



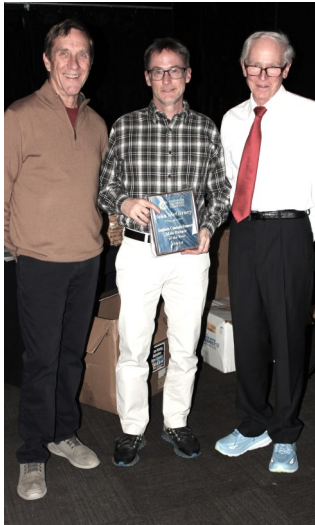
SOUTHERN  
COLORADO  
RUNNERS



# Footprints



The Winter Edition  
Volume #356, Issue #1  
Editor: Ron Dehn



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### Awards from the Banquet

Clockwise from UL: Paul Hindman and Ted Sillox with Male Runner of the Year - Sean McGivney (center), Spirit of SCR Award—Jessy Narimanov, Ted with Female Runner of the year—Alex Romero, Male Youth Runner of the Year—Neymar Hernandez, Female Triathlete of the year-Becky Medina, Paul receives the Most Valuable Club Member Award from Ted.  
More Photos on page 2 and more on the Banquet beginning on page 6.



More Banquet Photos



L to R: Marty and Linda Garcia, of Total Terrain and Brues Alehouse donated \$1,000 to SCR, Dan and Melanie Nelson handled volunteer awards, Sheri Giordano served as banquet photographer, Ted gives the Long Distance Award to Ron Dehn

More Banquet Photos Also see page 8



### 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)

“Like” us on Facebook:  
[www.facebook.com/SoCoRunners](http://www.facebook.com/SoCoRunners)

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

### To Ponder...

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

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

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

It is not only for what we do that we are held responsible, but also for what we do not do. -Moliere

Ask your doctor if a drug with 32 pages of side-effects is bad for you. -Unknown

I've learned that to ignore the facts, does not change the facts. -Andy Rooney

Now bid me run, and I will strive with things impossible. -Shakespeare



**Southern Colorado Runners**  
[www.socorunners.org](http://www.socorunners.org)

**SCR Mailing Address:**  
**P.O. Box 8026**  
**Pueblo, CO 81008**

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

### “Footprints” Volume No. 356, Issue No. 1

“Footprints is the newsletter produced quarterly by, about, and for the SCR / Tri Club membership. It is bulk mailed via third class mail by the U.S. Postal Service.

Postmaster: Please send address changes to “Footprints” c/o Southern Colorado Runners at P.O. Box 8026, Pueblo, CO 81008

**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: Paul DallaGuardia, Kim Arline, Dave Diaz, Dave Dehn, Marijane Martinez, Stacey Diaz, Sheri Giordano, Melissa Fairbairn, Roger Giordano, Paul Hindman, Katie Fox, Melanie Steves, Ted Sillox, Sean McGivney, Bree Pappan, Desiree’ DallaGuardia, Reece Sharman-Newell\*

**Advertising Policy:** SCR allows advertising in “Footprints” in the form of display ads. The standard charge for ads is \$50 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.

\*Reece Sharman-Newell, senior from CSU Pueblo, recently ran the fastest mile ever recorded on Colorado soil. His time was 3:59.37.



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

Hello Members,

This is my first message for 2025 and I would like to compare it to running a 5K. A 5K consists of 5 kilometers to run and at this point I have completed 4 of the required 5. In December of this year, it will complete a 5-year journey that I have been on with Southern Colorado Runners. The club has managed to maintain around 200 memberships and close to 300 members during this time and while I was hoping to grow the club to bigger numbers we have not had great success doing that. December 2025 is long way off right now but I am hoping that as someone reads this newsletter that they will be inspired to run for office and fill the position of president for this will be my last year doing that job. I feel there are some smart competent members who would do a great job keeping this organization going and perhaps they would have new and different ideas that could lead to growth. We are lucky enough to have some very good board officers that are tremendous at completing their tasks to keep this club going. For instance, if you have not been to our club website recently, I encourage you to visit the site. Ken Raich has done a fantastic job reorganizing and making it much more user-friendly and has managed to find all our old newsletters and put them on our site.

Our club offers some very fun activities for members to participate in. The summer Breakfast Burrito Run will be moving to Pueblo Mountain Park this year so that we can take advantage of the clean mountain air and we will be inside the stone pavilion in case of rain. Members really should come for the burritos, pastries and mimosas. The club will be planning a new race on the 4th of July to replace the now gone Liberty Point 5K. This could become a great attraction as the old race always brought many people to the area. Luckily, we have Katie Fox leading the way for this race. We are also going to have a new duathlon and it will replace OMT. The college, with the growth around it, just became too hard to keep doing this race there so Kim Arline arranged to have it move to Lake Pueblo State Park and change it to the duathlon. With the popularity of gravel road races this could draw a significant crowd. All of these races hopefully will bring more members to our club.

The Pueblo Spring Runoff is 6 weeks away and I sure hope we have a nice spring day on March 2nd. It is a dismal 10-degree high today as I write this article. The main sponsor, Ken Hughes and I were talking and we think it

*(Continued on page 5)*

## Raffle Runs by Ted Sillox



Members that fully participate in the Raffle Run Series sure get the full meal deal! Not only do they get a chance to win a \$50.00 gift card to a locale business at each race but they also were treated to a great hooded jacket with our logo on it for participating in at least 6 runs. If you are not attending these races then you are surely missing out on one of the best reasons to be in our club. There is always great food and very good conversation with your fellow runners.

I was not able to attend the Runaplooza this year at Dave and Stacy's house due to entering the Cheyenne Mountain Trail Run happening on the same day. Halfway through the trail run I was thinking, "You could have stayed in Pueblo and had a fun run instead of running straight up this mountain and developing split hooves for feet." 39 of our club members were smart enough to do that and had a good time in the Omega neighborhood. Thanks to Dave and Stacy for hosting.

September, we ventured out to the north side of Pueblo West for the Badger Land Raffle Run at Jessie and Rocky's house. I like running on the flat prairie, it is so much easier than trails with small rocks trying to roll your ankles. 34 members came out for a wonderful September day to meet and run. There was even left over juice and champaign from the summer burrito run that we made good use of. Thanks to Rocky and Jessie for hosting.

In October we once again gathered at the Gold Dust for our annual Harvest Run arranged by Dave Diaz. There are a lot of good memories at the Gold Dust and I sure miss the Hot to Trot Race that Ruth and Shelly used to host there during the Chili Festival. Anyway, 46 members showed up and enjoyed the FREE food and beer that was there for the taking. Mike from the Gold Dust put out a taco bar and all the members present dug in while they were sipping free cold beer. Next year come and enjoy this run with us.

Our next gathering was the Dia de los Muertos at Roselawn Cemetery and we had a great day for the run this time. It was a warm fall day and plenty of members came in costume for the run. Joe and Liz Spinuzzi hosted the run and the staff at Roselawn led by Charmaine helped to create a very enjoyable evening. Running in the cemetery has always been a blast and we had plenty of

*(Continued on page 5)*

## President's Message Continued

(Continued from page 4)

would be better if we moved this race to the first weekend in April. Our society has changed and I don't feel like people are inclined to brave colder or inclement weather like we used to do. People will go out in December with the holidays approaching but by March they seem to have had enough winter. It seems like school is closed for snow or cold any time there is a storm, as a result it is conditioning people to stay home. Looking at the weather charts, the first weekend in April is significantly warmer than the first weekend in March and the wind factor is significantly less in April. Maybe a change to a later date would make it much more spring-like and attract bigger crowds.

I feel that if we just keep working on our club good things will happen and I know that someone will step forward and help take over. Looking at the old newsletters there was a steady progression of new people taking over the board positions and maybe we could get back to that. If you are inclined to get more involved, I urge you to attend a board meeting and let it be known and we can help prepare you for this.

Keep Moving,

Ted

## Raffle Runs Continued

(Continued from page 4)

potluck food for the members to enjoy. 41 of our club members came out for this run and celebration of those who have passed on.

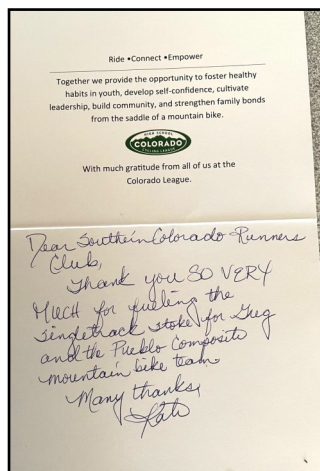
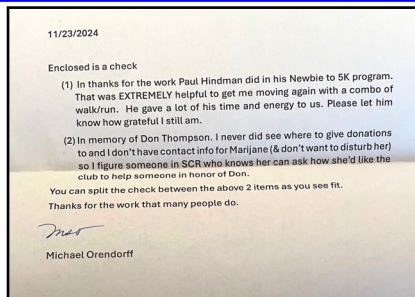
November rolled around and we ventured out to the BF Rockafellow Eco Park near Canon City for the Temple Canyon Raffle Run. I went with Roger Giordano the night before to mark the course and it wasn't bad with the afternoon sun. The next day, in the morning, we arrived to a bitter cold wind blowing down from the foothills. At least we had the protection of the canyon walls once you got into them. Sheri Giordano set up a table with donuts and juice but due to the wind we gathered at Ortega's Restaurant in Canon City after the run for a great breakfast. We no longer run through the creek in this race and it is a good thing for it was flowing fairly strong so a slip or fall into the water would be a total dunking. Roger and I talked it over and we are going to retire this race so this year was probably the last of the Temple Canyon Raffle Run. We more than likely will replace it with something closer to town.

Our last race of 2024 was Nelson's Pretty Fast Run out in Pueblo West. Every year there seem to be more houses built around Nelson and Debbie's house making everything look different. Nelson changed the course this year so running a new area always makes the run more fun. After the run we met inside their home for coffee and good food. Dave Dehn was lucky enough to win the very first Raffle Run prize of 2024 and he also won the prize at this race. If you have a choice between being good or lucky, choose lucky because it will win every time. Lucky, lucky Dave Dehn!!

2025 rolled in and we started off the year at Alexandria and Patrick's home for the Chile Willy Raffle Run. I don't know how it works out but it seems like every year it is snowing or trying to snow when we have this run. You would think that once in a while we would have a sunny day for this run. 41 members showed up for the run and Becky Medina won a gift certificate to Jorge's Restaurant and the great margaritas they produce there. If you are reading this article and you have not come to these runs, please consider making them part of your schedule.

### Thank You Notes

In addition to thank you notes from the Boys and Girls club of Pueblo County (see pages 12-13), our club has received Thank You Notes from the Pueblo Composite Mountain Bank Team and from club member Michael Orendorff, along with a donation from Michael.



## The 2025 Awards Banquet

by Ted Sillox and Friends

On the evening of January 25, 2025, we gathered at Brues Alehouse for our annual club meeting and banquet. 69 members attended the evening to socialize with other runners and listen to the state of our club and what our club is planning for the future. It is always a fun evening where club members get recognized for their accomplishments during the past year. It is also a great place to socialize with fellow runners and make good use of the free drink coupon that the club gives to those attending. There is also a great buffet put on by the staff at Brues Alehouse with plenty of food for members to enjoy.

I always like to watch the slide show that Dave Diaz puts on. Every year I see something that I have forgot about until I see the picture during the banquet. It is also fun to see the recap of events and how much the people at the events are enjoying them. Members who don't participate in these events that the club produces are not getting all the value and enjoyment of being a member. There was an abundance of door prizes with lots of free race entries being raffled off and club members Ron Dehn, Chris Dehn, Dave Dehn and Cathy Dehn donated gift baskets that were especially nice. Raffle Run participants were treated to a black and white jacket with our logo and volunteers got treated to a great folding canvas chair. We recognize our race directors at this event and producing races is one of the best ways to recruit people into our club. The banquet also gives us a chance to introduce the board of directors to our members, putting a face to a name and giving them thanks for their service.

The banquet has been an adventure over the past several years. We have used several different venues and tried several ways to serve people. The banquet during the covid outbreak was especially challenging. Speaking from experience I think the Brues Alehouse has been the best as all we need to do is make the reservation and show up. It is in a convenient location on the Arkansas Riverwalk and the owners have become sponsors of our club by donating \$1,000.00 the night of the banquet. Can't beat good food, good company and donation to boot! I strongly urge members to attend this event and bond with your fellow runners.

*Editor's Note* A huge thank you to Ted Sillox, Paul Hindman, and Melanie and Dan Nelson for making arrangements for the venue, meal, drinks, door prizes, and awards. Thanks to Dave Diaz for putting together the "Slide Show".

*And again thank you to Marty and Linda Garcia who donated \$1,000 to the club. Marty spoke briefly and said the donation was because of the good work we do in the Pueblo Community.*

Several club members were honored at the banquet. Following are condensed versions of the nominations:

### **Paul Hindman Most Valuable Club Member**

Paul has stepped up to take on the role of Vice President of the Club. He frequently writes articles for the SCR newsletter.

Paul came up with an innovative and very successful idea to help people who want to start running but need a nudge and some "know-how" to get started. He created the Newbie Program and had 15 people sign up. He scheduled weekly training sessions and set a goal for the group to participate in a 5k event after many weeks of training. He used the Jeff Galloway method as a model. This technique created a positive way for newbies to get started, improve over the training period, and meet their goal of running a 5k. In addition, this method minimizes the chances of injury. Participants received a 1-year membership in the club, thus growing the club membership. Seven dedicated individuals made it through the 9 weeks of training and ran the Hometown 5K at the end. Paul has been creative and generous with his time. And ultimately brought new people into the sport we love. Paul is doing all this while keeping his focus on being race director for the Beulah Challenge, which has three races, 5K, 10K and a half marathon trail (which was a huge success). He runs some raffle runs and volunteers for Rock Canyon.

### **Alex Romero Female Runner of the Year**

Alex took on quite the challenge in 2024, completing the run-Disney Coast to Coast Race Challenge. Spending much of 2023 training for it, including running the New York half marathon. The race began January 4-7, 2024 at Disney World in Orlando, Florida. It consisted of a 5k on Thursday, 10k on Friday, a half marathon on Saturday, and a full marathon on Sunday. Not only is this a grueling schedule, but Alex had never run a marathon before this challenge. Once completed, she ran a total of 48.6 miles in four days. But that's only half the battle. The second leg of the challenge took place at Disneyland in California September 5-8. This race was a 5k on Friday, 10k on Saturday, and a half marathon on Sunday. Despite battling a horrible cold during the half marathon, she persevered and completed the challenge, running 22.4 miles in three days, achieving her goal of a total of 71 miles in the Disney coast to coast challenge.

Alex has had to endure challenges and pain, including back surgery to attain her goals. Each year setting new goals to continue to improve and push herself beyond her limits.

She also spreads the message of health and fitness throughout the country. Working with the library and the city, as well as Junior League and national CPA organizations, everyone knows through her about the Southern Colorado Runners and their contribution to a healthy Pueblo. She is an excellent example of a dedicated, strong, passionate runner.

### **Jessy Narimanov Spirit of SCR Award**

Jessy is not only an outstanding runner (at last year's Raptor Run Jessy was 5 ½ minutes ahead of the 2nd lady runner) and she is very humble about her running accomplishments. Jessy is our club secretary and does an outstanding job. More than

*(Continued on page 7)*

## Banquet continued

*(Continued from page 6)*

that she shows up with her children to meetings, I believe it is a hardship for her just to attend the meetings and she truly sacrifices for the club. She truly meets the criteria of someone who quietly contributes to the club while staying in the background.



### **Sean McGivney Male Runner of the Year**

Sean has been actively involved with our club for several years. For example: Sean served as Co-club secretaries with his wife Jitka for several years. Sean and Jitka have hosted a raffle/predict run at their home for the last 3 years. Jitka and Sean have served as Co-Banquet coordinators. All of the above involved considerable work.

Running wise, 2024 was a huge year for the McGivney's, which included many "firsts" for them. They started the year by winning the Valentine's Twosome in February. In March Sean took 3rd place in the Spring Runoff 10 miler. He ran his first full marathon, The Colfax Marathon in May and followed that with his first Pikes Peak Ascent in September. Sean and Jitka ended the year at the Rock Canyon Half in December. He has done the Beulah Challenge half and the Rim-to-Rim half.

Sean is a lifelong runner, running at least 3-4 times a week with a long run on Sundays with friends. Both he and his wife are quiet and unassuming. Sean is highly intelligent, but more importantly he is one of the nicest people you will ever meet. When he is not running, he teaches at Corwin Middle School.

### **Becky Medina Female Tri-Athlete of the Year**

Becky has done at least 5 triathlons that I know of this year.

Rocky Ford Watermelon Man Sprint, Lamar's Timman Sprint, Boulder Sunset Olympic Tri, as a team, Cozumel 70.3 Tri as a team (run portion mid-day in 90 degree heat with 80% humidity, with winds from Raphael starting to come in), and Bear Lake Brawl Tri in Idaho.

Three sprint tri's on her own and two as a team, Boulder Sunset Olympic and Cozumel 70.3. Not that she would tell you she is doing a tri or being on a team. You find out when you ask her to go running with you, her reply "oh I can't we'll be doing a tri that day, or we'll be on the road". Becky is not one to boast, she'll share her journeys when you ask, or after the fact; especially when Eric writes an article for the newsletter. Becky is always ready for an adventure that she usually shares with her husband Eric and good friend Buster.

### **Lauren Staples Female Youth Runner of the Year**

Lauren is a junior at Pueblo West High School, she is involved in a variety of sports; swimming, biking, and running. Lauren is on the PW cross country team. The team went to many meets, some are: Liberty Bell Invitational in Littleton, Cougar Invite, Desert Twilight XC Festival in Mesa AZ, Fountain Fort Carson (5A Team Champions) and went to State. Lauren plays a vital role in helping her team to these accomplish-

ments. Her latest run was Rock Canyon ½ Marathon where she placed 1st in her age group with a 1:36:56

### **Neymar Hernandez , Male Youth Runner of the Year**

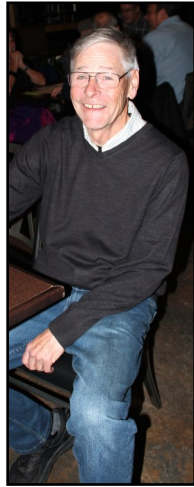
Neymar is a 7-year old first grader at Prairie Winds Elementary School in Pueblo West. Born and raised in Colorado, Neymar is the son Peruvian immigrant and a USAF military veteran. Neymar has been a member of SCR for 2 years. While naturally shy, he has stepped out of his comfort zone participating in 5k trail and regular races in the Colorado counties of El Paso, Fremont, and Pueblo during 2024. This year, his times have improved over 3 minutes as he's gained confidence, independently participating in events encompassing youth in categories through age 19. In addition to being a runner, Neymar has taken multiple physical and development courses helping him achieves success. This year he took YMCA courses becoming a standout swimmer, participated in tennis with Pueblo's Parks and Recreation Department, attended a Lacrosse camp with CSU Pueblo, attended Haven School of Dance for 2 semesters, attended a local music academy for 2 months, and also participated for 3 months in Jiu Jitsu with Humble Heathen's in Pueblo West. Neymar also is a member of the 4-H Cloverbuds with the Pueblo West Twisters, and most recently was awarded Twister of the Month with Prairie Winds Elementary for acts of kindness and achievement. I think Neymar is worthy of this award nomination as he's shown significant progression in 2024, he's exhibited a desire to lead, made a commitment to success, and illustrated leadership and peer roles to his friends and community.

### **Ron Dehn, Long Distance Award**

He has played many roles in the Southern Colorado Runners Club. He was co-race director for the Raptor Run. He can be seen at SCR events, snapping pictures of everyone! Without a doubt, his most important contribution to SCR and its membership, has been his service as newsletter editor. He has served as newsletter editor on and off since 2002. He puts the newsletter together, works with the printer, then he and his wife Chris prepare the newsletters for mailing, and finally works with USPS to get the newsletters to your mailbox. Many years ago, he was awarded the national RRCA Jerry Little Memorial Journalism Award for small clubs.

He began running in 1982. He loves running with family and has run many races with his brother Dave. One of his fondest memories was running the Pikes Peak Ascent with 5 of his family members. There were 12 additional family members and friends at the finish to cheer them on. His grandson ran 4 years of cross country because of his Papa. His daughter also started running with his encouragement. He is a frequent volunteer at SCR events.

## More Banquet Pics







# The 2024 Rock Canyon Half and Mini Rock 5k

By Katie Fox

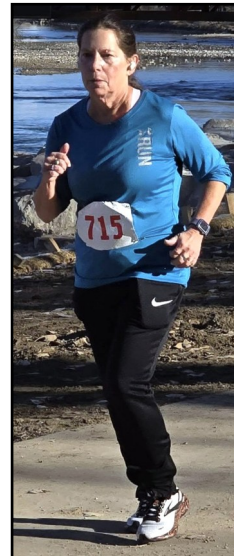
Once again, this year’s Rock Canyon Half Marathon Run was such a success, having added our first ever “Mini Rock 5k” to the course. This brought in around 180 5k runners to the event! In total, bringing over 600 excited runners!

The weather was great, and the runners were excited!!

As we continue directing this event, we have learned the importance of our team, Mel Steves and Eric Castellano (Co-Race Directors), who always help to create a seamless and fun event with very little hiccups!! We also appreciate the ongoing support of all our amazing volunteers, who have showed up year after year whether it be 0 degrees or a perfectly sunny running day, like this year!

We look forward to Rock Canyon Half and Mini 2025, and watch for our newest event, Pueblo’s Firecracker 5k for the 4th of July, that will be similar to our Mini Rock 5k course! More details coming soon.

As always Get Out and Run,



*Editor’s Note:  
Thank you to the  
Rock Canyon Race Directors  
who put on an amazing event.  
Kudos to the RC Fab Four!*

*Below: Melanie, Eric, Katie  
and Steve*

*Also a big thanks to the RC  
Photographer Kim Arline!*





## Ordinary Mortals Will Go On!

By Kim Arline



Save the date – May 10th!

Like last year, we could not secure a decent date to host a triathlon at CSU-Pueblo in 2025. It looked like the ten-year run of our triathlon would come to an end for good. The only dates available were summer dates well into the Boulder triathlon season.

We didn't give up, but we had to pivot to a new venue and new format. We feel this is too good of a community event to let it go. We hope the community comes out and continues to support this event. We think it could be a really cool venue for the entire family to enjoy on the Saturday before Mother's Day.

Ordinary Mortals will be a duathlon at Lake Pueblo:

- Run 3 miles along the river
- Bike 15 miles through Lake Pueblo below the dam and out Highway 96 to a scenic turnaround with law enforcement guards
- Run another 2 miles along the river
- The run course will be along the upper trails along the river we used to run before the Rock Canyon Half Marathon turn around. But with green vegetation!
- The race venue is Kestrel Pond, formerly Rock Canyon Swim Beach. This is a great venue off the main road in the state park, big parking area, picnic areas, a concrete path around the lake, easy in and out access from the river trail back into the venue.



Swimming is NO longer allowed, no water testing is done and besides the water is still too cold for a swim outdoors in May. No fishing is allowed either, but participants can stick around after



the race and enjoy the beach area, bring a kayak, SUP or tube with a life jacket and enjoy the area.

We know some runners or cyclists have never participated in our triathlon with fear of swimming. So this new format might attract new participants! Ordinary Mortals has always been about challenging normal, ordinary folks to try something new. But it has also given some very elite athletes a chance to redline it and push the barrier for the fastest course times. This is a USAT sanctioned event for insurance purposes and to give participants slots to USAT Nationals Duathlon sprint event. This course will be fast! We hope our regular loyal participants will join the fun May 10th and those wanting to do more cross training will join the fun also.

After the adult race, we plan to host the Mini Mortals Duathlon just before noon. If we want to see healthy lifestyles, running and biking continue with the younger generations, we need to continue to foster it with events like this. This event was getting more and more challenging to host at the university with increased traffic, businesses, homes and fields along the bike course.

But Mini Mortals Duathlon will be so much safer with the bike course laps just along the road in front of the venue down to Anticline Pond. And the run course will be a parent/crowd pleaser with the kids visible the entire 0.6 mile loop around the pond.



(Picture above is from a SoCo Tri Club Youth training in 2013 at the new venue on the nice flat, quiet road for a 2-mile loop bike ride)

(The kids will love the new flat course compared to the hilly CSU course)

(Continued on page 11)

## OMD Continued



*(Continued from page 10)*

(The kids race is so much fun to watch their boundless energy and the new course will give spectators so much more to watch).

We have worked hard to keep this event affordable for our community, most events like this have twice the entry fee. We don't make much profit and would likely not make any profit for a community group if we didn't have sponsorship.

To keep this an affordable event for locals and families, we have the following discounts:

- Family discount code - could be sibling, spouse or cousin discount: Email us (ordinarymortalscr@gmail.com) your name and family member's name and relationship that will also race OMD. You will each get a \$5 discount code to use.
- Parent or Grandparent with a kid in Mini Mortals discount code - Email us your name and your child's name racing in MMD and the parent or grandparent gets a \$10 discount code for their OMD registration. Stick around and get pictures of the 2 or 3 generations together at the finish line!
- SCR members also get a \$10 discount, PPRR members get a \$5 discount automatically
- Total maximum discount per person is \$20

This year, Tim Weckx, a longtime club member, Ordinary Mortals participant and parent of a Mini Mortal in years past, is training to become the race director for 2026 and beyond. Kim Arline was wrassled into race director by Gwen Steves back in 2011 and she wants to pass the reins over to someone new and hopefully race it herself next year.

We have seen people so proud finishing their first triathlon, surrounded by friends and family there cheering them on. We hope we can continue to keep an affordable and unique event going in Pueblo and hope our members and community will embrace this new race format as a participant or a volunteer. It's the longest event our club hosts so we need help setting up, packet pick up, course marshals for the adult event AND then the youth event. People racing OMD can easily stick around and help with the MMD. It's so much fun watching the little ones race! Please check out the volunteer sign up tab on the Ordinary Mortals Duathlon runsignup page.

You can sign up for either race at:

- <https://runsignup.com/Race/CO/Pueblo/OrdinaryMortals>
- <https://runsignup.com/Race/CO/Pueblo/MiniMortalsDuathlon>



## Boys & Girls Clubs of Pueblo County - Girls on the Run 2024

By Bree Pappan

Boys & Girls Clubs of Pueblo County (BGPC) hosted their annual Girls on the Run (GOTR) 5k race at the Nature and Wildlife Discovery Center's River Campus on November 15, 2024. The original race day was rescheduled due to a late fall snowstorm. Despite the date change, the event was very well attended with four Clubs participating and 32 total Club members crossing the finish line. Members from the Prairie Winds, Sprague, Minnequa and East Side Clubhouses ran the race alongside coaches and volunteer Running Buddies.

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

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

This year 25 girls registered for the Girls on the Run program. This is a partnership with Girls on the Run of the Rockies which extends a significant decrease in registration fees for the girls to participate in this evidence-based curriculum. These girls attended the Prairie Winds, Minnequa and Sprague Clubhouses. Several members from the East Side Clubhouse also attended the 5K as a culmination of their girls only running club program for a total of 32 participants.

Jena Sanchez, the Clubs' Volunteer Coordinator, said "The event went off without a hitch! We had the Clubs arrive by 11:00 a.m. and the girls and their Running Buddy volunteers lined up and shot out of the starting line. By 11:30 a.m. the first and second place runners had sprinted back while the rest of the pack followed to the finish line. The first and second place winners, Natalia and Mila, who are both members at our Eastside Clubhouse, are in 2nd grade and 1st grade, respectively. The gorgeous fall day ended with overwhelming success with lots of tired and happy runners and their running companions who were proud of what they accomplished at the end of their fall program".

Mackinley Morton, BGPC staff coach said, "This year was my first time coaching running club and I loved it! We were consistently practicing and growing as a team. As we went through our season the girls improved their speed, communication, confidence, and teamwork skills. As a coach, I grew close with the Club members. All of our girls supported and encouraged one another to do their best. When race day final-

ly came, my team was so excited to finally race! Now at the Clubhouse I see the girls closer than ever because of our commitment to growing as a team. The girls still ask about running club and are excited to register for the GOTR program and compete next year!"

Mackinley said there were many highlights during the race preparation. The girls would encourage each other to run with one another to stay motivated. It helped the girls grow as friends and be able to trust each other. The biggest highlight was seeing her team run the 5k. The girls were running together and all had a positive attitude. They were cheering for each other finishing the race.

"It made me tear up because our girls were jumping with joy when I finished the race," said Mackinley.

"Natalia, the winner of the race, was telling me, "Coach I did it! I really won!" I was beyond proud of my team for trying their best and bringing a positive outlook."

Natalia D. - "My favorite part was not about winning, it was just about fun."

BGPC sincerely appreciates volunteers who helped this year: Kristi Blondin, Martha Drake, Robert Bergles, Eric Medina, Jeff and Maila Estabrook, Peter McCarthy, Melanie Nelson, Deanna Sanders



## More GOTR Pics



### Photos:

Opposite page: . It's all about teamwork for Club members from Minnequa Clubhouse

Clockwise from above:

The 1st and 2nd place winners Natalia and Mila

Club members run alongside their Running Buddies at NWDC

Our winners, both from the East Side Clubhouse

Group photo of all Club member participants, volunteers and BGPC staff members





## Cheyenne Mountain Run 2024 By Ted Sillox

There are many state parks in Colorado and 2 of them have teamed up to do a run series. Cheyenne Mountain State Park and Colorado's newest state park, Fishers Peak State Park, have joined efforts to put on running events. Runners can do either of the runs separately or they have an option to enter both races and get a discount. Both parks have several different distances offering a chance to participate on a race fitting your style or ability.

Last year our club got involved with the race at Fishers Peak by loaning our timing machines and training the race volunteers on how to build and execute a race. Ron Dehn provided an excellent class demonstration on using the equipment. It was at this training that I decided that I was going to participate in both of these races. I chose to sign up for the combined race package of a 10K at Cheyenne Mountain and a 12K at Fishers Peak.

On the morning of August 17th, I ventured north to Colorado Springs and made my way west to Cheyenne Mountain Park. There was a good turnout for their races and I was thinking to myself whether I would see someone from our club there. While waiting in line for the wonderful port-o-let I crossed paths with Donna Nicholas Griesel. She was coming out while I was heading in and we only got to say hello. You really don't want to have extended conversations holding up the line to the port-o-let just before a race starts. I also saw her again during the run as it is an out and back run and only got to say "Hi" as she was heading up and I was going down.

While looking around at the start area I noticed another member, Ben Wiley, and just as I was starting to approach him, they began playing the national anthem so I wasn't able to greet Ben. Right after the anthem they started runners in groups so I thought I would be able to talk with Ben afterwards but he ran the 5k and left the area before I completed my run. I decided to contact both Donna and Ben by email and asked them to send their thoughts about the run and include a picture of themselves as I don't run with my phone.

Ben thoughts on the race were:

- The race day conditions were ideal. (Temperature wise and hardly a breeze that I could detect.)
- In recent years I've avoided trail races, but Cheyenne Mountain Park is a trail runner's paradise in my opinion. The trails were challenging but not overly rough, although some exercise of caution is needed to negotiate a few stretches in order not to turn an ankle, for example.

- Having three 3 distance options was great. (I seldom go beyond 5K at my advanced age!)

That's really about it. I highly recommend it - especially for those who crave the trail experience and don't mind the 6 to 7,000 ft. altitude.

Donnas' thoughts were:

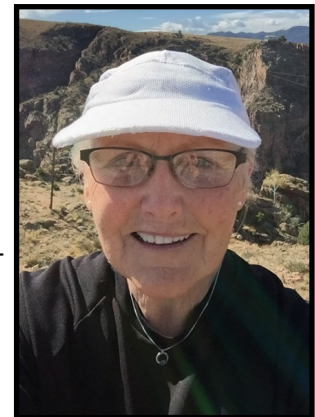
This is a great race, don't you think? It's a challenge for some of us, but the scenery makes it worth the effort. And the organizers take such good care of the runners. It's so worth it to get up early in the morning to drive to the Springs. I'll have to see what next year brings. With a healthier tummy I might be able to do a little better!

If you can give me a cell phone number, I could text you a picture of last year's Rim to Rim. Silly me, I didn't take a selfie at Cheyenne Mountain!

Congratulations to both Donna and Ben as they were 1st place winners in their age division in the races they ran! Donna won the 10K 70-79 division and Ben won the 5k 70-79 division. It was great to see our club represented by these runners and hopefully more of our members will participate in this event next year. Go Ben and Go Donna!!

*Editor's Note:*

*My apologies to Ted, Ben, and Donna. This article was submitted for the November, 2024 issue and somehow I lost it. If that ever happens to your submission, please let me know and I will be sure to include it in the next issue of Footprints.*

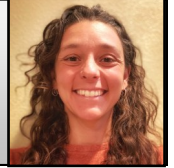


Top Photo: Ben Wiley

Bottom Photo:  
Donna Nicholas Griesel

## Stay Close to Yourself - Mindfulness and Movement

By: Desiree' K. DallaGuardia



I'm feeling warmth on the tips of my nostrils with every exhale. I'm feeling my face stinging from the chill of the north winds bluster bedazzled with heavy flakes of snow. My exposed earlobes, peeking out of the bottom of my beanie are approaching frozen. My right shoulder is elevating with tension in my upper trapezius muscle. Hands are growing increasingly soggy in the warmth of double gloves. My ankles are cold. I am feeling my right shoe is laced snugger than my left.

I call this the body scan, I am presenting it in an abbreviated fashion as in real time it starts with my scalp and follicles of hair, travels with great detail distally down my body until I end at my toenails. I make laps from head to toe and toe to head over and over again because I find that the mental benefits of my workouts are amplified and carried with more strength throughout the day when I stay close to myself while in motion.

Recently I had an awakening of exploring the question to why I run and the leading answer was, for my mental health. It is as if I'm my own councilor, at a really great cost... FREE! Lacing up my shoes I've looked forward to getting lost in the dialogue of my life, playing reels of past, creating reels of future, troubleshooting obstacles and aside from the occasional check-in of my physical body I stayed far away from myself, in thought. That is all fine and well but if I truly want to live my path of mindfulness and meditation off of my meditation cushion I realized that I needed to implement that structure more into my every day and one of the laboratories to achieve this is on the running trails.

Being a trail runner, situational awareness and continuous assessment and reassessment of pace, route finding, conditions, fuel, gear, mental motivation is always present – I look at those as necessary for success and are also simple reminders for me to move back into staying close to myself. For example, it is time to fuel? If so, fuel, then back to the

body scan. In staying close to myself with the body scan, running my attention over my physical and emotional forms with freedom in curiosity, I continue to explore closer to myself rather than in the far off distance of past and future. I've come to find my body is a comfortable and safe place to reside.

If you have any experience in seated meditation you know that the mind will wander fast and far and sometimes it gets lost in the pilgrimage for what feels like eternity but with gentle awareness of this you can return to the body scan, no judgment or self-harm by thought of your wandering mind, it is the nature of the mind, to wander. Again and again and over again we get lost and we return to the presence of the now.

The benefits of exercising to integrate this into your regimen of workout, whatever it may be, will prove fruitful in the many realms of being human. I purposefully choose not to provide a list of benefits as to not plant any seeds of expectations. That is the beauty of being human living an experimental life. Every day is a surprise unique to everyone; celebrate the moment, your breath, the beating of your heart, the expansion and contraction of the muscles of respiration and your ability to have the capacity to move. Feel this generating gratitude.

In closing, my wish for you is to stay close to yourself. Condition yourself to take your attention to parts of you that you have never given any attention to while running, swimming or biking, be curious to explore what it feels like to be in a body. Invite your awareness to sensation, rather than letting sensation have to work hard to grab your attention. Our bodies are not just vessels but gifts that we have been gifted in this life, give it your attention with a deeper sense of observation and be open minded to listening to what it has to say for there is deep wisdom, happiness and love to discover when we stay close to ourselves.



Blast from the Past:  
Carla Florez and Marijane Martinez running in sub zero temps a long long time ago.



At the Banquet:  
Left:  
Jacket awarded for 6 or more Raffle Runs  
Right:  
Folding chair with SCR logo for volunteers



## The Thanksgiving Day Turkey Trot / Give Back Run

By Paul DallaGuardia

Thanks everyone for coming out this chilly morning for our annual Give Back to Community morning run. Great turnout. Lots of food and clothes were gathered today!

Also, we were in the right place at the right time.... Between The Pueblo West Eagles, Steel City Eagles, Cyclone Kleeners, All Purpose Landscaping and Owen McKinney they donated a total of \$7,800.00 to be given to our amazing local food bank , Care and Share.

The winners of this year's Pumpkin Pies were, Roger Giordano, Sean Staples, Archer Dennis, Ivy T. And Abby Davidson's daughter!!

"Thank you! Paul! You make this happen and it benefits so many people. Your heart is bigger than a 20 pound turkey!"  
-Sheri Girodano







## The Birthday Page



### February

1 McKayla McKinley  
 1 Casey Smith  
 2 Kathryn Barber  
 4 Angela Andrews  
 7 Timothy Perez  
 9 Robert Espinoza  
 11 Diana Quattlebaum  
 12 Major Rettig  
 13 Jerry Lopez  
 14 Devin Cata  
 14 Allen S Weaver  
 15 Erika Fortin  
 16 Jeanna Blasingame  
 19 Barbara Gonzales  
 19 Morgan Valentish  
 20 Erik Flodin  
 21 Ryan Masciotra  
 23 Ilyana Rios  
 26 Nancy Mitrick  
 26 Oliver Pate  
 27 Patrick Romero

### March

8 Kenneth Raich  
 10 Kimberly Swearingen  
 12 Abbey Cira  
 12 Nicholas Martinez  
 13 Bobby Quintana  
 15 Nelson Brentlinger  
 15 Willis Gipson  
 17 Patrice McGivney  
 18 Jeff Flory  
 20 Charmian Dickerson  
 20 Peter Dickerson  
 21 Robin Barto  
 21 Cassie Gasser  
 21 Kyle Ipson  
 21 Randy Oles  
 21 Grayson Pate  
 23 Mark Madic  
 25 Rebecca Medina  
 28 Meg Scarlett  
 29 Destynie Larson  
 29 Tania Pacey

### April

4 Rebecca Simmons  
 6 Joseph Craig  
 6 Xander Mondragon  
 6 John Reed  
 6 Zoe Rusch  
 7 Sharon Pass  
 10 AnnaMarie Neal  
 10 Sally Sharp  
 10 Marilyn Vargas  
 11 Derek Shiney  
 13 Joe Brosseau  
 18 Bryan Dehn  
 20 Ken Hughes  
 23 Garrett Dietz  
 25 Cassie Archuleta  
 25 Mark Gurule  
 26 Christina Montoya  
 26 Lily Quintana  
 26 Regina Webb  
 28 Alexandria Romero  
 30 Kaylee Hecht

### May

3 Katie Fox  
 3 Andrea Hough  
 3 Vincent Hough  
 4 Paul DallaGuardia  
 4 LUKE QUINTANA  
 6 Will Bratina  
 8 Claudia Hindman  
 8 Trevor Walker  
 8 Trevor Walker  
 9 Jenn Pacheco  
 9 Mark Steves  
 9 Mark Steves  
 11 Justine Martinez  
 14 Debbie Gurule  
 14 Bea Jones  
 14 Paul LaBar  
 15 Avani Valenti Moreschini  
 18 Mark Koch  
 20 Diane Lopez  
 21 Daniel Heersink  
 23 Jitka McGivney  
 25 Reyna Quintana  
 26 Sebastian Cummings  
 26 Lois Pfost  
 26 Angela Wilkerson  
 27 Tom Brosseau  
 27 Lance Thyberg  
 31 Valerie Ramirez

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:

[scrfootprints@gmail.com](mailto:scrfootprints@gmail.com)



## My Favorite Hobby By Sean McGivney

Teaching is tough work. It is so mentally exhausting, Jitka and I find it extremely challenging to run during the week. As a result, we do nearly all of our running and hiking Friday - Sunday during the school year, and we increase the frequency during our time off for school breaks.

Something I truly enjoy and make the time for almost every day, however, is sports card collecting. It is an escape for me, and I can do as little or as much as I like at most any time. I started collecting when I was a kid (last century!), lost most of my collection as a young adult, and slowly started resurrecting the collection about 25 years ago. It really started to accelerate during 2020 (I don't need to write why/what was going on) and I haven't slowed down. I have an Instagram account (@soxsportscards) where I interact with collectors from all over the world (literally).

My main focus is baseball cards from all decades, hockey cards from the last 15 years or so, and to a much lesser degree NFL cards from the 1970s and NBA cards from the 1970s - 1980s. I don't know how many cards I have, but it is in the tens of thousands. Most of them aren't worth much at all, but they mean something to me sentimentally. My favorite baseball teams to collect are the Boston Red Sox, Cincinnati Reds, Montreal Expos, and Pittsburgh Pirates, and I have tons of Rockies cards. My favorite hockey teams to collect are the Boston Bruins, Montreal Canadiens, Pittsburgh Penguins, and the Avalanche.

Back to teaching: I have made packs of cards for students at our school and given away about 2000 cards so far. Students earn their choice of rewards at our school for attendance, turning in their assignments, and not getting into trouble. If you have some old cards and want to contribute to this effort, please let me know. I also buy, sell, and trade cards, so if you would like to talk about this sometime, please reach out at our next run. If you have family members who collect, I would love to meet them. My Favorite Hobby



## Join Us for the Pueblo Vitality Walk!

Your participation in the Vitality Walk helps Parkinson Association of the Rockies (PAR) push boundaries and invest in programs and services that are a lifeline to those with Parkinson's, their Care Partners, and their families. 100% of the proceeds stay in communities throughout Colorado and Wyoming to help us provide free services, including: assessments, 50+ support groups, 75 exercise classes, educational opportunities, use of our equipment loan program, and access to PAR's information and referral helpline to answer immediate questions concerning the many aspects of Parkinson's.

**9am Saturday May 17 at the Pueblo Riverwalk**

Sign up as an individual, join a team, or create your own team to get your friends, family and coworkers involved! You can register for free here [www.parkinsonrockies.org/vitality](http://www.parkinsonrockies.org/vitality)

Elisabeth Braun  
Parkinson Association of the Rockies  
303-830-1839  
[ebraun@ParkinsonRockies.org](mailto:ebraun@ParkinsonRockies.org) | [www.parkinsonrockies.org](http://www.parkinsonrockies.org)



## 2025 Newbie to 5K Training Program

By: Paul Hindman



The program is on again for 2025. This year the program will start on May 3rd, meeting at City Park pavilion like last year. It is a 9-week training program meeting every Saturday at 8:00 a.m. and ending by running the Southern Colorado Runners “4th of July 5K” in City Park.

The reason the club started this program is because we all hear several times of a friend or family member that would like to start running, usually to get healthier, but is intimidated or nervous by starting with a “running” friend. Maybe they used to run a long time ago in their youth or have just always wanted to start but never found the right motivation to get them started. **THIS IS THE PROGRAM FOR THEM.** We use the Galloway method of run-walk. The first day is a 10 second run with a 30 second walk, then repeat for 15 to 20 minutes. For several first-time runners, even this is a struggle, so we help them along, never pressuring them to do more than they are capable of.

Registration is now open. The cost is \$40. That includes:

- Once a week coaching
- An official technical training tee shirt
- Registration for the “4th of July” Southern Colorado Runners race in City Park (\$20 value)
- One Year membership in Southern Colorado Runners (\$15 value)

Please share this with your family, friends and coworkers. All the information can be found at <https://runsignup.com/Race/CO/Pueblo/Newbieto5K> or



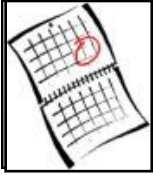
## New SCR Race The Firecracker 5k!!! by Katie Fox



The club is adding another official race on July 4th! The runsignup page is up and active. We think this will be a huge family event and would love all your support in promoting, volunteering, and of course racing with your friends and family! A facebook page will get set-up soon and we welcome any sponsors that you may know, as we want to keep this a fun event for all runners with a low entry price once again. We are filling swag bags up with tons of fun stuff and maybe lots of prizes for best red, white, and blue, dressed... etc. Plus, after the race families can hopefully stay and tube the new river area. More info to come!!!

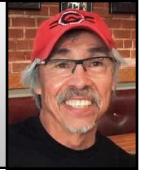
Here is the Pueblo's Firecracker 5k signup page: Pueblo's Firecracker 5k!





# Race Calendar

by Dave Diaz



## February 2025

Su 9 [Super Half Marathon](#) Colorado Springs  
 Sa 15 9am [SCR Valentines Relay](#) Pueblo City Park  
 Sa 15 [Winter Series III](#) Colorado Springs  
 Sa 22 [Winter Series IV](#) Colorado Springs  
 Sa 22 [Snow Queen](#) Cañon City

## March 2025

Su 2 9 am [Spring Runoff](#) Dutch Clark Stadium  
 Sa 8 [Run Through Time](#) Salida, CO  
 Sa 15 [St Pat's 5K](#) Colorado Springs  
 Sa 22 9am [South Shore Raffle Run](#) Lake Pueblo

## April 2025

Sa 12 10:30am [Fox Trot Raffle Run](#) Colorado City  
 Mo 21 [Boston Marathon](#)  
 Sa 26 [Royal Gorge Groove](#) Cañon City

## May 2025

Sa 3 [Run Blossom Run](#) Cañon City  
 Sa 3 [Newbie to 5K](#) Pueblo City Park  
 Sa 3 [Collegiate Peaks 25/50M](#) Buena Vista  
 Su 4 7:30am [Choose Your Own Adv Raffle](#) 1117 Candytuft Blvd  
 Sa 4 [Colorado Marathon](#) Ft Collins CO  
 Sa 10 9:00am [OM Duathlon](#) Lake Pueblo  
 Su 18 [Colfax Marathon](#) **Denver**  
 Su 25 [Spirit Trail Race](#) Buena Vista CO  
 Mo 26 [Bolder Boulder](#) Boulder CO

## June 2025

?? [Peaks&Prairies Raffle Run](#) 4913 Warbler Ct  
 Su 8 [Garden of the Gods](#) Colo Springs  
 13-15 [FibArk Trail Races](#) Salida CO

## July 2025

Fr 4 8:00am [Firecracker 5K](#) Pueblo City Park  
 Sa 26 8:00am [Brkfast Burrito Raffle Run](#) Beulah CO

**Sept 20** Sa 8am [Beulah Challenge](#) Beulah School  
**Dec 7** Su 8:30am [Rock Canyon](#) Pueblo City Park

### Upcoming Raffle Runs 2025--Run 6...earn your shirt!!

Aug- Sat 16 7:30am	Runapalooza	4742 Walnutcrest Pueblo CO
Sep	Badger Land	712 E Heron Dr, PW CO
Oct	Harvest Run	Gold Dust 217 S Union Ave
Oct	Dia de los Muertos	Roselawn Cemetery
Nov	TBD	
Dec- Sat 13	Nelson's	614 E Marigold, PW CO

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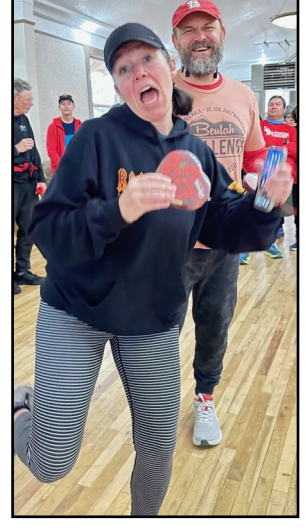
10% Discount

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 Valentine's Twosome

A huge Thank You to Sheri and Roger Giordano (left) and Gwen Steves (right) who put in tons of work to create this race, mark the course, take care of prizes, provide and identify photos and provide results. THANK YOU to our wonderful volunteers!!!



Top row L to R 1st Place Coed "Im with Cupid", Isaiah Roth & Taylor Kottenstette... 1st Place All Ladies "Team Heart and Sour", Brooke Kottenstette & Jessy Narimanov... 1st Place All Mens "Team Chafed and Confused", Anthony Dionisio and Jacob Buys... 1st Place Male, Sebastian Cummings... 1st Place Ladies, Jill Kleven... Bottom Row: 2nd Place Coed Team "Codamya" Coda Deulen & Myalynn Leomitte (Myalynn had left)... 3rd Place Coed "Thee Cousins", Ellyanna Tillman & Xavier Mondragon... 4th Place Coed "Heartly breathing", Jennifer and Matthew Kottenstette... 5th Place coed "Lone Wolves", Melanie Steves & Eric Castellano... "Team Fox", Katie and Steve Fox

Twosome continued



Top Row: Team "Scarlett Fox", Lewis Fox & Meg Scarlett... "Team Goats", Amy and Neymar Hernandez... Team "Midnight Duo", Hollie and Tom Brosseau... Team Melron, Melissa Fairbairn & Ron Dehn... Team "Need Coffee" Becca and Dylan Thomas, Second Row: Team "Medina", Becky and Eric Medina... Team "Cummings Party of Two", Nicole and Scott Cummings... Team "Bergles and Carrillo", Buster Bergles and Cheryl Carrillo... Team "Bratina", Suzanne and Will Bratina... Team "Boundless", Amy and Christopher Bailey... Row 3: Team "Sweethearts", Jessica Kleven and Laura Dionisio... Team "The Ugly Stepsisters", Brittany Muench and Ryan Masciotra... Team "Oldies but Goodies", Paul and Claudia Hindman... Team "Old but Slow", Mark and Angela Kleven... Row 4: Nicole and Scott Cummings had the most creative baton... Thank you to our Young volunteers... Runners nearing the finish



# Photo Potpourri



Pics from the Resolution Run New Year's Day in Canon City.

Left: Paulette Arns, Stacey & Dave Diaz

Right: Donna Nicols-Griesel and Cheryl McCoy



## Winter Series Pics

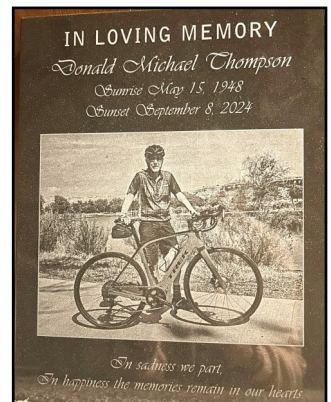
Left back row, L to R  
Gloria, Martha, Joey  
front row, L to R  
Carmen, Debbie, Melanie,  
Marijane, Wendy, Diane

Right: Martha Drake uses a leaf blower to clear the car windows.



Left: Christmas Lights run at City Park. The group presented Marijane Martinez with the granite plaque honoring Don Thompson. (lower right)

Lower Left: New Year's Day Neon run from Dutch Clark.





## Nelson's Raffle Run



Thank you  
Debbie and  
Nelson for  
hosting the  
December  
Raffle Run!!!

Dave Dehn won  
the \$50 gift  
card to  
Brues Alehouse



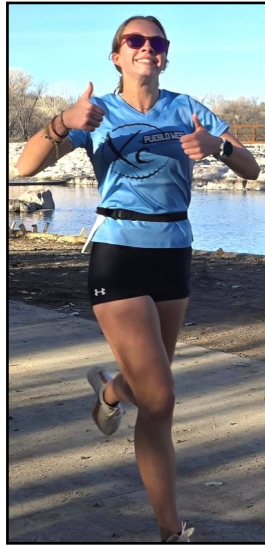
# The Chilly Willy



Thank you Alex and Patrick Romero for hosting the chilly Chilly Willy. Becky Medina won the \$50 Raffle Gift.



**Rock Canyon Pics Thank You KIM ARLINE for the Pics**



**SOUTHERN COLORADO RUNNERS**  
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**Pueblo, CO 81008**  
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***If you plan to move,  
 Please update your  
 information!***  
 Issues of "Footprints"  
 are not forwarded and re-  
 turned issues cost us \$.  
 Hence, if you are going to  
 move, please update your  
 address in Runsignup.



**Your Race Directors  
 The Rock Canyon Team  
 Melanie, Katie, Steve, and Eric**

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