



SOUTHERN  
COLORADO  
RUNNERS



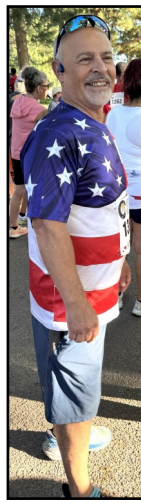
# Footprints

The Red Hot Summer Edition  
Volume #356, Issue #3  
Editor: Ron Dehn



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More Firecracker Photos



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Come to a meeting or  
Give us a “shout” via e-mail.

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[www.socorunners.org/triclub](http://www.socorunners.org/triclub)

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

### To Ponder...

Too often I would hear men boast of the miles covered that day, rarely of what they had seen. -Louis L'Amour

History is a vast early warning system. -Norman Cousins

As a well spent day brings happy sleep, so life well used brings happy death. -Leonardo da Vinci

We lie the loudest when we lie to ourselves. -Eric Hoffer

It is the greatest of all mistakes to do nothing because you can only do a little. -Sydney Smith

Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it. Gold Meir

Old age comes at a bad time. Sam Banducci

Take care of your body. It's the only place you have to live. - Jim Rohn



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

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

### “Footprints” Volume No. 356, Issue No. 3

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

SCR / Tri Club President is Ted Sillox and can be reached at: [president@socorunners.org](mailto:president@socorunners.org). Other officers and contact info are listed to the left.

This newsletter is produced as a group effort by club members.

Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Ted Sillox, Marijane Martinez, Dave Diaz, Dave Dehn, Cathy Dehn, Chris Dehn, Jessy Narimanov, Desiree DallaGuardia, Paul Hindman, Mary Yang, Haley Brownson, Wendy Garrison, Melanie Nelson, Joey Vickers, Gloria Montoya, Becky Medina, Eric Medina, Robert Espinoza, Katie Fox, Martha Drake, Carmen Perez, Diane Lopez, Nicole Clementi, and Ronald Wayne\*

**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.

\*Ronald Wayne: in 1976 Steve Jobs, Steve Wozniak and Ronald Wayne founded Apple Inc. Two weeks later, Ronald Wayne sold his interest for \$800.



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

For this newsletter I thought it would be a good idea to have an informative column about how our club is organized. We are officially listed as a 501c3 and we are a subordinate organization under the Road Runners Club of America Inc. Our 501c3 standing allows us to be tax-exempt. Being tax-exempt sounds great until you start reading all the rules that accompany the status. The good thing is the IRS oversees the rules of the 501c3 and they have a website that readily provides what is allowed and not allowed along with examples. See [Frequently asked questions about the ban on political campaign intervention by 501\(c\)\(3\) organizations: overview | Internal Revenue Service](#)

One of their rules is that “For an organization to be tax-exempt under section 501(c)(3) it cannot participate in, or intervene in (including the publishing or distributing of statements) any political campaign on behalf of (or in opposition to) any candidate for public office.” As a result, our members should be aware of this rule and how it could affect our standing. For example, it would not be appropriate to be wearing Southern Colorado Runners attire while involved in political activities. Organizations have received warning letters from the IRS for doing this type of activity.

People often wonder how this affects their First Amendment right to express their political beliefs. As a result, the ban on political activity does allow for leaders or members of organizations to express their views on politics if they are speaking for themselves as individuals. For example, you often hear a statement on radio shows that the views expressed on the show are solely of the speaker and not the XYZ radio station. This is commonly referred to as a disclaimer. In order to maintain the tax-exempt status, “members cannot make partisan comments in official organization publications or at official functions of their organization.”

For example, members can attend an event for a political campaign and express support for the cause if they do not state or imply that they are speaking on behalf of the organization. However, if the member makes the statement in an official club publication, that statement would be prohibited political activity. According to the IRS, “be aware that the message does not need to identify the candidate by name to be prohibited political campaign activity.” Messages that show a picture, or refer to a political party affiliation, or has other distinctive features may be prohibited political activity.

Like everything that the IRS governs, the questions and answers are sometimes conflicting and may depend on the view of the agent or agents that are overseeing the problem. The best practice is to avoid getting into areas of conflict or at the very least put a disclaimer in bold print at the end of any article that is remotely political.



## Raffle Runs by Ted Sillox



For this newsletter I have only 2 Raffle Runs to write about as the Breakfast Burrito Run will not happen for another week and Ron needs the article for Footprints. We are almost through the month of July and before you know it another summer will have come and gone and it sure is easier to run in the summer than in winter.

In May the McGivney's, Sean and Jitka, hosted their Choose Your Own Adventure at their home in University Park. Members were able to choose from a variety of different routes and lengths of routes. This is always a fun run as it is warm enough to run without a jacket and not real hot yet. I wish more people would attend these runs because there is always a bunch of great food and a very good variety. After the run while we were eating, I spotted a very large apple pie and I immediately asked Jitka if that was part of the eats. Sometimes I think that is what I should eat for breakfast every day, a big slice of apple pie with fresh coffee. It sure was great that day after a run. If you are new to the club the best way to meet people is to start attending the Raffle Runs. Who knows, you might just be the lucky winner.

June rolled around and we met at the home of Robert and Rebecca for the Peaks and Prairies Raffle Run. Their home is on the north side of Pueblo in the neighborhood above the shopping area by Lowes. There is still some open space left in the area and the course we run takes advantage of this. Rebecca always has some great breakfast pizza for people to eat and of course the rest of the food spread is good. I like the fact that I can eat different foods and it seems like someone always brings chocolate brownies. I never buy food like that because if it is in my house I am going to eventually eat all the brownies. I always try to rationalize it by thinking, “I don't want to be wasteful and throw food out.” Somehow it doesn't seem unhealthy to eat a brownie after the group run while visiting but if I am eating alone, I can hear Jiminy Cricket telling me, “You are weak!” As I am writing this, I am hoping that the coming Friday is a pleasant evening because I am heading to Beulah to mark the course for the raffle run on Saturday. Hope to see you there.

### *President's Message continued...*

Personally, I recommend members avoid having conversations

about 2 areas, religion and politics. If you enjoy conflict then dive into either one of those subjects and you will find it. One of the best things about running is that if you stick to running subjects everyone can get along and just run. I am 71 now and every run could be my last so I would much rather concentrate on running rather than on what is going to happen in politics.

# The Firecracker 5k

by Katie Fox

WOW, Firecracker 5k was a hit of a race! We want to extend a huge "thank you" for so many of our amazing volunteers that jumped in to help! Your positivity, joy, and hard work created a day full of smiles, health, and joy to over 500 people in our community. You are all so special to us as we rely on each of you. This is a special group that are always first to say "sure, whatever you need", and we see it!!

With this new addition to our race lineup we have added so much to our running club and to keeping running events strong here in Pueblo. You all were the cause of a beautiful morning for so many.

Starting a race from scratch took a lot of work to set up, organize, and publicize. We think this race brought a good amount of attention to our club as well, as we received multiple inquiries from people/organizations, asking to sponsor future events!

Thank you to Gwen, who had a flawless timing day, and to the Steves family for showing up and getting to work! The vendors and sponsors were the kindest people and super happy to help us. With a low low entry of \$19 & \$9 plus some sponsors, we were not only able to make this race affordable for everyone in our community, but we were able to bring

some money into the club. How unbelievable that we can provide events like this for everyone without price gouging! This is what running and creating a healthy community is about. Rock Canyon and the Firecracker 5k is committed to provide continuous access, quality events, the best registration prices to be found, and still be able to help keep our club going strong!

Of course, there were a couple small last minute hiccups as always seen on our side and next year we will count on double the participants! We had some sweaty hard working days in and out of that shed and many months of prep, leading up to the race. Events like this are so joyous, but to take them on requires much from individuals, from our families and our club members!! We truly love our club and promote it with every chance that we get. Thanks for your trust, kindness, and belief in us ordinary hard working people pretending to be Race Directors, LOL!!!

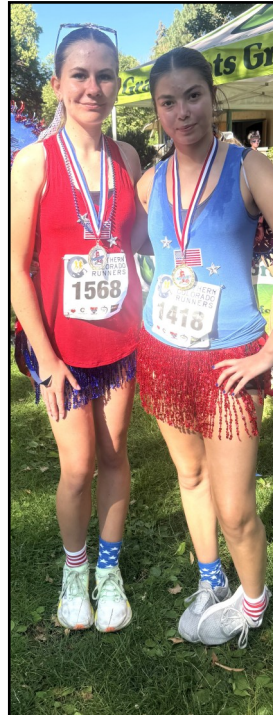
Let's keep it going with being a big part of positivity in our community!

Thank you from the bottom of our hearts for everything :)

Mel and Katie (and our counterparts, Eric and Steve)



*Editor's Note: I'm thinking these guys (Melanie, Eric, Katie, & Steve) need a catchy moniker. They do a great job with the Rock Canyon and had 500+ participants in the inaugural Firecracker 5k. I thought of "Fab Four", "Fearsome Foursome", and "Four Diamonds in the Rough" but the first two are not original and the last one is too long. If you have a suggestion, send it to [scrfootprints@gmail.com](mailto:scrfootprints@gmail.com) and I'll pass it along.*





## Running in Olympia Stadium By Martha Drake

In the fall of 2024, I had the privilege of running on the track in Olympia, Greece, where the Olympic Games started in 776 B.C. The size of the track amazed me. It was only 600 feet (referred to as a stadion) long with grassy slopes on both sides for spectators. The athletes of course were all men and they ran naked and barefoot. Spectators numbered in the 40 thousands; no women were allowed to watch. The track was made of clay and covered with a thin layer of sand for traction. About 20 athletes would race at the same time. A fit runner in Ancient Greece ran a 9 ½ minute pace.

The Archeological Site of Olympia is a UNESCO World Heritage Site. We saw the ruins of the Temple of Zeus. His 41-foot statue has been destroyed but the size could be appreciated by the size of the temple that housed it. Zeus is the ancient Greek god of the sky, the king over all other Greek gods, and ruler of justice.

I usually do not buy t-shirts when traveling. Like most runners, I already have more than I can possibly wear. But Olympia was special, so I bought a t-shirt to commemorate the experience.

I went to Greece with my husband, sister and her husband and a posse of friends. In Mykonos while lounging by the pool I was surprised to hear my name called. Mike Archuleta and his family were staying at the same hotel!

It was a fun trip to Greece with my favorite memory being running on the ancient track in Olympia.

Side note: Be careful when having a casual conversation with Ron Dehn. He will ask you to write an article for Footprints!

*Editor's Note: First, Martha thank you for sharing.*

*Secondly, Our readers will definitely appreciate learning about something that 99% of us will only dream about. Running on a course that was first used some 2,800 years ago and inspired the modern Olympic Games. You don't have to be a historian to appreciate that special moment. So glad you wrote about it Martha. Never say never, but I will likely not get to visit Greece again, let alone be a part of history in Olympia Stadium. But I appreciate reading about a friend who did so!*



## The Invisible Era

by Jessy Narimanov

I'm still here, I'm just in my Invisible Era.

I'm in my era of raising young kids, and my humble title of "Mom" really includes Chauffeur, Gourmet Chef, Homework Tutor, Event Planner, Triage Nurse, Cleaning Service, and ultimately Circus Ringmaster. It's a wild time, and the titles I once used to describe myself, like "artist" and "athlete" are still there, but have been a bit repurposed. My art degree once utilized for gallery exhibitions and water-park innovations is now mostly expressed through Halloween costumes, birthday party decorations, and the dynamic arrangement of cut fruit and veggies on my kids' plates.

I'm still running, it's just mostly at the gym (thank you child watch!) on the treadmill in our basement during nap time, or squeezed in spontaneously when my husband gets back from a train (he's a train engineer and works on call, so we pivot and tag each other in and out on the fly.) The miles may be unseen and unglamorous but the runs still count (even if they're not posted to Strava!) I may not be able to make it to group runs or races, but I'm still here grinding away. I'm fortunate to have some training partners that I get to run with... I just have to push them in the double stroller and feed them snacks. Instead of traversing scenic single track trails, we route our runs on farm roads to



see as many goats and cows as we can along the way. One day, we challenged ourselves to find every letter in the alphabet. Another we called our "Pot of Gold" run where we captured every color of the rainbow. My training may look



different from someone else pursuing similar goals, but I've found that by embracing these quirky parts of my life and rolling with them (and bringing my kids along for the ride) the quirks have actually enhanced my running and made me a more adaptive and resilient athlete.

For now, I may be invisible to the outside world, but I'm seen at home. My kids are watching me. Through my alternative approach to train-

ing, I'm teaching them that circumstances don't have to be perfect for us to strive for big audacious goals, and the challenges we face in life can give us the strength to reach them. In turn, I now get to witness my children discovering their own passions and cultivate them; I get to see them grow into their own unique selves, find their place in this world and pursue their dreams. We are all invested and rooting for each other as we face everything together.

The Invisible Era is a season that can be simultaneously overwhelming and heartwarming, draining yet so fulfilling. It can feel isolating, which is ironic since I am never alone (every activity is a group one and my tiny entourage follows me EVERYWHERE.) However, I am aware that this is just a season. There will be a day when the house will remain tidy after it's cleaned and our evenings won't be filled with dance classes or karate lessons. We'll finally get a full restful night of sleep without one, two, or all three of our children ending up in bed with us and I'll resurface again, maybe finally make it back to a group run. I know by that time I'll miss the sticky kisses and the bedtime snuggles, the packed schedules and on-the-go lifestyle. So even amidst the haze of sleep deprivation, I'm savoring it all. This is a tough phase, but I wouldn't trade any of it.

For those of you who are also in your Invisible Era- I see you. Keep it up, you are doing great.





## Surviving the Oregon Trail/Sort Of

By Eric S. Medina

It all started one day, when a group of Becky's running friends wanted to travel across the Great Rocky Mountains to go visit a friend in Oregon and to run the Oregon ½ marathon in Eugene.

As every adventure starts, it always sounds good, until you must travel in unknow weather conditions, harsh travel on airlines and of course trying to figure out how to coordinate 13 women to all meet up at the same place and time. Everyone was on their own and I will give you an account of our perspective- Becky, me and Buster's travels to and from this race.

Weary and unseasoned travelers beware as this is no nicer than when the great people of the West wanted to travel to the coast for a better life. Ok, not that bad, but I had to remember the hardy people who did this on horseback and covered wagons. The three of us several years ago drove this way and decided that it was a rough 23-hour trip one way and did not want to do that again, so we decided to fly in the great iron wagons of the sky. Not going to say it was much nicer than a covered wagon, but it got us there a lot quicker.

So, we flew out of Denver to Phoenix as there is no easy way to get to Eugene without taking several layovers. We were late landing in Phoenix and had to run to catch our connecting flight from another terminal, so the pre-race warm up started. We made it just in time to get to go to the bathroom as the plane was loading. I had just twisted my ankle 2 and ½ weeks earlier at a raffle run, and that did not feel-good running to the plane, but I knew I had 13.1 miles left to go, so I had to suck it up.

We landed in Eugene and got to our Yurt. None of us had ever stayed in one before, of course it was more of a glamping Yurt. It had its own restroom and two queen beds. I didn't know how thin the walls of Yurt were, we could hear the birds and crickets like they were next to us, just like the settlers traveling on the Oregon trail. I guess not that bad- we had running water.

We stopped at this hole in the wall place in Venetta, OR, called the Countryside Pizza and Grill. We saw the pizza and decided to have one. I was of the best pie's we have ever had on our trips. Homemade sour dough crust with butter and garlic and homemade sausage, what else could you ask for after a hard day's travel on the trail? The food was so good we ate there 2 more times during the stay, with homemade ranch dressing Becky loved.

The next day, I dropped off Becky where she and all the ladies were staying with Haley in Glide, OR. They had their own adventure of hiking to waterfalls and through the forest just like the old west. Buster and I drove down to the coastline to drive the 1 Highway back to our Yurt along the beautiful ocean. Buster and I visited the site where Steve Prefontaine died and walked along the trail they build in his name along the river. We wanted to do this race just because of

the history and stories that have been made at Hayward Field. I was interested to see that people still leave mementos and letters at the crash site.

The night before the race we had dinner at Jo-

ey, Nicole and Deb's Airbnb in Eugene, which was the first chance we all had to see each other and find out the plans on how to get to the race. We all picked our routes and met up places after the race. Joey's sister, Vicki, cooked homemade sauce and spaghetti with bread and salad. It was a great meal before the race.

The race started right in front of Hayward Field, which is a great place to see and be at. I was already nervous as I didn't know if I could run or jog on my ankle, but I figured if I had to, I would walk the whole race. As the race started, they all took off and I walked and jogged for a few miles not feeling that bad. The course was great running through all the neighborhoods of Eugene, which were lined with people. At about mile three I had to stop, because I felt a rock in my shoe and when I went to take it out, I discovered that I already had started to form a blister on the pad of my foot, not good when you have 10 more miles. I sucked it up and kept going at mile six. I now had two giant blisters on each pad of both feet.

I had to stop again to adjust my shoes to try and avoid more, but that did not help. I was just 9.5 miles right where the finish line and out and back section met, when I saw Becky and Carmen just entering the finish line and Haley right behind. I had 3.5 miles left and when I turned the corner and tried to run both blisters popped on both feet. Mentally I thought I was done, it hurt to walk now on both feet. I decided I had come all this way, and I knew how to gut the pain out, so I decided to walk the rest of the way, as the blisters hurt too much to jog. So, I took one step at a time crossing the great Willamette River of the Oregon Trail and thought of the folks who crossed this land without Hoka's and what their feet felt like, and I knew that whatever I was going through could have always been worse. So, like the great hardy people before me, I traveled on to reach the goal of Hayward Field and the Silver medal I had come here for. I want to say that was inspirational, but then I had to walk another 3 miles after crossing the river and it was not fun.



Steve Prefontaine Memorial Site

(Continued on page 9)

## WHAT IS THE STORY THAT YOU TELL YOURSELF?

By: Desiree' DallaGuardia



Pause.

Take a deep breath.

You're doing great.

Invoke space and time to focus on you. You may wear many hats in your life but for a small moment in time reflect on the athlete aspect of you. Take the stance of an observer of self, to do this imagine removing yourself from yourself, like a clone, step back and observe you. What are the words you use to describe the athlete that you see? Make a list. Take each word or statement in that list and identify the associated feeling with it. Is the feeling limiting, freeing, strong, confident, weak, lazy, and where do you feel that feeling in your physical being? Deep in your belly, in your head, a fire sensation in your heart space, do you feel grounded or like you're floating away? All of these perceptions of energies and sensations are data to utilize to reconfigure, recreate and reconstruct yourself into becoming more of the athlete you want to be. If something does not resonate with the standards you have for yourself or want to have for yourself now is the time to do something about it by shifting your trajectory and that starts with positive affirmations and statements. Implement a blueprint of the picture of the athlete you want to be, refer to it frequently, the more you refer to that "document" your mind will begin to believe that that is who you are and then you will become that. Imagine yourself as a magician, making jaw dropping magic and changes at every bend in the trail that you are running! YOU are the most powerful creator in your life.

Some of you may make the statement that you like the athletic aspect of you just the way it is but one must remember that the biggest room in the house is the room for improvement. Steer away from settling for what is, build a castle, we are creators of ourselves and what we experience we have created. Some may scoff at that statement depending on one's beliefs of religion and spirituality but I encourage you to try it on for size. There is a vast array of doors of perception that we can explore. Be courageous and determined to see if you can shift your perception from the engrained truth you have about yourself to a new perception that will cultivate a new you. We remodel physical things all the time; houses, land(scaping), cars, bodies and we CAN remodel our energetic selves as well; this will support a pathway that will lead you to the achievement of your goals.

Life is a mindset, if you don't like the results of what you are getting try on another thought stream- that creates belief which leads to the manifestation of creating the self and life that you have always dreamt of. My father has taught me to not be afraid to try something new, if it works great and if it doesn't go back to what you were doing before or try something else. So, I encourage you to take the time to step back and shine the light in a darkened hallway that has scared you, travel down that hallway because in the exploration of new places precious treasures can be found, if you choose, of course.

If you haven't heard it from anyone lately hear me out, "I am proud of you, keep up the strong work and believe in your ability to create greatness for yourself".

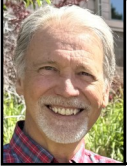
*(Oregon Trail Continued from page 8)*

As I turned the corner, I saw the 12-mile mark and I started to have chest pain, not good and never had this happened before. I continued to go without stopping as I knew they would stop me, and I would not reach my medal. Crazy thing is, I didn't know that an hour and ½ earlier in the race a fellow competitor 23-year-old Mateo Cruz died at the end of the race at the finish line. So, the trail still takes victims, and I am lucky that I was what I believe was just dehydrated. But this just reminds us of all that our time is precious and sometimes the trail will claim a few, but we must live for the adventure, just like the people who came before us and broke the trail for the rest of us to follow. I received my silver "medal" at the end of the race, and it was a wonderful feeling to enter Hayward Field and be a finisher.

Becky and Buster of course cruised down the trail with no fear and got to have a seat to watch me "the train" wreck

come into the finish line. Great to have those two as a constant waiting for me to finish these long races and to help me to the vehicle as I was not in a good condition to walk or stand.

We all had a great time and adventure and the next week Becky, and I traveled to Long Beach, CA for a 5K on the beach that was great and the next day we traveled home and 12 hours later Buster and I ran the Bolder Boulder 10K. I had taken an MRI prior to leaving for CA as my ankle was still hurting and found out that I had ruptured 2 ligaments and tore the other 2 ligaments in my ankle back in March and that I would need to have complete reconstruction of the ligaments. So, the adventure of an old, fat, slow and now severally injured old guy moves down this trail and heads for another adventure out east, because the trail waits for no one!!!!!!



## Ramblin' My Lessons in Humility as a Runner

by Ron Dehn

My official running “career” began 43 years ago in 1982. Hundreds of races and lots of opportunities for learning. Here’s a small sample of humbling experiences.

**The Westcliffe Lesson:** In 1988 I turned 40 on a Thursday and on Saturday there was a 10k run in Westcliffe called the “Silver Streak”. I was much more competitive (only in my own mind) back then and when I signed up for the race, I kept thinking since I just had a birthday I should easily end up in the top 3 of my new age bracket. I was in pretty good shape and was more than a tad overconfident. The factor that I did not consider was that the race started and ended close to 8,000 feet and had huge hills in between. There were lots of locals running the race and it seemed that every one of them had grown up in the mountains. A few hundred meters into the run a lanky man pushing his baby in a 3-wheeler passed me on the dirt trail. I knew. No podium, no medal. Lesson: Don’t underestimate altitude or the locals

**The Biker Lesson:** Ok, not a running event, but still a lesson in humility. I had just turned 60 and was signed up to ride the Santa Fe Century. I’m not much of a cyclist but still it was something I wanted to do. I rode the century ride the year before but bailed out at 82 miles, so I was determined to go the entire distance. I did most of my training on Highway 50 West. I rode from my house to McCulloch Blvd West and was riding up to the stop sign to turn west on the highway. There were 8 or 10 bikers (biker bikers not cyclists) sitting in the Park N Ride area to my left. I usually unclip my right foot when I stop but for some unknown reason, I unclipped my left. I came to a stop and about 2 seconds later I was on the ground because I leaned to the right and could not get my shoe unclipped in time. I knew they saw me and I knew they were laughing their behinders off (behinders is the word used by our 6-year-old granddaughter), and I knew I made their day. I got up but did not look over and as soon as the traffic broke, I couldn’t get away fast enough. Lesson: Unclip both feet when coming to a stop.

**The Henderson Lesson:** We were trailering and when we travel, I like to look for a local run. We were in Henderson Nevada, and I signed up for a 5k / 10k race. I’ve always been an average runner for my age, but when we travel, I wear an SCR shirt and somehow feel the need to represent our club and citizens of Colorado. Yes, that’s ridiculous but I can get ridiculous. Also – since I learned “The Westcliffe Lesson”, I mistakenly felt a little superior when running at a lower altitude. I had over a 3,000 feet advantage over the locals in Henderson. I was in my 60s and was looking around for the “Grays” (the guys with gray hair who are likely in my age group). I was

ready and very confident that I was going to show the locals what a Colorado runner can do in Nevada. I figured most of the guys my age would opt for the 5k so I signed up for the 10k. They are old and probably can barely run a 5k. Just before the race the announcer was giving directions and then apologized because the temperature was about 10 degrees hotter than normal and it was already hot. It still didn’t sink in. After about a mile, the heat began to take its toll, but I kept going thinking that the heat was the same for everyone. I reached the turn around and maybe a half mile later a “Gray” caught up to me. We chatted briefly and he then told me that he had missed the turnaround and ran about an extra half mile. He chuckled a bit then said, “see you later”. It was then I realized that elevation is one factor, but heat is another. Again—no podium, no medal. Lesson: Don’t underestimate heat or the locals. The second part of that lesson sounds quite familiar.

**The Cripple Creek Lesson:** Several years ago, we took my in-laws to Cripple Creek to play the slots. I like to play, but I don’t like to lose, so I quit playing after half an hour or so. I took my running clothes and shoes with me and went out on a run. The elevation is over 9,400 feet and after a bit I felt that I was getting into the rhythm and feeling pretty good. I was out on the highway a mile or so and got to thinking about the altitude and how good I was feeling. In fact in my brain I actually “heard” the words: “Man I am in great shape.” Just then I hit a rock with my shoe and went down in about .002 seconds. I landed hard on my right elbow and knee. The first thing I did was to look up to see if a car was coming. Seeing none, I carefully moved my arm and leg to see if anything was broken. Everything worked so I rolled over to the shoulder. I got up surveyed the damage and started back. It was then I realized that I had been running downhill and that accounted for my “great shape”. I went back to the casino and cleaned up some considerable road rash with about 50 paper towels. With all the bloody towels, I figured when the custodian emptied the trash he would think someone got stabbed. Lesson: Your brain sometimes feeds you misinformation.

The strange thing about human nature (at least mine) is that there seems to be a need to RE-learn lessons. I guess I’m a slow learner and need to repeat the lesson every few years. I’m hoping not.

# NEWBIE TO 5K

BY PAUL HINDMAN



The Newbie to 5K training program was again a success for 2025. Fifteen people signed up for the 9-week training culminating at the Firecracker 5K. Even though all of them couldn't attend the final race, all of them got a good start to this crazy thing we call running. Here is a picture just before the race. All of them were a little anxious, even the coach.

Not pictured is Ted, our club President, who showed up several times to help with the group. Thanks Amy and Ted for the help. Here are a few more pictures of the race.



Left to right are Lawrence, Michael, Macy, Stephanie, Patty, Paul, Claudia, and Nicki.

Many of the trainees brought support to the Firecracker race to run with run with the group or to cheer us on.



Patty after finishing her first 5K.

Paul on the right with Michael, Macy, and Lawrence after the race.



That's Meg on the right helping Patty make it to the finish. My final thoughts are that this group proves everyone can live a healthier lifestyle and have fun doing it. Most people say, "I don't run anymore because ..." We'll these people showed up and said, "That's not me anymore." I'm so proud of them and hope the best for them in the future. You all inspire me!

Julian and Ulianny, pictured in front of me, are also part of the training group. They should have been in the other group photo but were at the registration table when we took the group photo. Sorry guys.

You also might notice a couple of club regulars in the picture. I'd also like to give a big shout out to Amy, lower right in front. She helped throughout the training by running with the group and contributing helpful suggestions. She's a Galloway method veteran who joined our club after moving to Colorado.





## Behind the Finish Line: The Heart of a Nonprofit Race

By Mary Yang



If you've ever run a local race, you've felt the energy—the early morning excitement, the nervous energy at the start line, the celebration at the finish line. But beyond the timing chips and medals lies something deeper: a mission. These events are often fueled by volunteers and organizers whose true finish line is the cause they support. For them, every mile is about more than running—it's about making a difference.

As the race director for the **Rim to Rim Royal Gorge Race**, I've learned firsthand what it takes to organize a running event for a nonprofit. And let me tell you—it's a labor of love.

### A Cause Close to My Heart

The Rim to Rim is more than just a scenic run across Colorado's iconic Royal Gorge Bridge. It's **Starpoint's** largest annual fundraiser. Starpoint is a nonprofit organization that provides essential services for families with children, and individuals with intellectual and developmental disabilities. Supporting their mission has become deeply personal to me.

I've always loved running—though lately, I haven't been logging the miles like I used to. Still, once a runner, always a runner. I got involved with Starpoint about ten years ago when a friend invited me to join the race committee. My first assignment was coordinating with **Ainsley's Angels**, a remarkable organization that partners runners with individuals with disabilities to participate in endurance events. Their mission instantly moved me, and I knew I was in the right place.

### Staying Connected—Even From Afar

I eventually worked for Starpoint for six years, and although I've since moved away from Cañon City, I've stayed on as race director. The event has become part of me. Over the years, I've poured my sweat, heart, and—yes—tears into making it happen.

This year marks the **15th annual Rim to Rim Race**, and I'm still in awe that we get to host an event in one of the most stunning places in Colorado, all for such a meaningful cause.

### Building Community Through Collaboration

A few years back, we realized something special could happen if we worked *with* other local races instead of competing for the same weekend. The **Rim to Rim Royal Gorge Race** paired with **The Beulah Challenge**, another small but mighty event that supports school aged children. Both races had loyal followings and rotating attendance from local runners. So we teamed up—and the **SOCO OverIt Race Series** was born.

We coordinated to make sure our race dates no longer overlapped. Runners could now sign up for both events and compete for a **series medal** and **cumulative time awards**. It was a win-win—for runners, for the races, and for the nonprofits we support.

(Continued on page 13)

## The Heart of a Nonprofit Race Continued

The Beulah Challenge has seen several race directors over the years, and every one of them has poured their heart into keeping the event alive and thriving. That spirit is what made the partnership work: a shared love for running and a deep commitment to giving back.

This year, we extended the invitation to the **Rock Canyon Half Marathon**, another incredible race known for its heart and hustle. They, too, know the reality of working with tight budgets while still wanting to give runners an experience worth showing up for—and a cause worth supporting. This race supports the youth in their community and encourages young athletes.

## The Beauty and Challenge of Nonprofit Racing

Organizing a nonprofit race is not without challenges. We don't have the budget that big, for-profit races do. We rely heavily on **community sponsors** and a small army of **dedicated volunteers**. Fortunately, the Cañon City community—and our friends in Beulah and Pueblo—continue to step up.

There's a fine line to walk: we want to give runners a great experience—fun swag, well-marked routes, a memorable day—while keeping costs low so the proceeds go where they're needed most. Let's face it: runners love a good t-shirt and a shiny medal. And over the years, race swag has come a long way! But so has our ability to get creative and resourceful.

## Why I Keep Coming Back

The longer I've been in this space, the more I've come to appreciate events that **give back**. When you run the Rim to Rim—or any of our sister races—you're not just racing. You're part of something bigger: a network of runners, volunteers, and organizers who are doing what they love while supporting causes that matter. And that's what keeps me coming back year after year.

**Register today!** [www.rimtorimroyalgorge.com](http://www.rimtorimroyalgorge.com)





## East Coast Challenge 8 races in 8 states in 9 Days!!!

By Eric Medina

Planning this adventure started out last year as a continuation of our 4<sup>th</sup> of July adventures of 4 races in 4 states that Buster, Becky and I have been doing. I thought the East Coast sounded great and because all the states are relatively close, I wondered how many we can do in a week and then I stretched it to 9 days as I needed to be back that Monday for training.

The schedule took me months to figure out races and travel and all the logistics that come with traveling for a race, but even crazier when you are planning 7 back-to-back. Figuring out hotels, Airbnb's time to shower after races before heading to the next state and then of course where to eat.

Timing would be everything, I tried to plan for all contingencies, but it is traveling so I figured crap would happen and I would have to deal with it at the time. So, for months I had the plan for 7 races in 7 states in 9 days and then first hiccup, 4 days before we were leaving for the adventure, NY China Town was cancelled by the running club, so I had to scramble and find another run. I found a web site and started messaging a few running clubs and found out there are 32 running clubs in NY, and they all helped me find a run on Monday night. While doing so, I also found the run with the Palisade Running club on Sunday morning in New Jersey, so I decided let's do 8 runs in 8 states 9 days.

Mentally and physically, we all didn't know if we could do it, but we decided to try it as it would be a great story to tell even if it didn't work out. I had also scheduled several other adventures besides running into this trip, which made it even more logistically crazy, but when should life be easy? Buster and I have never run in this many consecutive days, and I wasn't sure if my body could hold out and my ankle. So just a follow up I had to schedule surgery to reconstruct my ankle on July 14, just one week after this adventure. Saw the surgeon one week before we left and asked him about this trip and he said you are crazy, but wear brace and try not to hurt yourself more, he couldn't believe I was walking on it, but did not discourage me from doing the adventure.

So, the trip started on Friday June 17<sup>th</sup>, we got to Springs for our afternoon flight and right before we got onto the plane to our layover in Chicago our first problem arrived. Every flight was delayed out of Chicago for weather issues down south. When we landed, we had a 2 hour delay out of Chicago to Providence, RI. That would mean we would be landing at 2 am and our hotel was 1 hour away so we landed hoping our rental car was waiting for us, which thanks to pre-planning it was there. We arrived near Cape Cod, Mass at 3 am where our first race was going to happen in a few hours.

Tired and jet lagged with a two-hour time change and only a couple of hours of sleep we got to our race at the Blueberry 5K in Osterville, Mass. It was a great little run with a beautiful course running through the neighborhoods. We all completed the race with a good time, but the adventure of

this race was just beginning as we had all entered the blue berry pie eating contest. Becky took 4<sup>th</sup> in the women division, and I took 2<sup>nd</sup> in the male division, lost by 10 seconds. Now that is my type of racing. Got the first prize of the week a 2<sup>nd</sup> place trophy and one for the record books, pie filling was great, crust was dry. We headed to the hotel, got a quick shower and headed towards NY where our Airbnb was in New Rochelle.

Horrible traffic all the way to NY, now I remember why I didn't want to drive towards NY, it was just slow going and rude drivers. We finally got to Airbnb, got a quick nap and headed to train to head into NYC for our Broadway Show (Lion King). The train app was great and easy to use for an old guy, and we took it to Grand Central Station. It was Buster's first time in NYC and he was taken by the number of people, noise and the beauty of Grand Central Station. He compared it to the fair at its worse time, shoulder to shoulder walking and people everywhere. It was hot, humid and Time Square was in full bloom with activity everywhere on a warm Saturday night.

Buster had never been to a Broadway Show, it was an interesting mile walk to the theater, but it was overwhelming for all the senses as is NYC if you have never been to the place. The Lion King was a great play, it was long for me, but Buster was so fascinated by the mechanics of the whole show and Becky of the actors and animators. I was just tired and wanted to go to bed, our trip back to Grand Central Station was just as packed as before.

Sunday morning, we got up and headed out for 2<sup>nd</sup> run with Palisade Running Club in New Jersey at Johnson Park. We met 5 other people and ran their 2-mile loop course, a few of their runners would stay with Becky and Buster a few loops as we decided to do 4 miles. It was a beautiful neighborhood course Becky ran with a woman and has a new friend in New Jersey. We gave Natalia an SCR shirt that was given to us as a gift from the club. The New Jersey area where we were was the friendliest bike town we have ever been. There was not a race, but we saw hundreds of bikers riding the roads in just that small area. Running the second state was down, so I drove back to Airbnb to shower and head to the NY Yankee baseball game.

The Yankee's game was hot and humid and we got to see Judge hit two home runs, Becky enjoyed her first game ever. We stayed in NYC the rest of the day and went site seeing. Lots of people there was a huge parade celebrating the end of Pride month going on downtown NYC, so lots of streets were closed. We took a bus through the NYC burrows and got to cross the Brooklyn Bridge and saw most of the sites in NYC.

Sunday, we went to a great deli around the corner and had a great breakfast sandwich that Becky said had too much bacon, how is that even possible? We went to Grand Central station and then took a tour bus to the MET. After several

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## 8 Races Continued

(Continued from page 14)



hours cruising around and looking at great art and statues we went across 5<sup>th</sup> Ave, rich people land and ran in Central Park and finished at John Lennon's memorial Imagine. What a great place to run and walk in Central Park on a Monday, started at 5<sup>th</sup> Ave and went to the other side of Central Park, beautiful, green, quiet and just great sites everywhere we went. We caught the tour bus back to our stop and got a NYC slice of pizza, which everyone agreed was fantastic.

Third state down, we headed to Airbnb early as the last 3 days kicked our behinds and we all needed rest.

We slept in and took off towards Mystic, Conn, as we wanted to go to one of our favorite places in this area, Mystic Pizza. Mystic is a small fishing town with a large tourist population. We have been there before because it is also home of Mystic Aquarium, an education and conservation aquarium that the Boys & Girls Clubs has work with for many years for STEM programming for the kids at the Club. We had some clam chowder and got a meat Pizza from Mystic pizza for the trip to Hartford, Conn. Ready for our run later that evening.

We got to the fourth run with Glastonbury Running Club, Cathy, one of the club members, helped organize the run and gave us directions and messages for our run that Tuesday night. Cathy and the Glastonbury Club were some great people, sending me the directions for our 5K run by text, since I was slow and Becky and Buster ran with the group. It was a nice course and then at around 1.3 miles into the run a huge thunderstorm just moved in and lightning strikes were so close. I was by myself and Becky, Buster and Club members where about 1 mile away from the finish. I was at 1.5 miles when the lightning and just torrential down pour started. Just then Becky called and told me to cut it short, I told her where I was at then realized I had the car keys, bad day to realize that I always run with the keys. I waited for lightning to slow, which it didn't and rain to stop which it didn't, and I said hell with it and started to run to the finish. Becky and Buster were at the community center and I looked like a fool running in a downpour, which the water on the sidewalks was above my ankles as I ran. The only

comfort was the rain was warm, and that none of these people would ever see me again, so being a fool was just what I had to do to finish. I finished as one of the club members tried to find me on the course, but I made it to the finish before she found me. We gave Cathy and the other people the remaining SCR shirts, as they were great hosts. We took some pictures and headed to the hotel to get dry and have something to eat. We ate some tasty BBQ and had a drink as the rain continued for several hours, different types of rain here.

We slept in and headed to Wells, Maine for our next race and a well deserve day of rest, which was needed. We got to hotel and went to the Moody Beach where the race tomorrow was going to be held. As a ritual, I put on my swim shorts and we all went walking into the water, which felt like an ice bath. Buster made it all the way to his knees, Becky made it to her ankles, and I am dumb and dove into the water. It was so cold, I instantly froze, but it felt great on my ankle, which needed the ice. We went seeing at Kenney Bunk Port, way too rich for our blood, but walked out on a rock pier and took some pictures. Then we went and to the famous Matt's Clam Shack, Buster and I had the special, which was 2 one-pound lobsters each. Buster's first whole lobster, Becky was disgusted as I devoured and juice flying everywhere, but they were so tasty. Becky had lobster roll and clam chowder, which were great, but not as good as ours.

The fifth race at Moody Beach run was a nice road that ran along the beach and through a neighbor and then back to the finish. Great small-town races are so cool to run in as there is no pressure and there are always great people to talk to about their town.

The next road trip was to Lebanon, NH, the road was a green forest roadway and at the end of the road was Lebanon. We went to an Irish pub downtown to eat lunch and found Blueberry beer and a burger made with bacon jam and maple mayonnaise. I didn't know what to expect, but it was a great surprise, sweet and savory and a great burger. For dinner we found another restaurant with clam chowder, so different in every place we have traveled.

The next morning, we ran our sixth race at the Red, White and Blue 5K in Lebanon. This was a mostly paved trail that ran next to the Mascoma River that runs through the town. The trail was tree covered for most of the run, which was nice and cool and such a great backdrop to a run. Becky of course killed it again and took 3<sup>rd</sup> in her age group and won us a jar of homemade jam for her speed. Buster and I received snow cones as our prizes.

We traveled to Peru, Vermont for our next race, which is the one race that scared me the most as I knew it was going to be at the highest elevation in Vermont at a ski resort. It was the only race available in Vermont, so to get this state we had to do this race, and it was a technical race, which is never good for me and my bad ankle. We stopped by the course to look at it on the way to our hotel and we all realized this was not going to be easy. Buster and Becky once again stat-

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## 8 Races Continued

(Continued from page 15)

ed, “what did you get us into now” after looking at the slopes.

We stopped and had pizza for dinner at Christos pizza, which was a great pie, if you ever get to this small town in Manchester, Vermont stop and get a slice you will not be disappointed.

The next morning, we got to the Bromley ski resort where our seventh race at the F.I.T. challenge was going to be held. The 5K was going to be climbing 32 and 37 percent grades, sloping up to the top of the ski lift area. The course was going to be in a mowed grass area, with some switchbacks and through a small forest in the middle. Buster started up the slope like a Billy goat and Becky was not far behind. For me it was tough just starting up a grade that was steep and with my ankle it was not feeling good after 6 races and now this massive climb. I quickly lost sight of Buster and Becky as they made their way up the climb. The climb felt like it would never end, it was 1 and ½ miles to the top with 1300 ft of elevation climb in that distance. The grades were so steep when I stopped it felt like I was going to fall backwards. Becky later stated it felt like they were 90 degrees up and she had to use her hands several times. This was the hardest running race any of us had ever climbed after we talked about it after the race.

I thought once I got to the top it would be so much easier to come down, we were all wrong, it was even worse, due to the steep slopes and grass that made footing feel unsafe. It felt like I would never get to the top what normally I would do a mile in, this race had triple the time, my first mile to climb took me 48 minutes, it was brutal. Coming down was even worse as my legs were shaking so badly, I thought I would never make it down, but I did, it took me over 2 hours to complete this race. I will never complain about hills again, as this was a test both physically and mentally. Buster smoked us all and Becky was once again the trooper conquering her worst fears of downhill running. The race directors were such great people and told our story to all the people who came after we started, which we did not know at the time.

We gave ourselves a treat before our final drive to Smithfield, RI for our final race tomorrow and our flight home. We stopped at Dina’s bakery and deli in Manchester that was just packed to pick up some sandwiches for the ride to RI. Homemade bread and great meat and Becky picked up local maple syrup, some of the best sandwiches and the bread was just great.

Our trip to Smithfield, RI was about 3 and ½ hours and we made it they’re in time to get some prime rib and mashed potatoes with of course a drink. We got to our 8th state the next day and we were all so tired from the Vermont challenge, but surprisingly we were still able to run a good race. Becky of course took 3<sup>rd</sup> in her age group, a great run around the neighbors of Smithfield, which were green, and the weather was cool to finish our 8<sup>th</sup> race. I was standing at the finish line and saw a women wearing a tee shirt from yesterday’s race in Vermont. I asked her if she ran the race and

she said, “are you the people from Colorado”. She told us that the race director talked about us and our races, and they wanted to meet us. They were 3 ladies from Missouri, doing 11 races in 19 days and come to find out they ran the same race in Maine, Vermont and here in RI as this was their 4th race. We took a picture and wished them good luck, what a way to end a trip. To find other crazy people that have the same type of ideas as all of us. It just goes to show that running embraces all types of people, doing races for all types



of reasons.

We can technically say we ran 9 states, as on our way back home, we had a two-hour delay in RI and when our flight landed in Baltimore, we had 10 minutes to go from one terminal to another to make our flight back to Springs. We ran the whole way through the airport in Baltimore, our legs were so tired and sore we had to take escalator once, as our legs were too tired to run downstairs. We made it just as plane was finishing boarding, so technically we ran a race in Baltimore, but we won’t count that one, maybe? The trip was a success as the only hiccups were the late planes. We all had fun and got to see so much of the east coast that we were glad to be home but are already planning next year’s 4<sup>th</sup> of July trip.

On a side note, I had surgery to fix my ankle and hopefully will be running the Iceland half marathon we signed up for in October for our next adventure!!!!





# The Birthday Page



## August

## September

## October

## November

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 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  
 27 Richard Emond  
 29 Neymar Hernandez  
 29 Pauline Montoya  
 29 Deborah Shaffer

2 Maria Elena Weaver  
 3 Diego Hernandez  
 6 Brittney Muench  
 7 Stephanie Shipley  
 9 Hollie Brosseau  
 9 AnnaMarie Neal  
 10 Natalie Veges  
 11 Lawrence Agustin  
 11 Forrest Long  
 13 Ted Johnson  
 13 Everett Montrose-Little  
 17 Kitty Montgomery  
 18 Charles Cremeans  
 21 Stacey Diaz  
 22 Ronald Olson  
 22 Michael Orendorff  
 24 Amy Hernandez  
 26 Yvonne Aguilar  
 26 Kelly Hale  
 27 Deb Hadley  
 27 Cassie Pate  
 27 Cassie Pate  
 27 Cassie Pate  
 29 Rylan Dehn  
 29 Laurie Gomez  
 30 Thomas Herzog

2 Clive Hallam  
 8 Robyn Ogden  
 14 Kim Reed  
 16 Melanie Steves  
 17 Sheri Giordano  
 18 Cindy Resendez  
 19 Ron Concialdi  
 19 Raelene Moore  
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 23 AnnaMarie Neal  
 23 Lisa Wachob  
 25 Kristie Roseman  
 26 David Marmolejo  
 26 Dorene Miller  
 28 Marvin Jones  
 30 Caitlin Davis  
 31 Justin Dominguez  
 31 David Rael

1 Ross Barnhart  
 3 Lukas Combs  
 3 Barbara Hadley  
 3 Ben Pierce  
 3 Ben Pierce  
 4 Jordan Reese  
 5 Ernie Aguilar  
 5 Jessie Quintana  
 8 Chris Weidner  
 10 James MacIndoe  
 11 Keilin Molina Izaguirre  
 11 Nathan Outhier  
 11 Richie Perez  
 12 Joey Vickers  
 13 Esperanza Marmolejo  
 15 Juan Morales  
 15 Patty Rivas  
 16 AnnaMarie Neal  
 16 Robert O'Callaghan  
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 17 Michael Resendez  
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 18 Russell Montgomery  
 18 Macy Vigil  
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 20 Kayla Moser  
 23 Chris Dehn  
 24 Paulette Arns  
 25 Lenore Raich  
 26 Susan Steves  
 27 Tim Weckx  
 29 ROBERT QUINTANA

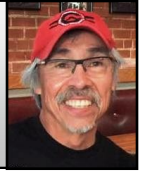
Note: If your name is misspelled or in all caps, or is incorrect in some way, please login to [runsignup.com](http://runsignup.com) and make corrections.

**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.  
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**New Email Address for Newsletter Submissions**  
 Please send articles, photos, recipes, etc. to:  
[\*\*scrfootprints@gmail.com\*\*](mailto:scrfootprints@gmail.com)



# Calendar



## Aug 2025

Sa 2		<a href="#"><u>Melon Man Triathlon</u></a>	Rocky Ford CO
Sa 9		<a href="#"><u>Escape Trail Run</u></a>	YMCA Camp Jackson
Sa 16 7:30am	SCR	<a href="#"><u>Runapalooza Raffle Run</u></a>	<a href="#"><u>4727 Walnutcrest</u></a>
Sa 16		<a href="#"><u>Melon Run</u></a>	<a href="#"><u>Rocky Ford CO</u></a>
Sa 16		<a href="#"><u>Cheyenne Mtn Run</u></a>	<a href="#"><u>Colorado Springs</u></a>
Su 31		<a href="#"><u>Wine Run 5K</u></a>	Canon City Abbey

## Sept

Sa 6 8 am	SCR	<a href="#"><u>Badger Land Raffle Run</u></a>	<a href="#"><u>712 E Heron Dr, PW CO</u></a>
Sa 13		<a href="#"><u>Break Your Neck 5K</u></a>	CSU-Pueblo Campus
Sa 13		<a href="#"><u>Splashland Triathlon</u></a>	Alamosa CO
Sa 13		<del><a href="#"><u>Fishers Peak Trail Races in Trinidad</u></a></del> <del><a href="#"><u>Canceled for 2025</u></a></del>	
Su 14		<a href="#"><u>Fall Equinox</u></a>	Ft Collins
Sa 20 8am		<a href="#"><u>Beulah Challenge</u></a>	<a href="#"><u>Beulah School</u></a>
Sa 20		<a href="#"><u>Autumn Run</u></a>	<a href="#"><u>Buena Vista CO</u></a>
Sa 20		<a href="#"><u>Pikes Peak Ascent</u></a>	<a href="#"><u>Manitou CO</u></a>
Su 21		<a href="#"><u>Pikes Peak Marathon</u></a>	<a href="#"><u>Manitou CO</u></a>
Sa 27 8:00am	SCR	<a href="#"><u>Dehn Squared Raffle Run</u></a>	<a href="#"><u>53 Posada</u></a>
Sa 28		<a href="#"><u>14er Fest 14K &amp; 5K</u></a>	<a href="#"><u>Buena Vista CO</u></a>

## Oct

Sa 4		<a href="#"><u>Colorado Springs Marathon</u></a>	
Sa 4		<a href="#"><u>Rim to Rim</u></a>	Royal Gorge
Sa 11		<a href="#"><u>Grassroots Gravel Bike</u></a>	<a href="#"><u>Pueblo, CO</u></a>
Sa 11		<a href="#"><u>Tesuque Trail Run</u></a>	<a href="#"><u>Santa Fe NM</u></a>
Sa 25		<a href="#"><u>Spooky Sprint</u></a>	YMCA
Sat TBD	SCR	<a href="#"><u>Harvest Run</u></a>	Gold Dust 217 S Union Ave
Sat TBD	SCR	<a href="#"><u>Dia de los Muertos</u></a>	Roselawn Cemetery

## Nov

Sa 8		<a href="#"><u>Veterans Memorial Race</u></a>	Alamosa CO
Th 27		<a href="#"><u>YMCA Turkey Trot</u></a>	Pueblo YMCA
Th 27		<a href="#"><u>Turkey Trot 5K</u></a>	Buena Vista
Fr 28		<a href="#"><u>Christmas Mtn 5M</u></a>	Salida CO

## Dec

Su 7 8:30am	SCR	<a href="#"><u>Rock Canyon</u></a>	Pueblo City Park
Sat 13	SCR	<a href="#"><u>Nelson's</u></a>	614 E Marigold, PW CO
Sat 27		<a href="#"><u>Hot Chocolate 5K</u></a>	Pueblo YMCA

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## Eugene Marathon Recap by the following SCR Ladies



**Back Row, L to R**  
 Carmen Perez,  
 Becky Medina,  
 Haley Brownson,  
 Melanie Nelson,  
 Martha Drake,  
 Gloria Montoya,  
 Joey Vickers,  
 Nicole Clementi

**Front row, L to R**  
 Diane Lopez,  
 Debbie Gurule,  
 Marijane,  
 Wendy Garrison

The end of April twelve (12) STRONG AND POWERFUL ladies headed to Eugene, Oregon to run the half marathon with our good friend Haley who now lives in Oregon. What follows are the memories we all brought back with us.

### Haley Brownson

12 friends packed up their running shoes, traveled halfway across the country to see me, see my home and run 13.1 miles with me. These 12 friends are my 12 sisters. We run together and push each other but it's a lot more than that. We wouldn't be the same people without each other.

It was so much fun making memories and laughing at each other's stories. My favorite part was playing poker at the lodge where we stayed. They will never know how much all of this meant to me. Oregon hasn't been the same since they took their running shoes back home.

### Marijane Martinez

I didn't hesitate when asked if I wanted to go to visit Haley and run the Eugene Half Marathon! Seeing Haley, who I call "my breath of fresh air" and finishing a half marathon on Hayward Field! Pick me, pick me! I have always been a fan of Steve Prefontaine and have watched all the movies about him. Sadly, he died at the age of 24. Don and I had gone to Eugene, and I was able to run on Pre's Trail. We also went to the memorial dedicated to him. We went to Hayward Field but were unable to get onto the field. We did get to see the Heisman Trophy that was won by Marcus Mariota. Fate took me back to finish a half marathon on Hayward Field on Sunday, April 27, 2025!

The race was amazing! The entire trip was amazing! Highlights for me:

- Getting to visit Haley and see her "hood".
- The amazing pre-race pasta dinner Joey's sister, Kari made for all of us, most of whom she hadn't even met until that evening.
- Finishing the half marathon on the track where Steve Prefontaine, Frank Shorter, and Alberto Salazar ran, mentioning only a few of the greats!
- Traveling with all the amazing ladies who trained for the race and did extremely well.
- Seeing Joey's overall excitement about the entire trip. When you have been running as long as I have, it is refreshing to see that kind of enthusiasm. Thank you for that Joey.
- Getting finisher medals that featured salvaged wood from the East Grandstand of Hayward Field, etched with the word "LEGENDS" to recognize the unique and shared stories of each finisher. It also happened to be 100 years since the construction of the East Grandstand.

### Wendy Garrison

It had been 4 years since I ran a half marathon. It was the NFL Hall of Fame in Canton, Ohio in 2021. Since then, I've done a good job convincing myself that I was finished with longer runs. Too old, too slow too busy – pick your excuse.

*(Continued on page 21)*

## Eugene Continued

*(Continued from page 20)*

In April a race came up that changed my opinion – The Eugene Half Marathon. It checked several “want to” boxes: race in a new state, road trip with my running besties, visit a good friend, and the opportunity to run in the footsteps of legends.

The race was amazing! It wound through Eugene and Springfield along the Willamette River the same roads run by some of racing’s greats. The entire course had cheering spectators showing why they have earned the title “Track Town USA”. The race finished on the track at Hayward Field, home to several NCAA track and field tournaments and Olympic trials.

I am proud to say my friends and I did it – another race accomplished. We all have our stories from that day. Some of the ladies may have achieved a PR. In my case it was a steady run with a good audiobook and better scenery. We are all now a part of “Track Town USA” history.

Melanie Nelson

“A strong woman looks a challenge dead in the eye and gives it a wink.” Gina Carey

The above quote sums up the trip to Eugene. The 12 women each had their own challenge to overcome in their training obstacles and had an adventure in Eugene. Some by their race time, some by hiking, some by the challenge in their life. We all came together and made it happen.

Martha Drake

I have many fond memories of our trip to Oregon. Supporting Haley in her new environment was top of the list. To participate in a destination run with 12 of my closest friends was also amazing. And what a destination it was! I was in awe of the beautiful stadium dedicated entirely to track and field and of the great runners it honors.

Joey Vickers

I enjoyed from the beginning the planning and talking about all our flights and stays and organizing when we would get to see each other. Talk about the crazy things people do for running but you don’t have to ask me twice if it involves seeing friends and family. I would travel and do it all over again. Probably not a marathon though.

Gloria Montoya

Watching and cheering for friends as they crossed the finish line at Hayward Field was an amazing experience. Visiting and spending time with our friend Haley was such a joy.

Becky Medina

The idea of going to Oregon to see Haley and run the Eugene Half seemed pretty exciting. A girl’s trip coordinating more of us than I remember. Buster and Eric were especially excited about running into Hayward Field, so the trip was a go. There were definitely bumps along the way in training, but it was a wonderful trip.

What I really enjoyed was hiking near Glide, Oregon where Haley lives. Beautifully maintained trails and stunning waterfalls. I was also able to connect with both Haley and Carmen during the run. Because they have both moved from Pueblo I haven’t kept up with them and I just enjoyed talking and running and catching up. Running into Hayward Field with Carmen was definitely remarkable, and I would recommend this race to anyone. Well organized great course and Eugene is a great city to stay in.

Carmen Perez

Running with friends always make tough times with running better. Miles may separate us, but running keeps us close. The ladies that help you get through those tough miles at the end will also help you get through life’s ups and downs.

Diane Lopez

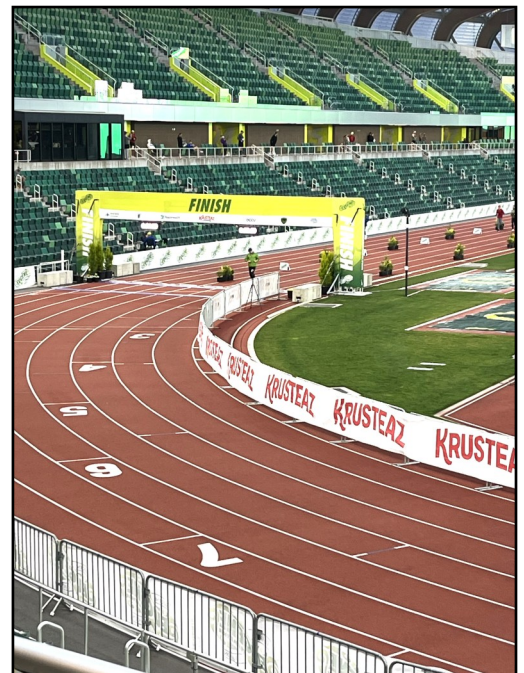
It was great visiting Haley. I really enjoyed seeing her. One of the standout moments for me was running across Hayward Field where Bill Bowerman coached Steve Prefontaine to the LEGEND he became.

Nicole Clementi

Taking on a race in a completely different environment presents its own unique challenges. The year leading up to this race presented us with some significant obstacles and life lessons. There were major life changes that took place, and Colorado weather was less than cooperative. As a group, we stayed the course and got our training in, motivating each other via text and impromptu outings.

Looking back at the race, our group arrived on different days, from different airlines, and stayed in different locations, yet still managed to come together, support one another, and find each other along the route. Proving that when you find your running group, you find your people.

**Pueblo  
Southern  
Colorado  
Runners  
were well  
represented!**



## The Vitality Walk

On May 17, walkers across the Pueblo Community gathered on the Riverwalk to support the Vitality Walk put on by PAR (Parkinsons Association of the Rockies). Walkers enjoyed a 2+ mile stroll and at the same time raised over \$15,000 to support the many activities the Association makes available at no cost to those afflicted with this disease. While there is no cure at this point, there are several strategies that help mitigate the effects of Parkinsons and provide tools to for those affected. These tools

include education, literature, and different therapies including various forms of exercise such as yoga and boxing, and of course support groups. Parkinsons is a disease of the brain and physical activity is vital. In fact, exercise is the single most important thing a person with Parkinsons can do to slow progression. SCR is supportive of keeping people active made a donation in support of PAR and those benefiting from their many offerings. Thank you, SCR!



# Vitality Walk Pics



## Some Pics from Marijane & Friends



Upper Left: Ride to Work Day with SRDA breakfast - Becky Medina, Marijane, Debbie Gurule, Joey Vickers, Melanie Nelson.

Above: Hometown 5K in Colorado Springs - Gloria Montoya, Marijane, and Cindy Drieling.

Left: the Fourth of July run at City Park - Diane Lopez, Gloria, Montoya, Marjane, Debbie Gurule, Nicole Clementi, Melanie Nelson, Joey and Jake

Hi Southern Colorado Runners

I'm the race director for the Big Tesuque Trail Run in Santa Fe, NM. Our race is scheduled for Oct 11th.

The "Big T" climbs 2,000 feet in 6 miles, topping out at 12,000 ft elevation before returning to the start at Aspen Vista. We are celebrating its 39th year, and all runners receive a t-shirt and burrito at the finish. Prizes will be awarded to the top 3 finishers and AG winners. Runners can sign up here: <https://runsignup.com/Race/NM/SantaFe/TheBigT>

The Big T is produced by the Santa Fe Striders, an all-volunteer 501c3, and the race proceeds go to benefit Wings of America, a non-profit providing running programs for Native youth. We would love to see some of your runners make the trek to Santa Fe in October!

Thank you for your consideration

Don Brown  
Race Director, The Big Tesuque Trail Run  
Ph/Text (203) 703-8160



# Photo Potpourri





**June 21**  
**Peaks & Prairies Raffle Run**  
**Hosted by Robert Espinoza and**  
**Rebecca Simmons**



# July 26 Burrito Raffle Run in Buelah



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