



SOUTHERN
COLORADO
RUNNERS



Footprints

The Fall Edition
Volume #355, Issue #4
Editor: Ron Dehn



Recently we have lost two extraordinary members of the SCR Family

Don Thompson and Judy Tucker

See Page 20 and 24



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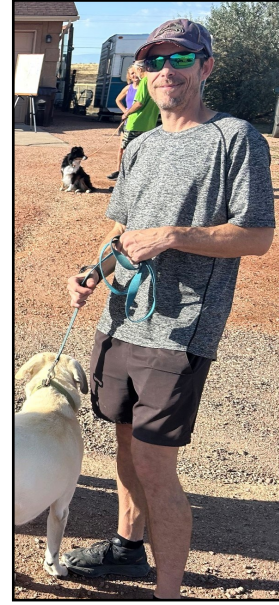
Photos from the Harvest Run at the Gold Dust



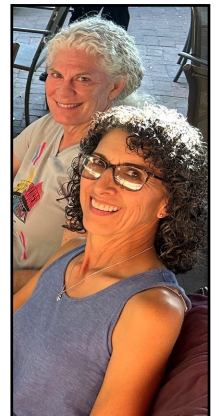
Raffle Run Photos



Badger Land Raffle Run



A few more from the Harvest Run at the Gold Dust



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...

Running is a road to self-awareness and reliance - you can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet. Doris Brown Heritage

I shall live badly if I do not write, and I shall write badly if I do not live. -Francoise Sagan

When a man is wrapped up in himself, he makes a pretty small package. -John Ruskin

I am a kind of paranoiac in reverse. I suspect people of plotting to make me happy. -J.D. Salinger

You are the same today as you'll be in five years except for two things: the books you read and the people you meet. Charlie "Tremendous" Jones

To steal ideas from one person is plagiarism; to steal from many is research. Steven Wright

OK, so what's the speed of dark? Steven Wright



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www.socorunners.org

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

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

SCR / Tri Club President is Ted Sillox and can be reached at: president@socorunners.org. Other officers and contact info are listed 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: Marijane Martinez, Gary Franchi, Ted Sillox, Paul Hindman, Mark Koch, Brenda Koch, Ashlee Sack, Eric Medina, Desiree DallaGuardia, Ben Wiiley, Sean McGivney, Gloria Montoya, Diane Lopez, Dave Dehn, Cathy Dehn, Bob Drake, Melanie Nelson, Wendi Garrison, Marcia Spinuzzi, Dave Diaz, Roseann Tavarozzi, Rietta Spinuzzi, Don Thompson and Judy Tucker*

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 1/2 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.

*RIP Don and Judy



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



A Message from the President Ted Sillox

Time just keeps marching on and here we are at the end of summer 2024. It always seems like it starts and ends in a month but so far, we are getting to enjoy a great fall. A couple of months ago we were lucky enough to have member Ken Raich take on the task of being our webmaster and there have been many new improvements to the website making it much easier to navigate. On the home page there is a posting for Latest News and I recommend you visit there to learn about upcoming club events and club business.

I am writing this and thinking that we are coming to a busy time of the year. We have 2 great club races coming up in Dia de los Muertos at Roselawn and Temple Canyon in Canon City. The club banquet will be upon us soon so start thinking about who you would like to nominate for the awards we give out at our banquet in January. We will be dining at the Brues Ale House again and the food and atmosphere are great.

As many of you realize our club is made up of many senior runners/walkers and unfortunately, we lost one of our workhorse members, Don Thompson, recently. Don worked at many of the SCR events helping with directing participants on the course. It is because of volunteers like Don that we can put on our events and we will miss him. As I mentioned we have many senior members and I keep wondering if we should change our name or add the term walker to it. We could become Southern Colorado Runners/Walkers & Tri Club. We need to keep growing and perhaps people would realize they don't need to be elite runners to be a member. We could also hold onto runners who feel like they should not renew their membership because they no longer can run. Doing nothing is not going to keep our club alive.

Our Harvest Run was last Saturday and I looked around the patio at the Gold Dust and noticed that there were mostly older people at a free food and free beer fun event. I spoke with Ken Hughes and he noticed it too. We both wondered what we are missing as a club because we don't have lots of younger people coming to these events and wanting to join our club. If any of you members want to try something or have an idea please feel free to step forward and offer it up.

In a few days we will be getting ready for our annual run at Roselawn Cemetery and I hope we get a solid turnout and the weather cooperates with us. Remember the best thing you can do is to "Keep Moving Forward!"

MxV Health Fair By Ted Sillox



Our club is always looking for new members so when Joe Brosseau contacted me about attending a health fair that his employer, MxV Rail, was hosting I agreed to attend. It was a 2-day event and various vendors from Pueblo were there to promote the health and well-being of the employees. The health fair was in two places and took place on September 10/11. The first day was at the Pueblo Army Depot out east and I had not been there for years so it was fun to see the changes and what was taking place. The MxV facility was a very nice conference room and many employees visited our table. One of the visitors is a neighbor of mine and I never knew he worked there. The next day Paul Hindman attended with me at the airport facility and helped with handing out postcards and explaining what our club does. Hopefully, we will recruit a few people. It is surprising how many runners in Pueblo do not know about our club even with all the social media out there.





The First of My Firsts

by Marijane Martinez

On Sunday, September 8, 2024, my husband of almost 10 years, Donald Michael Thompson passed away. We had a Celebration of Life on September 20th and on September 21st, Wendy & LeWayne, Diane, Gloria, and I headed off to Ft. Collins to run the Equinox Half Marathon in Ft. Collins. We had put in the training, had reserved our hotel rooms and I decided I needed to go because that is what Don would have wanted. He was always so supportive of my running. He would kid me and say, "don't come home unless you bring home 1st place". I believe I was probably still in a daze when we were there. I was going through the motions. I hadn't been sleeping well and was up at 12:30 listening to the fairly heavy rainfall that went on throughout the night. Race morning, we were up and ready to go at 5:00 a.m. LeWayne was kind enough to drive us to catch the bus to take us up the mountain. Having a support person makes things so much easier when you are doing a race. It rained until we almost reached the point where we would start. It never rained again that morning. It was actually a perfect day for running, with the cloud cover and cool mountain air. The course was a gentle downhill which was conducive to all of us having good finish times.

I remember when Don's son, Damon passed away, a neighbor came by to offer her condolences and she said, "you will be experiencing a lot of firsts". Now I know exactly what she meant. On that cloudy Sunday morning, I would experience a first. The first time I would run a race as a widow. It breaks my heart to put that in writing, but it is a term I must now get accustomed to. Don was my biggest fan!

I am grateful that I was able to experience what many people may not get the privilege of experiencing; I mar-



Wendy Garrison, Marijane Martinez, Diane Lopez and Gloria Montoya

ried my best friend, and we loved and respected one another until the end. I know I must now keep moving forward and with the love and support of my family and friends I will do my best. I will forever have an empty space in my heart, but I also have so many memories that I will never truly be without him. Vaya con Dios Donald Miguel Thompson. I will always love you!



Left: Wine Run at the Abbey in Canon City
Marijane, Nicole, Gloria, Diane, Martha, Katherine, Wendy and Joey

Colorado Springs/
Summer Sizzler:
Gloria, Diane, Wendy, Martha, Marijane and Carmen





The Pikes Peak Marathon and Ascent

By Mark Koch

The Pikes Peak Races were first run in 1936 as an Ascent race only, with 19 finishers. It then took a break until 1956 from which time it has become the oldest continuous marathon in the U.S. The Ascent became its own race in the 1980's. 7800 vertical feet up Barr Trail, it started at the Cog Railway Depot until 1976 when it moved to its present start in front of the Manitou Springs Court House on Manitou Ave.

In some early years we see Calvin Hansen and Hubert Morgan both from Pueblo with consistent top finishes, with Hansen winning 4 times from 1958 till 1961. In 1959 Arlene Pieper sets the Ascent record but stops at the top so is DQed. In 1959 Pieper becomes the first woman to finish the Marathon.

Over the years there have been many famous runners. Steve Gachupin from Jemez Pueblo NM won 6x from 1966-1971. He is often the honorary race starter. Rick Trujillo from Ouray had 5 wins from 1973-1977.

The undisputed king of the Pikes Peak races is Matt Carpenter, running 25 times with 18 first place finishes. He still has the marathon record with a amazing 3:16.39 set in 1998. In that race he also set the Ascent record of 2:01.06 which stood till 2023 when Remi Bonnet of Charmey CH broke it with a 2:00.20, running thru 3 inches of snow at the top to boot!

Scott Elliot had a good run from 1983-2006 with 8 Ascent wins. Often trading with Carpenter, Elliot would run the Ascent and Carpenter the Marathon the next day.

On the women's side, in 1981 Lynn Bjorklund from Los Alamos NM ran the Marathon in 4:15.18, a record that stood for 38 years until Maude Mathys from Ollan, CHE ran a 4:02.41. As a interesting side note, after her record was broken, Bjorklund was asked: If you had to do it over again, what would you do differently? Her reply? I would not do it. I was young, I trained too hard and it has had lasting consequences on my health.

Other notable women are: Danelle Ballenge winning the Marathon 4x from 1994-1997. Anita Ortiz of Eagle Co had 4 1st places in the Ascent and 2 more in the Marathon from 2001-2004. Erica Larson has won the Marathon 5x. More than any other woman.

Kim Dobson is the women's Ascent record holder with a 2:24.58 in 2012, with another 7 Ascent and one more Marathon win

From the mid 20 teens to the early 2020s the European runners descended on the course, with many fast times and 2 records!

The course? Well its uphill, that is until you get to the top and are running the Marathon then you turn around and it

becomes a totally different race. The only problem is you are already tired.

Some of the prominent features of the course, at which most have an aid station are: The top of the W's, a hard section at the beginning of the course. No Name Creek. (I still remember when it was called French Creek), but then they looked at the map). Bobs Road a fairly easy section of the course. Barr Camp, a good aid station here. The A-Frame which stands at timberline, the Cirque which if you are watching from the top looks fairly level. We always joke: They are running across the flats! Not so! If you are lucky, the El Paso County Search and Rescue will have their kazoo band playing as you go by. Then, in the final stretch you come upon the 16 Golden Stairs. The 32 switchbacks just below the top. You may need your hands here to get through the rocks. The summit awaits!

I have run 35 Pikes Peaks, 30 Ascents and 5 Marathons. Most of them are just a blur, but one stands out. In 2008 the monsoon came in. It was raining at the start. I took a extra-long sleeve shirt, some gloves and a headband. Somewhere above Barr Camp, i thought, my hands are cold, I need to put on my gloves. However my hands were so cold they wouldn't work, and it took me probably 10 minutes to get them on. Big sleet began at the A-Frame and above that, there was a lightning crack and a huge thunder. At that point the race directors started turning everyone around at the A-Frame. I, however, was above there and did not know. At the Cirque, there was no kazoo band the EPCSR offered me a trash bag and helped me put it on. Below the stairs, there was a couple who asked if I would like some arm holes in the trash bag so I could use my hands thru the stairs. At the top I was unable to function, however my wife Brenda and my brother Paul were waiting for me and got me into some dry warm clothes and into the van to the Devils Playground where our car was waiting. The van was full, and I ended up laying on the floor behind the back seat. I shivered uncontrollably till after we were in the car and headed down. Hello hypothermia! My hands have been much more sensitive to the cold ever since. That was a onetime occurrence, and the weather is mostly good, but be prepared, which I was not.



(Continued on page 7)

Pikes Peak Continued

ARE YOU READY?

Interested in the Pikes Peak Marathon or Ascent? The PPA is Sept 20, 2025, with the Marathon the next day. Registration opens March 1, 2025, at 5am. Register early, like at 5am on March 1. There were years in the past when it would sell out in 20 min. Recently you have a longer window, but why wait. Sign up and get training!

If you are looking for more, there is the Garden to Peak option, which includes the Garden of the Gods 10m, the Barr Trail Mountain Run, and either the Ascent or Marathon. It is possible to qualify for the PPA or PPM this way. Another good qualifier is the SCR Rock Canyon Half Marathon in December. Then there is the ever popular "Double" running the Ascent on Saturday and the Marathon on Sunday. I have never done that as I am scared.

You may say: I'm signed up now what? How do I train? Your best bet is 55 miles up the road at the Barr Trailhead. The traffic and parking can be challenging but it can be done with some planning. The Barr Trail lot is small but there are several others in Manitou that are not far. The incline is right there if you are so inclined! A very hard workout. Another option is to drive to the top. There you can do the 3-2-1. 3m down, up 2 down, up 1 down up. A very tough workout that I have never done.

Once billed as Americas Ultimate Challenge, Pikes Peak is waiting for YOU!

See their website pikespeakmarathon.com for more info. See you on the peak.



Mark with granddaughter Abbigail



Editor's Note:

As far as I can determine, Mark has more Pikes Peak Ascents and Marathons than anyone else in our club.

Other notables:
Jessie Quintana 31,
Dave Diaz 25,
Jeff Arnold 26



News from Cañon City By Ashlee Sack



Cañon City Has a Running Club!

Upstream of Pueblo, the Cañon City community has long been envious of neighboring community's running clubs. But like most ventures, it takes an intrepid individual to create what is missing...and in Cañon City, that

person is Joan Sindler. As a board member of Fremont Adventure Recreation, Joan took on the task of creating, operating, and supporting a running club that meets weekly on Wednesdays throughout the year. The time varies from 5:00 pm in the winter season to 5:30 pm in the summer, and has garnered a fair number of runners. The group is supported by and meets at Cañon City MUGS, a local cafe and coffee shop that serves as the starting and ending point of the run. Runners, joggers, and fast walkers follow a course that leads them to the famed Arkansas Riverwalk, where they enjoy some time on gravel next to the river and under the changing trees.

Over the last year, twenty participants have earned their "10-run" tees, and many are on their way to earning their "50-run" tees as well. All are welcome to join at any time, and there is no cost associated with being part of the club. Come any time, run as far as you like, and meet some new folks!

For more information on Cañon City's RunFAR Running Club, please visit their website at <https://www.joinfar.org/runfar-run-club.html> or find updates on Facebook at <https://www.facebook.com/groups/1009570437132022>.

Race Review: Fall Foliage Foot Races, Waterville Valley, New Hampshire

When you're coming back from an injury, your first race back can be punctuated by trepidation. As I walked up to



the starting line in beautiful Waterville Valley, surrounded by an early morning mist and the brilliant colors of the changing maple leaves, I was as nervous as I ever remember feeling. I had studied the elevation profile: two miles of a steady climb for about 1,000 feet, then a slow descent back to the starting line. I had tried to determine points of egress in case my knee acted up again. Would I be able to finish this stunning 10-mile course? Though I had felt great in training runs, I hadn't managed to run the full distance, and I was willing my knee to cooperate.

The first two miles were what a Royal Gorge Region trail runner is well-suited for – rocks and hills and a climb that sears your lungs. But what color! The leaves fell softly around us as we panted our way to the top of the hill. When the downhill came, it was a welcome change and an opportunity to really just enjoy the remainder of the race. While watching for uneven terrain, I joked with another runner about our cautious speed. "Well," she chided, "the Olympic scouts don't seem to be here today, so I guess we can take our time." Take our time. Perfect. We passed babbling brooks cascading over granite boulders, swaying trees in crisp autumn breeze, and carpets of multi-colored leaves. My feet padded through the loamy ground, step by step as the miles clicked by.

It took me just over two hours to finish the race, and I'm sure my Colorado lungs were the only thing that allowed me to finish the whole course, but it was my first race back after over a year of recuperating, and the finish could not have been more welcome. The volunteers handed me a darling hand-painted finisher's medal and I beamed at my children, who waited for me at the finish line. "You did it, mom! And you weren't last!"

I wasn't last. And now I know that with a little more care of my knees and my runners' body, that definitely won't be my last.

The Waterville Valley Recreation District puts on the Fall Foliage Foot Race, and I highly recommend it to anyone. The area is lovely, the people were incredibly supportive, and the course was fantastic. Check it out next autumn! <https://www.visitwhitemountains.com/event/fall-foliage-foot-race/24/>

Get Ready for the New Year with the 2025 Resolution Run!

Leaves are still on the trees, the air is still warm, but Fremont Adventure Recreation is ready for the annual frosty Resolution Run held on January 1st of the new year! This tradition, started in 2020, has seen the gamut

(Continued on page 9)

Cañon City Continued

(Continued from page 8)

of weather – from t-shirts and 70 degrees to a plummeting temperature of -5 degrees and snow on the ground. No matter the weather, 150 intrepid runners and walkers gather for the annual event to celebrate a healthy beginning to the new year. The race is on – snow or shine!

This year, the event will be held at the Pueblo Community College's Fremont County Campus and will take off toward Tunnel Drive, where 5K and 10K runners will run through the historic water delivery tunnels. The 10K runners will then continue toward the end of the once-drivable scenic route, where they'll follow the Arkansas River and enjoy beautiful scenery. Both courses are out-and-back and feature aid stations staffed by puffy-coat-wearing volunteers.

Cocoa and snacks are available at the end of the course. A FREE little kids' race around the history walk (about 1/3 a mile) is at 10:30 am.

Economy entry is just \$15 per person and includes race entry, swag bag, and aid stations. If you'd like to add a long-sleeve tee or beanie to your registration, you can do so for an additional charge by December 10th. Kids are always just \$5 per economy entry. Register online before December 27th, and in person at packet pickup on December 31 from 3:00-5:30 pm at the Handlebar in Cañon City, or race day from 8:30 am until 9:15 am. The race starts at 9:30 am and the course closes (because it's COLD!) at 11:15 am.

For more information and to register, please see joinFAR.org.



joinFAR.org **FAR**

SNOW OR SHINE. RESOLUTION RUN 2025

Wednesday
January 1

\$15 adults / \$5 kids 18 and under
1/2 Mile Kid's Race FREE
Start and finish at Pueblo Community College
Run 5K or 10K along historic Tunnel Drive!

8:30 a.m. - Packet pickup and late registration
9:30 a.m. - 5K / 10K start
10:30 a.m. - Kids' Run

**GREAT FOR FAMILIES
AND FUN FOR ALL AGES!**

Race fee includes:
Post-race snacks, aid stations,
timing, swag bag
Add additional swag (tee or hat)
by Dec. 10!

Add your swag! Economy \$15 registration includes only entry, race bib, timing, aid stations. Add your swag by December 10.

 \$25 ADULT TEE - MAUVE <small>REG. + ORG. - 100% Cotton Long Sleeve Tee</small>	 \$25 ADULT TEE - DUSTY BLUE <small>REG. + ORG. - 100% Cotton Long Sleeve Tee</small>	 \$15 YOUTH TEE <small>REG. + ORG. - 100% Cotton Tee</small>	 \$20 KNIT HAT
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joinFAR.org



SEE:

[https://www.joinfar.org/
runfar-run-club.html](https://www.joinfar.org/runfar-run-club.html)

[https://
www.facebook.com/
groups/1009570437132022](https://www.facebook.com/groups/1009570437132022)

joinFAR.org.



NEWBIE TO 5K-We Finished!

By Paul Hindman

The Newbie to 5K training program was a success. Fifteen brave souls started the training and seven made it all the way through 9 weeks of training and finished the Hometown 5K in Colorado Springs. Here they are enjoying the festivities with smiles on their faces.

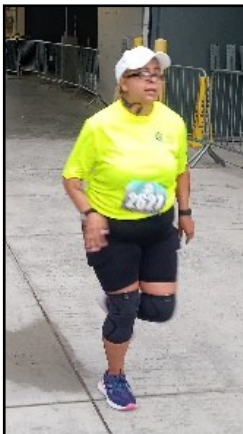


Congratulations left to right, Jim, Sally, Anna, Laila, Willis, Claudia, and Val. That's Paul the coach in front. If you are wondering how they did it, Paul introduced them to the Jeff Galloway training method, AKA Jeffing. You run a short time, walk, then run again. Repeat. Everyone said it made the training a lot more enjoyable.

A special thank you goes to Nelson Brentlinger who showed up every Saturday to help Paul with the training. He also inspired the crew with some of his stories about running (and golfing).

The Club will probably do the same training next year so watch for announcements. If you, or someone you know, wants an easy way to get into running (or back into it), Jeffing is the way to go.

Here are a few more pictures of the race.



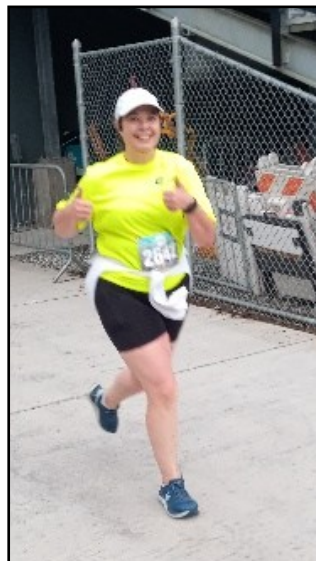
Val sprinting to the finish.



thanking her fans (or running from the police).



Jim and Paul doing a selfie at mile 2. Don't they know the race is not over?



Anna giving the thumbs up at the finish.

Beulah Challenge Another One in the Books

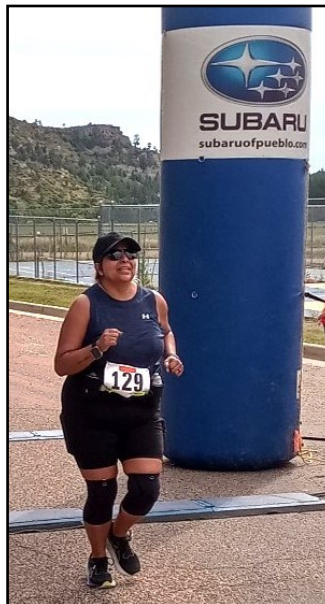
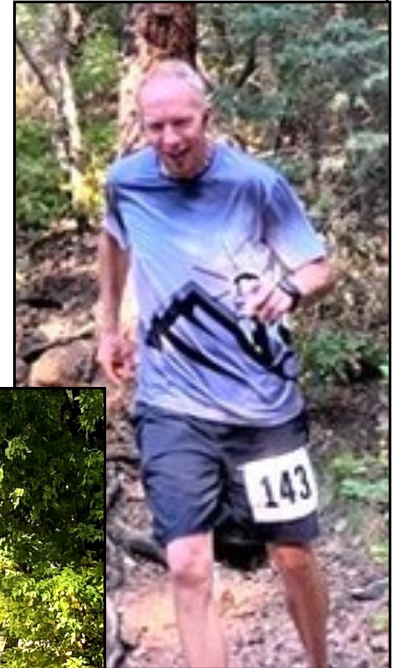
By Paul Hindman



The Race Marshals were ready, the water stations “Aqua Servers” were ready, the Beulah Fire Department was ready, Pueblo Sherriff was ready, Racing Underground the timer was ready, Western Light Photography was ready, Mason Miller the announcer was ready, 183 runners were ready, and even the portable toilet from Mountain Disposal was delivered. Then we got some bad news. The weatherman said there was a good chance it would rain and spoil our fun. But who listens to those guys? So, we went ahead as planned and to our surprise, the morning started without a cloud in the sky. The horn went off and three different races started as planned, a 5 Kilometer, a 10 kilometer, and a half marathon. Many of the runners had completed the course in past years so they knew Beulah. Those unsuspecting victims who didn’t, were in for a bit of a surprise. Most of them are thinking, how hard can it be, I just completed the same distance last month in Denver? Colorado Springs? or Pueblo. As everyone knows who live in Beulah, it is gorgeous, but it also has a few hills. Well, we didn’t lose anyone and everyone, except one, finished. Along with the hard work the runners put in, we also raised a good chunk of money for the kids at the school for their outdoor learning activities. Everyone was tired but had a great time. I did hear a few “that was the hardest thing I’ve ever done”, but with smiles on their faces.

The community is what really makes this event a success. All the volunteers are local, and many people were out cheering. A big thanks to everyone for their part in this endeavor.

See you all next year!





Tri and Tri Again is this Insane?

By Eric S. Medina

The month of August started out with a Bang, as Becky, Buster and I used this month to train for our upcoming 70.3 Ironman Team Triathlon in Cozumel, Mexico. As you all know, it was one of my goals to get to the starting line of an Ironman with my team after a complete knee surgery in December.

We started off with the great little sprint Triathlon in Rocky Ford, which I believe more people should support. They have great swag of embroidered towels and great food at the end, why else do we pay to torture ourselves. We did the individual tri and of course, this is a reverse course, which I hate, as I am always last on the run, but that is my life. Becky once again, killed us on the run and Buster slaughter us all on the bike, the swim was last and I passed a few people not to be last, which now a days is my goal. It was a hot day, but a great race which we invited several of our friends to try their first triathlon.

The next week we continued the triathlons this time at Lamar's Tinman Triathlon, as this is a super small reverse sprint triathlon. The youngsters come out for this one and Becky once again not only surprised us but kicked butt in this hard bike triathlon. Becky was in second place running against a great 20-year-old female runner, that had beaten her last year. Becky's bike has gotten faster as she had been riding more consistent than years past and she really wanted to beat the youngster. Becky caught the women in transition and past her before the women could get onto her bike, she was off. Becky continued pulling away from her on the 16-mile bike course with a killer hill every 4th mile. Becky jumped into the pool and took first place overall female for the race, what a great job. Buster and I finished the race and that is all I can say about that!!!!

We then all did the raffle run the next week, which was a warmup for the next week, where we were heading to compete in the Boulder Sunset Olympic Team Triathlon. We decided to do the Team Triathlon in Boulder to prepare us for handoff and our individual event for Mexico Ironman the next month.

This day started off bad for me as I was getting prepared for the swim, I ripped a hole in my wet suit along the seam. Becky tried to put some tape on it, but it didn't work, but that is what happens at races, take the good with the bad and the bad continued. I was getting ready to start the swim when the horn went off, I immediately started to get tangled in the seaweed that had grown in the Boulder reservoir, it was hard to get through it, but after about 200 meters it got better, and I started to try and swim at a good pace. The water was warm, and the sun was right in the direction of the buoys, which we all were having a hard time sighting, due to the glare. The wind started to blow which made it difficult to keep on a straight line, as I was reaching the first buoy to turn, I was grabbed by a person that was panicking due to the seaweed and was trying to grab the buoy, instead grabbed by head,

ripping off my goggles and cap off my head and pushed me under the water. Lucky for me a kayak as right there I swam away from the person and was quick enough to had grabbed my googles and cap as they were being torn from my head. I had to take a minute to collect myself, I just put on my goggles as the cap was to hard to put on in the water. I started to swim again passing a few more people, who were having issue with the seaweed as we were coming to the end. The last 400 meters was like swimming in a swamp of weeds. Every time I tried to stroke, my head, arms and legs would get tangled up in the weeds. The last 400 meters took forever to complete, but when I came out of the water, I had seaweed tangled in my head and neck and arms, which was not fun. I walked to the transition area, where Buster was patiently waiting for me to finish and again giving him a bad start to his race. Buster took off and I sat with Becky making sure she was hydrating and eating before her turn. Buster blistered through the bike making up valuable time and handed the timing chip to Becky, which again had to run in the heat of the day, but kicked butt, passing several teams in the end. We once again finished a team race, with time to spare and another experience to pass on.

September was here and we were on our way to Ironman Cozumel, which is ranked the 2nd best Ironman in Latin America. This was going to be Busters' first trip out of the country and the first for any of us taking a bike out of the country. All the best plans were made and unfortunately, that is what they were just plans as things did not go as planned!!!

We had to get up ugly early to catch our flight in Colorado Springs at 6 am, it was smooth sailing until we landed in Cozumel, Mexico, where we found out the bike was still in Ft. Worth, Texas. We along with several other Triathletes were waiting for the bikes to be unloaded and then panic started to set in when no other items were being unloaded. Lucky, I can speak some Spanish go a hold of the counter person and he explained to me that the airlines knew they could not carry the bike as the cargo was too full. I had to help translate to the others that didn't speak Spanish what was going to happen. We were advised our bikes will be on the next flight and be delivered to our hotel in the morning. We got to our hotel, which was great, and decided to swim in the ocean as that was one of my fears, as I have never swum a race in the ocean and without a triathlon wet suit.

The water was like bath water and the temperature was around 85 degrees, which is super warm and not what I was expecting. But I did swim every day, which made me more comfortable and confident that I could swim the 1.2 miles in the race, I thought. The bike finally arrived the next day in the afternoon, which Buster put together and then took it for a spin. We were looking at the weather as it was getting hotter and more humid every day. As the race day was approaching, we heard of the tropical storm that was coming to Cozumel, but several days after the race, but that the tides and winds changed as it approached. We looked at all the logistics of the race, picked up our packets, dropped off our bike and tried to hydrate with the heat.

(Continued on page 13)

Tri Again Continued

(Continued from page 12)

Race day started early as we had 3:30 am breakfast at the hotel, and Buster and I got onto the bus at 4:30 am. We left Becky at the hotel, as we figured she would not be running until around 11 and didn't want her in the heat all day waiting for me and Buster to finish our races. As I was standing in line waiting for the swim to start several people were talking about the current going out on the swim. They advised the first 1000 meters was going directly into the current and it was stronger than the last two years, possible due to the Hurricane moving into the area. I was stressed out about that news, but soon the race horn went off and away I walked down the docks. The start if a dive or jump off the pier, swimming under the pier into the ocean. As I dove in, I immediately could see what the current was doing as I could see the sand blowing directly into my face and was moving fast. I got out onto the open water and knew that is was not going to be fast or fun, I was getting pulled towards the shore and just keep my mind to stay by the buoys.

I was getting in a rhythm about 3 to 4 hundred meters from the start, I got hit by a jellyfish. It lit my right arm up like a Christmas tree and burned like I had hit a hot poker. I immediately stopped swimming and about 4 other people also got hit as we all stopped swimming. We asked each other if we were ok, and stated, what can we do in the middle of the ocean, felt ok, except for the burning and keep swimming. Now this played with my mind a little bit, as I keep thinking, what happens if I get hit in the face, the burning continued throughout the whole swim. I finally made it to the return side of the race, but discovered I was exhausted fighting the current and might not make the cut off time, which is always my fear swimming, as I am an "ok" swimmer. I tried to put the pedal to the medal and started to swim as fast as I could to make the cut off time for Buster and Becky. I finally made it to the dock, got out and had to run about 300 meters to meet up with Buster in transition. I handed him the timing chip and off he went.

I went to get on the transition bus for swimmers to take us to the finish line and second transition point, which was 12 miles away. The original plan was for me to go to the hotel by cab to pick up Becky and bring her to the finish line, but that was quickly changing as the road was closed due to the bike course and it would take me hours to get to the finish line. Becky had to catch a cab, and meet me at the transition point, which lucky we had talked about the day before, just in case. I finally made it to the 2nd transition and Becky was there, it was now 90 degrees with 80 % humidity, so it felt like 103 degrees, which worried us for Buster on the bike and Becky. We could see Buster on the course as he hit timers and was going around 18 mph, which was great, the last 6 miles killed him as the heat and wind were not kind. When he got to transition, he looked like hell, and after giving his timing chip to Becky had to sit down as I poured tons of water on him to cool him off. Buster said the winds on the other side of the island were hot and when he stopped once the heat was unbearable. He stated he was not sure if he could go another mile after the 56 miles, which is saying something as Buster is

a biking fool.

So, after we cooled down Buster, we went onto the two-course loop, to wait for Becky to finish her first 6 miles. We could see the carnage of the race as the temperatures were rising and the runners were overheating. The race organizers were well prepared as aid stations, with water and ice, were like every mile on the course, which was needed. We saw Becky coming and we gave her fluids, and I put ice on her head, down the front and back of her shirt. Buster and I were dying of heat stroke, just standing out there, so we were worried about Becky as it was not the best of conditions to run 13.1 miles. Becky was once again the trooper that had the hardest part of the race, which one had to run in the heat of the middle of the day. At the end we started to worry as the last few miles were not being kind to Becky, but we saw her little face and was glad she made it through the heat and finished and once again we completed a Team 70.3 Ironman and all of us did our jobs getting each other across the finish line.

In closing, the trip wasn't over as we also got to be in the pathway of Hurricane Helene, it was a tropical storm when it went by Cozumel and there could be worse places to be trapped in an all-inclusive resort. Buster and I got yelled at as we decided to go swim in the ocean as the hurricane was arriving, we were told to stay out of the ocean for our safety. Even though we could not do our excursion we had planned for, we did attend a chocolate making class and made our own from the Cocoa bean. We got stuck in the hotel for 2 days, but there were worse places to get trapped, but we made it back to the mainland.

We are coordinating our next 70.3 Ironman race and or another ½ marathon somewhere in the world. The planning stages are in full force, and we will talk to you all later about our next adventure.





Ramblin' My Last Half Marathon By Ron Dehn

On September 21 I ran my 23rd and last half marathon. Not to worry. I'm for sure not giving up running or keeping active. But I am giving up the half marathon distance. It's a long way and as we have heard 500 times – "Listen to your body."

I've been active my entire life and with a few exceptions have been running regularly for 42 years. Last year at age 75, my body began yelling at me and reluctantly I finally listened. I was unable to run for about 8 months. Fortunately I was able to do other activities if I was careful. Last spring I set my goal of running one more half marathon.

One thing I've learned as I get older is that some injuries never heal 100%. Not to suggest that it will be true for you but it is for me. So – with those persistent issues, my strategy has been to "manage" them. In other words, rehab and when you hit the plateau, learn what you can do to maximize your activity with minimum discomfort.

To accomplish my goal of one more half, I adopted a method inspired by my sister-in-law Cathy and by SCR's Paul Hindman. Cathy was always active but was not a runner. Several years ago she decided she wanted to do a Disney half marathon at Disney World. My brother Dave has been a good runner for many years but together he and Cathy used the Jeff Galloway method of running to train for the Disney half. It worked and has worked several times for them. About a year ago Paul decided to set up a training program for people who wanted to learn to run. He also used the Jeff Galloway method for his beginners.

The Galloway method is a combination of running and walking. As you progress you increase the running time but still walk at intervals. I did not follow this method strictly

but used the walking / jogging strategy to get back into running after that long stretch. I gradually increased distance over several months but still included walking intervals. My goal was to finish one more half marathon.

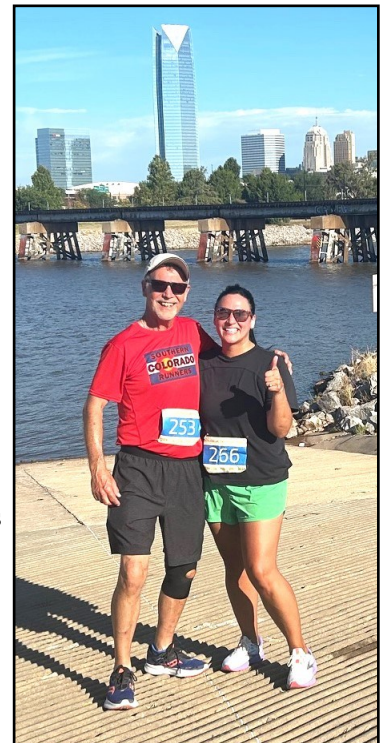
It was easy to pick the appropriate race. Walt (one of our kids) is retired military and each year he recruits sponsors and puts on a half marathon in Oklahoma City to raise scholarship money for Fallen Hero Dependents. The event is held to remember the 20 Oklahoma Army and Air Force National Guard post 9/11 Fallen Heroes ultimate sacrifices. 100% of funds raised are placed in the scholarship account for their dependents. This year a Fallen Hero wife and two daughters received funds to attend college. There are still twelve children in the 12-18 age range for whom they hope to give at least four years of educational support. The event is quite moving. Before race start, various speakers read the names and bios of each Fallen Hero. Large posters with photos and short bios of each Fallen Hero are placed at intervals along the course. I made it a point to show respect and touch each one as I passed it. I saw many others doing the same.

On one hand the race is competitive with some elite athletes running. However for many participants it is just about doing it. Some soldiers do the course in army gear including rucksacks. Some people walk the 5k or 10k courses. There are no age bracket awards, only overall winners are recognized.

This year was special not only because it was my last at the 13.1-mile distance, but also several family members participated. Walt did the 5k with his son (our grandson) Layton. Rylan one of our other grandsons (a standout in cross-country and track at Pueblo West HS a few years back) ran the half. Our daughter Melissa ran the half with me every step. Here's a copy of her Facebook post from the race: "Today was a special day. My stepdad has always been by my side for every half marathon I have ever completed. He has always been one of my biggest cheerleaders. Today I had the privilege of being by his side as he completed his final half marathon at age 76!" She made me cry.



L to R: Rylan, me, Melissa, Layton, Walt



The 2024 Corporate Cup

By Ron Dehn



This past September the YMCA put on the 39th annual Corporate Cup. My first Corporate Cup was in 1986, and I've participated in around 25 -30 of them and I'm still loving it. Marijane Martinez and I co-captained the (then) USC team for many years and are still taking part as retirees for team CSU-Pueblo. My sister-in-law Cathy was largely responsible for organizing the event for many years when she worked at the Y. Chris, Bryan, Jennifer, Melissa, Dave, Jonathan and Tiffany (family members) have also participated through the years.

The Cup is a competition among Pueblo companies / organizations. There are 3 divisions depending on the number of employees. Anyone can participate because there is something for everyone. There are 25 or more different events, many with age brackets. They include the 5k predict, the bike ride predict, the duathlon, the 1-mile run/walk, golf, longest drive in golf, volleyball, pickleball, wall climbing, basketball shoot, disc golf, kickball, basketball shoot, Health Challenge, bowling, t-shirt design, and a whole bunch more but you get the picture.

The competition is a lot of fun but more importantly the event encourages people to be active and adopt a healthy lifestyle. It is also a great team-building activity. I love seeing staff from all different parts of a company come together to "play" outside of work.

This year I was quite pleased that Armando Valdez, the new president at CSU-Pueblo, participated and was an active supporter of our team. It always helps when the company CEO takes part as a team member.

My thanks to the Y staff for continuing this great Pueblo tradition and to the CSU-Pueblo HR staff for organizing our team. If your company was not one of the 24 that took part in this year's Cup, approach your HR office and gently do some arm twisting. You will be happy you did.



Above: A few members of Team CSU Pueblo

Left: President Valdez, Marijane, and me



Brain On The Run

By Desiree' DallaGuardia

The foundational format that I see wellness as is in the *prevention* of intruders that can disrupt the balance of homeostasis in our physical, emotional and spiritual bodies; in the *maintenance* of wellness in being equipped to recover quickly and effectively from the disruption which is the *rehabilitation* process. As a practitioner of a holistic approach to wellbeing I am going to focus primarily on presenting a small piece of the impacts on the brain and in cognition from regular physical activities.

"The neuroscience of fitness, a fascinating intersection of physical activity and brain health, is a rapidly developing area of research. This field explores the profound effects of regular exercise on our brain and nervous system, revealing significant implications for our overall health and quality of life.

Exercise stimulates neurogenesis – the creation of new neurons – primarily in the hippocampus, influencing memory and learning while increasing key mood-regulating neurotransmitters. It also enhances brain plasticity, essential for recovery from injury and aging, and improves cognitive functions such as attention and memory.

Despite ongoing research, the current evidence underscores the powerful role of physical activity in promoting brain health and cognitive function, emphasizing the importance of integrating regular exercise into our lifestyles.

Key Facts:

1. **Aerobic Exercise and Brain Volume:** Regular aerobic exercise like running can increase the size of the hippocampus and preserve vital brain matter, improving spatial memory and cognitive function.
2. **Exercise and Sleep Quality:** Regular physical activity can enhance sleep quality, which in turn supports memory consolidation and toxin removal in the brain.
3. **Exercise and Stress Reduction:** Exercise can help manage stress by increasing norepinephrine and endorphin levels, chemicals that moderate the brain's response to stress and induce feelings of happiness." *

In my recent research on this topic it has spurred me to reflect on exploring deeper into the reasons why I choose to do the things I do and the impact it reflects on my overall well being. The body has the ability to heal itself and when we engage in environments that nurture the germination of wellness, there is a subtle energy communication between all the parts that make us up as humans. In this case, there is a deep wisdom resonance within me that is constantly inspiring me to exercise and run in order to build an environment within my brain/body dynamic to form a resilience against "dis-ease" which is a long-time mechanism of survival of the species.

In closing, I encourage you to pause and assess the way you move through your days and if your activities, nutrition consumption, people you surround yourself with, what you do in your free time and what you devote your attention to is supporting health or disease. Be inquisitive and inquire into the depths that go beyond what we experience through the 5 senses.

*<https://neurosciencenews.com>

"Walkers Welcome" CELEBRATED

By Ben Wiley

Yes, we're called the Southern Colorado RUNNING Club, but "walkers welcome" is a common theme with our membership and for many of the events we enjoy. Such was the case at the September 28, 2024, Break Your Neck 5K in Pueblo, a fund raiser for a nursing scholarship and to benefit patients recovering from spinal injuries.



Among several SOCO members who donated to the cause and participated were Ben Wiley and his wife, Janice Walters of Walsenburg. Ben is still a runner at the age of 71, but – as he tells it – the story of the day was Janice Walters. The "race" results showed a total of 223 participants, but observation revealed that approximately one third of that total elected to walk the course.

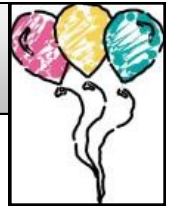
At age 68, this was the VERY FIRST 5K for Janice to tackle – which says nothing of what was special for the couple. Expressed in Janice's own words:

Eight years ago, I became the sole caregiver for my husband, John. For two years there was no time for walking except for necessities. We had not owned a vehicle for 23 years (by choice) and I logged anywhere from 2,500 to 4,000 miles annually. After John's death, I got a bad case of flu (despite vaccination) and moderate uncontrolled asthma became a part of my life. Along with Achilles tendonitis and a bout with plantar fasciitis, there went another year. In 2020, Ben brought me to our current home – but our 6,400 feet of altitude has been a challenge. Several surgeries and sundry other age-related ailments kept my walking to a minimum until this year. My asthma is now controlled, but it persists. Determination has enabled me to walk up to two miles or complete elliptical machine equivalents most days. Then, the Pueblo 5K opportunity presented itself and I took the chance, fully expecting to come in as the final walker. The result: There was Ben waiting at the finish line (with half a dozen participants following close behind)! Thanks, Ben, for being my best cheerleader and appreciating all that went into this accomplishment.

Ben added that none of us knows when we will face obstacles such as those that posed major challenges for Janice in recent years. And furthermore, the psychic rewards of any given person on the course often far transcend what those on the awards podium experience. Indeed, we can applaud just as heartily for those walking across the finish line as for those who actually race the given distances.



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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
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Celebrating in 2024

by Sean McGivney

Jitka and I have been together over 26 years, and while we've both enjoyed running, hiking, and taking care of ourselves in the outdoors, I have been the one who generally steers that ship. I keep my eyes and ears open for races, travel opportunities, and fun experiences for us which focus on our health. This year, however, Jitka has taken over while we celebrate her 50th birthday and our 25th wedding anniversary.

I have run an average of 100 miles a month for about the last 8 years, but Jitka would usually join me maybe once on a weekend, if her schedule allowed it. About 2 years ago, Jitka was finally talked into joining an early Sunday morning group of women runners by Stacey Diaz. It was only then that Jitka's running schedule started to look regular, and she started to learn more about some races that we had heard of, but never tried. We have since run the Beulah Challenge and the Royal Gorge Rim to Rim, two races that I really enjoyed. I believe it was while running with this group that Jitka decided to try a marathon for the first time for her 50th birthday. I wonder who gave her that idea?

I was honored to be asked to join her on her quest, and we started training together in earnest in January for the Colfax Marathon in May. Though we had run together hundreds of times over the years, this was the first time we were true running buddies for at least 3 days a week, every week. Our good friend, Juan Morales, learned of our goal, and he also entered the race and joined us in our training. Now I had someone to support me during the marathon, since I am forbidden from running with Jitka during races.

The training went well! We stuck to a schedule faithfully, although it was challenging to get up and run on a workday before 5:00 a.m. It sure was fun eating a lot more while we



increased our mileage! The first 20 miles sure was a toughie.

Since the marathon was in Denver on a Sunday, we decided to get a hotel room Saturday night so we wouldn't have to sit in the car for 2 hours in the dark, lacking sleep on race day. This made it more convenient to hit the Saturday Expo, too. Juan and his wife, Patti, joined us for dinner Saturday night. We slept surprisingly well, though our own bed and pillows would have made it better, of course.

I started one wave in front

of Jitka and Juan. About half-way through, they both caught me. Jitka kept up her consistent pace and left Juan and I in the dust. She ended up finishing a good 15 minutes ahead of us. Juan was kind enough to stick with me; I knew I was slowing him down, but that is the sort of friend he is to us. When we could see the finish line, I encouraged him to take off and finish under 5 hours, and assured him I would make it in behind him, eventually. As bad as I felt, I couldn't run over 26 miles and not finish!



We all finished under 5 hours, which was a secondary goal to simply finishing. We staggered, limped, and puked our way back to our cars for the long ride home. Jitka and I are both teachers, so we both planned for a substitute and took Monday off, which was another great part of our planning. Jitka and I both recovered quickly in an orthopedic sense, but we each had different illnesses over the next 7-10 days, interestingly.

It was shortly after this that Jitka announced, "I think we should try the Pike's Peak Ascent!" It made sense to her since we had marathon training and hadn't lost our base yet, we had the summer off to train, and we might not ever be able to do it again. So, even though I was skeptical it might be too late, to my surprise the registration was still open, so I signed us up.

We spent the first few weeks of our summer traveling, but discovered a great cross country style running route with lots of hills in Jitka's home town, and got to hike in a beautiful part of Czech Republic for my birthday in June. When we both returned to Pueblo, Jitka found some great hikes for training that weren't too far away.

The hikes were long, but necessary, and gave us the opportunity to carry our required gear, try different food and drink combinations, and let our bodies feel what it was like at the higher elevations we weren't used to yet. It was not easy at all, ever, especially the way down. The highlights for me were trying Joanie's Deli and Bakery in Woodland Park (try it, you won't regret it!), and hitch hiking (you read that right).

As race day approached, we knew we could do it since we had tried the different pieces numerous times: hiking more than 12 miles, hiking above 10,000 feet, and running when

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Celebrating continued

(Continued from page 18)

we could. We just hadn't put it all together yet, so the Ascent was going to be an experiment of sorts.

The first 9 miles or so went well; we stuck together, and Jitka kept me from going too hard and trying to pass all the obnoxious people making their selfie videos. The final 3-4 miles were torturous for me, however. My legs were tired but still there, my fuel was fine, and my heart and lungs were still functioning but fatigued. As we got higher and higher, however, I felt increasingly lightheaded and dizzy, and had to take frequent breaks. Jitka at times literally pushed me up the rest of the way. She saved me from falling down several times. I might not have made it to the top without her. We made it across the finish line together.

We still have 3 months left in the year, but the only thing on our schedule is the Rock Canyon Half Marathon, right here in Pueblo. That is something I'm truly looking forward to; no matter the weather, it will be the easiest race of the last 6 months for me!



Middle School Cross Country

By Ted Sillox



We are a nonprofit club that is here to promote running, walking, biking, swimming and overall health and fitness in the Southern Colorado Region. Two of our members are doing this with the younger population. Marilyn Vargas and Dave Rael have been coaching and timing middle school runners for quite some time now so I thought it would be good to mention their work and include some pictures of one of their meets at Dutch Clark.

Dave and Marilyn time these cross country runs and help with setting up the finish line and course. I attended the meet held on August 28th at Dutch Clark Stadium. The stadium has a new track and new synthetic sod on the field so these youngsters got to enjoy the new improvements. They only run 2 miles so the run can start on the south goal line, proceed up to the parking lot, make a loop and come back down to the field. The runners need to complete the loop twice to finish the course.

The girls ran first and after finishing the boys race takes place. Some of these kids are brand new to running and only signed up for cross country at the start of the school year. There were runners that obviously had been running and others that struggled through the race but there were plenty of coaches offering encouragement and all the participants were able to complete the course.

I was visiting with member Marijane Martinez who had a grandson running and noticed member Carlos Salazar was down on the field helping to coach runners. It is great to

see our members involved in promoting running and maybe our future leaders will emerge from this group. The photo below shows Dave Rael watching the screen at the finish line.

If you are interested in helping at any of the cross country meets contact Marilyn or Dave and let them know.



Remembering Don Thompson

Don was a kind, reliable, easygoing, fun-loving friend. Jerry and I enjoyed his company and will treasure the beautiful memories we shared as friends. When I walked into MJ'S and Don's home, he would always greet me with a big smile and a sincere "HI GLO" We will truly miss him.
-Gloria Montoya

I remember Don as a kind, welcoming and amazing man. He sincerely cared for all of MJ's friends. My husband Jerry and I always had fun times with MJ and Don. We went on several destination runs with them. He will be greatly missed by all of friends and family. -Diane Lopez

It was a pleasure knowing and working with Don at the Colorado Mental Health Institute. Don was always upbeat and greeted you with a smile. He was always easy to talk to due to his kindness and easy-going manner. It was nice to get re-acquainted with Don through the Southern Colorado Runner's Club. It was almost impossible to tell Don "No" when he asked for assistance in helping him with volunteering for an event as he was so likable. Don will be missed by many. -Dave Dehn



I will remember sharing thrillers with Don. We had a group of four - Don, myself, LeWayne Garrison (husband of SCR member Wendy Garrison) and my brother-in-law in Iowa. High on the list were the Jack Reacher series, which I believe he read in its entirety twice, and the Joe Pickett series of Wyoming author C. J. Box. I could get away with buying the hardcover books at Costco since my wife knew the cost would be split four ways. -Bob Drake

The time that I spent with Don as a client in my massage therapy practice was a time of joining him in his determination in working to regain homeostasis in his body; he was driven to get back outside to continue doing all of the activities that he loved. His love for Marijane was apparent in his focus to try every avenue to heal for her, for them together. Don's positive and calm perspective to elevate his painful physical and emotional situation was admirable and inspiring. I truly enjoyed working with him and will always remember his famous words of wisdom to me, "eat burritos and run!". -Desiree' DallaGuardia

(Continued on page 21)

Don Thompson Continued

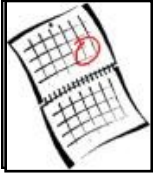
(Continued from page 20)

Don was always a caring and helpful person, in his career as a vocal rehab therapist and in life, by supporting SCR and OMT. His quiet behind the scenes support earned him the Long-Distance Award from SCR in 2022. His smile was infectious, and his kindness was felt in his handshakes and hugs. He will be extremely missed in all that he did, but especially as my friend. RIP Don. -Melanie Nelson

Don was a wonderful friend who shared my passion for Colorado sports. I always knew when I saw him that a good conversation and a good laugh - especially about the Broncos - was headed my way. His kindness towards me and my family will always be remembered. He was a loving husband to Marijane, and his presence will be deeply missed by all who knew him. -Wendy Garrison

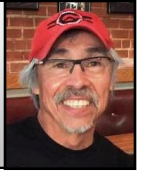
Don was the quintessential volunteer. Don was always upbeat. Don was always welcoming. Don was a friend to everyone. Don was a contributor. Don was organized and gave 100%. Don was fun to be around. Don was indeed one of those special people who made you feel important. In short, Don was a really good person and a friend. I will miss him. -Ron Dehn





Race Calendar

by Dave Diaz



Nov 2024

Th 28	YMCA Turkey Trot	Pueblo YMCA
Fri 29	Christmas Mtn 5M	Salida CO
Sa 30 9am	Temple Canyon	Echo Park Cañon City

Dec 2024

Sun 8 8:30am	Rock Canyon Half	Pueblo City Park
Sat 14 9AM	Nelson's Raffle Run	614 E Marigold, Pueblo West

January 2025

Wed 1	Resolution Run 5K/10K	Cañon City
Wed 1	Rescue Run	Colorado Springs
Sat 11	Winter Series I	Colorado Springs
Sat 25	Winter Series II	Colorado Springs
TBD	Chile Willy Predict	201 Jackson, Pueblo
TBD	SCR Awards Banquet	

February 2025

Sun 9	Super Half Marathon	Colorado Springs
Sa 15	Winter Series III	Colorado Springs
Sa 22	Winter Series IV	Colorado Springs
TBD	SCR Valentines Relay	Pueblo City Park

March 2025

Sun 2	Spring Runoff	Dutch Clark Stadium
Sat 8	Run Through Time	Salida, CO



The club made a donation to the Roselawn Cemetery Association. The photo is of Paulette Arns giving the check to Roselawn reps Bob Miller and Charmaine Dickerson.

We received a Thank You note and letter of appreciation from the Colorado High School Cycling League for our donation to support their efforts. A total of 2,032 student athletes took part in the program statewide. More than 180 high schools were represented. Our donation is earmarked for the Pueblo Composite Mountain Bike Team.

Sponsor Page & Printing your Membership Card

To Print your Membership Card:

RunsSignup is currently refining this process so it is not directly available. So.....

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 Not sale items
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Remembering Judy Tucker

Some things I remember about Judy: She was the first editor of Footprints and did that for a long time. She also started the Atalanta Run and was the race director for years. She got the guys to work the race while the women ran the race. What a Woman!!!! LOL. She would also tell the story of Atalanta before the awards were issued each and every year.

The famous story: Atalanta offered to marry anyone who could outrun her. No one could,,,,,,. However, finally, Hippomenes (or Milanion) was given three golden apples by the goddess Aphrodite; when he dropped them, Atalanta stopped to pick them up and so she lost the race and had to marry him.

Anyway, Judy would tell the story in such a way that she had the whole group listening. She was very animated. Each year the highlight of the race was the story

I first met Judy in March 1979 at the Symphony Run. She belonged to a running group of ladies who included Mary Creager, Sue Campbell, Jannie Redwine, Helen Robinson, and myself (just to name a few). Judy was into running longer distances and as I began to run with the group, she encouraged and pushed me to be a better runner. It was because of her that I started running longer distances and ultimately marathons.

There as a male running group and a female running group and Judy got them together. But Jeff Arnold (deceased) actually formed the club as a non-profit. I do remember working on the bylaws early in the club history

Judy was an incredible and gifted runner. She had endurance unmatched by others. I have missed her.

Roseann Tavarozzi



**Roseann Tavarozzi , Sue Campbell, Judy Tucker
Las Vegas Marathon in February 1995**



**Henry Roman, Winston Hodges, Gil Cruz,
JudyTucker, Helen Robinson, Roseann Tavarozzi
The Phoenix Marathon October 25, 1982**

The picture of Judy Tucker and me was taken in July 1996. A lifetime ago! I took over as Race Director for the Women's Distance Festival 5k walk/run sometime around then

The Women's Distance Festival was sponsored by the Road Runners Club of America. They would send race directors so many items; bib numbers, prizes to give away and a plethora of other things. The shirt I am wearing was given to me as Race Director. It reads "A fit woman is a powerful woman". So True! Judy was so supportive of women running! She put so much time and effort into women's races. She was also Race Director for the Atalanta Women's Race as was I. Judy would have plays about the story of Atalanta after the race. The male members of SCR were so happy to be actors as well as help with the setup, course marking, and anything else she needed for the race. It was a tradition I did my best to continue. I do miss having women only races in Pueblo.

The last I had heard is that Judy moved to Las Vegas then

Boulder to be closer to her children. She was definitely a trailblazer for SCR. She was a mentor and a role model, and she loved running! I will miss her enthusiasm about women running and doing their best to be healthy! RIP friend and thank you for instilling the love for women running in me as well!

Marijane
Martinez

**Marijane
and Judy
in July
1996**



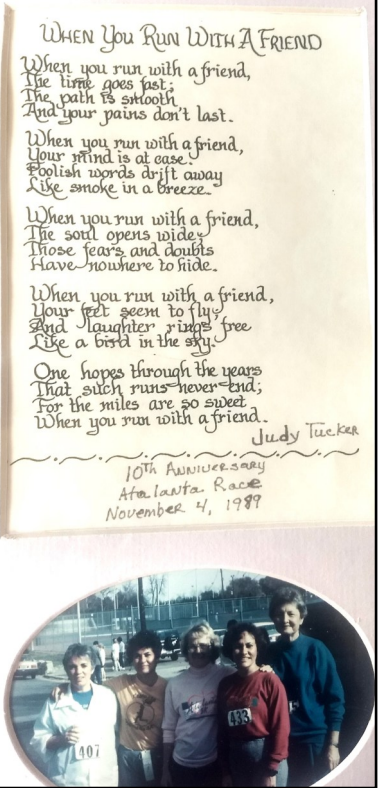
Remembering Judy Continued

Just a quick story; when we made the decision to break from the Colorado Columbine women's running club and form our own we couldn't think of a good name. We originally thought it would be fun to name it after a famous Colorado Madam. In doing research on the madams Judy came upon the story of Atalanta and loved sharing that story with the runners after every Atalanta run; and so we agreed to name Atalanta Women's Running Club. Judy is the one who came up with the "apple" awards instead of trophies, the first run the awards were little gold apple necklaces. Judy was so instrumental in promoting running as a fun and healthy activity. It's amazing what the little ad she put in the paper created! I will remember her fondly

Our first officers, Judy president, Mary Creager vice president, Donna Banning treasurer (she had moved from Pueblo) I was secretary, Marcia, Lila and Kathy race officials, and of course after the first run Kathy began making the awards. Funny story, for the second run Kathy did bronze apples; she bought a box of apples and she and her daughter took one bite out of each apple to come up with the perfect apple to bronze! Such fond memories, thanks for doing this for Judy, she truly was a special lady
-Rietta Spinuzzi

Judy wrote this poem for the 10th anniversary of the Atalanta race on November 4, 1989

**Pictured L to R:
Kathy Arwood,
Rietta Spinuzzi,
Judy Tucker,
Marcia Spinuzzi,
Lila Gradisar**



I ran into Judy at the grocery store. We talked about times with the swim teams, and I asked what she was doing. She got very animated and said she started running. I had just started as well, and we shared experiences. Then she asked if I would be interested in starting a running group for women because she had a feeling that there were other women who were running, and it would be fun to get together. I agreed, so Judy put an ad in the Chieftain asking for women runners to gather one evening at City Park to discuss a Women's Running Group. We had no idea what the results would be and were shocked when 40 women showed up. We took names, and phone numbers and arranged to meet again for the first official meeting.

At that meeting we decided to make it an official fun run group. We asked for nominations and took a vote. Judy was voted President of our group, I, Marcia Spinuzzi (Townsend) was vice-president, Rietta Spinuzzi was secretary, Donna Banning was treasurer, and Kathy Arwood was in charge of measuring and organizing fun runs. We met at the park on Saturday mornings and usually ran 3 miles. Judy insisted that our main objective was to get women to run with other women, for camaraderie, friendship, and to learn about exercise. She said she welcomed women who did not run but would like to try and assured them that we would pair up with new runners to aid and support them.

Someone in our group suggested that we should bring juice, cheese, crackers, fruit or anything to share with each other after the run. So our group also became a social running group as well. Then we decided to organize the runs on different sides of town. We asked for volunteers who would be

able to measure a route from their home. Several signed up to do them. Same rules: all runners and non-runners welcome, bring light snacks and juice, water, tea, or coffee. Friendships developed along with our running, as our fitness increased over the first year.

The Women's Running Group continued into the second year. We added guest speakers to our meetings. One of our members was a yoga instructor and offered to lead a yoga class once a week for us. Joe Garcia came and gave a talk about fitness, and there were many others. Judy had connections with women in Denver and she learned of a running club, the Colorado Columbines, who held a women's only race every year in Washington Park in Denver. She asked at a meeting if anyone would be interested in attending and of course many of us said yes. We had a great time and the Denver women were so helpful.

Judy brought the information they gave her about joining their club but as the Colorado Columbines, Pueblo Chapter. We voted on it and it passed and the Pueblo Chapter of the Colorado Columbines was born. Judy thought it would be fun to organize our own race and to invite the Denver women's club. We brainstormed ideas of what we would name the race. One idea was to name it after a Pueblo Madam who was active in the 1800s. Then Judy read an article about a Greek goddess named Atalanta. We liked her story because she was a talented runner. That was the choice and the Atalanta 5K was born.

(Continued on page 26)

Remembering Judy Continued

(Continued from page 25)

Since we were familiar with City Park, we decided that would be our venue for the first race. Kathy Arwood and her daughter made a stencil of a Columbine flower which Kathy used to paint mile markers on our fun run routes. The men had a group that ran with Jeff Arnold and they were our finish line operators, and results officials.

Judy was a wonderful friend. She was enthusiastic about running and especially about women running. Her goal was to help any woman achieve personal goals and running goals and to make it safe, comfortable and enjoyable for her to do so. She achieved her goal and went beyond.

She will be missed. I will greatly miss her. A wonderful woman, and runner.

-Marcia Spinuzzi

I took over for Judy as SCR's newsletter editor, and she sort of greased the wheels for me to take over that job, which I appreciated. That was typical of her being a very gracious lady.

Since she was part of the original running boom, I remember her telling me how terrifying it initially was for women in Pueblo back then to put on shorts and run outside in public, something that females today probably can't comprehend. Her encouragement to all runners, and to women especially of course, was quite admirable.

Judy was into performance tap dancing, and I remember the time she did just that in the City Park Pavilion after a women's race (either an Atalanta Run or Women's Distance Festival). Loved the colorful, flashy dance costume she wore for that.

To me, Judy was a positive spirit who spread good vibes naturally. You could "feel" how special she regarded the contingent of women runners in their original group way back then.

All in all, Judy helped make the world a better place.

-Gary Franchi

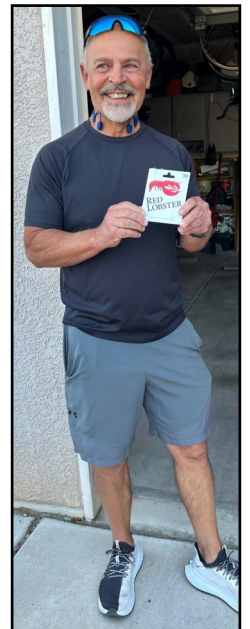
I met Judy Tucker in the late 1970's, when I first worked at the Pueblo Family YMCA. Judy was an avid runner that met with a dedicated group of women at the "Y" to run most mornings at 5:30 a.m. When the YMCA began collaborating with the Southern Colorado Runners Club around 1982, Judy was the Treasurer. The Runners Club meetings were held at the "Y". We also accepted their mail and fielded questions about the Club at the front desk. One night when I was working as the Building Supervisor, I received questions about payment to the Club for membership. Instructions in

the Runners Club notebook said, "Do Not Call Judy Tucker after 8:00 p.m." Of course I did not see that instruction and proceeded to call her. Needless to say, she was not happy with me calling and let me know it. I learned never to do that again. I also learned was that Judy was an early to bed, early to rise person that loved running and ran for many years to and from our YMCA parking lot with other very dedicated women runners. She did a lot for the Southern Colorado Runners in those early years of the Club.

- Cathy Dehn



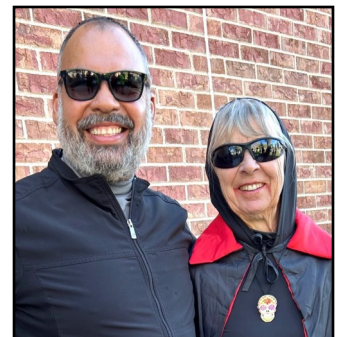
Runapalooza Raffle Run



More Runapalooza pics



Dia de los Muertos at Roselawn Cemetary



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