



SOUTHERN
COLORADO
RUNNERS



Footprints

The Spring Edition
Volume #355, Issue #2
Editor: Ron Dehn



This year's SRO included cash awards for top 3 places.

Above: (left) Taylor Lopez-Cepero with her prize money
(right) Savana Trujillo presents Forrest Long with his check

Below: (left) Ted Sillox presents a check to Roger Giordano
representing Care and Share
(right) Branden Rakita receives his award from Kevin Hughes

Table of Contents

- SRO Photos 1, 2
- Club Info 3
- President's Message .. 4
- Raffle Run..... 4
- South Shore Trails ... 5
- Spring Runoff 6, 7
- Funner 2 B Runner.... 8
- Fox Trot Pics 9
- Valentines 2some 10, 11
- Hello from the NW... 12
- Marathon Journeys ... 13
- Newbie Program 14
- Ramblin 15
- Fisher's Peak 16
- Recipes 17
- Bike Bingo 18
- Raffle Pics 18
- 2002 Photos 19, 23
- Sponsors..... 20
- Birthdays..... 21
- New Email Address... 21
- Race Calendar..... 22
- Swim / Tri News 22
- Cheyenne Mtn Run ... 23
- Choose Adventure..... 24, 25
- More SRO Pics..... 26, 28
- Meet Vigo 26



More SRO Photos Thanks to Sheri Girodano, Dave Dehn, Lew Fox, and Anonymous



Contact Us

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

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

“Like” us on Facebook:
www.facebook.com/SoCoRunners

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

To Ponder...

Those who dream by day are cognizant of many things which escape those who dream only by night. -Edgar Allan Poe

If you are afraid of being lonely, don't try to be right. -Jules Renard

He who postpones the hour of living is like the rustic who waits for the river to run out before he crosses. -Horace

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

I'd rather see a sermon than hear one any day; I'd rather one should walk with me than merely tell the way. -Edgar Guest

The problem with doing nothing is not knowing when you're finished. -John Corey. Character of. Nelson DeMille.

It's tough to make predictions, especially about the future. Yogi Berra

A runner must run with dreams in his heart. Emil Zatopek

We don't like their sound, and guitar music is on the way out. -Decca Recording Co. rejecting the Beatles, 1962



Southern Colorado Runners
www.socorunners.org

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Pueblo, CO 81008

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

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

SCR / Tri Club President is Ted Sillox and can be reached at: president@socorunners.org. 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, Sheri Giordano, Dave Dehn, Cathy Dehn, Lew Fox, Juan Morales, Kim Arline, Gary Franchi, Kristie Roseman, Regina Webb, Paul Hindman, Martha Drake, Paulette Arns, Cheryl Higdon-Holloway, Pat Cooper, Dave Diaz, Caitlyn Elliot, Carol Wright & Kumei Sukezuki*

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.

*Carol and Kumei were 1st place in the 80+ age division of the Boston Marathon. Carol's time was 5:54 and Kumie finished in 4:20. Yay for the octogenarians!



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



A Message from the President Ted Sillox

I was thinking the other day about what a race director needs to do to make the race successful. They need to plan, plan and plan some more. That includes formulating goals for the race and a plan to meet those goals. One of the most important parts is having the people to fill positions necessary to manage and operate the race and that brings us to my message for this quarter.

Our board has some hard-working individuals and they do a great job for the club. The major problem is that most of the board members are not young and many have now reached the point where their membership is free because of their age. What exacerbates the problem is that inevitably we will have some or perhaps all of the board members deciding that it is time to retire from their club duties. What is going to happen if our newsletter editor decides to retire or our race calendar keeper decides to leave. At this point in time, we do not have a webmaster or a volunteer coordinator and there seems to be little interest in filling the positions. Our position puts us at the crossroads where we need to consider formulating a plan for our future. We need to envision what we are going to look like in 1 year, 2 years and 5 years from now. A serious discussion about what we will plan for our future is needed before we reach the point of having less services or no services for our members. We could limp along and have a club with eventually no newsletter or no information for members or we can work to find a way forward. For that to happen we will need members to come forward and fill positions. I have discussed this problem with other members and some of the suggestions that have been mentioned are, 1. Do nothing and let the club extinguish, or 2. Become part of the Colorado Springs club and keep our existence going through PPRR.

I send out an email every month and ask for items to be put on the agenda. I don't know the exact date for the next newsletter but our future and a plan should be developed. We need to start discussing this at board meetings and I am sure this will be upsetting to some members but it does not change the fact that we simply do not have enough people interested in serving. Perhaps this is what the future is bringing as many civic clubs and organizations have significantly declined and I do not know if this is because people are reluctant to be club members or other subjects and activities have captured their attention. We have not grown in membership and we are only treading water despite an increase in population in our area. Whatever the problem is we should start discussing this and gathering ideas from you, the membership.

I would rather end my article with something positive as the above is not an uplifting message so in the meantime,

(Continued on page 5)



The 2024 Raffle Run By Ted Sillox

Starting in 2024 we changed the Predict Run Series to a Raffle Run Series. The thinking behind this is without timing we hope to attract more members and participants by not highlighting the competitive part of running. There is still going to be the potluck social after most of the runs and you can still earn a clothing reward for doing at least 6 Raffle Runs in the year. If you want you can wear your watch and compete with yourself for a time.

Our first Raffle Run was the Chilly Willy at the Romero home in the mesa junction area and it sure lived up to its name. If I remember correctly, it was around -3 degrees when 7 brave or maybe brain diminished souls ventured into the cold to complete the course. Thanks to Janique, Alexandria's mom, for standing near the river walk and directing members. Of course, lucky people always win raffles and Dave Dehn won a \$50 gift certificate from King Soopers. He said he was going straight to the new wine section at the store.

In February we did not hold a Raffle Run but substituted the Valentines Twosome instead where lots of chocolate was given away. This was a free race and I encourage members to grab a partner and come run the course in 2025. Roger Giordano does a great artistic job marking this course and it is a fun day with costumes and prizes.

In March we ventured out on Highway 96 for the South Shore Trail Raffle Run. This run was hosted by Roger and Sheri Giordano and despite it being on the prairie we had treats and hot coffee with condiments for the runners/walkers. Roger raffled off a paddle board for the prize and Ben Pierce was the lucky club member to win it. Remember you must be a member and be present to snatch the prize.

April will find us down south at Colorado City for a run on the Hollydot Golf Course, then in May at McGivney's house and June at Rob and Rebecca's house. In addition, we will be at Lake Pueblo for our summer brunch run. Looking forward to summer.

The South Shore Trails Run

The South Shores Trails Raffle Run took place on a beautiful March 23 morning. Runners and walkers had the option of a 2 or 4-mile route on scenic trails. It was organized by Sheri and Roger Giordano who donated a brand-new top of the line standup paddle board to the raffle winner. They also brought treats including various kinds of donuts along with mimosas. “Uncle” Ted even brought a generator and coffee urn so the groups could have hot coffee. Ted – you are spoiling us. 41 runners participated. Danny and Melanie Nelson brought the port-o-potty so we didn’t have to go behind the bushes. Thank you to Sheri, Roger, Danny, Melanie, and Ted for going above and beyond.



More South Shore Photos on page 27

(Continued from page 4)

summer is fast approaching and I am looking forward to our brunch run to be held on June 22, 2024, at Quail Run Pavilion at Lake Pueblo. Look for my email asking for your type of burrito preference and plan on joining us for a run/walk, burritos, coffee, orange juice, pastries and mimosas, all to celebrate the arrival of summer!!

PS Billy the Run Goat says, “Water will also be available, BAAHHHHHHD!!!”





The Pueblo Spring Runoff

by Ted Sillox

This year we got an early start on planning for the PSRO and we had a goal of increasing the number of participants. Despite all we did, flyers, web sites and social media we did not reach our goal. There are many races so perhaps runners now have more to choose from. We decided to move the start down to the field as we had several vendors on site to help promote the atmosphere of the race. I don't know if you visited the Colorado Lottery booth but I did and won \$6.00. Who says you can't make money race directing? The Lunch Box food truck was on site and I hope they had a productive day. Stupid predicted wind might have kept some spectators home.

To increase the participants, we are considering offering a noncompetitive walking division and hopefully it will lure in people who no longer run or are just starting and they are interested in helping the local food bank, Care and Share. It would be noncompetitive so we wouldn't be saddled with the burden of monitoring all the participants for only walking and not running at times. It seems like spring brings out people who have been inside all winter and are anxious to get out with a large group of people. Sometimes if you want to grow you just need to keep trying different things.

We did offer cash prizes this year and we gave away over \$1,800.00 in prize money to the top runners of each race. Our club had 2 members that were good enough to get into the money. Forrest Long placed 3rd in the Male 5K winning \$50.00 and Taylor Lopez-Cepero was the top runner in the Female 10K winning \$200.00. Congratulations to them.

I do need to thank all the members who graciously gave their time to help make the PSRO successful. We had many course marshals helping to monitor runner's movements and watch for anyone getting hurt or needing course directions and lead bikes helping to show the way. They also worked the packet pick up the night before. The locale Care and Share manned the refreshments from their portable truck and handed out items to runners and thanks to member Roger Giordano for arranging this and a big thanks to his wife Sheri for taking all the great pictures of the race. We also worked with 3 locale groups to operate the water stops along the course. Our locale Boys and Girls Club, the locale Fellowship of Christian Athletes and Pueblo South High Track all manned various water stops. It is good for our club to work with these groups and gain exposure in the community.

We were also lucky enough to gain many new sponsors that helped to fund this race and the prize money. Below is a list of our sponsors and member Ken Hughes was

instrumental in securing these sponsors. Thanks to Ken and Melanie Hughes for being the main sponsor of the race.

Sponsors:

American Driving Academy	Midwest Barricades
Handy2Have	Southwest Motors
One Love Veterinary	Sure Lock Smith
Gold Dust Saloon	Copy(s) In a Flash
Home Smart Preferred Realty	The Sign Center
Cut Rate Sewer & Drain	Aaron Elkins State Farm
Advanced Gutter	Southside Auto Repair

All races have something that seems to be a snag or could be a big problem but luckily, we had a good problem solver when our problem arose. The Boys and Girls Club was assigned the water stop on top of the levee and for those that are aware the only way to get there is to go through the gate by the Whitlock Treatment Plant. Just before you go through the gate you must go under a low bridge and of course it was too low for the club van to go through. Luckily Nikki Timme, the driver, realized the problem and drove over to the 4th Street suspension bridge and had her members cart the supplies across the bridge to their spot. So, if you stopped for water at their spot, I hoped you thanked them because they really did work to make water or Gatorade available for you.

In closing I need to thank all the club members that stayed and helped with all the chores after the excitement of the race was over. We are tenants at Dutch Clark and we need to be out of the place by 11:30 and we also need to leave the field and stands without litter. People that leave don't see members lugging trash cans and picking up trash from the field and stands or help move timing equipment from the track. We had close to 300 Funner youngsters on the field so there was some work to do there. In addition, we then need to take all the club equipment back to the storage shed. I swear it is much easier to run a race than direct it. All you must worry about is you and your own running equipment bag but the "Show Must Go On." Let's hope 2025 is bigger and better!

More SRO Photos Thanks to Sheri Girodano, Dave Dehn, Lew Fox, and Anonymous





Funner to be a Runner

by Kim Arline

The 27th annual Funner to be a Runner had 278 runners at Dutch Clark Stadium! The free kids race started in the late 90s when the Spring Runoff was still held over on the Northside near the current post office.

The 50-yard dash is always a hoot with so much energy heading to the end zone.



The 1.2 mile race for grades K-8 was led by a 4th grade girl leaving her classmates far behind. Aubrey had a delightful smile, easy stride, and just chatted away with me riding on my bike just ahead of her. She had a lot of classmates cheering her on as we looped back to the stadium. I told her she was famous with everyone calling her name. I asked her if she came from a long line of runners and she smiled and said, “Ya, sort of.” I hope she always keeps that easy, joyful feeling with running.



An 8th grade boy caught up to her just as they headed up the hill to the stadium. They both pushed me to pedal my bike faster up that climb! I led them to the stadium track

and they kept neck and neck the rest of the way. This race is successful in exposing kids to how much fun running and races can be. Many of the parents over the years brought their kids to this race and became a runner themselves the following year. This is really what I feel our mission is about with Southern Colorado Runners – sharing our love of running with others!

We owe a lot of PE teachers a lot of credit for talking up this race, sending flyers home, reminding the kids, ordering school specific t-shirts and rallying their students and parents on the football field. The PE teachers inspire their kids to be more active, show them how fun it can be and they talk about coming out to earn the traveling trophy!

The school that brings out the most kids, gets the trophy.

We tried to make it more fair by determining the percent of the student body participating to account for different sizes of schools. Well, Sierra Vista Elementary won the trophy for the 12th year in a row with 103 kids, which is 24% of the student body! Congratulations to Mr. Leyva and Sierra Vista once again.



But Sierra Vista has some competition! Irving Elementary came in 2nd place with 48 kids at the race. And Liberty Point Elementary made a big splash this year coming in 3rd place with 41 kids. Their PE teacher just learned about F2BR last year and says she is coming back for that trophy next year!

A huge thank you to four new club members, the Bailey family, for volunteering to run the registration table so I could actually run the 10 km for the 2nd time in 12 years of organizing the kids race. And thanks to the Green Chile Bike Bank volunteers for helping at registration and handing out ribbons, medals and being course marshals to keep this awesome tradition going the first weekend of March every year! If you have any old bikes not getting ridden and you want some space in your garage, check out the Green Chile Bike bank, they refurbish donated bikes for those in need. gcbbpueblo.org.

I would love more club volunteers to get involved in this casual and fun race. If something were to happen to me, I want the fun to continue the first weekend of March every year!



Photos from the Fox Trot courtesy Katie Fox

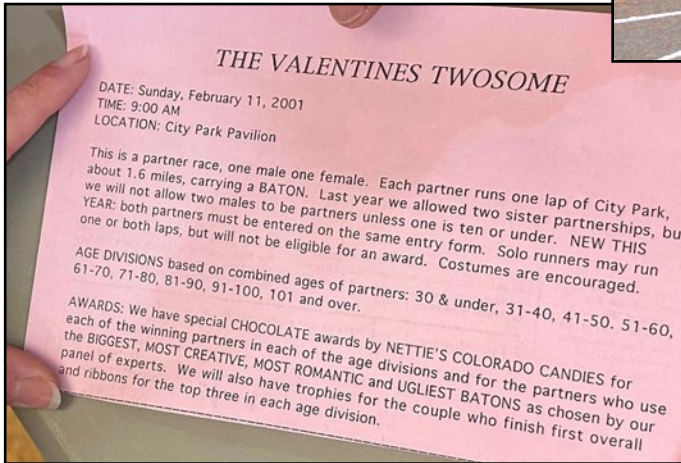




2024 Valentine Twosome

By Kim Arline

We don't actually know when the Valentine Twosome was started by our original club president, the late Jeff Arnold. Jeff always hosted this race and got special chocolate prizes for the top overall teams and the Baton awards. One of the baton awards this year gave us a peek into how old the race might be. Rich and Deb Hadley won the "Most Historic" baton with a 2001 flyer for the Valentine Twosome rolled up inside a baton tube! Rich knows he didn't get to run the first several years of the race but suspects the race started in the mid to late 90s. Only a pandemic kept this race from happening ever since.



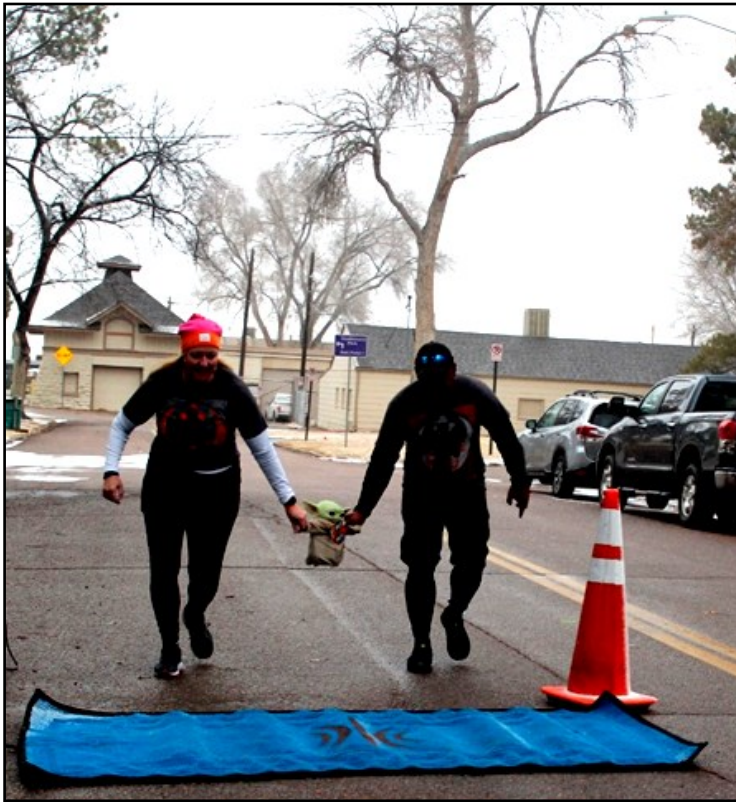
My husband and I won the "Most Creative" baton and costume as Team Jedi and the Padawan.

The Most Creative Named team was "Heart Thawers" but they could have also won the cutest baton aware, a little dog in a Frozen sweatshirt. But the Cutest Baton went to new club members, Christopher and Amy Bailey as Team Baby Yoda.

We had a chilly morning, a dusting of snow the night before and a few flakes during the run. But Roger Giordano was able to mark the course with love!



Twosome Continued



Ugliest Baton: The McGivneys brought a bruised banana for a baton

Largest Baton: The Pates brought their big 10-month-old puppy.





Hello from the Northwest

By Gary Franchi Long-time SCR member

Hello from the Pacific Northwest, where wife Carrie and I have lived for the past 4+ years in the town of Cheney, WA, about 10 miles outside Spokane. That's the eastern, less-rainy side of the state, although that doesn't mean we don't get gray and cloudy weather. We do, in abundance. But on the flip side, we also don't get the oppressive summer heat that Pueblo can experience.

Hopefully some of you remember us. Since we left Pueblo, time has marched on and we are in our 70s, Carrie 71 and me 75. Those of you who have reached the seventh decade of life know all about the aches and pains that you hear or used to hear your parents go on and on about. It's real. Never thought I would ever use so many pain pills and creams (mostly CBD) as I have the last few years.

But, of course, we persevere, like all of you who embrace the athletic lifestyle. We run (well, Carrie does; I jog, usually slowly), swim regularly, lift weights, do other strength and balance stuff, and bike in the nicer months, which encompasses almost 2 months less per year than what we had in Pueblo. There are several running and biking opportunities on various nearby trails, sometimes with friends from our Flightless Birds Running Club here. We still run a few races each year but haven't done a triathlon since the IM 70.3 in Salem, OR, two years ago. The Tri days are probably over for me unless I get a foolish, unexpected urge some day. And if I stay healthy. That's a big "if".

Carrie's thin, athletic body continues to treat her well. Her rec center individual trainer calls her a "freak" for being able to do top-shelf workouts with weights and machines that defy her skinny frame and what others can do. Her running achievements since moving here have been quite astounding. Many age-group wins, including a clean sweep of firsts in an area 3-race half-marathon series two years ago. Last time I checked, in 2023 she had the second best half-marathon time in our state among women in her age division and the third best marathon time. She ran the Boston Marathon for the second time last year, in the process qualifying for this year's race, which she opted to skip.

Instead, she is running a bit less but swimming a lot more, and with a coach on a masters team. A highly competitive swimmer in her younger days, Carrie pretty much gave up serious swimming the past few decades except in triathlons. But now she's gotten back into the pool regularly on a new mission -- to place in the top 10 nationally for all-time records in her women's 70-74 age group in as many events as she can. Her backstroke is silky smooth, and getting top 10 all-time age-division records in the 50, 100 and 200 backstrokes is very possible, as it is in longer free-

style events because of her endurance.

After just four regional swim meets, Carrie already has recorded top 10 times nationally in the 100 free and 50 backstroke and has the all-time top women's age-division records in our 5-state Northwest region in five events. If she can stay healthy, she'd like to compete in the short-course and long-course national swim championships next year. That's a big "if" too given her need for getting regular skin checkups and treatments.

As for me, at my age and with my body, I'm just trying to continue my workouts for as long as I can. Those in my age bracket know exactly what I'm talking about. Plus, since having total right knee replacement in 2018, I no longer run long, sticking to 3- to 4-mile or so jaunts about three times a week, plus a handful of longer events. I also do occasional speed workouts on a treadmill. I did run a 10-mile race 2½ years ago, but my longest run since then is the 7.45-mile Bloomsday Run, which takes place each May. That's the signature Spokane race here, similar in status and participation numbers to the Bolder Boulder.

In winter training, I'm happy jogging under a 12-minute mile pace, and the body moves a bit faster in the warmer months. In 2023, I was still able to get well under an 11-minute pace in races. Again, these are shorter-distance events - 3 or 4 or 5 miles. Yeah, sounds slow, but just wait till you hit 75! I also consistently swim, lift weights, bike with Carrie and do my own spin bike workouts.

Retirement is sweet, since we now have the time to train when and where we want, unlike having to squeeze in training around work and, for me, kids' activities for many years. Early mornings of coffee time while perusing on our laptops before working out are quite blissful.

I hope all of you in SCR land are able to stay healthy and continue your athletic quests for as long as you can. Just remember to keep the pain pills and creams handy.

If you feel like contacting me, my email address is g_franchi@comcast.net.

Editor's Note

First, Kudos to Carrie and Gary for continuing their active lifestyles. For you younger readers — being 70+ and still active is a reward for being active the 50 years before 70.

For those who don't remember them, the Franchis were an integral part of SCR for eons. Gary was an long time board member and served as club president for several years. He was also one of the founders of the Spring Runoff when he was a sports writer for the Pueblo Chieftain. He served as newsletter editor for 17 years and was an indispensable finish line timer back when we pulled tags. He and his folding chair became fixtures as he worked the Time Machine.

Thanks you two for keeping in touch.

Marathon Journeys

by Kristie Roseman & Regina Webb

Regina Webb and I have been running together since 2018. My goal at that point was simply to be able to continue running for as long as possible while staying healthy and minimizing injuries. She was a racing beast, competing in pretty much any distance, including ridiculously long trail runs.

I have admired her tenacity and strength through it all, but I had little to no desire to race. When she decided she wanted to qualify for Boston, I went back on my thoughts that I would never run another marathon and we began training.

We ran the Colorado Marathon in May 2023 and left injured and feeling defeated. After less than a day of hating running and giving up on it completely, we decided we couldn't leave our goal on that low note and began the process of training once again.

We ran The California International Marathon on 12/3/23 and although the race went well for me, it didn't go as well for Regina. I found myself unable to celebrate my accomplishment. We were supposed to cross the finish line together. When I finally found her, tears streamed down my face....the journey wasn't for me, we were supposed to be celebrating together. I never posted that I qualified, I was too upset. I couldn't see myself going to Boston without the one person who had been by my side through it all.

A few days later, Regina signed up for the Mesa Marathon. She was determined to reach her goal and honestly, I knew she could do it. When she told me she had to go this alone, I was sad and a bit hurt, but I know my friend and this was what she needed to do. She buckled down and was remarkably determined. She motivated herself to stay the course, which included three 20 mile runs by herself.

Last Saturday her hard work paid off! I wasn't there in person, but I was with her all the way. I tracked her mile after mile on my computer. I cheered her on as she held a consistent 8:36/mi and when she was still running strong at 17 miles, I knew she was going to make it! I called her soon after she crossed the finish line, this time I sobbed tears of joy! The excitement I feel for her is way greater than what I felt crossing the line myself. My friend is truly amazing, and I am incredibly proud of her!!

Now I can say it....

WE ARE BOTH BOSTON QUALIFIERS!!!



#BostonStrong





Southern Colorado Runners Newbie Run Program

by Paul Hindman

Description

Have you or a friend wanted to start running but are intimidated or don't know where to start? The Southern Colorado Runners' Newbie 5K Training Program is designed to help you train for the Hometown 5K on August 10th but can be used to train for any summer or fall 5K. All abilities are welcome! Whether you're a runner/walker attempting your first 5K or you want to get back into running, there's a place for you! In our program, we think sharing the training journey with friends working to achieve a common goal is the best part and makes every run more fun! This program is designed for people who have never run before or who have not run recently. We'll help you achieve your goal safely by a gradual and strategic increase in your training mileage. We start with very gentle workouts combining walking and running. The first workout is running for 10 seconds and walking for 30 seconds. Each week it involves two runs on your own and a group run on Saturday s. This training style allows your body plenty of time to adapt to running over the 9 weeks of the program as we build to the goal of running a 5K/3.1 mile distance. We give instruction on proper hydration, nutrition, injury prevention, running form, training principles, as well as other areas to help you have a successful race! All participants will receive schedules through email.

What you will Receive

- 9-week training program in-person building toward 5K/3.1 mile goal!
- Entry into the Hometown 5K on August 10th in Colorado Springs which includes a race shirt and medal!
- A technical Southern Colorado Runners shirt!
- One year membership in Southern Colorado Runners
- Positive support, coaching and a fun group to keep you motivated!
- Weekly training schedule.

Registration and Cost

The 9 week program is \$40 this season! This includes a technical training shirt (\$15 value) and entry into the Hometown 5K (\$32 value) on August 10th. The welcome email and training schedule will be sent out at the end of May a couple weeks prior to the start of training.

Schedule and Place

The kickoff workout will be Saturday, June 8 at 8:00pm at City Park, 801 Goodnight Ave, in front of the pavilion, just north of the round-a-bout.

Sign Up and Questions

Register at <https://runsignup.com/Race/CO/Pueblo/Newbieto5K>

Questions send to Paul at phindman@gmail.com or give him a call at 303-919-2932.



Editor's Note

Great idea Paul!
 Readers: If you are relatively new to running and want to improve, please take advantage of this program.
 AND, If you have a friend, spouse, cousin, etc. who is interested in running but doesn't know how to start, please let them know about this opportunity



The Beulah Challenge is open for registration

<https://runsignup.com/Race/CO/Beulah/BeulahChallenge>

Sign up now or mark your calendar for September 21, 2024.

Half marathon, 10K, or 5K. Come enjoy the beautiful Beulah Valley.

Ramblin' by Ron Dehn



Newsletter Ramblings (PLEASE READ)

I have created a new email address for submissions to the newsletter. That address is:

scrfootprints@gmail.com

Like many of you, my regular email box gets full overnight. I nearly missed two articles sent by Kim Arline because they were buried in with a whole bunch of other emails. Please use the new address for all submissions. It will be used exclusively for SCR communications. Thank you.

Regarding buried submissions. IF any of you have sent a contribution and it did not appear in print, I apologize. It is possible over the last few years that I missed someone's article or photos. I will always acknowledge a submission. If you don't get a reply from me, let me know. Text or call 719-250-3947. Thank you.

If you see lots of photos in the newsletter, but yours never shows up, **PLEASE SEND ME YOUR PHOTO** and let me know what event you were in. There are dozens of SCR members who may not attend the raffle runs but do participate in other events like the Spring Runoff or Rock Canyon Half. I try to include photos of a variety of club members in each issue but there are many of you I don't know. So if you are a club member and participate in a run, triathlon, or any event related to fitness / health, please send a photo and let me know the context. If it is a non-SCR event, consider also sending a sentence, paragraph, or article about the event.

Yes, I need a new photo in the article heading. That one is 10 years old.

New Blood / Ideas

Uncle Ted (Sillox) has been preaching the need for new blood, especially younger blood to get involved in the club. Ultimately, it will be key to the survival of SCR as an organization.

Paul Hindman is not a 20 something but he has taken on the role of club VP and has come up with a new idea.

Please read his article on page 14 on training for newbies. This outside the box thinking demonstrates the need for new blood. Hopefully Paul's program will take off and help many who are looking for some guidance in our sport. This program may not apply to you if you are a veteran runner. But surely you know a neighbor, coworker, or family member who would like to get started but can't quite make the commitment. This program might be the incentive they need to begin a healthier lifestyle.

If you have an idea on how to improve our organization, come to a meeting. We need you.

Ron's Brownie Recipe

Since this issue of *Footprints* contains several recipes, I thought I would share my brownie "secret". If you haven't been to raffle run, you are missing out. There may be celery or carrots left over, but there are rarely brownies left. My "secret" – Ghirardelli Brownie Mix. Yep, comes in a box. You need the mix, 1 egg, vegetable oil, water, and a pan to bake it in. There are various kinds of Ghirardelli Mix, and you can pick any one. I usually avoid the kind with icing. Just a little messy.

CAUTION. Do not bake the brownies and fall asleep in your recliner. I did it once while watching a movie. Chris was downstairs working on something, and the timer on the oven was dinging steadily but I was in dreamland. The brownies baked for at least an extra hour and the result was a "brownie brick". It was too late to make another batch so the next morning I went to Safeway before the raffle run to buy my potluck contribution.





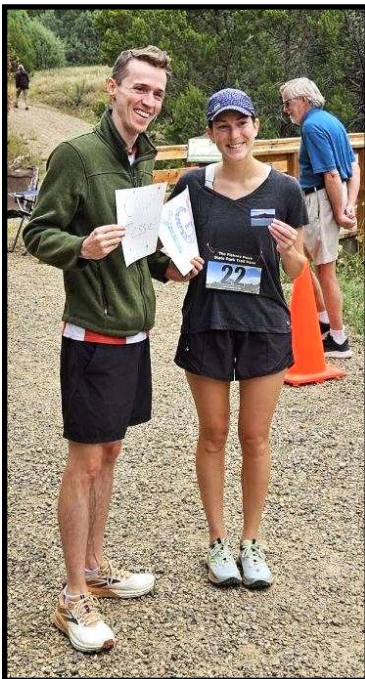
Fishers Peak Trail Races

by Kurt Traskos

For those of you who missed it, the Friends of Fishers Peak and Trinidad Lake State Parks hosted our very first 12k trail run in Fishers Peak State Park on Saturday, September 23, 2023. Fishers Peak State Park is the 2nd newest and 2nd largest state park in Colorado at 19,200 acres. The park is characterized by rugged topography, abundant wildlife, and the park's namesake Fishers Peak, that dominates the park at 9,633 feet.

Our September 2023 12k trail run was quite a learning experience for us in terms of how many runners to expect and when they usually sign up which remained much of a mystery until the week before the event. We were so grateful to get a helping hand from the Friends of Cheyenne Mountain State Park and partnering with them on <https://runsignup.com>. Also thanks for the tremendous help from Southern Colorado Runners who patiently worked with us and took the time to come down to Trinidad and train us with their timing equipment and a general tutorial for what to anticipate and plan for our first race. The cost of the race was \$70.00 per person over 30 days out, and \$80.00 per person under 30 days. Little did we know that our run date conflicted with the Beulah Challenge and Rim to Rim Royal Gorge Races taking place on the same day. We limited our first run to 75 people and had 32 participants on race day. Now that we have our first race under our belt and learned from our first trail run, we are hoping to attract many new runners to participate in our 2nd annual trail races. Since the race, the highly anticipated opening of the trail to Fishers Peak Summit was announced in November 2023 that includes many more miles of hiking trails!

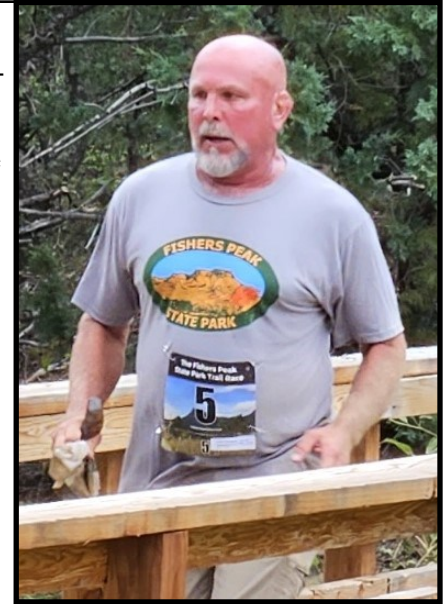
The Friends of Fishers Peak and Trinidad Lake State Parks are excited to announce the trail races for 2024 to take place in Fishers Peak State Park on Saturday, September 14th starting at 9:00 a.m. In addition to hosting the same wonderful Golden Rod 12k trail race as last year, we are excited to announce the addition of the Fishers Peak Friends-Z race that starts at the Fishers Peak Trailhead and goes the summit of Fishers Peak and back down to the trailhead.



Don't be fooled, this is a very long and significant challenge with a total of 31k/19.4 miles round trip and 3,000 feet of elevation gain and loss! This run takes place on these newly established trails through some of the most beautiful scenery in the park and finishing up on the breathtaking final segment of trail leading to the summit, take in the vast views that the 0.4 summit loop boasts of the surrounding environs of southern Colorado and northern New Mexico before heading back down to the Fishers Peak Trailhead finish line.

ishing up on the breathtaking final segment of trail leading to the summit, take in the vast views that the 0.4 summit loop boasts of the surrounding environs of southern Colorado and northern New Mexico before heading back down to the Fishers Peak Trailhead finish line.

FISHERS PEAK TRAIL RACES
SAVE THE DATE!
SEPTEMBER 14, 2024



Golden Cub 12k: Same run as last year going up the Goldenrod Trail, crossing the hub at the top then descending Upper and Lower Lone Cub Trails to the finish line
Early registration \$60 April 1 – August 13; August 14 – September 13 \$70.00; race day \$80.00

Fishers Peak Friends-Z: 1st ever run to the summit of Fishers Peak, up the Lower and Upper Lone Cub Trails to the Osita Ridge Section, followed by the Shady Forest Section, to the Stone Guard Section and finally the Peak Approach Section, around the Summit Loop and returning to the finish line near the Fishers Peak Trailhead via the same trails. Total mileage is 31k/19.4 miles round trip!
Early registration \$125 April 1 – August 13; \$135.00 August 14 – September 13; race day \$150

***Please note that there is a cap of 75 people for both races on <https://runsignup.com> so don't delay your registration if you are interested in either of the races as we expect them to fill up more quickly this year with the addition of our newest and highly anticipated 1st Fishers Peak Friends-Z summit run.

***For those training for the Fishers Peak Friends-Z please note that only the final Peak Approach Section and Summit Loop Section has a raptor nesting closure between March 15th – July 31st but all other trails are open.

Please stay tuned to Friends of Fishers Peak and Trinidad Lake State Parks Facebook page. Additionally you will be able to sign up for our races on <https://runsignup.com> by April 1, 2024 when we plan to go live with the our sign-up page for registrations.

If you have any questions please feel free to contact Kurt Traskos at kjtraskos@gmail.com or Beth O'Neill at jhobsonceill@yahoo.com

Recipes

CHICK PEA SALAD SANDWICH

INGREDIENTS

- 2 cans chick peas, drained and rinsed
- 1 tbsp vegan mayonnaise
- ½ tsp black pepper
- ½ tsp sea salt
- 1 tbsp pickled jalapeno juice
- 5 diced pickled jalapeno



DIRECTIONS

1. In a large bowl mash chick peas with a potato masher.
2. Add mayo, pepper, salt, jalapeno juice to chick peas and stir well to coat.
3. Fold in pickles, celery, onion and apples.
4. Pile high on bread or use in a wrap.

Thank you Martha Drake



Butternut Squash Bake

- 1/3 cup butter, softened
- 1/3 cup sugar
- 2 eggs
- 1 can (5 ounces) evaporated milk
- 1 teaspoon vanilla extract
- 2 cups mashed cooked butternut squash
- 1/2 teaspoon pumpkin pie spice

TOPPING:

- 1/2 cup crisp rice cereal
- 1/4 cup chopped pecans
- 2 tablespoons brown sugar
- 2 tablespoons butter, melted

In a mixing bowl, cream butter and sugar. Beat in eggs, evaporated milk and vanilla. Stir in squash and pumpkin pie spice (mixture will be thin). Pour into a greased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 350° for 45 minutes or until almost set.

Combine topping ingredients; sprinkle over casserole. Bake 5-10 minutes longer or until bubbly.



Cook's Notes: To double the recipe, use a 13-in. x 9-in. x 2-in. pan. Personally I like this dish served cold; it's similar to pumpkin pie.

Thank you Paulette Arns



This is my normal breakfast when we are home. I'm open for comments if you have them. I forgot to say add water in step 2. (Editor)

Thank you to my niece Caitlyn Elliot who formatted Martha's and my recipes.



RON'S NUTTY, SEEDY, QUICK BREAKFAST

Ingredients: Blueberries, Strawberries, Oatmeal, Walnuts, Almonds, Pecans, Sunflower Seeds, Pumpkin Seeds, Chia Seeds, Granola, 1 or 2 Brazil Nuts* (all nuts / seeds are shelled, raw and unsalted)



If you have fresh blueberries and strawberries use them. If out of season, use frozen.

Process:

1. If using frozen fruit thaw in microwave.
2. Combine oatmeal, granola, nuts and seeds (except for chia seeds) in a bowl then microwave for 1 minute.
3. Add chia seeds and fruit (chia seeds will clump if added in step 2)
4. Add milk (optional)
5. Serve

* Brazil Nuts are healthy but contain high levels of selenium. One nut contains almost twice the recommended daily dose. Most internet sites said eat a maximum of 3 per day to avoid toxicity.

With the exception of Brazil Nuts, use quantities of nuts and seeds to suit your taste. Too many pecans may cause bloating. I don't always have pumpkin or sunflower seeds.

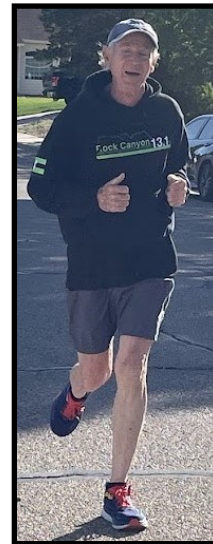
June is Pueblo Bike Bingo Month!



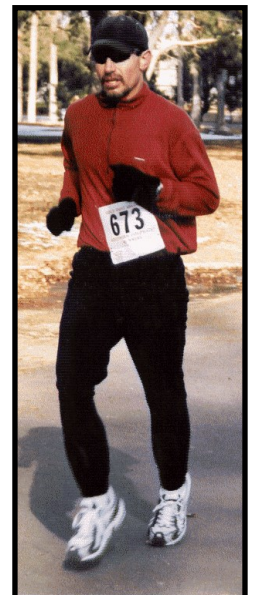
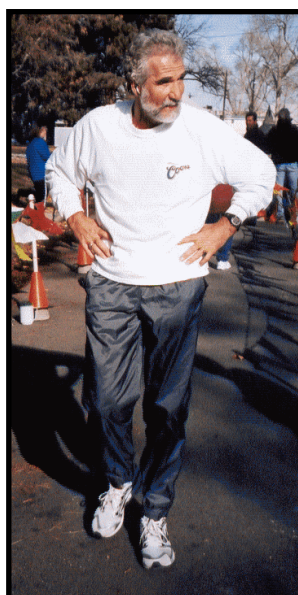
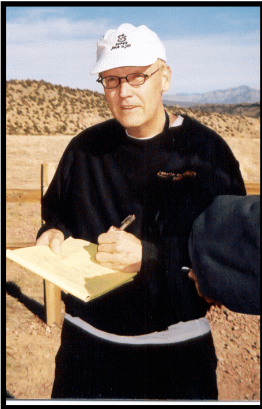
SCR is a proud sponsor of the month long campaign to get people exploring Pueblo on a bicycle, an E Bike, scooter or skateboard.

- Photo contest each week if you use #Ride Pueblo, two photos selected each week
- Lots of fun, connect with others and see new places!
- Lots of prizes to be given out June 29th at the final event.
- Details are at activepueblo.net/bingo

Choose Your Own Adventure Pics Courtesy Juan Morales & Your Friendly Editor



Blast from the Past Photos How many individuals can you name?
These were all people who were active in SCR in 2002 (a few still are)
See Page 23 for Names





Sponsor Page & Printing your Membership Card



To Print your Membership Card:

Login to Runsignup.com
 Click on the Gray Person in a circle in the upper right-hand corner of the screen.
 Click on "Profile"
 Scroll to the bottom of the Profile page.
 Click on "My Club Memberships" in the blue boxes under "Account Links"
 Click on the most recent "Membership Card" option.
 The membership card(s) will be displayed.
 You can then print that page and cut out you card(s). Have your card with you to obtain discount.

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

NOTE:

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



The Birthday Page



May

4 Paul DallaGuardia
 4 Jenn Pacheco
 4 LUKE QUINTANA
 5 Jennifer Kottenstette
 6 Will Bratina
 8 Claudia Hindman
 8 Trevor Walker
 14 Debbie Gurule
 14 Bea Jones
 14 Paul LaBar
 15 Don Thompson
 15 Avani Valenti Moreschini
 18 Mark Koch
 20 Diane Lopez
 21 Daniel Heersink
 23 Jitka McGivney
 25 Reyna Quintana
 26 Casey Pearson
 26 Lois Pfof
 26 Angela Wilkerson
 27 Tom Brosseau
 27 Lance Thyberg
 31 Carla Sikes

June

4 Jessy Narimanov
 5 Madison Dudziec
 5 Lewis Fox
 5 Darek Lee
 8 Robert Lucero
 10 Megan Moore
 10 Jaylen Vargas
 11 Rahel Gredig
 11 Sean McGivney
 13 Lucas Flory
 13 Carrie Tucker
 17 Cade Markert
 18 Donald Montoya
 20 Melissa Fairbairn
 20 Kira Hughes
 20 Donna Nicholas-Griesel
 21 Carol Brimmeier
 21 Retzio Gredig
 23 Mary Yang
 24 Laurice Lopez-Cepero
 26 roger weitzel
 26 Kyrie Wright
 27 ERIC CASTELLANO

July

1 Marijane Martinez
 1 Tanna Schut
 2 Ron Cothran
 2 AnnaMarie Neal
 2 GEOFFREY WAWERU
 4 Donald Moore
 4 Zarela Vidal-Paredes
 5 Amy Bailey
 5 Kim Hunter
 6 Cleo Zarr
 7 Suzanne Miller
 8 Joseph Spinuzzi
 8 Roseann Tavarozzi
 9 Bob Noble
 10 SUZANNE Baity
 10 Raluca Moucha
 15 Kevin Hughes
 16 Brooke Kottenstette
 16 Taylor Kottenstette
 17 David Dietz
 17 REGIS Marquez
 20 Bill Veges
 23 Eric Medina
 25 Greg Horvat
 29 Darryl Clark
 29 Timothy Mossberger
 31 Malcolm Singer

August

1 Amanda Brown
 1 Xan Kellogg
 5 Janique Holbrook
 5 Gayle Perez
 6 Michael Cservenak
 6 Jon Teisher
 8 Jennifer FitzPatrick
 9 Dave Diaz
 9 Emily Perez
 10 Pam Gonzales
 10 Audrianna Martinez
 10 Ben Wiley
 11 Richard F. Craft
 11 Ron Dehn
 12 Brigid Martin
 12 Ross Westley
 14 Frank Lopez-Cepero
 18 Melanie Hughes
 18 Ryan Madic
 19 Russ Avina
 19 Emily Lucero
 21 Charles Lucero
 21 Ricardo Perez
 21 Carlos Salazar
 21 Liam Thyberg
 22 Tanis Manseau
 23 Dan Cooper
 24 Paula McCabe
 25 Taylor Lopez-Cepero
 27 Richard Emond
 29 Neymar Hernandez
 29 Deborah Shaffer

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, the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

THANK YOU a WHOLE BUNCH!

New Email Address for Newsletter Submissions

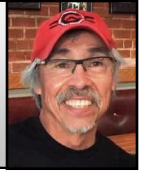
Please send articles, photos, recipes, etc. to:

scrfootprints@gmail.com



Race Calendar

by Dave Diaz



May

Su 19	<u>Colfax Marathon</u>	Denver
Su 26	<u>Spirit Trail Race Mar/1/2 8K</u>	Buena Vista
Mo 27	<u>Memorial Day FREE 5K</u>	Imperial Gardens Cemetery
Mo 27	<u>Bolder Boulder</u>	Boulder CO

June

Sa 8	<u>Peaks & Prairies Raffle Run</u>	4913 Warbler Ct
Sa 8	<u>Pueblo Levee 5K</u>	Dutch Clark Stadium
Su 9	<u>Garden of the Gods 10M10K</u>	Colorado Springs
15-17	<u>FibArk Trail Races</u>	Salida CO
Sa 22 8am	Quail Run & Picnic	Lake Pueblo
We 26	Colorado Bike to Work Day	
?	<u>Sara Shaw 5K</u>	Riverwalk

July

Th 4	<u>Liberty Pt 5K</u>	Pueblo West
Sa 20	<u>Manassa Pioneer Days 5K</u>	Manassa CO
Su 21	<u>Barr Trail Mtn Run</u>	Manitou Springs
Sa 27	<u>Rky Mtn State Games 5K</u>	Colorado Springs
Sa 27	<u>Ryl Grge Whitewater Fest</u>	Cañon City

Aug	<u>Runapalooza</u>	4742 Walnutcrest Pueblo CO
Sep	<u>Badger Land</u>	712 E Heron Dr, Pueblo West CO
Oct	<u>Harvest Run</u>	Gold Dust 217 S Union Ave
Oct	<u>Dia de los Muertos</u>	Roselawn Cemetery
Nov	<u>Temple Canyon</u>	BF Rockefeller Park Canon City CO
Dec	<u>Nelson's</u>	614 E Marigold, Pueblo West CO

Swimming News



Swim Training takes place Mondays and Wednesdays at South High School from 8 – 9pm through August. Contact Dr. Cheryl Higdon Holloway at 505-469-0048 for more information.

Triathlon News

We need to announce that Mountain Valley Performance Academy is the new Pueblo High School Triathlon Team. The Olympic Training Center has organized Colorado Springs High School Tri Team and has asked MVPA to be the new Pueblo High School Tri Team. We are taking names now for those athletes who want to participate. Please Call Dr. Cheryl Higdon Holloway at 505-469-0048 for more information.

Answers to Blast From the Past (2002) photos on Page 19

Row 1:

- Ross Barnhart (Runner and Predict Series Host of Yappy Dog Run for many years, volunteer)
- Shelly and Ruth from the Gold Dust (HUGE club supporters in many ways and several races including packet pickup, also hosted races from the Gold Dust)
- Shaun Gogarty (Runner and Newsletter contributor for many years with his column “Trail Notes”)

Row 2:

- Desiree DallaGuardia (Athlete and newsletter contributor, obviously quite young when the photo was taken)
- Maddy Tormoen, (Professional athlete and represented Team USA in World Duathlon competitions. According to one article she was the greatest female duathlete in the world from 1990-95, SCR participant)
- Gerald Puls (Runner)
- Jim Robinson (Athlete and active in SCR activities, volunteer)
- Robert Santoyo (Runner)

Row 3:

- Michael Orendorff (World class triathlete representing Team USA, SCR participant and frequent volunteer)
- Matt Sherman (Athlete, Past SCR President, teacher, track & cross country coach, volunteer)
- Joe Stommel, (Athlete, active in SCR activities for years, volunteer)
- Lois Pfof (Walker, past SCR officer, host of Ramsgate 8 for many years, omnipresent volunteer)
- Ben Valdez (Athlete, YMCA leader for many years, race director for **numerous** races, duathlons, triathlons, key role in Corporate Cup for years, volunteer)

*Editor’s Note: For those listed above, the descriptions only touch the surface of what these individuals have contributed to SCR and to the health and fitness of literally thousands of individuals in Southern Colorado. With help from some of the long time club members, we could record pages and pages of accomplishments and contributions made by this elite group. **Please Note: There are tons of others from the past that deserve honor and recognition, but I just happened to have digital photos of these individuals from a 2002 newsletter.***

The Cheyenne Mountain Run August 17, 2024

Dear SOCO Runners,

Can you please add our trail race to your race calendar. We are again teaming up with the Friends in Trinidad and offering reduced pricing if runners sign up for both races. In speaking to Beth, I understand that you will again be assisting them with their race timing. This year I will be able to help them race day, so I hope to meet some of you then, unless you are attending our race.

Race Date: August 17th, 2024, Time 8:00am

Location: Cheyenne Mountain State Park
25K, 10K, and 5K

Registration Link: <https://runsignup.com/Race/CO/ColoradoSprings/TheCheyenneMountainRun>

Please let me know if you have any questions or concerns. Thanks a bunch.

Pat Cooper
Race Director and
Friends of Cheyenne Mountain State Park
Friendsofcmmsp.org
719-963-4654





Choose Your Own Adventure Photos



Left: Sean pulls out winning tickets for the Raffle. The McGivneys gave out several sports related items. Humberto Paredes won a \$50 gift card.



Photos courtesy of Juan Morales and your friendly editor





More Choose Your Own Adventure

Thanks for the pics Juan

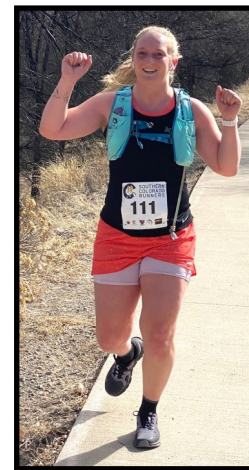




More SRO Pics



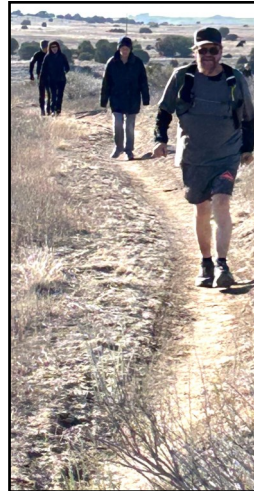
Photo Credits for this issue of Footprints includes many club photographers. Thank you to Sheri Giordano, Dave Dehn, Cathy Dehn, Lew Fox, Juan Morales, Katie Fox, your friendly editor and whoever took the photos that I pulled down from Facebook. **THANK YOU!!!**



Viggo Narimanov is one of our younger club members. He is very active in SCR and attends board meetings regularly. He hasn't got his learner's permit yet so relies on his Mom Jessy to bring him to the meetings. Jessy serves as club secretary and we appreciate all she does for the club and are glad when she brings Viggo to the meetings. Thank you Jessy!

South Shore Raffle Run Photos

The South Shores Trails Raffle Run took place on a beautiful March 23 morning. Runners and walkers had the option of a 2 or 4-mile route on scenic trails. It was organized by Sheri and Roger Giordano who donated a brand-new top of the line standup paddle board to the raffle winner. They also brought treats including various kinds of donuts along with mimosas. “Uncle” Ted even brought a generator and coffee urn so the groups could have hot coffee. Ted – you are spoiling us. 41 runners participated. Danny and Melanie Nelson brought the port-o-potty so we didn’t have to go behind the bushes. Thank you to Sheri, Roger, Danny, Melanie, and Ted for going above and beyond. Ben Pierce was the raffle winner.



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A few more
SRO Photos