



SOUTHERN  
COLORADO  
RUNNERS



# Footprints

The Summer Edition  
Volume #355, Issue #3  
Editor: Ron Dehn



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"Non  
Event"  
Photos

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More July 4 Photos





### Contact Us

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

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**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)  
[www.socorunners.org/triclub](http://www.socorunners.org/triclub)

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

### To Ponder...

Nothing spoils a good story more than the arrival of an eyewitness. -Mark Twain

It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy. -George H. Lorimer

The bitterest tears shed over graves are for words left unsaid and deeds left undone. -Harriet Beecher Stowe

A happy marriage is the union of two good forgivers. -Robert Quillen

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

Be mesmerized. Get immersed in the process of the workout. -Joe Vigil

If at first you don't succeed, skydiving is not for you. Steven Wright



**Southern Colorado Runners**  
[www.socorunners.org](http://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](mailto:president@socorunners.org). Other officers and contact info are listed to the left.

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, Katie Fox, Melanie Nelson, Mary Yang, Ashlee Sack, Dave Diaz, Nelson Brentlinger, Paul Hindman, Eric Medina, Marilyn Goodloe, Martha Drake, Wendy Garrison, Jessy Narimanov, and Carol Wright & Kumei Sukeyuki\*

**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](http://www.rrea.org)



## A Message from the President Ted Sillox

I hope all of you members are having a productive summer with your running goals. It is the middle of July and before you know it, we will be celebrating Dia de los Muertos in the chilly Fall air. There are a bevy of local races coming up and I would like to encourage you to enter as many of these races as you can. Check the club calendar for times and places. I especially like the ones that are in or near the mountains as the fresh air at those altitudes is always fun to run in.

We recently had our annual brunch run at Lake Pueblo and there was a very good turnout for the event. The club provides some great food and beverages for the run/walk and if you are not attending you are really missing out on the fun. Most of the food is not really health oriented but every once in a while you need to just dig in and enjoy life. There were pastries, burritos, coffee and plenty of mimosas. Plan to join us next year if you have never participated in this fun run.

Thanks to Katie and Steve Fox, I think mostly Katie, we had a fun run at City Park on the 4<sup>th</sup> of July. Many members were sad to see the loss of the Liberty Point 5K so I think word really spread about the gathering and there were many participants. Maybe it was the prize for most patriotic costume that was going to be awarded or the chance to meet realtor Katie Fox in person, but it sure brought the people out. When I saw the crowd growing, I told Katie to be sure and say that this was not an organized event through SCR. The city sort of frowns upon large events in the parks that don't have all the bureaucracy surrounding it. It is good to see that kind of enthusiasm and I only wish more people would get involved with our club so we could produce more events. Thanks to member Paul DallaGuardia for helping to mark the course. I feel there is a great opportunity to take over the Liberty Point Run but we would need people who would step up to the role and follow through with producing the event and we simply don't have the people willing to do that. Maybe someone will read this and prove me wrong.

Another area that we could really use help in is the position of webmaster. Paul Hindman researched our website operating system and if any of you are familiar with Word Press and would be willing to adjust and update our site it sure would be great. You would not even need to attend board meetings as the job would allow you to do it in the comfort of your home at your pace and whenever or wherever you felt like working. You don't need to be perfect or the greatest computer wizard of all time, just someone willing to help us. If any members have an idea feel free to contact anyone on the board and offer up your suggestion.

*(Continued on page 5)*

## The 2024 Raffle Run By Ted Sillox



For this edition of the newsletter, we will recount the raffle races we held since April. The month of April found us down south running on and near the Hollydot Golf Course in Colorado City. There had been a light snowfall the night before but it was perfect for running. The soil was damp but not muddy and there was hardly any traffic on the roads. Katie and Steve Fox hosted the run and arranged for us to eat in the clubhouse following the run. These runs are free and you can always find someone on your level to run with. Thank you, Katie and Steve, for hosting.

May found us at the home of Sean and Jitka McGivney for a run around the University Park neighborhood. I seldom run near there so it is always fun to run in a place that seems new to you. There were 4 courses to choose from so you could get a long workout if you wanted to. Humberto Paredes was the lucky winner of a \$50 gift card in the drawing after the run and there was plenty of good food to enjoy as it was one of our potluck socials afterward. Thanks to Sean and Jitka for hosting.

In June we invaded Robert Espinoza and Rebecca Simmons' house on the north side of Pueblo. I like this course because it looks different every year with the growth around the prairie. Unfortunately, we had a member, Janique Holbrook, fall and get injured at the run. Luckily, she is in good enough condition that she has bounced back up and was in attendance at the next raffle run. Ken Hughes helped to mark the course and was fixing mimosas after the run and so I don't remember who won the raffle gift to Albertsons. Thanks to Rob and Beck for hosting.

To start off the summer running season we went out to Lake Pueblo for a run and social gathering. This course takes you to the top of the dam and if you have never run or walked there you should. You get great views to the east and west from on top of the dam. The club provides all the food and drink for this summer celebration so you are missing out by not attending. One of our newest members, from Paul's class, won the raffle prize and maybe that will attract more members.

Summer is almost half gone and our fall raffle runs are some of the best so plan on attending.





## Wyoming and Montana Adventures by Melanie Nelson

One of the great things about being retired is the ability to go somewhere last minute, or in this case four days in advance.

We are always up for an adventure, especially when friends ask if you want to join them. This trip took us to Wyoming and Montana. Our first race was in Buffalo Wyoming where the Longmire Days were happening. The race was a 5k race or 1 mile walk. We met many people from all over the United States, who were there for the Longmire Days and festivities. Craig Johnson, author, who writes mystery novels and is best known for the Sheriff Walt Longmire novel series, was there to fire the starting gun for the race. He was also signing Rainier beer cans and taking pictures. (Just my luck, I never run with my phone, and I haven't found our picture on the website yet.) This four-day event has a little bit of everything besides the 5k, like rodeo, talent show, how to write a book lecture, auction, pancake breakfast, softball game, skeet shooting along with many other events relating to Longmire tv series. So, if you follow the tv series Longmire or read Johnson's novels, Buffalo in July is where it's at.

Next race was in Billings Montana for the 5k road race which was part of the Big Sky State Games. There were probably 200 participants for all three races, 5k, 10k, and half marathon. All races went down Thiel Road for an out and back. The course was a slight downhill going out and slight uphill coming back. Pueblo Colorado showed up and took home four of their medals. Trying to put in some mileage toward home, we left Billings but had a few stops along the way. One was the town of Bridger Montana, named after the scout Jim Bridger. As we were passing through, they were celebrating Bridger Days, which is always the third week in July. We stayed long enough to see the parade and check out the car show.



(Continued from page 4)

Please thank any or all the board members when you happen to run into any of them. These people freely give their time and are the only reason that our club manages to stay alive. Most of our board consists of senior members and I would like to remind members that when you reach the age of 70 you can renew your membership under the Senior Category on RunSignUp for free. You will need to scroll the page up to see the category.

Stay Safe and Keep Moving,  
Ted

We made our way to Cody Wyoming with the intent of just eating lunch; however, they were having a farmers market, and acoustic jam at the park, with the Yellowstone Beer Fest following. We however made our way to a place called WYold West Brewing Company, where on their menu they had "The Slopper, a Pueblo Colorado favorite", I know, I could not believe it either. The waitress really didn't know too much, but did say after the chef went to a conference in Colorado, they changed the menu and that was one of the new additions. We traveled on to Thermopolis WY, they claim it's the world's largest natural hot spring. We were ready to get into the pool, when thunder, lightning and a severe downpour of rain quickly changed our minds.

For a quick trip, we did a lot of traveling which led to seeing and doing many things. Some are off the main path, but that is where we usually enjoy ourselves more.

Always a great time with friends, Deb and Rich.







## My Running Path

by Mary Yang

Running is often fueled by competition, training for a sport, or the endless drive towards a new PR. I've fallen into all the above during different seasons of my life and am proud to now bring my love of running to one of the best events in Colorado – the Rim to Rim Royal Gorge Races. Though my purpose

for running has shifted throughout the years, the inspiration behind it has always been rooted in my heart and gifted by my dad.

When I was 15 years old, my dad recruited my siblings and me to the top of Pikes Peak as volunteers for a race. At that time, I didn't quite know what to make of the experience. I wasn't happy about waking up so early, and I found it odd that people would want to run on a mountain. We were asked to staff the water station one mile from the top. It was a foggy day, and as we made our way down the mountain the mist made everything feel magical. I also fondly recall how happy my dad looked and how proud he was to have my us join him.

That day was filled with memories I will never forget. I observed runners who had pushed beyond their limits and still had a mile to go. I felt worried for the runners and found myself teary-eyed multiple times throughout the day. My emotions were filled with joy, compassion, and inspiration. I was baffled by the strength of my response and intrigued by the individuals who chose such a journey.

In the weeks following that day, I began to see in my dad what I had observed in those runners. He would venture out on long journeys and become lost in nature. Ultimately, his running saved his life. He had smoked cigarettes in his younger days and at the age of 50, he suffered from a heart attack. Shortly thereafter he quit smoking and began running. Running bought him another 33 years of life for which I am truly thankful. During those years, I started running and found myself similarly lost in the beauty of nature for hours. We ran together, and I ran on my own. And, yes, I even competed in the Pikes Peak Ascent for several years. My dad would always drop me off at the start and wait for me at the finish line. He is in my heart every single step that I run.

A few years ago, my close friends and I set out to Pikes Peak's Barr Trail to honor my dad on his birthday. As we arrived at my dad's favorite spot, my dear friend, Erica, surprised me with the most beautiful gift and pulled a memory stone from her backpack. We now make an annual trip commemorating his birthday.

After a lifetime of being inspired by my dad to make a difference in the world of those around me, today, I have the honor of being the Rim to Rim Royal Gorge Race Director. Not only is this race nestled in one of the most beautiful locations in Colorado, it is also the largest annual fundraiser

for a local nonprofit, Starpoint. Every year as volunteers from across our community gather in the pre-dawn hours, I'm reminded of that first cold morning with my dad on Pikes Peak. I love honoring his memory through both running and service. Because it's never been just about the running – it's about being part of something more. Truly, all runners have a different purpose, vision, journey, and path. I'm thankful that my running journey has been inspired by my greatest mentor, my dad.

I hope you will join us on October 5 in Fremont County, Colorado for the 14<sup>th</sup> annual Rim to Rim Royal Gorge Races. Run across the highest suspension bridge in the United States of America while knowing that you're also contributing to that something more for vulnerable populations in Fremont, Chaffee, and Custer counties.

[www.rimtorimroyalgorge.com](http://www.rimtorimroyalgorge.com)

All proceeds from the Rim to Rim Royal Gorge Races benefit Starpoint, which provides essential services to children and their families and adults with intellectual and developmental disabilities. Learn more about Starpoint – [www.starpointco.com](http://www.starpointco.com).

We are proud to once again partner with the Beulah Challenge for the Over It Race Series.

A special thanks to our sponsors:

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## In Defense of the Un-5K

by Ashlee Sack



I recently unboxed a middle-school essay that I wrote over 30 years ago. It's title? "Why I hate running." In it, a frustrated, twelve-year old semblance of my current self lamented that, twice a year, the Presidential Fitness test required us to run six laps around our school track. The 1 ½ mile was my nemesis.

Since then, as you may imagine, I've become much more of a fan of the sport. From six laps around a track, I now willingly enjoy six miles along some of the most scenic trail systems in the state. Moving from the track to the trail, it seems, has made all the difference. Through whispering junipers to granite boulders, my feet dance over miles of varied terrain and stunning scenery. While I generally map out my route to adhere to a particular distance, I've never once stopped myself from enjoying a scenic overlook just because it would add ¼ of a mile to my perfect 3.2 mile training distance. At Fremont Adventure Recreation, we aim to bring the joy of trail running to those with a wide ability level – at the peril of diverting from a "true" 5K.

Our events showcase what we believe (and hope you do, too) is most important on a trail run: the trails. While we do our very best to create courses that adhere to general distances that are familiar to runners – namely the 5K and the 10K – we are not shy about squeezing a few extra feet out of a course in order to show you a gorgeous rocky outcropping, and stellar scenic view, or a peek at the purple Sangre de Cristo Mountains set against a sunny summer sky. We would never, for the sake of exactitude, deny you this.

We haven't had a trail running course properly measured in years. I'm not ever 100% sure of the accurate distance of some of our trail-based events. (Even a Garmin gets a little lost in the back-country sometimes.) **BECAUSE THE COURSE MATTERS.** We aim to give you every view, every glimpse of beauty, every exciting bit of trail that we can, and if that's a little off the "5K" course, that's okay. We know that it's important to compare your times from year to year to measure progress, so the courses don't generally change, but to compare one event's 5K time to another's would be inaccurate due to elevation changes, technical features, and other factors. If one 5K is a bit longer

than the other, what's the harm? If there's some time lost by looping in a grand, sweeping view of the Arkansas River from the rim of the Royal Gorge, who would quibble?

There is no event where this guiding principle is most evident: the Tunnel Vision Duathlon. With distances of 3.5 miles, 7.7 miles, 10.2 miles, and 15.2 miles, we have flaunted all of the "distance" rules. But with a 2-mile approach via bike along Tunnel Drive, plus an ability-appropriate run / hike to a scenic view that will make the lung-bursting ascent worth it, we think you'll love it – no matter the seemingly random distance.

The views are worth it, and we've planned them perfectly.

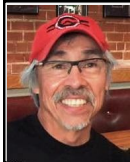
I think if that sweet little seventh-grade Ashlee would have been given the option to run 1 ½ miles along the rocky shores of the Pacific Ocean or along the vertigo-inducing negative space of the Gorge, she may have never written that essay at all. She may even have taken up running much sooner and spent hundreds of additional miles of smiles in her youth. Good thing she's done a great job of making up for lost time.

For more information on the Tunnel Vision Duathlon, please visit [joinFAR.org](http://joinFAR.org)

*Editor's Note: In case you want to check your calendar, the Tunnel Vision Duathlon is set for 9am September 28. The views are spectacular.*







## The 128th Boston Marathon

By Dave Diaz

On April 15, 2024, at 75 years old, after 46 years of running, I ran the 128<sup>th</sup> Boston Marathon. It was my 112<sup>th</sup> marathon, my 4<sup>th</sup> Boston and possibly my last. If it is my last, I'm glad it was Boston.

I had been planning to run Boston for several years.

Back in 2019, when I turned 70, my two sons, David and Matt, and I, all doubled at the Pikes Peak Marathon. I used to think I'd be happy to run until I was 70, but since I've passed 70, I want to keep running as long as I can.

Running has always been easier for me when set a goal and I needed a new one. In 2021, I decided to run the Boston Marathon when I turned 75. The BQ time for 70 year olds is 4:20 (9:55 pace) and I didn't think I could do that anymore, but the BQ time for 75 year olds is 4:35 (about 10:30 pace) and I felt I could do that if I trained, kept running and stayed healthy. I know that sounds slow but it's not easy for me. I don't lift my knees as high as I used to, my stride length has shortened, I'm not very limber and I have blind spots which means I trip over things I don't see.

In order to qualify, I felt I needed to keep running long distances because I was afraid if I stopped I couldn't get it back; it would all be over, "use it or lose it". Plus, if you haven't done a marathon for a while, you tend to forget how hard they are. So from 2021 to 2023 I ran the Colfax Marathon twice (both times just under 5 hours) and because of COVID, I did the Boston Marathon Virtual and New York Marathon Virtual and many, many 20 milers. I entered and trained for the Charleston Marathon but it was canceled two weeks before the race.

At Boston your qualifying time depends on your age but just because you make your Qualifying Time (BQT) doesn't mean you automatically get in to the race. In 2020, Boston lowered all the qualifying times by 5 minutes. The race was canceled in 2020 and in 2021 it was postponed to the fall. In 2022 everyone who ran a qualifying time was allowed into the race because they had fewer than normal entries that year. Probably because so many qualifying marathons had been canceled during the pandemic.

That happened again in 2023, but things really changed with the qualifications for 2024. You needed to run 5 minutes and 29 seconds faster than your posted BQ time to qualify and that's the BQ time that had already been lowered by 5 minutes or 10:29 faster than in 2019. In 2024, 33,000 runners qualified and applied but only 22,000 were selected. The just means that the time you actually have to run in order to qualify for Boston varies from year to year. There are a lot of people out there running marathons and they are posting some fast finishing times, which means if you want to run Boston you will need to run faster than you thought.

My plan was to try to qualify at the Revel Rockies in June of 2023. I was "only" 74 at the time but I would turn 75 before Boston so I could use the 75-79 BQT. Revel is a downhill marathon that starts in the mountains west of Denver, runs



Dave and Stacey after the race

thru Evergreen and finishes in Morrison (near Red Rocks). They had pace groups and the very last one was 4:30, which was at the back of the pack. I thought if I could stay with that group, I would qualify by 5 minutes (again, my BQT was 4:35). I lined up with them, but once the race started I felt like I was barely moving. I forced myself to stay with them for about 10 miles. I didn't realize it but somewhere before halfway I had left them behind. I didn't worry then because I felt pretty good and kept running but about 21 miles I got very tired. My quads hurt bad from the downhill and I worried the pace group was going to catch me. At a straightaway I could see them about ¼ mile behind me. I worried what I would do if they caught me, could I stay with them? I'd been passed by pace groups before, it's a terrible feeling and sometimes there is nothing you can do about it. I decided to try to stay ahead as long as I could. Turns out, I finished about 2 minutes ahead of the pace group and luckily they were about 2 minutes early, which means my time of 4:25:53, beat my BQ by over 9 minutes.

Since I was 9 minutes under, I was pretty sure I would get in to Boston and even though registration wouldn't open until September we booked our AirBnB and got a nice place near the finish, around the corner from Cheers Tavern and 2 blocks from the busses. I couldn't have done this trip, or any trip, without my wife, Stacey. She is a veteran traveler and takes care of all the details. Flights, rooms, planes, trains, busses, Uber, rental cars, she does almost all of the planning for our trips. In Europe she was able to figure out

(Continued on page 9)

## Boston Continued

*(Continued from page 8)*

the trains even though they are not in English. I'm better than I was but without Stacey, I couldn't have done this. In 1996 I qualified and entered the 100th Boston Marathon but didn't go, back in those days they gave refunds. Regrets, I've had a few...

### **Boston Weekend April 12-15**

**Friday April 12.** Stacey and I arrived in Boston on Friday about noon. We took the free train to downtown and walked to our AirBnB. Then Stacey and I went to the Expo at the Hynes Convention Center to get my packet. I love going to expos, and this is a big one. I didn't want or need anything, especially another jacket but I bought one anyway. I really wanted a 2024 poster but they don't give posters anymore. I get claustrophobic because of all the people so we left. We found a really cool Irish Pub "the Sevens Ale House" by our place. It was very crowded so we sat at the bar, drank beer and ate hot dogs. The owner made us feel like regulars, he welcomed us to Boston and wished us luck in the Marathon. I'm not sure how he knew, maybe the packet on the bar and the jackets we were wearing.

**Saturday, April 13.** On Saturday, Stacey and I got up early and we ran the Boston 5K; the start was 1 block from our

place. They cap the run at 10,000 runners and when registration opens it sells out in hours. I took 3<sup>rd</sup> in my age (out of 22), I might have done better but I kept telling myself to hold back. After the run, we went to the Fan Fest, which is something new. It's an outdoor party, at City Hall Plaza, near Faneuil Hall, with bands, beer and booths but it was a disappointment to me. I guess I expected more, we had a Sam Adams and left. Later that afternoon we met up with my daughter Judi and her husband Paul Bonacquisti, who traveled to Boston from Denver, to join us. Paul (a Rockies season ticket holder) got tickets for the Red Sox game, so we met by Fenway Park and had lunch. Fenway is amazing, what a party. They close off streets and have live entertainment in the streets. It reminded me of opening day at Coors Field. Then we watched the Red Sox play, they won but it didn't matter, I was just happy visiting Fenway with all its history. We walked down David Ortiz Dr to get to Fenway and saw statues of Carl Yastrzemski and Ted Williams at the ballpark. We visited the Bleacher Bar behind CF where you can see the field from the men's restroom.

To brag for a minute, my daughter, Judi, ran for South High in Pueblo years ago, she went to state 8 times in track and cross-country and was City Champ in cross-country. She was student body president and graduated in the top 10. She runs for fitness now and has done the Rock Canyon Half-Marathon and the Spring Runoff. After high school, she went away to college in Fort Collins and never came home. Her undergraduate degree is in Civil Engineering and has since earned her Masters and Doctorate from CU and is currently Vice-President and Senior Diversity Office for CU Systems. She and husband Paul, own Bonacquisti Winery in Denver. They have 2 children, Marisa who will be a senior at Colorado College and Vincent who will be a sophomore at Northwestern near Chicago. We plan to visit him this fall.

Back to the race...

### **Sunday April 14.**

On Sunday morning Stacey explored Boston by herself. I stayed home and rested. I was disappointed to learn the Marathon no longer has a pre-race dinner. I was looking forward to it. Not just the pasta dinner and all the Sam Adams you wanted but talking to other runners and where they came from and where they qualified.

Instead on Sunday afternoon, Paul took us to The North End of Boston, Boston's Little Italy. It is a maze of narrow streets with some of the city's oldest buildings. We ate dinner at a restaurant that could have been the set of a movie. We saw the Old North Church, walked a bit, tried to sight see but the streets were crowded with Marathon visitors so we headed home early.

That night I was worried. I knew I had trained, I knew I was ready but my knee hurt and I was worried my body wouldn't hold up. Stacey wanted me to put the Uber app on my phone, just in case.



**Dave at the Citgo Sign**

*(Continued on page 10)*



## Boston Continued from Page 9

### Monday April 15.

Race morning Stacey walked with me to the busses. I hugged her, told her I loved her, got in line, boarded the bus and headed to the start. The school bus was noisy with people talking, but I sat in silence for ½ way then started talking to the young man next to me. He was originally from Columbia but now lives in Seattle and works in IT. He said he had just returned from Europe and this was his first Boston but he was also running Chicago in the fall. I told him, I had run Chicago, but New York was my favorite and this was my 4<sup>th</sup> and last Boston. We talked about qualifying and how we had both worked so hard to get there. He asked questions about the course and I told him what I knew. It was probably my imagination but it seemed the bus had quieted down and people were leaning in to listen to us.

I got off the bus and walked by myself to Athlete's Village, which is where runners wait before the race starts. It felt strange to be alone. In 2016 I was with Stacey, who ran a 3:58, as she qualified at the Denver Rock n Roll by over 10 minutes and in 2017 I ran Boston with my 2 sons, David (2:58) and Matt (3:03) as we all qualified at the Revel Rockies.

At the start, I was in the 3<sup>rd</sup> out of 4 waves. In a normal race I generally finish just back of mid pack but I'm sure I was one of the slowest runners in this race, I thought they must have put the runners who fund raise behind me, who else could be behind me. I was thankful not to be in the 4<sup>th</sup> wave, which would have been another 20-minute wait. I lined up in the very back of my wave and hoped for the best.

The race was uneventful, my knee didn't hurt much and I kept moving forward. It was a hot day and usually heat doesn't bother me but I trained at 5 am in 40 degrees in Pueblo. In Boston, I didn't start until 10:50 am and it was already 80 degrees. The pro men started at 9:37 am so they were almost done when I started. You would think the spectators would be gone by the time I came by but they were still there screaming and cheering. It makes it easier to keep moving, especially the last 6 miles. I tried to look around to try to remember everything. I ran a 5:02 but it seemed to go by fast, maybe I didn't want it to end. I remember about 22 miles I must of looked pretty bad because a young girl ran with me, "we got this" and "we're gonna make it" she said.



I wish I could thank her. The Citgo sign, Boylston Street then the finish and I was done.

I was a little disappointed with my time. I still try as hard, I'm proud of my effort and very happy I finished but I expected to run faster and didn't. I learned long ago nobody cares about your time but you. Some facts: There were 59 male runners entered in my age group (75-79). 50 started but only 43 finished and there were 9 no shows. I was 24<sup>th</sup> just 2 ½ minutes behind 77 year old, Amby Burfoot (22nd), the 1968 Boston Marathon winner and 2 time Olympian and just 36 seconds ahead of the first woman in our age. In the 75-79 Female there were 13 entered, 12 started and 12 finished. Pretty impressive.

Stacey, Judi and Paul met me at the finish, we hung out for a while then they helped me walk to a nearby a hotel bar and we drank a few beers. Then they helped me walk home, good thing we were close. There was no after party at Fenway this year, that was another disappointment, but they had something at the Fan Fest but we didn't go.

We stayed in Boston a few more days (we have a great dog sitter) and did tourist things, did a hop on-hop off bus tour and of course went to Cheers. We didn't see Sam or Norm but we did see some runners from Colorado Springs.

Back in Pueblo, I took a couple of weeks off but when I tried to run my knee hurt so bad I quit. I ran 6 miles 3 weeks later but had to walk back to my car.

As I write this, it's been 3 months without running but I haven't missed it as much as I thought I would. I was a little burned out and I had many aches and pains, but my knee was bad. I was afraid if I ran too soon, I would hurt my knee worse. I tried to run at the Burrito Predict Run in June but couldn't so I took pictures. I was able to run/walk 3 miles for the 4<sup>th</sup> of July run at City Park with almost no pain and that made me happy. I plan to ease back into running and hope to run the Rock Canyon Half in December.

If Boston is my last marathon, so be it, I can't complain. Running has been very good to Stacey and me; we've done marathons in cities we may not have visited otherwise. Maui, Rome, Boston, New York, Chicago, Detroit/Windsor CA, Washington DC and the top of Pikes Peak to name a few. I've done some marathons more than once: Boston (4 times), Denver Rock n Roll (6X), Revel Rockies (5X), Pikes Peak (15 Marathons, 10 Ascents, 4 doubles), Colfax (5X) and Colorado Marathon (4X).

I don't follow any written program, I've never seen one for a 75 year old anyway. What I do is what works for me after 46 years of running and I plan to continue until I can't. It would have been nice to run Boston when I was young but life got in the way. I'm happy with the way it all turned out. I am truly blessed, my life is good and Stacey, my family and running are the reasons why.

Paul & Judi Bonacquisti, Dave & Stacey

## Golfing in 50 States

By Nelson Brentlinger



I want to wish you all Happy Trails. I wrote a while ago that I was trying to golf in all 50 states. I began playing after moving to Pueblo in 2005. It didn't take long to golf in Colorado, and then I slowly did some of the states around Colorado. At some point I decided it would be nice to golf in all the states, but it was a slow process. I retired a few years ago and it began to seem more possible. If we fast forward to the beginning of 2023 Debbie and I took a long trip to Banff National Park in Canada and then drove to Niagara Falls. Then we golfed in 10 states

in the Northeast part of the country. In September we traveled to the SE part of the United States and did 10 more. That brought me to 48. In February we went back to Las Vegas so that we could go to Death Valley and play at Furnace Creek. Well, one is guaranteed to get a low round here. The course is more than 200 feet below sea level. I thought that matched up well with Mt. Massive which is the highest golf course in the world.

After California (Furnace Creek) the only state left was Alaska. With pride I called my daughter, who lives in Anchorage, and told her my plans. She asked when I was coming, and I said the end of April. But dad, it's Alaska, we don't have golf in April, you better come in June or July. Oh, what a news flash. So Debbie and I went to Alaska for our 6th anniversary. We played at the Anchorage golf course. While there we went on a day cruise out of Seward and saw humpback whales, killer whales, sea lions, puffins, eagles, and many other animals.

We went to many nice golf courses (not expensive and not well known, but fun to play). One of our favorites was Maple Valley in Minnesota. The day after we were married, we enjoyed playing at Green Valley Ranch (home of the Colorado Open)

and then Antler Creek the following day. We had mainly nice weather.



## Newbie to 5K Update

By Paul Hindman



The Newbie to 5K training program got off to a great start. Fifteen people signed up and started the training back in June. We have a few more weeks of training before the Hometown 5K in Colorado Springs. For those of you not familiar with the training we are using, it is nicknamed "Jeffing" after Jeff Galloway who popularized this style of training. It's a regimented run-walk. Our walking interval is always 30 seconds, but our running interval started with 10 seconds and will end at 1 minute. Every runner will find what works best for them. Many have found that a 30 to 45 second run is just about right. I'll give you a final accounting of how they did in the next issue. Until then, keep on trucking and yes, I grew up in the 60's.



**Right: Anna Clark-Bennett won the Home Depot gift card at the Burrito Run**

**Below: Paul (kneeling, the "Newbie Coordinator") and Nelson Brentlinger (on the right who is helping at the trainings) along with some of the Newbies who participated in the Burrito Run**







## 70.3 Half Finisher to Sprint Finisher

By Eric Medina

*Editor's Note: Eric submitted this article for the May newsletter, but it had already gone to print. Even though these events took place last fall, it's a great read and a amazing example of mental toughness. I enjoyed it and you will too.*

Last September Buster and I traveled to Bear Lake in Idaho to try and complete our first 70.3 Ironman distance and Becky was going to compete in the Sprint Distance.

We three have traveled all over the country this past couple of years and even though we have done a team 70.3 Ironman in Oregon, Buster and I wanted to see if we could finish one on our own. I picked this race called the Bear Lake Crawl as it biked around a huge Caribbean color lake, called the Caribbean of the West. It also traveled through two states on the bike as you started in Idaho, went about 22 miles through Utah and back to Idaho.

Buster and I had spent a lot of training and time on the bike this year, but of course open water swims and running are sometimes left to nature. So, we got there a few days before the race and if you have not been there, please try and go there as the lake is beautiful and large as the bike course went around the lake which is 50 miles around. We were of course nervous and anxious as we had just completed an Olympic Triathlon in New Mexico 2 weeks earlier in the heat, but this was twice the distance.

I speak for me only, running 13.1 miles after swimming and biking looked very undoable in my mind, but I have never quit any race that I have ever started. I had surgery 9 months earlier on my right knee after wrestling and tore my meniscus, ACL and patella tendon. So, my knee always hurts, but my concern would it hold up. We swam the day before in the beautiful water, it was nice and warm, but we had to walk out from shore about 100 yards to get deep enough water to swim, due to the drought in the west.

The next morning, we arrived for the race, got all set up as Buster and I were to leave first and Becky about 45 minutes later in the Sprint. But the day didn't start off like we wanted, it was cold, and due to the wind and low water levels by shore they were having issues placing the buoys and getting the right distance, so we started about 45 minutes later. We started the swim, which we had to run out about 100 yards on the watery sand, until we could swim, which we were prepared for, we thought. We were to do ½ laps on the course for the 1.2 miles. The wind was blowing hard and for those who have done open water is not fun, but we had trained at the Pueblo Reservoir, so I thought I am good. I hit the first buoy and as I made the turn to site, the waves were high and rough and I felt to myself "I am getting kind of seasick with the movement", but I pushed on. As I sited, I could see Buster in front of me and he was moving good. As I continued to site, I was feeling like I was

swimming and going no whereas the buoy seemed to be getting farther. I had to just push on when I finally got to the buoy to turn, I looked for the third buoy and realized, that is not the distance it should be, way farther, so I just put my head down and when I hit the 3<sup>rd</sup> buoy to do the final second lap, I realized I already had swum the 1.2 miles. I just followed the other swimmers and when I finished my half lap, Becky was at the shore getting ready to start her race and she shouted, everyone did an extra .5 miles as the buoy was moving as it didn't get set properly. I looked down at my watch and discovered my watch was right and I had swum 1.7 miles, which did not do well for my mind set. I did not see Buster but figured he was already in transition.

I reached transition and didn't feel bad, but realized I had swallowed lots of water, but I got ready to transition and realized Buster had not been there as our gear was next to each other. As I was leaving transition, I saw Buster come into transition and figured he would catch me soon, as he is a great bike rider. I wanted to stick to my plan and bike hard to make the 56-mile bike around 18 MPH, so off I went, but as soon as I got into the open of the road, I could feel the wind. For those who bike, wind is always a blessing or a curse, depending on the way you ride. We once again were prepared as we did our 50-mile training rides at the test track, which is always windy and hilly. So, my confidence was good on the bike as I started to pass a lot of people and the wind was only a head wind the first 15 miles. It was kind of tight riding through the towns, but my confidence was high as we had ridden in the mountains Estes Park and Berthoud pass months earlier. I started to complete the final 10 miles of the bike, which were all in the hills, when I realized this is the same course, I will have to run the 13.1 miles.

As I started to finish the bike, my doubts of the run started to creep into my head, as I rode the steep hills to the finish of the bike. I looked at my watch and realized that I had ridden a 19.3 MPH pace which was just under 3 hours, as I was proud and happy, I got off my bike at transition and realized my legs were smoked. As I got to transition, I realized I had not been passed by Buster, but I figured he was not far behind me. I got into transition and Becky was all smiles and happy as she said she had won the Sprint race in her age group; I was proud as she had been working hard on her bike this year. I could hear her saying her bike and transition won it for her, as I was happy for her, I was worried if I could finish this run. I didn't want to rain on her parade, so I let her be happy as I felt the pain in my legs as I sat to get my running shoes on and cream on my feet for the blister, I figured that would come.

I left transition onto the worst part of my race the run, which I am more of a walker than a runner as I left, I could see the smile on Becky's face as she had the race of her season. I was happy for her and felt ok, as I walked to the roadway, I could then feel the heat of the day on my back. I completed the first 3 miles and felt ok, as I was taking in water and felt just ok. I had just got to the 4-mile marker when I saw Buster on the bike and tried to give him a go get it. Just after he passed me the

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## Half to Sprint Continued

*(Continued from page 12)*

first cramps started hitting my calf's, I had been drinking salt drink and water, but the cramps didn't stop and were getting worse. As I came up to the 4.5-mile mark, luckily there was a porta potty, as the stomach started to go. I left after a long bathroom break and as I started to get to 5 miles, I started to throw up. Now, it was not good, as the cramps started to hit my quads and I thought, there is no way I am getting up this hell to the turn around. I pushed through the cramps and pains in my stomach. I hit the potty again at the turn around and could not keep any fluids or nourishment in my body. I thought about quitting for the first time, I mentally had to get over this hurdle, I have never quit anything, so I stubbornly pushed on.

I started to have major knee pain, cramps and stomach issues and I at one point could only muster up a 38-minute mile, as the pain was too much. This will sound crazy, except for the few that might have hit this ugly wall and will understand what I have to say. I was in such physical pain, that mentally I thought about just laying down on the side of the road and just dying, I even thought at one point to step in front of a car passing by just to get hit and stop the pain. I know that sounds crazy, but I was so dehydrated and mentally and physically exhausted it felt like that was the only way to stop my pain. Buster and I finally saw each other at his 4 mile and my 8-mile mark, I told him I might not make it, he was not looking good either. I made it to the 9-mile mark and asked the water stop people if I could sit on their truck, as I contemplated quitting, I tried to drink and when to the restroom, and rested for about 10 minutes. I thought of every reason to quit, but I could not let Becky see me quit. My knee was now just gone, the cramps were just one pain and as I started walking it was just one foot in front of the other. I got to the 10-mile mark, the heat was so unbearable and this older couple had set up a hose and was giving drinks to runners, when they saw this poor, pathetic person coming towards them.

This couple asked if they could do anything, I said could you spray me down, he just put the hose on my head and cooled me down for about 5 minutes straight as his wife gave me something to drink. They gave me the encouragement that I needed as I doubted myself and the pain was unbearable, but here were these people saying I could do it and did not know me at all. I figured I was only 3 miles away from my goal, if I made it this far, I could not let myself quit. So, I thanked them and started to walk, I got to the final mile, and it was downhill, and I could see the finish line. Racers were passing me as I could barely walk, but I still doubted I could finish. I got to the last few hundred yards and there she was, Becky, with I believe relief in her eyes that I was in her sight, as later she was really concerned when the time was getting longer. I just wanted to stop and lay down, as I got to the finish line and he announced my name, I was so happy that I had finished, and I could stop. I held onto Becky, and I just wanted to lay down, which I knew it would not be good after, but I just wanted to be off my feet.

We only had to wait a few minutes, before Buster crossed the finish line and now, we both can say we completed a 70.3 race, but we both won't say it was fun. Becky tried to take care of

us after the racing, getting us coke's, soup and other items to drink and eat, but we were just both glad to be done on this hot day. Becky then checked the results and discovered Buster had finished 2<sup>nd</sup> in his age group and I had placed 3<sup>rd</sup> in my age group, showing sometimes you just must show up and finish.

So, the take on this race was after several hours, I was proud that we all placed in our races and that Buster, and I had completed a bucket list race of 70.3. I was happy to have finished this long race and even have more respect for all those who attempt this and a full Ironman. I put my body and mind through a challenge I was not expecting, my right knee was now totally shot, but I had done a race I never thought I would complete. My journey was never to be fast or win as I know this is not my sport, but the competition and drive to push yourself farther than you think you can go and to finish every race was the goal. I swore to myself, I would never do this distance again, as I thought I had found my breaking point in sports. So, there is a saying, "it's not a race, it's a journey, enjoy the moment".

After the recovery from this race or journey, or just insanity, I found that my right knee was no longer functioning for even walking. I went to the Olympic Orthopedic Dr in Springs, and he asked me if I was finally ready for the reality of all my injuries and surgery on that knee. The reality was that If I had a total knee replacement, I would never be able to wrestle again, which made my decision to get it done even more complicated. The fact that I could no longer walk without pain was a huge factor and the reality that I would never represent the US in wrestling again, was even a bigger factor. After a long talk with Becky and the quality of life that I wanted to have later in my life, I chose to get a total knee replacement.

On December 13, 2023, I went under the knife and got a knee replacement. I woke up in recovery and 15 minutes later, I was walking and standing on a very stiff knee, but I didn't have the pain I had had for years. I advised Becky that I wanted to compete again in a triathlon, and that I wanted to be part of a team 70.3 Ironman, so that day to encourage my recovery, I signed us up for Ironman 70.3 Cozumel. I started my recovery the next day, by walking up some stairs and walking down the hallway. January 1, 2024, Becky and her running friends always do a New Year's Day run, I wanted to be involved so I took my can, and I walked 1 mile around Dutch Clark. Since then, I have had to relearn to bike, as the pain in the new knee and weak quad is very uncomfortable.

I have swum 1.2 miles consistently every week in the pool, I have biked some 22- and 30-mile rides and I have run or jogged in my case, two 4-mile races. My knee is still stiff, trying to get used to the new running gait and how to bike longer without the discomfort of my quad when I down stroke the pedal is still a challenge, but living without the original knee pain is priceless. The new challenge of can and will I be able to start or even complete a sprint triathlon is always on the back of my mind. I have put in some good training time for me, but will it be enough to finish this race. I had put on my mind that I would be ready to compete, not to win, or to place,

*(Continued on page 14)*



## Half to Sprint continued

*(Continued from page 13)*

but just to get to the starting line and finish a triathlon 4 months out of surgery. On April 28<sup>th</sup>, myself, Becky and Buster will travel to Albuquerque to compete in the Lobo Triathlon, one we all did 2 years ago. My goal is to finish, if in last place then so be it, as I just want to make it through all three disciplines without a DNF. I want to believe that my will to compete can overtake the fear of the unknown of my new knee and the starting over in learning how to run, bike and swim again.

The day had arrived, I am not afraid of the race, but I have doubt of whether my leg can handle all three sections in the same day. I expect to be the slowest in the run, and even a slower bike due to the hills. We all were greeted with 41-degree morning, great for racing but not standing around waiting for the race to start. Becky and Buster will be waiting some time for me to finish, but finish I will so see you at the finish the gun goes off for the run?

I get to the one-mile mark and the back of my knee starts to ache, I am ok with that, so I push on and finish the 3.2 miles in a good time for me, but my knee is sore. I transition to the bike, I see I'm close to last as there is only a few bikes left in transition, not a good feeling, but the goal is to finish. I change shoes and get helmet on and head to the bike mount line, as I get there and go to clip in, I almost jump off my bike as the rotation of my pedal to get my other shoe clip causes massive pain in my quad above my knee replacement. I walk a few yards and try it again, the pain is horrible, but I know it is mechanical pain, so I just clip in and deal with the pain. I get to the street to start my first of 6 laps; I start to realize it might be too much too soon as the doubt now creeps into my head. As I go to the back stretch of my first slow lap and up the hill, I switch to my lower ring to climb and release that I can't handle the pain of spinning and rotating at that speed to climb this hill. I now release one of two things; I must quit after this first lap as the pain and movement is too much for me?

I make it to the top and start to think about dismounting when Becky flies by me and puts up two fingers for how many laps she has left, I remember when I used to pass her like that. The thought of 5 more laps was overwhelming, but I figured one more lap and see how it goes, the pain never goes away and I am slow as a sloth, but I make it back to the hill on my second lap and leave it in my high gear and go up at 4 miles an hour, but I make it. I say to myself, 1 lap at a time, but the pain is bad, and my knee is getting stiff. I am just going up the hill to start my 5<sup>th</sup> lap and I hear on the volunteer's radio, there are only 10 people left on the course, 400 hundred started this race, I now know I am not last as I have passed several people. My goal now changes to just not be last, I am hurting but so are the other 10 with me, my people fighting the same course and pain. I start heading up the hill to turn to transition and realize that I will complete this triathlon, as I can swim even without my leg.

I go to sit down and see Becky and Buster in transition, I see that most people have left, and no one thinks others are out on the course. I must tell people to get out of my way to get to my bike rack as people are just talking and standing around. It frustrates me, but I know I am almost done, so I get my stuff off and head to the pool. A few people are ahead of me, and

my goal is for no other person to pass me in the pool. I do good in the pool and was not passed and as I get out of the pool, I see Becky and realize I have completed a sprint triathlon!!!!

I am tired and my knee is just sore and tight, but I now know that the mental toughness is a bigger challenge than the physical issues that I now must go through. I received my medal and I am happy to be out competing again with the same new challenges of when I started doing triathlons 5 years ago. I understand the race has changed as I have changed to this new knee and new gait of running and the new problems of riding my bike. I see that the same people who were there when I finished my first 70.3 triathlon, were also the same people waiting for me as I finished this spring triathlon. No issues or problems with me being the slowest person out there again, and no questioning my ability to finish this race. It is nice to be surrounded with likeminded people, who sometimes don't have the best race, or understand what it feels like to not be the best you that day. The finish line was always the goal, as I started this race the goal changed as I got closer to the end. I can't discount my accomplishments along the way on this journey.

I now begin the hard road of getting back to where I mentally thought I could finish a 70.3, as I now know I can finish a sprint. We are heading to several races this summer, but the end game this year is 70.3 Cozumel. We have already signed up as a team to compete at this Ironman Mexico event, we have enjoyed doing the team challenge and supporting each other in our separate disciplines. Long winded letter, to say to everyone I had the resilience and gratitude to say, "I FINISHED A SPRINT TRIATHLON." Yeah me!!!!!!!



## Danny and Melanie Nelson: Double Duty With SCR and PPRR

BY MARILYN GOODLOE

*Editor's Note: This article first appeared in the June issue of Pike's Peak Road Runner's Newsletter "The Long Run" It is reprinted here with thanks to Marilyn Goodloe (Long Run Editor) and Bruce Barron (PPRR President).*

Danny and Melanie Nelson have been PPRR members for 10 years and Southern Colorado Runners (SCR) members for over 15 years. I caught up with them at Starbucks after the chilly Woody's Tortoise and Hare race. If you run the monthly Nielson Challenge, you may have seen Melanie and Danny touting their porta potty up from Pueblo to provide another bathroom option for the runners at Monument Valley Park. They go beyond the call of duty to keep runners comfortable!

Melanie was born and raised in Pueblo; Danny found his way to Pueblo from Minnesota in 1983. They met at the Colorado Mental Health Institute in Pueblo, where Melanie was working in the pharmacy and Danny in IT. They have been married for 22 years; both are now retired.

Danny started running when he was in high school and continued in college, though his running was curtailed for a time when he served as part of Operation Desert Storm in 1991. Melanie was always athletic, playing on softball, soccer, and basketball teams, but didn't start running until after she met Danny in the early 2000s. Melanie plays golf and pickleball when not running. She and Danny also enjoy cycling on a regular basis.

When I asked what type of races they like, Danny responded "road racing" and Melanie countered with "trail racing." One race that holds a special memory for Melanie is the October 2014 Xterra Marathon of Trail Races, held in Cheyenne Mountain State Park. Melanie explained, "It was a very challenging race with the rain, snow, wind, and cold temperatures. It was my first and last marathon." The silver lining is that she placed first in her age group. Danny has dipped his toe into the marathon distance with two Pueblo River Trail Marathon finishes.

Another challenge that Melanie recalls vividly is the MuckFest MS 5K held in Larkspur, where participants run through muddy tunnels and puddles and climb up slippery mud ropes. She did it to support a high school friend who suffers from multiple sclerosis. Her comment on the race: "Once is enough."

Both Danny and Melanie are regular participants in the Beulah Challenge, an annual 5K, 10K, and half-marathon race held in Beulah, Colorado in the foothills of the Wet Mountain. The 5K and 10K use paved and dirt roads; the half marathon includes single-track trails with a challenging downhill in Devil's Canyon. The Nelsons also run the Garden of the Gods 10-Miler or 10K almost every year. The PPRR Winter Series and the Run Blossom 5K in Canon City, held on the first weekend of May, are other favorites.

The Nelsons' 2023 destination race was the Run Like the Wind 10K in Westport, WA. This year they have planned a five-day June tour of 5K races in the northeast, including events in Delaware, Rhode Island, New Jersey, and Pennsylvania. They are not letting the physical limitations of aging slow them down, even though Melanie has had a sore hamstring since falling in a pickleball game and Danny is dealing with hip pain. Danny was SCR vice president for three years, and he and Melanie are regular volunteers at SCR events, including the

popular Rock Canyon Half Marathon along the Arkansas River in early December. Danny led the runners on his bike at this year's Pueblo Spring Runoff 5K. They have also volunteered at PPRR trail cleanup. Danny's time there gained a point for Urban Animal, his team in the PPRR Community Cup competition.

When I asked Melanie and Danny to recall any defining moments that changed how they approach life, Melanie recounted her five-week trip to Africa in 2003–2004 with a close friend to visit the friend's daughter, who was serving in the Peace Corp. During the first week, Melanie and her traveling companions took a bus trip to Lake Nyasa in Tanzania. Along the way, her backpack went missing. "I lost my passport, money, and the clothes I had brought along. All I had was the clothes on my back," she said. But Melanie didn't panic. She adjusted and found solutions. She gratefully accepted clothes and other necessary items from her companions and was able to get a temporary passport through the U.S. Embassy.

Melanie and her friends continued on their African adventure, which included climbing 19,340-foot Mount Kilimanjaro and a safari in Serengeti National Park. "It was a trip of a lifetime that brought on so many emotions," she recalled, "from losing everything and wondering how I would survive to reaching the top of Kilimanjaro with its amazing views. Thank God for the support of friends to get me through the stressful situations." Danny, who served in both the Air Force and Navy Reserves, pointed to his Desert Storm deployment as a defining moment, stating, "I discovered that things that we thought were important were actually not really that important. Now, the little things do not worry or bother me." If you meet Danny, who is always calm and happy, you will be able to verify the accuracy of this statement.

Danny and Melanie summarized their experience as runners in this way: "What we like most about running is the people. We always have a such a positive experience." Be sure to say hello to them at the next Nielson Challenge. They're the ones with the port-a-potty in the back of their truck.



**Melanie at the top of Kilimanjaro**





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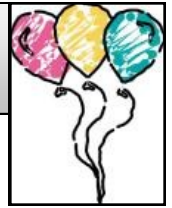
Thank you MY FRIEND THE PRINTER at  
 410 W. 5th Street For giving SCR a good price and  
 great service in the printing of our newsletter

### NOTE:

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



# The Birthday Page



## August

- 1 Amanda Brown
- 1 Xan Kellogg
- 5 Janique Holbrook
- 5 Gayle Perez
- 6 Michael Cservenak
- 6 Jon Teisher
- 7 Peggy McNeely
- 8 Jennifer FitzPatrick
- 9 Dave Diaz
- 9 Emily Perez
- 10 Pam Gonzales
- 10 Pam Gonzales
- 10 Audrianna Martinez
- 10 Ben Wiley
- 11 Richard F. Craft
- 11 Ron Dehn
- 12 Brigid Martin
- 12 Ross Westley
- 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
- 24 Paula McCabe
- 26 Kaitlynn Carr
- 27 Richard Emond
- 29 Neymar Hernandez
- 29 Deborah Shaffer

## September

- 1 Steve Fox
- 1 Beth Miller
- 3 Diego Hernandez
- 5 Robert Trujillo
- 6 Braydden Crum-Humburg
- 6 Jessica Weckx
- 9 Hollie Brosseau
- 9 AnnaMarie Neal
- 10 natalie veges
- 11 Forrest Long
- 13 Ted Johnson
- 13 Everett Montrose-Little
- 18 Shelly Carrillo
- 20 Abigail Geary
- 21 Stacey Diaz
- 22 Ronald Olson
- 22 Michael Orendorff
- 23 Gary Franchi
- 23 Gary Franchi
- 23 Bryan Serena
- 24 Amy Hernandez
- 25 Katie Teisher
- 26 Yvonne Aguilar
- 26 Melissa Geary
- 27 Deb Hadley
- 27 Cassie Pate
- 30 Thomas Herzog

## October

- 4 James Pacheck
- 4 Oliver Pate
- 6 Forest Bryant
- 6 Jim Sharp
- 8 Kevin Bailey
- 14 Kim Reed
- 16 Melanie Steves
- 17 Sheri Giordano
- 19 Sue Campbell
- 19 Ron Concialdi
- 19 Raelene Moore
- 20 Mac Campbell
- 20 Lynn Dietz
- 20 Paul Hindman
- 22 "Meno" Vargas
- 23 AnnaMarie Neal
- 26 O'Ryan Falk
- 26 Dorene Miller
- 28 Christian Crum-Humburg
- 28 Marvin Jones
- 31 Charles Boyles
- 31 Justin Dominguez
- 31 David Rael

## November

- 1 Ross Barnhart
- 2 lola Rusch
- 3 Barbara Hadley
- 3 Ben Pierce
- 4 Matthew Kottenstette
- 4 Jordan Reese
- 5 Ernie Aguilar
- 5 Jessie Quintana
- 8 Chris Weidner
- 11 Keilin Molina Izaguirre
- 11 Richie Perez
- 13 Amanda Guice
- 14 Nicole Clementi
- 14 Manaka Meek
- 15 Juan Morales
- 16 AnnaMarie Neal
- 16 Robert O'Callaghan
- 17 Larry Volk
- 20 Kayla Moser
- 23 Chris Dehn
- 24 Paulette Arns
- 25 Lenore Raich
- 26 susan steves
- 27 Tim Weckx

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

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

Please Please Please update your address at [runsignup.com](http://runsignup.com)  
 Because the newsletters are mailed in bulk mail, they cannot be forwarded and  
 if they are sent to your old address,  
 the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

THANK YOU a WHOLE BUNCH!

### New Email Address for Newsletter Submissions

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

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## Adventures Continue around the Country

By Eric S. Medina

The summer of 2024 continues as the three of us, Becky, Buster and I headed for our International

Triathlon in Arkansas. It was the first of June, and we knew it would be hot and humid in that part of the world. We started our trip out landing in Garden City, Kansas where we stopped for a bite to eat, before stopping for the night in Dodge City. Partly the reason we road trip so often is we like to eat and so we stop at some interesting places, we try to never eat out at a chain, unless it is a truck stop, we are those types of people. We stopped at a place called Walk-On's Bistreaux, which had great Cajun type food in the middle of Kansas. We then drove the rest of the way to Siloam Springs, AR where we found a beautiful little town, where the packet pickup was at a bike shop, which used to be an old police station or stone government building.

We drove the course and did not realize the number of hills this course had and with the humidity, it was not going to be easy. Becky decided too much, so she was the smart one and dropped down to the sprint Tri, which after words both Buster and I regretted our decision to stay on the international race. It rained the night before the race, which was not good as the humidity was very high, but we were worried as a major thunderstorm was overhead that it would be cancelled. They advised it would pass and it did, but the roads were a little wet, but the cloud covered was appreciated. We started off with the pool swim, which was in a very nice College pool, after words going out on a 2 loop 12-mile bike loop. The first lap was slow due to the roads and S curve turns and several hills. Buster and Becky, I found out afterwards rode a few more miles due to missing a turn and riding several miles in the wrong direction. The second lap for Buster and I was not fun as it was humid and hilly and now getting hot on the course. The run was 4 miles for Buster and I and Becky had a 2-mile run, which was in a great tree covered path around the University. We all finished, but it ranked in all our races as one of the top 2 or 3 hardest triathlons that we have competed in, but we all finished.

Our next adventure was our 2<sup>nd</sup> annual July 4<sup>th</sup> running 4 races in 4 states in 4 days, boy which is sometimes not that fun. We started off this year's trip with a race on the 4<sup>th</sup> of July in Mandan, ND. This was a great little town, that shut down Main Street for the whole race with over 500 runners and hundreds of spectators along the course. It was once again overcast with some sprinkles, flat course and fast for Becky and Buster. I on the other hand ran a fast time for me, but humidity, felt like I was breathing in water the whole time, which was not fun.

friends that used to live in Pueblo, great BBQ and night of conversation catching up with each other. We left to travel 3 hours to Crosby, MN the next day for the race on the 5<sup>th</sup> at 6 pm. We got there early, ate some good wood fire pizza, which was not a good decision before a race in a few hours. We slept in the car waiting for 2<sup>nd</sup> race to start, so when it was racing time, not feeling the best. We again ran a wonderful race on a paved path that was in a wooded area, great to support a little race. They gave a bunch of door prizes, Becky won a Stanley Thermos Cup, so she was the big winner in this race.

We jumped into the car and headed another 3 hours south to New Richmond, WI where our hotel of the night was waiting. We pulled in around 10:30 PM, tried to sleep and got up the next morning for the race in Wanderoos, WI about 20 minutes for hour hotel. We were tired and a little sore, but we where in a back country town running a race again with lots of hills. We were all a little slower due to the hills, but once again we all survived our 3<sup>rd</sup> race in two days. The race was hot and humid, but once again excited to support a small local town race. We went back to our hotel Ameri-clnn, one of the nicer hotels that we have stayed in part of Wyndam that in Becky's opinion had one of the best continual breakfasts around that stayed open to 10 am. Becky loved the pancake machine that when you waved your hand over it, would make you 2 fresh handmade pancakes in a few minutes, she went back more than once, just saying.

We hit the road again towards our 4<sup>th</sup> race in Council Bluffs, Iowa, which was an 8-hour drive from Wisconsin. We got there around 6 pm and went to grab a bite to eat and hit the bed for a well rested 11-hour sleep as the next race on Sunday was not until 9 am. This race was going to be all on grass and dirt. It rained the night before the race and when we go to the Ditmars Winery, where our race was being held, the green grass around the apple orchards was wet and very hilly. It was a two-lap course, and we knew it was not



We drove to Fargo that same day to stay the night with

(Continued on page 19)

## Around the Country Continued

(Continued from page 18)

going to be fast and that footing was not going to be good. It was cool to run between and around the different apple orchards, strawberry fields and peach trees. I tried to quit after the first lap. The new replacement knee was not very happy about the rough footing, but I knew Becky and Buster would give me hell for not finishing the whole race. We were given free tastes of fruit wine, part of prizes for finishing which was wonderful and nice and sweet after a race. We bought 3 bottles even though we are not wine drinkers, because it was so good.

We headed home on the 10-hour ride home and had more stories to tell of the long road trips and tiny towns we have raced. We have met and talked to others about our state our local races and how the knowledge of what we have in our town and our club. I know this type of race schedule is not for everyone, including me. Lots of miles for a guy who doesn't run very much, or very fast, but the stories and miles are too many to tell, but great drinking tales.

In closing the pictures can't tell the good times, the long 2400 miles in 6 days that we did this week, but the friendship in the car is a special time.

It is crazy to think we have traveled to 32 states together, with either a divorce or a friendship lost during all the pain and suffering of competing in triathlon and road races. It has become a goal to do a race of any kind in all 50 states and other places around the world. Our next big adventure for the three of us is a team Ironman 70.3 in Cozumel, Mexico in September. It will be the first international trip for Buster and the first as a team Ironman out of Country.



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



### The Burrito Raffle Run

The Burrito Run at Lake Pueblo State Park Quail Run Pavilion on June 22 was a complete success. 65 participants took part including several from Paul Hindman's "Newbie" Group. In fact, Anna Clark-Bennett, one of the Newbies was the raffle winner of the \$50 Home Depot gift card.

The burritos were great, the donuts were great, the weather was great, the company was great, and the scenery was great. What a fun experience it is to run on top of the Pueblo Dam. Thank you to Ted for organizing and for bringing champaign, OJ, and coffee. Thank you, to Ken and Melanie Hughes for picking up the donuts. And thank you to Herman and Michelle Cata for picking up the burritos. See inside and outside back cover for pics.

### Netflix Series Human

I am not getting paid for this "commercial", but if you have Netflix I highly recommend a documentary series called "Human". It has 6 episodes on different aspects of our bodies including the circulatory system, the brain and nervous system, the senses, and one called "Fuel". "Fuel" discusses how our bodies process food and the first segment of this episode features a Navajo ultramarathoner from Cortez, CO. I was interested in both the philosophical approach this runner takes as well as the science of fueling the body.

The runner explained that running is a celebration of life and a form of prayer. He said running is a teacher that helps us overcome obstacles and is a form of medicine to help heal us. He said that running is a part of the Navajo tradition and in the morning, he runs to the east to feel the connection to the earth, the sky, and the creator. It connects him to his loved ones and his ancestors. I really like his philosophy and feel similar connections especially when on trail runs.

Then the documentary goes on to examine the process of fueling the body. Watch "Fuel" first and I think you will then want to watch the other episodes as well.

### Want Ad

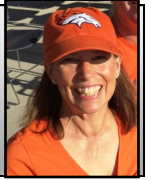
Check out the Want Ad on page 22. The club really needs somebody to tweak our website. The July 4 "Non-Event" (see page 23) gives some insight into the importance of social media. Work from home whenever you have a bit of spare time. In some ways it is similar to producing this newsletter. I work on this at random times and in between other activities. I suspect there would be a bit of a learning curve at the beginning, but then maintenance and news updates would require relatively little effort. How about one of you younger members who grew up with technology taking this on?





## Pickled Runners

By Martha Drake & Wendy Garrison



The sight of the sunrise, the sound of rhythmic breathing and running shoes against the road, the feel of deep breaths and the heart beating - is there a love greater than that of running? Okay probably not, but an increasing group of runners have become quite smitten with a very different sport. That sport is Pickleball. What is Pickleball and what does it have to do with pickles? It actually has nothing to do with dills or even gherkins. If visions of white haired senior citizens hitting a Wiffle ball around while wearing Bermudas and white crew socks in Florida comes to mind, you would be correct but it has become so much more.

Pickleball has become America's fastest growing sport. Scarcely known even 5 years ago, you can now find courts in every town including Pueblo. The Pueblo Pickleball locations include Mineral Palace Park, St. Charles Mesa Recreational Ctr., and Pueblo West Civic Center. The sport is a cross of tennis, ping pong and badminton. The sport's devotees are often overheard discussing lobs, volleys, dinking, the kitchen and the ever dreaded "getting pickled".

Martha Drake and I started Pickleball about 2 years ago and we wanted to know who else felt a similar tug at their heart-strings regarding this sport. We were able to find a group of other such runners and asked them a few questions about the "other sport" in their life. This group consists of Jane Murtha, Stacey Diaz, Debbie Gurule and Melanie Nelson. Later we discovered other SCR Pickleball aficionados included Ron and Chris Dehn, Dave and Cathy Dehn, Bob Drake and Chris Gerding.



Jane

As with Martha and I, most of the group started playing approximately 2 years ago. Reasons for starting included the influence of friends, coworkers and family. For Melanie, when the city opened up the courts at Mineral Palace Park she wanted to see what it was about.

Most of the ladies play Pickleball twice to three times a week while continuing to run regularly. Running and playing on the same day appear to be quite normal for the group although most will not play the same day as a race. Jane was the most ambitious player. She stated she actually plays 5 to 6 times a week and on the weekends "I'll play until I drop or run out of people to play".

When asked if running has helped their Pickleball game or if Pickleball has helped with running the majority felt that running improved their Pickleball more than the reverse. Several mentioned that running improved their stamina so they could outlast their opponents. Martha felt running helped her to move across the court easier to get drop shots and angle shots. Melanie did believe that the lateral movement of Pickleball does help her trail running. Jane said it has helped to improve her leg strength not to mention her gluteus maximus.



Stacey, Martha, & Melanie

(Continued on page 21)

## Pickled Continued

(Continued from page 20)



**Debbie**

Competitiveness and being able to socialize with likeminded athletes were stated by all the group as similarities between the 2 sports. I agreed but for me the two sports are quite different mentally as I tend to zone out and empty my head on a run but very much have to focus while playing.

Both sports have their share of injuries. For running, overuse injuries are common while in Pickleball getting

hit with the ball, shoulder and elbow strains are common. Luckily only 1 group member stated she sustained a Pickleball injury, a pulled hamstring.

Since the group consists of some accomplished runners it was not surprising that when asked if they would rather win a Pickleball tournament or their age group on a 5 K most responded the tournament. One person responded “heck I’ll take a participation ribbon if it’s offered”. Okay that respondent was me.

Running shoes are the trade for runners as a new paddle is for Pickleball. Most of the group would opt for new running shoes although many expressed a strong attachment to their paddle. Stacey lovingly mentioned her new Trinity Logos paddle. For me I still swoon over my Selkirk Halo.

The final question posed to the group was what advice you would give to someone thinking about starting Pickleball? The responses were worth including. Jane - DO IT! It’s tons of fun! It’s easy to play but hard to master. Martha - It’s a game for everyone - all are welcome. It’s a good way to make new friends. Stacey - Take a beginner lesson and then just come play. I promise you’ll learn new terminology, new skills, have fun, meet people

and make friends. Melanie - Don’t be intimidated. Just like everything, someone is always better. I’ve been pickled (zero points scored) - it doesn’t feel good but it makes you dig deeper. Debbie - Give yourself some grace to learn the sport. Expect to have fun. Don’t take it too seriously.

My advice - It’s okay to have a second love (Pickleball). Running won’t mind!

### Where to play:

Pueblo Tennis Center (indoor and outdoor courts)  
Mineral Palace Park

St. Charles Mesa Recreational Center

Pueblo West Civic Center

YMCA

Sign up to play at <http://playtimescheduler.com>



**Wendy**





# Race Calendar

by Dave Diaz



## AUG

Sa 3	<a href="#"><u>Melon Man Triathlon</u></a>	Rocky Ford CO
Sa 10	<a href="#"><u>Hometown 1/2M 5K</u></a> <a href="#"><u>Runapalooza Raffle</u></a>	Colo Springs
Sat 17	<a href="#"><u>Run</u></a>	4742 Walnutcrest Pueblo CO
Sat 17	<a href="#"><u>Escape 3M Trail Run</u></a>	Camp Jackson, Rye
Sat 17	<a href="#"><u>Ark Valley Fair 5K/10K</u></a>	Rocky Ford CO
Sat 17	<a href="#"><u>Cheyenne Mtn Run</u></a>	
Fri 23	<a href="#"><u>State Fair Begins</u></a>	Pueblo CO

## SEP

Sun 1	<a href="#"><u>Wine Run 5K</u></a>	Cañon City Abbey
Sa 5	<a href="#"><u>Rim to Rim</u></a>	Royal Gorge
Sa 14	<a href="#"><u>Fishers Peak</u></a>	Trinidad CO
Sa 21	<a href="#"><u>Beulah Challenge</u></a>	Beulah CO
Sat 21	<a href="#"><u>PP Ascent</u></a>	Manitou CO
Sun 22	<a href="#"><u>PP Marathon</u></a>	Manitou CO
Sa 28	<a href="#"><u>Colo Springs Marathon</u></a> <a href="#"><u>Badger Land Raffle</u></a>	712 E Heron Dr, Pueblo West CO
Sa 28	<a href="#"><u>Run</u></a>	CO
Su 29	<a href="#"><u>Sarah Shaw 5K</u></a>	Pueblo Riverwalk

## Oct

Sa 12	<a href="#"><u>Harvest Run</u></a>	Gold Dust 217 S Union Ave
TBD	<a href="#"><u>Dia de los Muertos</u></a>	Roselawn Cemetery

## Nov

[Temple Canyon](#) BF Rockafellow Park Canon

## Dec 8

[Rock Canyon Half](#) Pueblo City Park

## Dec

[Nelson's](#) 614 E Marigold, Pueblo West

## Want Ad

(Very) Part Time  
Webmaster

Duties: Tweak the SCR  
Website here and there.

Attend Meetings?  
Nope, unless you want to

Fringe Benefits:  
Automatic Volunteer Award  
at Annual Banquet

Pay:  
Same at the SCR CEO  
(President Ted)

Other Benefits:  
Appreciation from  
over 300 members

Work from Home?  
YES

Starting Date:  
Whenever you want  
Hopefully soon

Apply:  
Send Resume to  
President Ted  
Yea right,  
just give him a call



## Swim Practice Times

**Morning:** Mon & Wed morning at Pueblo South High Pool  
8:00AM-9:00AM

**Evening:** Tues evening at Pueblo West OUTDOOR pool  
6:30PM-7:30PM

Both sessions are free for Tri Club Members  
Questions, contact Cheryl Higdon-Holloway at 505-469-0048 or [saricinfo@gmail.com](mailto:saricinfo@gmail.com)

**Note: this schedule applies only until the start of school. A new schedule will be announced after that.**



## The 4th of July Run in the Park by Katie Fox

With the Liberty Point 5k being cancelled this year, we were sad that we wouldn't have our annual 4th of July run that we so

looked forward to every year!

We set out to have a fun group run at the park and asked Paul Dallaguardia if he would help by laying out the same course as our annual Thanksgiving donation run, and he gladly obliged. We advertised on Facebook and were absolutely shocked by the amount of people that showed up! This run ended up having a great turn out (around 80-90 people) and we were

thanked by so many for keeping a 4th of July run going, and some even commented that this course was "way better"! We might have to look at making this one official!!

Thank you to Katie Fox with Rocky Mountain Realty for donating a \$25 gift card for most patriotic outfit, and to Pam Gonzalez with Thrive Mortgage for also donating a \$25 gift card for best patriotic outfit!

It was super fun and a great turnout!!

*More photos on front cover inside and out*







## Potpourri



### Thank you notes

We really appreciate your contribution and support of the future for Pueblo's youth in this sport!  
From the Pueblo Composite Mountain Bike Race Team, we thank you sincerely.  
Thanks, from coach Greg, staff and students.



Since the last newsletter, we have also received very thoughtful thank you notes from Care and Share for the Spring Runoff donation, from Southern Colorado Trail Builders, and from the Bike Month organizers, Eva Cosyleon and Kim Arline.

### The Colorado Marathon/Half Marathon

The ladies did the Half and Matt Drake (Martha's son) who did the marathon. Left to right, Gloria Montoya, Marijane Martinez, Matt Drake, Martha Drake and Haley Brownson.



### Virtual Brave Like Gabe 5K

Join us FROM ANYWHERE, VIRTUALLY for the Seventh Annual Brave Like Gabe 5K to raise funds for rare cancer research. We will be running together from all over the world!

There will also be an exciting new t-shirt design, and the chance to support rare cancer research by raising funds while you train for your 5K.

**Price:**

\$35.00 Race Fee

**Registration:**

Price increases to \$40.00 after July 29, 2024 at 11:58pm CDT

<https://runsignup.com/Race/BraveLikeGabe5K/Page-18>





# The Peaks and Prairies Raffle Run

Hosted by Rebecca Simmons and Robert Espinoza



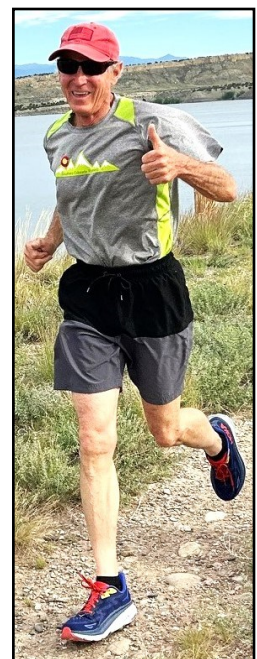
Rebecca Simmons and Robert Espinoza hosted the Peaks & Prairies Raffle Run on June 8. The course featured great views on mostly dirt roads and trails near Rebeca and Robert's home. And of course, a potluck and great camaraderie followed. Thank you, Rebecca and Robert!







# Photo Potpourri





## The Burrito Run Photos

(See Ramblin article page 19 for more info and back cover for more pics)





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