



SOUTHERN
COLORADO
RUNNERS



Footprints

The Winter Edition
Volume #356, Issue #2
Editor: Ron Dehn



Spring Runoff Photos

UL: Savana Trujillo presents
Jessy Narimanov with her
1st place OA award

Above: Christina Montoya was 3rd
in her age bracket in the 10M

Left: Savana presents Zoe Rusch
with her 3rd place OA award

More Pics below and inside

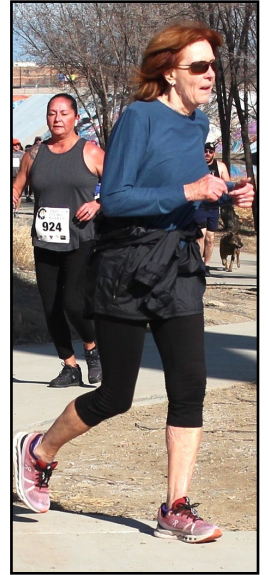
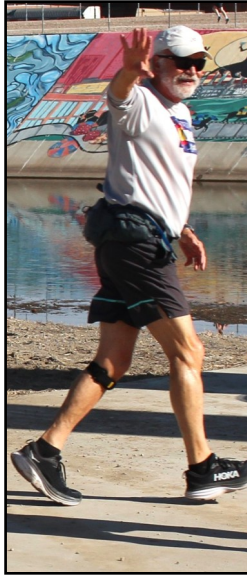
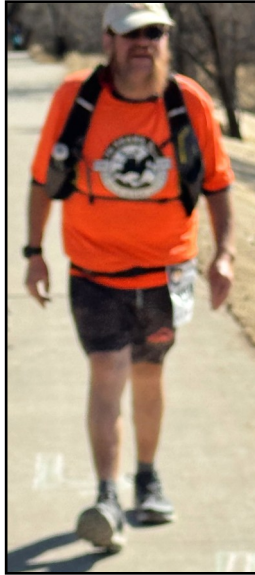


Table of Contents

SRO photos	1-2
Club Info	3
To Ponder	3
President's Message ...	4
Raffle Runs	4
Mini Ramble	5
Couple Pics	5
Spring Runoff	6
View from the Rear ...	7
Disney Running	8-9
Mountain Talk	10-11
Cherry Blossom 10M ..	12-13
Rim to Rim	14-15
Change your Gaze	16
Birthdays	17
Race Calendar	18
Sponsors	19
Ordinary M&Ms	20-21
Future of SoCo Tri ...	23
Playful Curiosity	24
SCR & Community	24
South Shore Pics	25
Fox Trot Pics	26
Choose Adventure Pics	27
More Pics	28



More SRO Photos



Contact Us

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

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

Nobody made a greater mistake than he who did nothing because he could do only a little. -Edmund Burke

If you wouldn't write it and sign it, don't say it. -Earl Wilson

I speak to everyone in the same way, whether he is the garbage man or the president of the university. -Albert Einstein

In one and the same fire, clay grows hard and wax melts. -Francis Bacon

We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are. -J.K. Rowling

There are no passengers on spaceship earth. We are all crew. -Marshall McLuhan

Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar. -Bradley Miller

Inside every old person is a younger person wondering what happened. Jennifer Yane



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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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"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.

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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: Ted Sillox, Dave Dehn, Cathy Dehn, Marijane Martinez, Laurie Gomez, Eric Medina, Paul Hindman, Mary Yang, Bryan Dehn, Dave Diaz, Jasmine Carlson, Kim Arline, Desiree DallaGuardia, & Sheri Giordano

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.



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



A Message from the President Ted Sillox

Makes our club more visible

Tomorrow is April 1, 2025, so that means we are now one quarter through the year and I am going to remind all my readers that this will be my final year as president so you need to be thinking about ascending to the office. As I have said before, the club would be better and stronger if we had new leadership working through the ranks, bringing new ideas and different ways of doing things. The job is really not that difficult and a rollover of leaders would demonstrate that we have the ability to keep the club alive and thriving.

We have good news on the horizon as there will be a new race, The Firecracker 5K, on the 4th of July at City Park. I feel races are the best way to recruit new members to the club and we have purchased 3 used inflatable finish line arches. This will allow us to attach club banners to them and all the participants will see our name and club logo as they run under the arches. It is surprising how many runners in Pueblo are not aware of the club. More local races gives our club more exposure and gives our club members more discounts.

We also have a change to the Ordinary Mortals Triathlon as it will become the Ordinary Mortals Duathlon and will be run bike run. The venue will also be moving to Lake Pueblo. The campus at CSUP was an excellent place for the triathlon but as growth has started to surround the campus it became difficult to continue at that venue. Luckily, we have members who are willing to work and complete these changes. Kim Arline and Gwen Steves are to be thanked for their efforts at keeping this race alive.

Paul Hindman is once again planning to offer the Newbie to 5K training course this year and what a great way to recruit new people into the club. I believe many people think about starting to run but just don't know how to take the first step or feel they can't do it. Thanks to Paul for holding this class and helping these people take the first step in trying to change into a healthier lifestyle. Please help Paul advertise this class by letting others know about it and if you can, stop by City Park to help Paul and encourage these new runners. The more members they meet the more likely they are to stay in our club.

If you have an idea about a race, please feel free to come forward and present your idea to the board. It does not need to be an elaborate race or a large race. Many runners like to attend smaller races that are close to home as it is becoming harder to venture north on 1-

(Continued on page 5)

Raffle Runs by Ted Sillox



For this edition of the newsletter, we are starting the Raffle Runs by including the Valentines Twosome being we do not have a club run scheduled for February. We had a total of 46 participants come out to enjoy the run at the City Park Pavilion. Gwen Steves timed the run and Roger Giordano marked the course. After the run there was hot chocolate to enjoy inside the park building and Gwen awarded a slew of prize chocolates to the many categories listed for the run. This is more of a fun run and the cost is very low, just about enough to cover the costs of renting the pavilion. Next year plan on grabbing a partner and attending, for you can either run or walk the distance. I am sure there are pictures of the event in this newsletter thanks to Sheri Giordano.

On March 22, we headed out on Highway 96 to an area that is referred to as the slab for a trail run hosted by Roger and Sheri. We were lucky with the weather and the morning brought bright sunshine and no wind during our run. Later in the day the wind kicked up and it would have been no fun running in it. Roger's course takes you out on the bluffs overlooking the reservoir and it is a great view. Unfortunately, we had one member fall on the course and had to be fitted for a boot cast. After the run there was fresh hot coffee with the left-over St Patrick's Day cream to help make the coffee even better. 51 people came out to enjoy this run with the hope of winning the raffle prizes. Roger and Sheri furnished an Igloo type cooler in addition to the club gift certificate prize. Conner Steves won the gift card to Do Drop Inn but switched prizes with Paul Hindman who won the cooler. Paul said he would rather eat pizza than have another cooler.

April found us down south in Colorado City for the Fox Trot. 48 runner/walkers showed up on an absolutely gorgeous Saturday to skirt around Lake Beckwith. There was a golf tournament being held so we could not use the club house but with the perfect day we were able to run from the parking lot at the lake. After the run there was coffee, orange juice or water plus a bevy of baked goods. Katie supplied everyone with homemade breakfast burritos that were very delicious. Lake Beckwith is a great scenic area with rolling green hills and the view of the mountains. There is also a nice trail going all the way around the lake so participants didn't need to worry about cars except for a part of the longer route on the road. The trail was marked so even the bad spots of the concrete were pointed out and runner/walkers would avoid the trip and fall. The raffle prize was an inflatable kayak and was won by one of our newest members, Adrienne Steelman.

The next Raffle Run is McGivney's Choose Your Own Adventure. Hope to see you there.

President's Message Continued

(Continued from page 4)

25 with the explosion of traffic. A small race would be ideal for new directors to learn the ins and outs of producing a race and would be much more economical to participate in.

For all the senior level members I am going through the RunSignUp site and changing your expiration dates to 2050 so you won't need to be bothered to renew every year. If you are 70 now you will need to renew when you turn 95.



For you other members please be sure to read the reminders to renew that will come to you from RunSignUp and not through our club. We need to keep as many members as possible and recruit as many members as possible.

Finally, summer is just around the corner and I always look forward to being able to start my day by getting up and not needing to think about how many layers I will need to put on to run. I only need to decide what t-shirt and shorts to wear and then it's out the door for a run. Simple is always easier. Have a great summer and remember to, "Keep Moving."

Ramblin' by Ron Dehn



A short Ramble today. THANK YOU!

Thank you to the many writers and contributors to this newsletter. It takes a large team in front of and behind the scenes to make this happens.

Thank you to "Team Ted" for continuing the Spring Runoff. It's a big job and you have kept it going. The Hughes Family is an integral part of the team along with the Nelsons, the Giordanos, Care and Share, and a ton of others

Thank you to "Team Kim" for organizing the OMD and for the many years of putting on the OMT. It's a large team and the Steves Family along with many others give much time and talent to bring it to fruition. Lots of logistics.

Thank you to the Hosts / Hostesses of the Raffle Runs.

Thank you to our club sponsors for your generosity. Many give discounts, so check out our sponsor page.

Thank you to those club members who work behind the

scenes for the betterment of our club. We appreciate your generosity with your talents. Most of us have no clue how much time you spend making sure things keep "humming".

I invite the readers to provide feedback. Send your suggestions and comments to: scrfootprints@gmail.com. I want to know what you like and what you would like to change.

In addition, Don't be bashful. I hope you share some of your experiences. Whether you are a rookie or a veteran, we want to learn / be informed of your insights and adventures.

And food for thought... I'm fine with producing the newsletter but maybe it needs a fresh look and some fresh ideas. If you would like to take over producing *Footprints*, I would be glad to step aside. It won't hurt my feelings if one of you would like to give *Footprints* a fresh coat of paint. Let me know.

Photos to Share

Left: Laurice Lopez-Cepero & Marijane Martinez at 2024 Winter Series Banquet in Colorado Springs

Marijane with SCR volunteer chair at Pikes Peak National Cemetery visiting her husband Don who passed away several months ago after a lengthy battle with cancer. Don was the consummate club volunteer.





Pueblo Spring Runoff 2025

by Ted Sillox



I heard the legendary coach, Tom Landry, once say that if you have the choice between being good or being lucky to choose lucky because you will win every time. Well, I was lucky again this year as the weather was great for the Pueblo Spring Runoff this year. There was no wind and it was a perfect temperature for running or walking. Shortly before the race I was worried as the number of participants was down and I am sure it was due to the cold weather we had during January and February of this year. The few weeks just prior to the race saw a significant uptick in the numbers of participants registering for the race. Seeing this I decided to order extra shirts with the new logo and we were able to supply many more of the participants with a shirt that would usually not have received one.

I was also lucky enough to have a host of members willing to come out and work as a course marshal or help with the packet pick up and that is the only way this race can happen. So, I would like to give a big thank you to all of you who helped me produce this race. I plan on recruiting someone to help with this race and take over the shirt part of the production. As you are well aware we live in Pueblo and I had to replace 2 signs the morning of the race as the old ones had sprouted legs and walked away. If I had helpers operating the shirt and packet pick-up, I could go out at 4:00 am and mark the course, which would not leave a lot of time for the vandals to show up. A tip for course markers, use the more expensive neon sidewalk chalk to outline your flour arrows and they will become much more durable and eye catching.

Our club is lucky to have member Sheri Giordano come out and do a great job taking pictures of this race. If you haven't gone to the Pueblo Spring Runoff Facebook site, take a moment and visit to see your friends and fellow runners at the race. There are some new members along with a host of older long-time members running this race. Dutch Clark is an excellent place to hold the race and I sure hope we can continue with this venue. The District 60 athletic director, Aaron Bravo, is retiring this spring so hopefully he will be replaced with a new director willing to work with us on the scale that Aaron has.

The Hughes family has been instrumental in supporting this race by being the main sponsor and working at the awards table during the race. We also have a long list of sponsors that signed up to support the race this year. The board meeting is in 2 days so I will find out how much we will be forwarding to our local chapter of Care and Share this year soon. See picture below. I have been fortunate to not need their service but I am sure there are people who desperately need the service. Thanks to Roger Giordano and his crew from Care and Share for coming out and helping hand out the after-race treats.

Most of the time I don't get to enjoy much of the race as becoming a spectator usually leads to wrecks because you were watching and not preventing problems but I did get to

enjoy the moment of seeing Jessie Quintana finishing the 5K (picture below). As I said on the Facebook site posts if you want to see what courage and determination look like go view the picture of Jessie completing the race despite all her difficulties. I also got to see our secretary, Jessie Narimanov, win the women's 5K and club member Zoe Rusch was able to capture a 3rd place in the women's 10 mile. Congratulations to them all! Looking forward to the 2026 race.



THANKS TO ALL THE VOLUNTEERS!

Course Marshals	Pictures
Arns, Paulette	Giordano, Sheri
Brosseau, Hollie	
Brosseau, Tom	Snacks
Cata, Herman	Giordano, Roger
Dehn, Cathy	
Dehn, Dave	
Fellows, Jinette	Announcer
Holbrook, Janique	Dehn, Ron
Hunter, Kim	
Koch, Brenda	Packet Pickup
Koch, Mark	Arns, Paulette
Montoya, Gloria	Cote, Suzanne
Raich, Ken	Fox, Katie
Raich, Pixie	Fox, Steve
Romero, Julius	Gurule, Debbie
	Hughes, Ken
Bike Riders	Hughes, Melanie
Koch, Mark	Nelson, Dan
Leibel, Sarah	Nelson, Melanie
Nelson, Dan	
	Awards
	Cata, Herman
	Hughes Kevin
	Hughes, Ken
	Trujillo, Savannah

A View from the REAR!!!

By Eric Medina



I get asked a lot of questions by people who do not run or do Triathlons, you don't look like a runner. They see my shirts and it is always a conversational starter, and most people feel comfortable asking me crazy questions. I can't believe you can do all those things, because I don't look like the typical runner or triathlete. I laugh and tell them I don't really run; I jog with a lot of walking in between. How can you do that for so long, are you fast and of course why do you do it? I know what I look like, I am a big dude, I don't train like I should, I don't eat like I should, and I don't approach races like I should. I know I will never be in the front, unless the start the race with the slowest people in the race first.

I bring this up as I was running the Spring Runoff 10k this year and like most races, I am always the last few in the race to finish. Nobody really notices much when we in the back of the pack cross the finish line, as other activities like the kid's race covers our late finishes. I only speak for myself when I say that sometimes it is nice not to be noticed, but other races you stick out like a sore thumb as they are taking down the finish line and the only ones there are the race directors and volunteers cleaning up. I am lucky, as most of the races around the country we run, I usually have Becky and Buster waiting for me at the end, as I am almost always the last one to finish any race in our group. I carry the car keys so they must stay, as they can't leave without me.

I share these thoughts as I have lots of time to think out on my races, as I am very slow, and I get passed by a lot of people. It doesn't matter if I am in a running race or a triathlon, I am usually in the last few people to finish any race. I state as a fact not as a complaint, as I am a slow swimmer, biker and runner, but my goal 6 years ago was just to finish. My end goal is to finish every race I have entered, including a half ironman, which up to last Saturday was true.

We have traveled across the country, small races in the Middle of nowhere Minnesota or the largest 10K in the world at the Peach Tree in Georgia. I know where my people are at, in the back of the pack. I help with medals at the end of the Rock Canyon after running the 5K, because those people at the end of the marathon, also deserve someone cheering for them, as they are my people. The ones that complete races at the end of the pack, when most racers have left hours before to go on with their day, as people like me struggle to finish without much fan fair.

Sometimes, I start races like the raffle run last Saturday a few minutes early, so Becky and others don't have to wait for me to come in so late. I started running down the hill at Roger's Run and had just saw Roger and another runner pass me, when on a perfect, dry and sunny morning I hit a hole and popped and heard a snap on my left ankle. I started to fall and took a direct landing on my right knee that I

had a complete knee replacement on last year, not good!!! I hit my knee so hard I forgot about the ankle as I saw the lights and sparkles and immediately felt sick to my stomach. I thought I might have dislocated my knee as the pain was horrible. I laid on my back and tried to yell at Roger and the other guy, but they could not hear me, so I laid on my back and just screamed in pain. I figured it might be 10 to 20 minutes before someone came through, so I tried to stand up and then realized that my ankle was worse than my knee. I tried to crawl, but the pain was not good, so I remembered I had a phone, and I called Becky, who found me and was unable to help me up, so she called Buster who came. After several minutes, we started to make our way out of the dirt and back to the start. I realized, I am glad this happened when I left early, if not someone might not have found me for some time, as I am always the last one on these races. It got me thinking, what happens to people like me who are last and don't have a phone or someone waiting for them after the race? Sometimes when you have a View from the Rear, it really feels like you are on an island by yourself. I know I would have been missed at some point, maybe, that is why again I keep the keys to the car with me, so Becky must wonder where I might be. I have learned a lot running, jogging and walking in the REAR!!!!

I always hear and see those phrases like, "miles are miles, doesn't matter if they are 7 min or 15 min." No matter how slow you go, you are still lapping everybody on the couch". I tend to shrug those off, as I feel for myself that I don't view running in the back of the pack and slow as a good or bad decision, it gives me time to reflect on what I have seen and what I have accomplished in my life. I have found myself lost in thought of losing my mother, crying where no one can see me on a long bike ride, thinking of what I have lost and laughing at stupid things, all by myself. I can sing, which I am very bad at, but no one is around to hear, just like when I fell, and they couldn't hear my screams of pain.

To the people who ask me why? It is my therapy, my place that is not always comfortable, or easy or even fun!!!! It is what gets me to the next step in my journey in this world, another reason to compete in a sport, even thou I am not fast, it allows me to compete inside my head to just make it to the finish line. It allows me to be closer to my wife, even when she will never stay with me in a race, as I am too slow. It has us traveling around the country doing stupid challenges like the 4 races in 4 states in 4 days, just because we can. It gives us stories like this to write and share with others to really show that we are not stable.

So, in closing, The View from the REAR, is not all bad!!!! I enjoy it and someone must be the last at every race, I figured every race I enter it will be mine to win, or lose, just depends on what View I want to take from the REAR!!!!



A Three Generation Running Vacation

By: Paul Hindman

Planning a vacation is hard enough but to add in some running events, well that's just crazy. My daughter Elisa has the running bug like me and the more she does, the farther she wants to go.

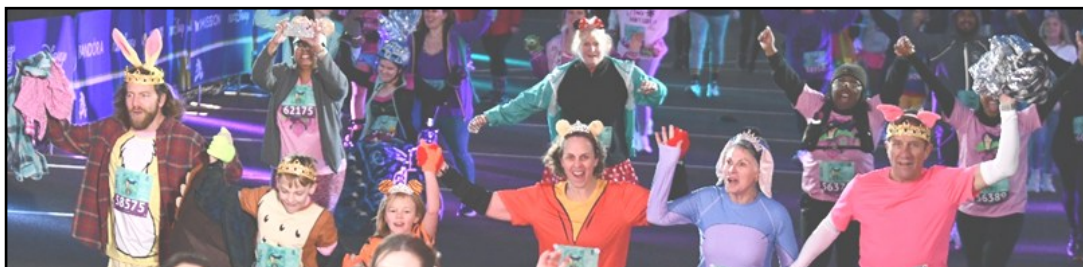
A couple of years ago we ran the Walt Disney Marathon together which was great fun. Last year she convinced her family, which includes husband and two kids of 8 and 11 years old, and her mother, Claudia, and me to join her in doing the Disney Princess event in February. The plan was for all six of us to run the 5K on Friday, Elisa, grandma and grandpa run the 10K on Saturday, and her and I to run the ½ marathon on Sunday. Then follow the whole thing with five days at Disney World parks. Here are some things we had to plan out:

- Get up early on one day last July to register. Even though the race holds about 35,000 people, it sells out in a few hours.
- They live in Stillwater, Oklahoma, so we needed to decide how we were going to get together and what flights and from where.
- We both have dogs and need to decide where to kennel them to be the least disruptive to them and us.
- To pick up your registration, you need to attend the race Expo the day before you run, so that meant Thursday.
- Where to stay and how to get around Disney?
- What costumes should we wear?

Luckily my daughter has a good friend who is a Disney travel agent, so we leaned a lot on her.

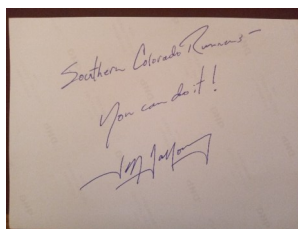
We were successful in getting our race registration by having three different computers up and running, each one being in an imaginary queue. I called it imaginary because the wait bar at the bottom goes back and forth, most of the time not moving at all. After a couple of hours, one of the computers finally got to the top of the queue and we were successful in registering everyone. Autofill is a wonderful thing when you are trying to get six people registered.

Claudia and I decided to drive to Oklahoma on Wednesday with the dogs and kennel them in Stillwater. Our flight was early on Thursday morning out of Oklahoma City, so we all drove there the night before and spent the night in an airport hotel. We got up early the next morning, got on the airplane and off to Florida. Arriving at about noon, we then went to the Disney hotel, dropped our stuff, and went off to the Expo to get our race bibs. Then back to the hotel, get a bite to eat, get all our running stuff ready, then off to bed because we had to get up at 2:30 AM to catch the bus to get to the starting line. IT WAS FREEZING! Yes in Florida. The race didn't start until 5:30 which meant we would cross the



START line at about 6:00. Remember, 35,000 people. We bought some long sleeve flannel shirts from Goodwill to wear (which is a trick we learned from previous big races) and mylar blankets. The shirts you just throw along the side of the road after you warm up. There are a lot of them. You must discard the mylar blankets before the start line, so it doesn't mess up the timing equipment. For this race, my daughter chose Winnie the Pooh as our costume theme. I was Piglet, Claudia was Eeyore, Elisa was Pooh, her husband was Rabbit, my granddaughter was Tiger, and my grandson was Owl. We waited in the corrals for almost 2 hours, but we looked good and that's all that matters.

It was great fun running with all my family. I think the kids had the most fun, which is the point. After the race we went back to the hotel for a short nap. Mostly Grandma and Grandpa. That afternoon we went back to the race Expo, just to see if we could spend some more money. While there, I stopped by the Jeff Galloway booth. He's a great guy and started the program I use for the Newbie to 5K training. He wrote a note to our club shown below.



Saturday, we got up again at 2:30. This day it was Elisa, Claudia and I dressed up as Daisy Duck, Minnie, and Mickey. It wasn't as cold as the day before, but we still waited in the race corral until 5:30. Again, we crossed the START line at about 6:00.

(Continued on page 9)

Vacation Continued



The three of us made it to the finish line where the rest of the group was waiting for us to cheer us on. Since it was the Princess race series, did you notice the boys' wearing crowns and the girls with tiaras? Yes, full on Disney.

Sunday? One more early rise for Elisa and Me. Today was Star Wars day. Elisa as Princess Leia and me as R2-D2. I left the crown in the room, too much for a Half Marathon. Those things are tight around your head. This was a father daughter day for us and very special. As you know, for that distance you talk about a lot of things. Just fun stuff you normally don't talk about on a busy day or a phone call. We saw lots of characters along the way and ran through three parks.



I think Elisa is a better jumper than I am.

After all the racing, we relaxed in the hot tub for the rest of the day. Then we went to the four parks for the rest of the week. Then we flew back to Oklahoma, picked up the dogs, and drove back home.

It was a great trip but I'm still recovering from it. Oh yah, Claudia and I got COVID on the airflight back. She was laid up for a week then I got it for the next week. It was all worth it though. I'm sure the grandkids will remember it for a long time. I'm sure I will.

GO DISNEY!



If this Mountain Could Talk

by Mary Yang

We're Celebrating 70 years of the Pikes Peak Marathon

"Where Legends Rise, and New Journeys Begin"

The 70th running of the Pikes Peak Marathon celebrates you—athletes and adventurers who test your limits and take on challenges like Pikes Peak. For 70 years, the Pikes Peak Marathon has been a symbol of perseverance, tradition, and adventure. It is a testament to the legacy of those who came before us and a challenge for those who will follow. Whether this is your first or your 50th time running, you are part of something much bigger than the race itself. Together, we share a journey, we conquer challenges, and we experience all Pikes Peak has to offer. Welcome to the 70th Pikes Peak Marathon—where legends rise, and new journeys begin.

Learn more about our races, including the Garden to Peak Challenge at

www.pikespeakmarathon.org



PHOTO OF THE START LINE IN 1959. Arlene Pieper and her 9 year old daughter, Kathleen, are pictured in this photo. Arlene was the first woman in the United States to complete a marathon. Daughter Kathleen ran to the summit completing a half marathon.



Above: Photo Credit: Scott Rokis

Below: Photo Credit: Pikes Peak Marathon Inc.



Mountain Continued

REFERRAL PROGRAM



Back by popular demand is our referral kickback program.

When you register, share your unique registration link to recruit friends also to register. RunSignup will auto-populate this link for you after registration is complete. Registered runners can receive referral rewards. Recruit **two** friends or acquaintances to register and receive a **\$10 kickback** for the Garden races or **\$15** for the Ascent or Marathon. Refund processed through RunSignup.

Thanks to those who have already activated this promotion!



Garden to Peak Challenge





52nd Annual Cherry Blossom 10 Miler in Washington DC, April 6, 2025 By Dave Diaz

Stacey loves to travel practically anywhere, however, I'm more willing to travel if there is a race involved. So last year when I read about the Cherry Blossom 10 miler in Washington DC happening on Sunday, April 6, 2025, we decided to enter.

In 2023, the Cherry Blossom 10 miler was named the Road Runners Club of America Road Race of the Year. The 10 Mile course starts and finishes at the Washington Monument and passes by all of the prime cherry blossom locations and the National Memorials. They limit the run to 18,000 runners, so not everyone who applies is accepted and has turned the entry process into a lottery.

The Cherry Blossom lottery system is great, as you can register as a group of up to 10 runners, which means either everyone from your group gets in or no one does. I love it. Registration opens in early December and lasts for 2 weeks. Stacey and I applied together and were notified on Dec 20 that we were accepted. They said "due to the overwhelming response" results were delayed. 18,000 were accepted but I don't know how many applied.

In addition, on the Saturday before 10 Miler, The Cherry Blossom 5K takes place. It starts and finishes, just east of the White House in Freedom Plaza on Pennsylvania Ave in downtown DC and most of the course is in plain view of the U.S. Capitol building. The 5K is limited to 8,000 runners and this year was voted as the #1 5K in the country by readers of USA Today. Freedom Plaza is north of the National Mall, near the National Museum of Natural History, the National Art Museum, the National Museum of Women in the Arts, and Ford's Theatre, where Lincoln was shot and the National Building Museum, where the Expo and packet pick

-up was held.

In 2023 the 5K was moved to Saturday after traditionally being held on Sunday at the same time as the 10 miler. This created a new event for runners, which they call the "Double Blossom". It's a competition that combines your 5K and 10M times and has its own t-shirt and medal and offers age group awards. 1831 finished the double blossom this year. Stacey and I figured since we would be there anyway and we love to run we may as well enter the Double Blossom.

Within walking distance of the 10 Mile start and finish are ten memorials and museums: the Washington Monument which towers over the staging area, the Lincoln Memorial, the Jefferson Memorial, Martin Luther King Jr. Memorial, Vietnam War Memorial, Vietnam Women's Memorial, African American History Museum, Franklin D. Roosevelt Memorial, and the Smithsonian Museum of Natural History, which we visited on Friday before we went to the expo.

The races fall in the middle of the three-week- long National Cherry Blossom Festival, which attracts hundreds of thousands of visitors. They come for the 3,000+ cherry trees in bloom and also to tour the monuments and museums honoring people and events throughout American history.

They predicted rain all weekend but we got lucky as it rained at night but not during the day. In fact, running conditions were near perfect, 57 degrees and partly cloudy at the start made for a record-breaking day in the men's and women's elite fields at the 10 Mile. American **Taylor Roe** set the new women's World Best with a 49:53, which is now also the women's American Record. **Alex Maier**, who was 2nd overall, ran a 45:15 to set the new men's American Record. Interestingly, 10 Miles is not a recognized distance for records by World Athletics, which is why this is a World Best rather than a World Record.

Stacey and I travel to the races together and stay together until the race starts but we don't run together. We designate a place to meet when the run is over and we each run our own race. Both races were crowded, more so at the 10 miler. Stacey sees more than I, during the 10-mile, she said she could see the Lincoln and Thomas Jefferson Memorials and

(Continued on page 13)



Cherry Blossom Continued

(Continued from page 12)
the Washington Monument.

I'm 76 years old and don't run very fast anymore but I ran a 28:22 in the 5K on Saturday and won my age. I felt good and was happy with my time. In the 10 mile, they go 5 deep in all age groups and even though I didn't do as well as I expected, I ran a 1:41:05 and took 4th in my age. Of the 3 runners who beat me in the 10M, none of them ran the 5K, so I also won the Double Blossom.

Stacey and I have traveled to many races over the years and have learned a few things.

--We try to take the first flight in the morning out of Colorado Springs, usually 6am. There is less chance of our flight being canceled and since we gain 2 hours when we travel east we get to our hotel and it's still daylight and we have time to wander near our hotel even though we are tired. We have dinner and a beer and get to bed early. It's like having an extra day to enjoy your vacation. You do not want to get to a new city in the dark, which we've learned the hard way.

--This was our 3rd trip to DC and we have found when we visit big cities back east (like New York, Boston, Chicago, Washington DC) you don't need to rent a car. Driving a car is difficult and parking is both hard to find and expensive. The Metro Trains (Metrorail) or Subways are easy to figure out (they're color coded) and will take you nearly anywhere you need to go. We generally stick to trains with an occasional bus ride. We sometimes Uber if the train doesn't get us close enough to where we are going but we don't mind walking. As soon as we land in a new city we buy a Metro unlimited pass for about \$40 each for 1 week. That may sound expensive, but it is really a good deal when you figure out how much you use it. We book hotels or Airbnbs that are close to a Metro station, then ride the train straight there from the airport. The DC Metro is clean and safe, Chicago not so much.

--There is a lot to do in DC and the Smithsonian museums are fantastic and free but don't plan to visit more than two in one day. There is so much to see you get overwhelmed and 2 museums will take all day.

--If you visit DC during the festival, be prepared for large crowds and lots of school kids.

--If you ride the train to the start of a big race, the closer you get to the start the more runners get on the train. Leave early.

On Saturday, after the 5K was over, we were fortunate to attend the "Hands off Rally" which started near the Washington Monument, a short walk from the 5K race finish and where the 10 miler would start the next day. Organizers estimated that around 100,000 people attended the D.C. rally, ten times more than they had expected. Speakers at



the rally included several Democratic members of Congress. Nationwide it was estimated the total number of protesters to be from 3-5 million.

The grass around the Washington Monument and all along the National Mall was filled with people marching, shouting and holding up signs supporting reproductive rights, immigrant rights, LGBTQ rights, Social Security, Medicare, veteran's benefits, and opposing tariffs and cuts to national parks, education and research.

So many people and it seemed each had a different reason for being there.

We hadn't planned the trip to DC for this protest, but someone gave us a blank sign and a magic marker and we were proud and honored to join in and be a part of this history-making event.





More than a Race: The Legacy of the Rim to Rim Gorge Race

By Mary Yang

Why Runners Return to Rim to Rim Royal Gorge Race (R2R) Every Year

With so many races to choose from, we wanted to share why *this* one—the R2R—keeps people coming back year after year.

1. It's for a Great Cause.

First and foremost, the R2R is the largest annual fundraiser for **Starpoint**, a nonprofit that supports individuals with intellectual and developmental disabilities and families with young children throughout Southern Colorado. Your miles matter more here.



2. The Location is Unbeatable.

Set in the stunning **Royal Gorge Bridge and Park** in Cañon City, Colorado—right where Starpoint is headquartered—the scenery is nothing short of spectacular. Where else can you race across one of the highest suspension bridges in the United States?



3. It's a Race with History.

Now in its **15th year**, R2R has grown in every sense. It began as a charming 5K and 10K road run with just 200–300 runners. Then, in 2018, we added a half marathon that originally followed a tough, scenic road route from the now-closed south entrance of the park. We marketed it as one of the most challenging races around—and it delivered.

Rim to Rim Continued



4. The Trail Evolution.

As the trail system around the Royal Gorge Bridge expanded, it was a no-brainer to take advantage of it. That's when we introduced an 8-mile trail run that eventually merged with our now trail half new half marathon course. Both races merge, allowing runners to finish the last 5 miles together, giving runners of all abilities the chance to come together and finish strong.



5. A Start Line with Heart.

The 5K start line is always a moving reminder of what R2R is all about: **inclusion**. From its scenic and accessible course—welcoming runners of all abilities—to the inspiring presence of **Ainsley's Angels**, this race is more than miles logged.

Ainsley's Angels is a remarkable charitable organization that pairs athletes with and without disabilities to complete endurance events together. With every stride, they spread **joy, unity, and unwavering determination**. Their participation captures the spirit of **community, compassion, and shared triumph**.



Listed above are just a few reasons why the R2R draws back runners each year and continues to grow. Join us for our 15th event! Be a part of the legacy! Every step you take helps move Starpoint's mission forward—and we can't wait to see you at the start line.

Register for our race or find out more information here:

<https://www.rimtorimroyalgorge.com/>

We have a SOCO Half Marathon Series called OverIt. Partnering with The Beulah Challenge and Rock Canyon Half Marathon. Register here: <https://runsignup.com/Race/CO/Beulah/BeulahChallenge>

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Partners – Royal Gorge Bridge and Park, Royal Gorge Route Railroad, Royal Gorge Dinosaur Experience, and Ainsley's Angels.



Change Your Gaze, Change Your Perception

Dr. Jasmine Carlson, EdD, MS, LPC

As we move into race season and begin to ramp up our training, this is the perfect time to also train the mental side of our sport. Training our brains is as important as train-

ing our bodies. Most of us have discovered that running is just as mental (if not more) as it is physical. Often, as runners, we not only understand that but we are continually seeking to push the boundaries of our minds and bodies. We take great care to follow a training program for our bodies that helps us achieve our goal(s) for the season, but often there is not a system in place to systematically strengthen our minds to achieve these goals. As we come out of the off-season and build into our competitive season, I'd like to look at one way we can train the mental side of our running by utilizing our visual system to reduce anxiety and pain sensations during training and racing.

The narrowing of attention, also known as tunnel vision, has to do with the release of neuromodulators in the brain, primarily norepinephrine and acetylcholine, which trigger the 'fight or flight' response of the sympathetic nervous system. In short, when you experience tunnel vision during racing or hard training efforts, your brain thinks you are in trouble and releases chemical signals that put your body into a state of anxiety—anything but a relaxed state, which is optimal for training and racing as it improves running economy.

Now that we know our goals for racing this season and understand one of the obstacles to training and racing well—tunnel vision and the activation of the fight-or-flight response, leading to reduced running economy, increased fatigue, and a higher injury rate—what can we do? Thanks to some fantastic work by Ido Portal and Dr. Huberman, we know that transitioning to a panoramic view, where we deliberately widen our gaze to take in more of the environment around us, triggers the parasympathetic nervous system, promoting relaxation in our bodies. BAM! That's it! You don't even have to move your head around. Simply moving your eyes and opening your perception to what's in your panoramic view allows your body to automatically enter a relaxed state.

So, the next time you're feeling the burn and it feels like you just can't make it through the next hard interval, or you're racing and your shoulders are up in your ears, and everything feels like an effort—as if you're fighting (FIGHT or flight) for every step—take a look around and enjoy the benefits of reduced perceived effort and a more relaxed body.

Happy (relaxed) Racing!

www.freedomseed.org
jasmine@freedomseed.org

719-299-2493

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Editor's Note: Dr. Jasmine Carlson reached out to our club and offered to provide her expertise on mental performance and toughness. She is a mental health clinician and a Doctor of Sport and Performance Psychology. Thank you for this great article Jasmine. We hope you will continue to contribute to our newsletter.





The Birthday Page



May

2	David	McCredie
3	Katie	Fox
3	Andrea	Hough
3	Vincent	Hough
4	Paul	DallaGuardia
4	LUKE	QUINTANA
6	Will	Bratina
7	Adrianne	Steelman
8	Claudia	Hindman
8	Trevor	Walker
9	Jenn	Pacheco
9	Mark	Steves
9	Mark	Steves
11	Justine	Martinez
14	Debbie	Gurule
14	Bea	Jones
18	Mark	Koch
20	Diane	Lopez
21	Daniel	Heersink
23	Jitka	McGivney
25	Charles	Hutchins
25	Reyna	Quintana
26	Sebastian	Cummings
26	Lois	Pfost
26	Angela	Wilkerson
27	Tom	Brosseau
27	Hayden	Hartman
31	Valerie	Ramirez

June

1	Diana	McKinley
4	Jessy	Narimanov
5	Lew	Fox
6	Jasmine	Carlson
9	Amanda	Shonk
10	Jaylen	Vargas
11	Rahel	Gredig
11	Sean	McGivney
13	Lucas	Flory
13	Carrie	Tucker
18	CORI	LEONE
18	Donald	Montoya
20	Melissa	Fairbairn
20	Kira	Hughes
20	Donna	Nicholas-Griesel
21	Retzio	Gredig
23	Mary	Yang
24	Laurice	Lopez-Cepero
24	Ruben	molina
26	Kyrie	Wright
27	ERIC	CASTELLANO

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

July

1	Jennifer	Arellano
1	MARIJANE	MARTINEZ
1	Tanna	Schut
2	AnnaMarie	Neal
2	GEOFFREY	WAWERU
4	Donald	Moore
4	Zarela	Vidal-Paredes
5	Jennifer	Arguello
5	Amy	Bailey
5	Kim	Hunter
6	Cleo	Zarr
6	Jay	Zarr
7	Suzanne	Miller
8	Joseph	Spinuzzi
8	Roseann	Tavarozzi
10	Brexley	Hartman
10	Raluca	Moucha
12	Wendy	Archuleta
15	Ethan	Deveraux
15	Kevin	Hughes
17	David	Dietz
17	Regis	Marquez
19	Jason	Castro
20	Niki	Valdez
20	Bill	Veges
22	Emily	Arellano
22	Peter	Narby
23	Eric	Medina
25	Cody	Horvat
25	Greg	Horvat
26	Dean	Trinklein
28	Steve	Rockwell
29	Darryl	Clark
29	Timothy	Mossberger
31	Malcolm	Singer

August

3	Leah	Boyle
5	Janique	Holbrook
5	Gayle	Perez
7	Peggy	McNeely
8	Jennifer	FitzPatrick
8	Julian	Lopez
8	Connor	Steves
9	Dave	Diaz
9	Theresa	Gentile
9	Tyler	McKay
9	Emily	Perez
10	Pam	Gonzales
10	Ben	Wiley
11	Richard F.	Craft
11	Ron	Dehn
11	Mike	Solis
12	Ross	Westley
13	Jenelle	Toft
14	James	Archuleta
14	Frank	Lopez-Cepero
15	Aaron	Potokar
16	Shannon	Vargas
18	Melanie	Hughes
18	Ryan	Madic
21	Darryn	Biggerstaff
21	Ricardo	Perez
21	Carlos	Salazar
22	Tanis	Manseau
24	Paula	McCabe
25	Alva	Claussen
25	Taylor	Lopez-Cepero
26	Kaitlynn	Carr
27	Richard	Emond
29	Neymar	Hernandez
29	Neymar	Hernandez
29	Pauline	Montoya
29	Deborah	Shaffer

If you plan to move or have recently moved

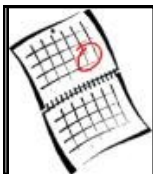
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THANK YOU a WHOLE BUNCH!

New Email Address for Newsletter Submissions

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

scrfootprints@gmail.com



Race Calendar

by Dave Diaz



May 2025		
Sa 10 9:00am	OM Duathlon	Lake Pueblo
Sa 10	Mamas Day 5K	Buena Vista CO
Sa 17	Parkinson Vitality Walk	Pueblo Riverwalk
Su 18	Colfax Marathon	Denver
Su 25	Spirit Trail Race	Buena Vista CO
Mo 26	Memorial Day 5K	Imperial Gardens Cemetery
Mo 26	Bolder Boulder	Boulder CO
Sa 31	Colorado Rockies 5K	Coors Field, Denver CO
June		
Sa 7	Pueblo Levee Run/Walk	Start at Dutch Clark
Su 8	Garden of the Gods	Colo Springs
13-15	FibArk Trail Races	Salida CO
Sa 21	Peaks&Prairies Raffle Run	4913 Warbler Ct
Sa 21	Run for PAWS 5K	Pueblo Skate Park at City Park
We 25	Colorado Bike to Work Day	
July		
Fr 4 8:00am	Firecracker 5K	Pueblo City Park
Fr 4	Freedom 5K	Buena Vista
Sa 19	Pioneer Days 5K	Manassa CO
Sa 26 8:00am	Brkfast Burrito Raffle Run	Beulah CO
Sa 26	Steel City Arkansas River Fst	Pueblo River Trail
Aug		
Sa 9	Escape Trail Run	YMCA Camp Jackson
Sa 16 7:30am	Runapalooza Raffle Run	4727 Walnutcrest Pueblo CO
Su 31	Wine Run 5K	Canon City Abbey
Sept		
Sat 6 8 am	Badger Land Raffle Run	712 E Heron Dr, PW CO
Sa 13	Break Your Neck 5K	CSU-Pueblo Campus
Sa 20 8am	Beulah Challenge	Beulah School
Sa 20	Pikes Peak Ascent	
Su 21	Pikes Peak Marathon	
Sa 27*	Dehn Squared Raffle Run	
Oct		
Sa 4	Colorado Springs Marathon	
Sa 4	Rim to Rim	Royal Gorge
Sa 11	Grassroots Gravel Bike	Pueblo, CO
Sa 18*	Harvest Run	Gold Dust 217 S Union Ave
Dec		
Su 7 8:30am	Rock Canyon	Pueblo City Park
Upcoming Raffle Runs 2025--Run 6...earn your shirt!!		
Oct ??	Dia de los Muertos	Roselawn Cemetery
Nov	TBD	
Dec- Sat 13	Nelson's Raffle Run	614 E Marigold, PW CO
*tentative		

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Ordinary / Mini Mortals Duathlon

by Kim Arline



After hosting Ordinary and Mini Mortals at CSU-Pueblo campus for eleven different years, we ran into scheduling conflicts and couldn't continue the race with the available core volunteers schedules and race calendars in Boulder. It took us several years to work out the bugs of the CSU course, the chutes in and out of transition so why did I think I wanted to figure out a new course in 2025 at a new venue? Because I'm stubborn and think this a special event that Pueblo deserves to keep going. I told the club I was retiring as the race director but thought maybe I could help revamp the event as a duathlon for my assistant race director, Tim Weckx, to continue into the future.

At times I thought I should have my head examined but the Kestrel Pond (old Rock Canyon swim beach) is a pretty cool little venue with so much potential. It really is nice without the security fence around it now. Check it out on one of your training runs or rides if you haven't seen it lately.

The venue was spread out with the bike racks out in the parking lot and the rest of the race near the beach. I originally planned for transition on the beach but was convinced by others it was a more simple set up in the parking lot, less chance of flat tires and getting sand in gears. But it flowed great, this course has a lot less traffic concerns than we dealt with at the university. Returning to a triathlon at the "swim beach" is not an option with no swimming allowed anymore (lots of geese polluting the water). I don't think you can safely host a triathlon out of Lake Pueblo with no wake areas close to the campground and marina traffic. But there is a lot of potential for a splash and dash type race if anyone wanted to create that option. I think the Mini Mortals could really take off at this venue with little effort compared to hosting both an adult and youth event. It's a monumental effort requiring a lot of volunteers to host Ordinary Mortals and we will have to see who will dedicate the time and energy to helping Tim Weckx to keep it going.

This year I had a lot of company and assistance from several club members and community volunteers. It felt like the old days when the Tri Club was active and eager to make this happen.

Randy Oles offered to help me in 2024 but we couldn't get a race date and he stuck around to help rework this race in 2025 as a volunteer coordinator letting me focus on a multitude of other tasks.



Mortals Continued

Tim Weckx, a longtime triathlete and veteran athlete of Ordinary Mortals and a father of two Mini Mortals athletes was my assistant race director in training to take over next year.

Eric Medina filled the shoes of our prior bike captain, Don Thompson, without even being asked. We met onsite to discuss the race and he just took charge of the bike course getting the permit, traffic plan and course marshals at a tremendous cost savings to the race and a huge relief for me not to worry about the adult bike course. He also jumped in to help a physically challenged athlete unable to open his hands to pull his bike out of transition.

Gwen spent weeks late into the night trying to figure out the new timing software, how to make the relays work and a second screen for my husband, the longtime voice of Ordinary Mortals to announce and celebrate each finisher. We are thankful for the Steves family electric scooter for quick trips to the other timing mat readers.

And no Ordinary Mortals is possible without the entire Steves family. Mark and Suzie Steves told me, we will be wherever you need us. Melanie Steves wasn't ready to race so it was those three and Connor Steves (an original Mini Mortals athlete) that took charge of transition in the distant parking lot. But I don't have a picture of all of them together.

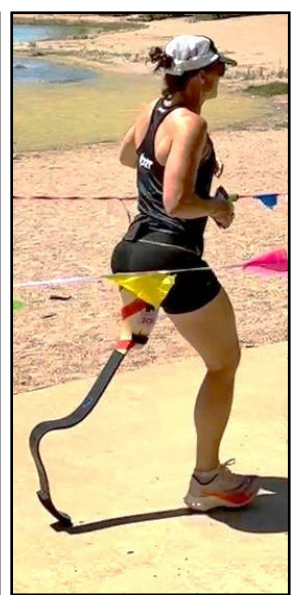


Of course we are there to serve our athletes and we had a great group. But participation in OMD was down about 40% from our last OMT and MMD was only one-third the size it was in 2023. Planning a new race took most of my attention and I think we needed to focus more on promoting the event outside of Pueblo. We had almost a third of participants from Pueblo, almost half from Colorado Springs and the rest from Denver, Fort Collins and beyond. You reach economies of scale with the overhead of the race so we really didn't reach that tipping point to make much profit to help the Pueblo community. I was really hoping to fund bicycle racks at the new Waterworks River park. But here are our athletes shining on a beautiful day and beautiful course.

A Huge thanks to Nick (the new owner of the Great Divide) for his all day support and of course to the numerous other volunteers who made this event possible. More photos next page.



More OMD Photos



The Future of SoCo Triathlon Club

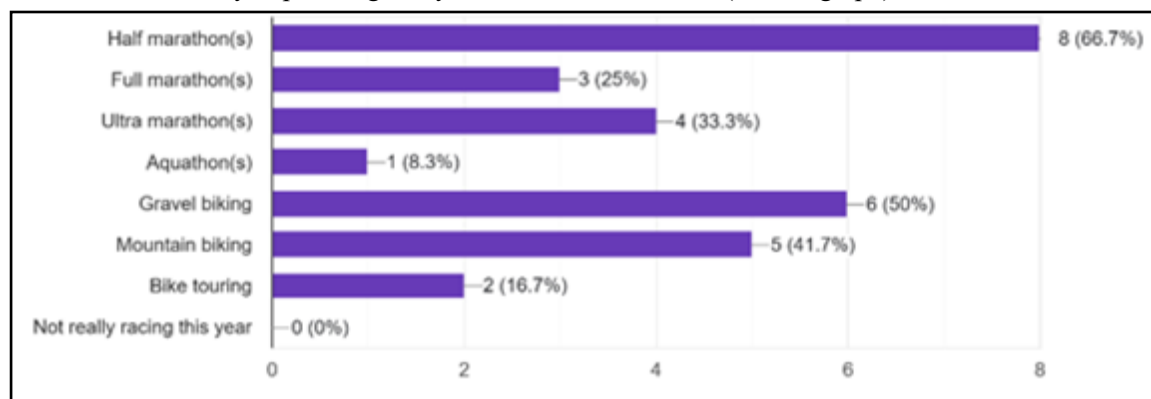
by Kim Arlinne



The SocoT2 triathlon club formed in 2012 as a part of SCR. We had a very active club for 5-6 years, many of us learned to swim and compete in our first triathlons and dozens of us trained up to compete in half and full Ironman distance races. But many of us had a few years run in triathlon and moved on to other events or activities. The training rides and swims we once cherished and learned so much from have ceased. But the club has always been about members helping other members, offering to plan a ride, invite others and just make things happen. We want to encourage members to create that sense of community and train together again. For many of us O.G.s, we are busy in other endeavors, I know for me triathlon ended with my second episode of swim induced pulmonary edema, I travel a lot but would love to join people actually training for triathlons or other events and join your rides or open water swims.

I sent out a survey in March to Tri club members to see what they are up to. Only 13 people responded but here are some of the survey results:

- Only 7% planned to race Ordinary Mortals Duathlon, 31% were going to volunteer and 62% were not interested.
- How many triathlons are you doing? 54% no triathlons this year, 30% said 1-2 triathlons and 15% are planning 3-4 triathlons
- Nobody is training for an IM in 2025, 2 are for 70.3, 4 for sprint triathlons and 2 are planning off-road triathlons.
- What races are you planning this year other than triathlon? (see bar graph)



- Only two members were swimming at South HS pool time so that is no longer being funded. But 77% were interested in open water swimming at Lake Pueblo this summer. 90% said they would be willing to volunteer time on a kayak or paddleboard for safety. In our club heyday swimming at Lake Pueblo was illegal. We petitioned for many years to get that regulation changed at the state level so we really ought to get swimming going, but again, it takes volunteer leadership to get something started. There was no time that stood out to work for everyone, just try what works for you, invite others. I'd be willing to bring a SUP and take turns swimming and giving each other tips.
- Regarding bicycling, people miss the training rides we used to do, especially the fall colors ride in the mountains in late September or early October. There is a little more interest in gravel riding but also riding to Beulah or Highway 50. Remember our "Dine on Skyline" ride? That was fun!
- When asked what social media they favored and how to connect: 54% on Facebook, 8% on Instagram, 46% on Strava, 31% not on social media and prefer text or email and 23% were willing to get a social training group going and invite others.
- I would suggest starting with the Facebook group "[SOCO-T2](#)" or asking to have an email sent to club members, maybe plan a meet up run, ride or swim. I am a little exhausted at the minute after race directing Ordinary Mortals and have a two-week vacation coming up, but I could assist getting the ball rolling for those willing to host a training event but I'm tied up until June 8th.

We also discussed at a recent SCR meeting the future of our running club. Those that travel out of state for races are seeing a lot of running clubs becoming more inclusive for aging joints and abilities calling themselves running and walking clubs. How many people are intimidated by a running only club in name? We have walkers but newbies don't know that. Just a thought to ponder and maybe get involved making more feel welcome.



Playful Curiosity

By: Desiree' DallaGuardia

In the progression of human growth and development on Planet Earth in the Milky Way Galaxy it is clear that as we shift from childhood into adulthood a lot of us lose the curiosity that bends the adventure in every which way. A child looks at a plant and asks why the flower is purple, they pick up every object in sight asking what is it for and we are familiar with the long winded question on repeat of 'why?'. I have experienced myself and observed the frustration in others with having to participate in that, which is quite sad because that's an indicator that we have somehow lost our playfulness. What if we accepted their invitation to play along? To share what we do know, to say we don't know and to choose to explore in dialogue with them the playful potentials of answers, sometimes making up a creative fairytale stories, certainly falls under the category of FUN and will guarantee you a gold star at the end of the day!

Adult curiosity often times is too proper and in this case proper is problematic. I find the mindful practice of having a sense of playful curiosity when I'm out running is a remedy, a salve to soothe the soul. Be courageous in exploring your childlike nature with deep curiosity for the natural world around you. Study an ant hill, ask questions about its location and configuration, wonder deeply about the purpose of plants, ask questions about why leaves are shaped the way they are. Be creative and for optimal results apply these two guidelines to the practice:

1. Do not ask google to answer any of your curiosities – in my opinion this is making us weaker as a species.
2. Do not settle for the first answer, follow the thread of questions and answers as far as you can.

Shift into creating a reality that you are proud of, that challenges you, that gives you content for conversations at the coffeeshop that inspires others to also explore the state of their playful curiosity. Dive deep into this human experience, now is our chance to live bold, live without limits and to discover new realities of what our mind is capable of. Establish an environment within self that creates a multifaceted frequency that radiates out for eons, impacting in a positive way the lives around us.

Grab a friend, your running shoes, your curiosity and hit the trails. Establish that the goal for the run is to be curious rather than achieving miles or minutes or hours. Be playful and explore what conversation outside of what the norm is. I am certain you will come to find that what you learn about yourself and nature will give you an opportunity to see yourself as a human being on Planet Earth with different eyes.

Editor's Note: As I read Desiree's article I immediately thought about our grandkids, from age 22 to 6. I realized that I am not only their teacher but their student as well.

SCR In the Community

SCR recognizes its role as part of the surrounding community and offers community grants. Often groups perform a function such as working a water stop or serving as course marshals to help earn a grant. A grant application is located on our website. Below are some of the organizations who have benefited the last couple years.

Beulah Challenge: Sponsor the Beulah Challenge races.

Pueblo Girls-On-The-Run Program.

Mercury Youth Track and Field: They put on youth track meets in the summer in Pueblo.

South High Cross-Country: Help pay for transportation costs and helped pay for new warm-ups.

Pueblo Police Activity League: They have a Youth football program.

Two Peaks Fitness: Help support the public fitness centers in La Veta and Walsenburg.

Florence Colorado High School, Track and Field/Cross Country Special-Needs Athletes: help the special-needs athletes buy things like running shoes, etc.

Fellowship Christian Athletes

Soaring Eagle Autistic Center

PACE

Southern Co Trail Builders

Boys & Girls Club of Pueblo

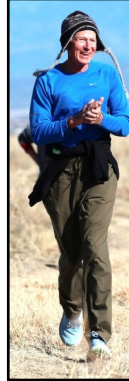
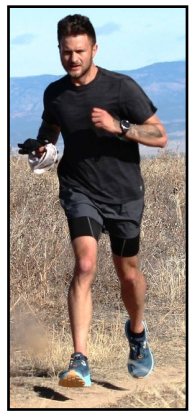
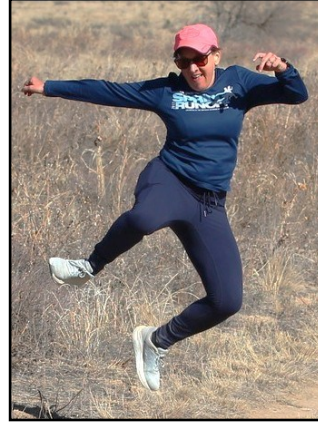
Two Peaks Fitness

Colorado Cycling League

Roselawn Cemetery

Parkinsons Vitality Walk

South Shore Raffle Run Walk



Fox Trot Pics



Choose Your Own Adventure Raffle Run / Walk Pics



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Photo Potpourri

SRO Sponsors Upper Right

