
A special thanks to Alexandria and Patrick Romero for making the event a special time and for all those that give of their time and energy to make our club a healthy way to spend our leisure time.

In addition to Cathy and myself, other brave souls were: Paul Hindman, Carlos Salazar, Paulette Arns, Ted Sillox, Alex, and Alex's Mom Janique Holbrook.

Yours In Health, Dave



Rock Canyon Half Photos Courtesy Sheri Giordano



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**More Rock Canyon
Half Photos**

**Courtesy Sheri
Giordano**

