



SOUTHERN
COLORADO
RUNNERS



Footprints



The Fall Edition
Volume #356, Issue #4
Editor: Ron Dehn

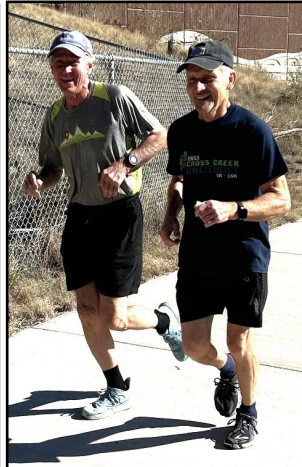


Nelson won the Harvest Run Raffle Gift Card to the Gold Dust



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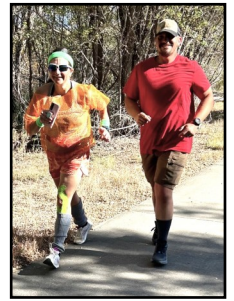
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Harvest Run Photos—More inside



More Harvest Run Pics



Thank You
Gold Dust
Saloon for
Hosting
the
Harvest
Run



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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

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www.facebook.com/SoCoRunners

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

To Ponder...

What you are thunders so that I cannot hear what you say to the contrary. -Ralph Waldo Emerson

In rivers, the water that you touch is the last of what has passed and the first of that which comes; so with present time. -Leonardo da Vinci

Spring is a natural resurrection, an experience in immortality. -Henry David Thoreau

Happiness is when what you think, what you say, and what you do are in harmony. -Mohandas K. Gandhi

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. -Dalai Lama

Call on God, but row away from the rocks. Indian Proverb
Run often. Run long. But never outrun your joy of running.
Julie Isphording



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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. 4

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

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

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

SCR / Tri Club President is Ted Sillox and can be reached at: president@socorunners.org. 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, Jessy Narimanov, Desiree DallaGuardia, Paul DallaGuardia, Jessie Casarez, Ben Wiley, Paul Hindman, Dave, Cathy, Chris, & Ron Dehn, Susan, T.Greg, Ryan, & Aimee Merrion, Sean McGivney, Dave Diaz, Kitty Montgomery, & Pythagoreas*

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.

*Pythagoreas was a Greek Philosopher and Mathematician who is credited with several mathematical discoveries including of course the Pathagorean Theorem . What does this have to do with running you ask? Well—when possible run the hypotenuse (side c) instead of both sides a and b of a triangle. Much shorter. Yep, pretty geeky for sure.



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



A Message from the President Ted Sillox

This will be my last message as president of the Southern Colorado Runners Club. Time has continued to march along, and it is hard to believe that it has been 5 years since I became president. At one point I thought that we were in danger of losing our club all together but there has been a small group of members that have stepped up to fill leadership voids, and I believe that we will be able to make progress. We more than likely will never be a large club, but we can be an active smaller club that is offering quality races in the Pueblo area. One of the positives is that we have a race that is nearing the half century mark. The Spring Runoff has been around for years and along with Funner To Be A Runner marks the beginning of the outdoor running season and plans for people to make a change to a healthier lifestyle. We now have a completed remodel on the Dutch Clark Stadium so the venue for that race could not be better.

At times I look back at older issues of Footprints and notice there is always a steady sea of faces but there are also a great many people who come and go in our club. I will notice someone in a picture and think, I wonder what happened to them as they no longer attend our events. Perhaps some of them have moved on to new hobbies or have developed issues that are preventing them from running now. If you know some of these absent members, please encourage them to come back and if they don't run then just walk the events. I often walk my small dog inside the Colorado Fair Grounds, where there is little traffic and it reminds me of some of the great fun runs, we use to have there. It was very enjoyable to run through the horse stables and on the grandstands. I also will miss running at Temple Canyon but won't miss helping to mark the course in the cold wind in the early morning.

The club is also blessed to have many great sponsors that help us out. Every month we get to meet for free in the American Driving Academy building for our board meetings. That was especially helpful during the covid crisis. Seems like that was years ago now. I am very grateful and thankful for all of the members that have helped me with the events that we have held over the last 5 years. Those events would not have taken place without their generous support and donated time. I would also like to point out our board members who donate their time and services to keep the club alive. We are lucky to have people who will give up their knowledge and time for free so that we can continue with the newsletter, calendars, web maintenance, pictures and events that we produce.

Thanks to all of you that have served or are serving! It has been a fun 5 years and I hope to see the club keep going. Just remember to do one thing, "Keep Moving Forward!"

Raffle Runs by Ted Sillox



For this issue of Footprints, we will start the coverage of Raffle Runs with the one that occurred in July. Pueblo has a mountain park located in Beulah so I thought it would be fun to head up there for our annual Breakfast Burrito Raffle Run. The club rented the stone pavilion building in the park in case of bad weather but we had an absolutely great day to run on so most of the event took place outside under the shade of the giant Ponderosa Pines. When I ventured to the park on Friday night to mark the course, I thought I would see more than one person or groups using the facilities. I was wrong as I did not see any other person or vehicle. I have hiked and hunted alone, and it never seemed to be much to think about but there is something unnerving about being in a place expecting to see people and running into no one. As I was placing the flour arrows and directions on the roads, I was keeping one eye looking around me. Nothing went wrong but I just kept having the feeling that something wasn't right. As I finished and headed back to town, I ran into a thunderstorm cell that dumped a ton of rain on the south side of Pueblo and I thought "Boy, did I miss a soaking." The next morning, we had a turnout of 51 members who were able to enjoy items from the Banquet Bakery and freshly made burritos from Steel City Café. If you did not make this run, I urge you to attend it next year and run/walk the fun course on the roads in the park

August came around and we were at the Diaz residence in Omega for the Runaplooza Raffle Run. This is a mostly quiet neighborhood so we can run on the streets with very little traffic as we headed out to the turn around to come back. It's nice to run in an area that has maintained yards that are free from clutter. After the run there was seating in the backyard and plenty of food from the potluck social to enjoy. The weather was great for August, and we had a turnout of 58 members who came to run/walk the course. Robert even brought young members from the South High Cross Country team to help with their training for the upcoming season. I am always hoping that some of them will eventually become participating members of our club.

In September we headed out to Pueblo West to the Cesarez residence for the Badger Land Run. It is on the north side of Pueblo West and is mainly a flat course that offers great vistas of the prairie and the mountains. Once again, we had blue skies with very little wind so the weather could not be any better for running/walking. These fun runs are a great way to meet training partners or get to know a group to run with. Afterwards we gathered in the back yard and kitchen area to enjoy all the great food and company. Summer is a busy time with many people traveling, so the turnout was slightly smaller with only 41 members attending.

We had a second run in September with the Dehn Family hosting what will become an annual Raffle Run. Once again, we had great weather to enjoy as we ran/walked in the El

(Continued on page 5)

Thank you, Ted!

**Ted - SCR Congratulates you on your "retirement"
as President after 5 years.**

**In addition to those things we see you do
we know there are lots of
behind-the-scenes duties
that we don't see.**

Thank You, Thank You, Thank, You!!!

SCR appreciates you!!!

Newsletter Archives

**Years and Years of old Club Newsletters are available. Go to socorunners.org,
Click on About Us, and then Newsletters.**

Some were in digital form, and some old paper issues were scanned by the Boys and Girls Club years ago. Some were found out in the "cloud" by Ken "Sherlock Holmes" Raich when everyone else thought they were lost for good. The oldest issue of Footprints on file is December 1990. Enjoy your trip down memory lane.

(Raffle Runs Continued from page 4)

Camino neighborhood. I did not get to run at this one because I was under doctors' orders to not run. Young people, wear your sunscreen so when you get to my age you won't need to get Basal Cell Carcinoma cut from your face. I tell people that the scar is from a knife fight, and they suddenly move away from me. We had 55 members come out for this run and there were plenty of raffle prizes such as the Dehn's donated items and Dan Nelson had some left-over swag to award. If any members have items, they would like

to donate, we can always award them as raffle prizes. We will finish the year with the Harvest Run, a new Mineral Palace Run and finally Nelson's Pretty Fast Run. These runs come and go and this year there will be no Temple Canyon Run so attend while they are still being held.

Marathon Mindset

by Jessy Narimanov

I signed up for my first marathon on the day I received my rejection letter from grad school. The local marathon opened registration that day, and I committed without hesitation. As an artist struggling to attain employment in my field beyond “unpaid intern,” I wasn’t sure more schooling was the answer anyway so I had only applied to one program, and they didn’t want me. Standing at a cross-roads in my career and life trajectory, of what I thought I “should” be doing at this point in my life and what else there was out there, that letter gave me permission to pivot. With the calendar page suddenly blank for that fall, it felt appropriate to fill it with something bold.

I ran that first marathon with the simple goal to finish, which I did, and like most, finished with the curiosity of “How fast can I go? Can I Boston qualify?” And soon after “Can I go sub 3 hours?” without truly knowing what pursuing those goals would mean, or how long they would take to achieve. I wrote the time 2:58 on a post-it note (because hey if I’m going to dream, I’m not going to cut it *too* close) wondering if I would ever see that number next to my name. Since then, a lot of life has happened- my first son, a career change, a cross-country move, a pandemic, two more children; but the beauty of running is that there is no set timeline or deadline in which you have to attain your goals. There is no “one way” to train and succeed; in fact, the best success comes from working in harmony with your given situation rather than fighting it. For many years, marathon training was put aside. I still ran, and I knew I still had unresolved goals, but it was not yet the phase of life to pursue them.



Ultimately, what drew me back to marathoning was my sleep-phobic second child, who would only nap in the jogging stroller (while running of course, she knew when I tried to walk.) I soon found myself logging 1-2 hours of running daily to help her get a good nap in, which in turn helped me, too.

I started to wonder what this new fitness could translate to, with some focused training (and without the stroller.) The Colfax Marathon was a few months away, and the smoldering embers of my competitive drive took hold and a fire sparked. With the loose guidance of a printed-from-the-internet training program, I put a bit of structure to my stroller runs, and built a modest but sustainable block of training. I stood at the start line not knowing what I would be capable of on that day, but thought a 3:25 finish would be cool, to Boston qualify, and if it was a good day perhaps I could get close to my 8 year old personal best time of 3:21. I ran a 3:10 in a flow state, filled with joy from start to finish. Stunned, ecstatic, and curious: is that elusive sub 3 still within me?

The four years between then and now were a transformation of mindset. I had my third child, and started my fitness from scratch once again. I hired a coach. We kept my schedule fluid so I could fill in the workouts however they made sense within the week, rather than rigidly cling to a utopian predetermined plan that was unrealistic for my lifestyle. I dialed in my nutrition, both during and surrounding my runs. I learned how to push myself by effort rather than pace so that whether it was on roads, track, treadmill, or with the double stroller, I could still get the work done in the appropriate zone. My necessitated adaptations to training due to kids’ schedules and my husband’s job became my superpower. I was problem-solving on the fly, focusing on what I could do each day rather than what I couldn’t. Sleep deprived workouts told me I could still run strong when tired (like the end of a marathon) so rather than lamenting that I wasn’t fresh, I saw it as an asset to my training. This marathon mindset permeated into my everyday life as well, and I found myself more resilient, more confident, and more positive than ever before.

14 years after that first race, I stood at the start line of the St

(Continued on page 7)



Endurance Redefined: The Athlete's Spirit in Caregiving In honor of Alice Lucille Martinez b. 6.7.1938 – d. 8.15.2025

By: Desiree' DallaGuardia



Endurance athletes tend to share a very distinct mental and emotional make up shaped by *discipline, patience, resilience, grit, focus, passion, goal orientation, self-awareness, humility and community and support*. In the recent past months, I took the role as caregiver for my grandmother whom was living out her last days at home on hospice. It was bluntly clear to me, in the journey, that the same core values that I have developed as an endurance athlete fueled me into being the best caregiver version of myself.

I was honored and privileged to experience the endurance journey of the heart with my grandmother. It called for the *discipline* to show up each day with love, even when exhaustion weighed heavy. *Patience* became a quiet strength — allowing life to unfold at its own rhythm. *Resilience* helped me rise again after hard nights, while *grit* kept me grounded in moments of deep emotion. *Focus* reminded me to stay present for the small, sacred details — a hug, sharing affirmations of love, compassion and support. *Passion* for life and connection fueled the care I gave, and *goal orientation* took new meaning in the gentle aim to bring comfort and peace.

Through it all, *self-awareness* helped me balance giving and rest, *humility* reminded me that love often looks like letting go, and *community* sustains you with the strength of others walking the same path.

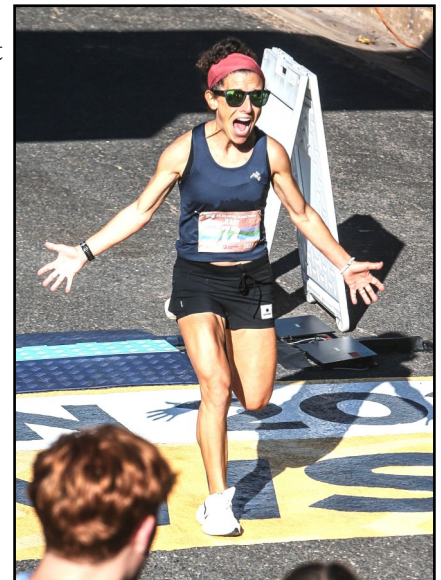
In the end, the true gift of being an athlete isn't found in medals or finish lines, but in the quiet strength it builds within. The discipline, patience, and resilience honed through miles of training become tools for living — teaching us how to face life's hardest moments with grace and courage. Endurance isn't just about physical stamina; it's about the ability to keep showing up with heart, whether on the trail, at a bedside, or in the everyday challenges that test our spirit. When we carry the lessons of the athlete into our roles as caregivers, partners, friends, and family, we discover that the race never really ends — it simply transforms into a lifelong practice of love, endurance, and unwavering presence.

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George Marathon with a single mission: get that Sub 3. It was no longer a question in my mind, but a belief. My body humming with electric energy, yet I was calm, focused: ready. The race execution wasn't picture-perfect, but my attitude was solid all the same. With each hiccup and trial, I pivoted and refocused. The old me would have spiraled and crumbled as my splits slowed and I saw that at halfway I already had some catching up to do to reach my goal. However, I knew that I was prepared to finish strong, and I believed in my training to get it done. I focused on the mile I was in, not the ones behind me that were too slow or the ones looming ahead that were unknown. The cadence of each step echoed rhythmically in my head with the mantra *stay right here*. I stuck to my nutrition plan and took my gels and fluids as practiced. I looked up and smiled in awe of the breathtaking landscape before me. I wore a bracelet with my husband's and kids' names written around my wrist and knew they were with me every step of the way. I crossed the line in 2:56 with an 8 minute negative split, all because I fiercely believed in myself despite the challenges faced and I made it happen.

That unwavering self-efficacy and inner strength are two of the many gifts I've gained with this journey. Running has become more than a sport- it's a lifestyle; an arena to pursue hard things and challenge myself. Running has given me fortitude and grit, health and grounding, friendships and community.

I had no idea how that pivot 14 years ago would ultimately transform my life. It is so much more than a time written on a post-it note, and I am so grateful for it all.



Photos from the Badger Land Run, Jessie and Rocky Casarez hosts



We had a great turn out and great weather for our raffle run. We really enjoyed hosting and appreciated having everyone come join us. It's always great to see people we know as well as new faces. As always, our favorite is the potluck with all the yummy food! Hope to see everyone again next year!

Jessie & Rocky





Way up North Then Fast Downhill

By Ben Wiley

During my seven decades of life, I've made several ventures beyond the borders of the U.S., but the thought came to me that I had never engaged in a running event in any of the other nations visited. This all changed when my wife, Janice and I had the opportunity to spend the entire summer of 2025 in Kelowna (pronounced kuh-low-nuh), British Columbia, a city of approximately 165,000, located about a six-hour drive north of Spokane, Washington. Situated along the banks of enormous Lake Okanagan, the city has the feel of a seaside resort and is a popular tourist destination for Canadians. However, to our surprise, we never spotted another U.S. auto tag during our three months stay. The area is known for its vast expanses of parkland and caters to outdoor activities in a big way, with an extremely active population taking advantage of bike paths and hiking trails whether on foot, bikes or scooters.

After arriving, I contacted the local running club and joined a group of normally six to twelve members who held weekly track workouts along with various trail running activities. (I wasn't sure I would fully recover from "The Comando Bay Run" into the mountains.)



Within a couple of weeks of our arrival, I entered a 5K race conducted in Lake Country, about 40 miles north of Kelowna on a well maintained abandoned railbed. Then, as July rolled around, I ran in a 5K fund raiser for a charity supporting educational projects in Haiti. Finally, the Kelowna Running Club hosted the "Mid-Summer 8K" race that coursed through the city along a bike path. This time I managed to make the awards group podium, despite learning the hard way that an international standard is followed whereby places are awarded based on gun time rather than chip time. In other words, if you hope to earn a medal – or in this case a big can of beer, find a starting point near the

front of the pack.

Reinvigorated by the extraordinary summer in a wonderful city, upon our return to Colorado, I perused the usual websites and spotted one that was apparently a recent addition. The Marathon Club at the Air Force Academy, just north of Colorado Springs, decided it would be a novel thing to offer cadets and the general public a chance to scream downhill for a mile, symbolic of the hunting technique of their beloved falcon mascot. I acknowledge some initial apprehension, being aware that downhill running can be physically demanding for runners. Still, I elected to "chance it" and learned that my fears were unwarranted. The precisely measured course was a considerably more gentle downhill stretch than I imagined. Furthermore, rather than the test of endurance that typically challenges us, this was about finding your most efficient stride and rolling down the slope as fast as you can (with no fear of tumbling over headfirst).

And now, for the added bonus that was not advertised! A pair of the magnificent falcons were onsite and available for photos and – to my astonishment – actual petting. I initially declined this opportunity but accepted after observation of others availing themselves of the thrill. Those bird beaks are impressive, but my hands and fingers were never threatened! All this, not to mention that running buddies may not believe how fast that mile was.

In sum, Kelowna, British Columbia is an awesome place, and if you don't make it there, be on the lookout in 2026 for the Flying Falcon Downhill Mile just right up the road in the vicinity of Falcon Stadium.



2025 Beulah Challenge-Fun Times

By: Paul Hindman



All the planning came to fruition on September 20th. The weather gods took care of us and gave us a beautiful day to run. Since 1996 the small community of Beulah Colorado has hosted this spectacular race, and this year was no exception. The half marathon race countdown started at 8:00, the 10K at 9:00 and the 5K at 9:15. All the runners got a taste of things to come, going uphill right from the start. That first hill wasn't the last one either, but surprisingly I only heard one complaint, "the Pueblo Mountain Park should not be so steep." We'll work on that issue for next year.

All the runners and walkers seemed to have fun like the two ladies shown below. But like many of us who have run several races, we go through the same emotions as them. At mid race you're having a great time but at the end of the race all you can say is "boy am I glad that's over with!"



Finally, there is no way this race would happen without all the volunteers from the Beulah Valley. Here's just one of the water stops along the course and students making breakfast burritos.



In addition to the half marathon, participants were encouraged to challenge themselves and sign up for the expanded OverIt series. This year it includes three local races, starting with the Beulah Challenge half marathon. The second race is the Rim-to-Rim half marathon

and then the series will be capped off with the Rock Canyon Half Marathon held in December. Twenty-Five brave souls signed up for it. Their finish time for all three races will be added together and at the Rock Canyon race In December, the overall men's and women's winners will be crowned and receive an OverIt Series commemorative plate. This is a few of the HALF runners in the Pueblo Mountain Park.

The proceeds from the race are for Beulah Valley School. To get a firsthand understanding of what that means, student Sky Nobles (top of next column) spoke to the runners telling them what a big deal this is. She talked about the outdoor environmental field trips the students can participate in thanks to proceeds from the race. She also thanked all the runners, which included many Southern Colorado Runners whose organization again gave a big donation to support this race. This could not have been done without all of you who are members.

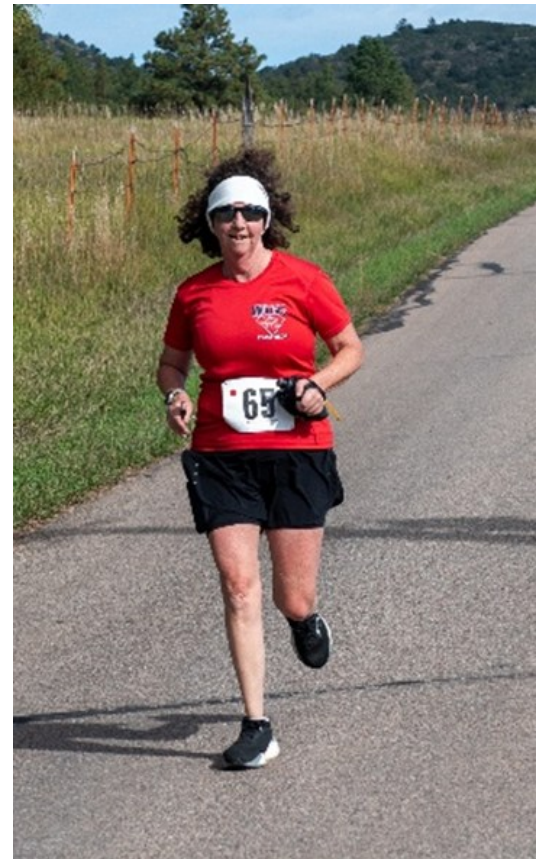


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More 2025 Beulah Challenge Pics

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Here's a few more photos of the race. Even with the “gentle” rolling hills, everyone seemed to have fun.





DEHN SQUARED RAFFLE RUN

By Dave, Cathy, Chris, and Ron

The four of us Dehn's (Ron, Chris, Cathy and Dave, aka Dehn Squared) have talked for years about hosting a Predict Run, now called Raffle Run. We discussed various ideas of how we would put one on. Well, we made the decision to work together as a team and make it happen. The idea being that we would host a run at one of our houses and the next year switch to the other Dehn's home in a year-to-year rotation.

What a great time we had planning, setting up and having such a good turnout of runners and walkers participate. We would like to thank those of you that helped and participated in the first inaugural Dehn Squared Walk/Run (nearly 60 runners/walkers to our count and 15 volunteers). We figured there might be several of you in the club that have also always wanted to host a Raffle Run, so we put together some ideas and a check list of things we did to put on our event. They are listed in no particular order and some of the ideas may or may not be necessary for your particular plans. We hope you find this helpful.

A shout out to:

Dave Diaz for (years of) giving good ideas, for sharing the raffle run information, etc.

Ted Sillox for (years of) setting up the sign-in-sheets and getting the drawing prize, etc.

Dan and Melanie Nelson for bringing and storing the port-potty to each raffle run, etc. and of course, Runner's Club members for being so positive, good participants and thankful for any effort.

Thank you to our neighbors, family members and friends for volunteering to help us with kitchen duty, clean-up and for serving as course marshals. A huge thanks to Bill Bewley, Tom & Robbin Carpenter, Jennifer Arellano & Bryan Dehn, Jonathan & Tiffany Dehn, Gregg Drozda, Mark & Melissa Fairbairn, Shawn & Micah Heitmann, Donna & Steve Knezevich, Sally Mara, and Carol & Mark Rickman. These volunteers enjoyed helping so much, they have offered to help again next year. We will be taking them up on that offer!

Chris and Ron here. We will also send thanks to all the volunteers and to Dave Diaz, Ted Sillox, and the Nelsons for their contributions. Also, a thanks to Cathy and Dave for their organizational skills. Dave is famous for making checklists and these are indispensable. Cathy worked many years at the Y and planned the Corporate Cup many times, so her experience was definitely a plus. Chris and I together and separately have been race directors for the Raptor Run and many years ago the Little Run on the Prairie. All this experience helped with planning. But in spite of that, like Dave I got very little sleep the night before. What could go wrong? Very little, but somehow my brain wouldn't quit humming. Oh well.

It was a fun bonus to involve the neighbors as course marshals, so our run became somewhat of a mini community

event.

We plan to continue with the Dehn Squared Event although next year it will be at the Pueblo West Dehn residence. We are already thinking about the course and setup. We will also involve neighbors, including those from El Camino who have already volunteered. Stay tuned.

Lois Pfof wrote the following note after the Dehn Squared RR. Thank you, Lois!

I was pleased to be one of the participants in the Dehn Squared Raffle Run and to be a raffle winner. I was given a gift basket assembled by Cathy and Dave Dehn

I was sorry I didn't take the time to open it there and let the Dehns have an opportunity to share with the other runners and walkers their new business called "The Coffee De^hn". In the basket was a lovely, framed photo of a scenic path and a quiet bench titled "Place of Rest", photo by Dave. Also included was a set of Four Season / Sunrise / Sunset greeting cards with photos taken by Dave. Then, six seasonally decorated "Lil's Lids" which are coffee cup lids or coasters, with a cute introduction to the naming of the lids. I encourage all of you to check out their offerings.

Their email is thecoffeedehn@gmail.com. And I say thank you again for the raffle gift.

Editor's Note: It is my plan to have this newsletter in your mailboxes by the first few days of November (depending on the printer's schedule).

If so: The Coffee De^hn products (Coffee Blend, photocards, lids/coasters and many additional coffee themed items) will be available at the Our Lady of the Meadows Parish Bazaar, 23 Starling Drive, Pueblo on: Saturday, Nov. 8th - 9 am to 5 pm and Sunday, Nov. 9th - 8:30 am to 1 pm



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More Dehn Squared

(Continued from page 12)

The Coffee De^hn will also be at the 6th Annual Centennial High School Holiday Market, 2525 Mountview Drive on Saturday, Dec. 6th from 9 am to 2 pm.



Opposite Page: Lois Pfost won The Coffee De^hn gift basket

Right: Diane Lopez won the pottery mug gift basket

Far Right: Zarela Paredes won the \$50 gift card



Raffle Run READY
aka Dave's Checklist

To Do	To Get
Work with the club and set a date	The club has many items you may wish to gather, talk with Ted or Dave Diaz
Set a short and longer course	Tables and chairs
Tell the neighbors people might park their cars in front of their house	Cones/vests, signs
Contact Dave Diaz to put the info out, Who, What, When, Where and Why	Trash cans/bags
Contact family/friends/neighbors ask them if they would be course marshals	Water Jugs and Coffee maker
Assign them a spot on the road/trail and give them vests and directions	Cups for drinks, hot and cold
Get some prizes, baskets or fun stuff together	Plates, cups, napkins, plasticware
Put together a grocery list	Coffee, sugar, creamer, juice
Gather and make fun/direction signs	A small amount of sleep the night before
Make a map showing the courses	
Contact The Raffle Run coordinator about the raffle tickets, sign-up sheets, etc.	
Contact Dan and Melanie about bringing the port-o-potty	
Put out signs, cones, mark trail or road	
Clean house (ha, a little bit anyway)	
Prepare drinks	
Prepare food dishes, egg casseroles, breads, sweets, etc. (for example)	
Mow lawn	
Set up tables/chairs	
Set up water/coffee/juice station	
Put out trash cans	

Dehn Squared Vols

We have pics of the Dehn Squared Volunteers scattered on these few pages. Some of the neighborhood crew pics are on the opposite page. →

Robbin Carpenter and Mark Rickman won the volunteer prizes furnished by the Dehn Squared Team

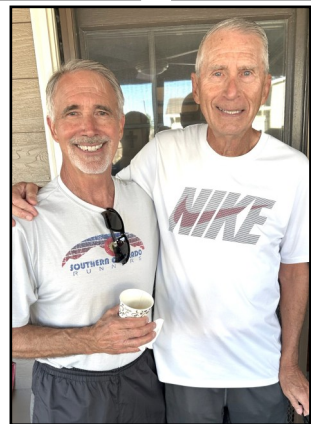


**Raffle Run
Family Kitchen
Staff**

**Cathy, Tiffany,
Melissa,
Jennifer, &
Chris**

←

A Few More Harvest Run Pics





Fall Equinox - Ft. Collins

By Sean McGivney

Jitka had heard some really good things about this race in Ft. Collins and signed both of us up for the half marathon several months ago. I said, “O.K., then”. We made it a full weekend getaway, since the race was on a Sunday.

We drove up on a Friday afternoon and after a quick dinner and visit with our daughter Paddy, who works and lives in Denver, we went to see a Nate Bargatze concert. If you don’t know who that is, check him out on Youtube or Netflix, it will be worth your time. I found a cheap basement rental in Loveland for Friday and Saturday, so we had another one-hour drive after the concert, but it wasn’t too bad.

Saturday morning, we met some friends in Ft. Collins and had breakfast...and then I discovered I forgot my running shoes! I had some old ones on my feet, which I could have run in, but they were really worn out and the forecast wasn’t looking good, changing by the hour, it seemed. I found a local Runner’s Roost, so we headed over to it. They had some shoes my feet liked in my size, so I was lucky. I wore them the rest of the day, hoping to get used to them.

We met some more friends for lunch, including Dave Diaz (more on him later), perused downtown Ft. Collins a little, then drove around town to see where we were going the next day and discovered Pagan Pride in a local park. After checking out the interesting offerings there, we drove to Lyons to check out some tiny homes and their local history museum. We went to dinner in downtown Loveland, which was way beyond my expectations. It is definitely worth a stop, if you’ve never been.

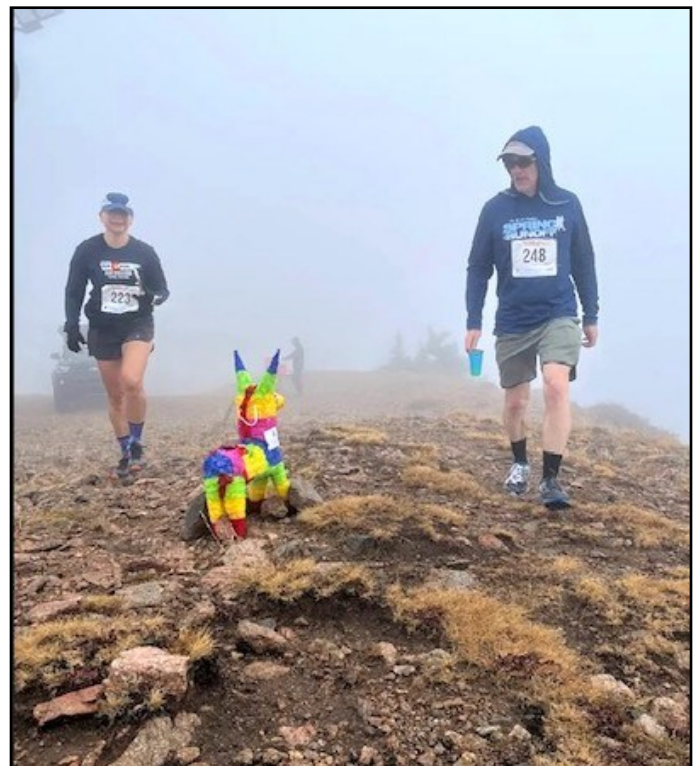
We had to get up in the pitch black to get to the parking for the race, at which we loaded up on buses to go to the start line at the Mishawaka Amphitheater. The Mishawaka is up in the mountains and is apparently a famous venue for live music. As we made our way up the hill in the bus, it started to rain steadily. The higher elevation temperatures were in the mid-40s, so it was cold for us Puebloans. Luckily, there was an indoor bar serving free coffee and water to the hundreds of us packed in there.

When we lined up to start, it was still raining. We both lined up between the 9 & 10 minute mile pace setters. We took off and headed downhill in a steady drizzle. I tried to keep up with the 9 minute runners and was hanging with them until about mile 8. I realized I may have bitten off more than I could chew, especially with the combination of the rain, new shoes, and increased elevation. I thought I could pull it off with the assistance of the gravity pulling me downhill, but it was not particular-

ly steep and there were more than a few uphill sections. I was really dragging myself in the last 3 miles, but the scenery of the canyon and the river helped pass the time. The full marathoners started 30 minutes before us and 13 miles further up the road, so a few of them caught up to me, inevitably. I struggled across the finish line and turned around to see Jitka finish about 3 minutes afterward. She had a much smarter game plan and was in better shape at the finish.

There was some (not great) food and beer at the finish, but the lines were long and it was still raining, so we didn’t stick around long. We saw Dave and Stacey Diaz at the finish and found out Dave won his age group! Stacey ran the 5-mile course and was waiting for us for a while, and was great at guiding us through the sea of madness, as there were now hundreds of runners, their families, dogs, etc., and we were exhausted. We hopped on a bus back to our car and changed quickly before the long drive home. My feet were really beat up from those new shoes!

A couple fun highlights on the way back to Pueblo included checking out Buc-ee’s for the first time and seeing our daughter Paddy again. Despite my personal experience and mistakes, I made, it was a well-organized, solid race, and the race registration hoodies were the best. It was a great weekend, overall!





The Birthday Page



November

1 Ross	Barnhart
2 Paula	Trujillo
3 Lukas	Combs
3 Barbara	Hadley
3 Ben	Pierce
3 Ben	Pierce
4 Jordan	Reese
5 Ernie	Aguilar
5 Jessie	Quintana
5 Cynthia	Thurman
7 Jim	Kelly
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
17 Cynthia	Dreiling
17 Michael	Resendez
17 Larry	Volk
18 Russell	Montgomery
18 Macy	Vigil
19 Michael	Vigil
20 Kayla	Moser
23 Chris	Dehn
24 Paulette	Arns
25 Lenore	Raich
26 Susan	Steves
27 Tim	Weckx
29 ROBERT	QUINTANA

December

1 Isobel	McGivney
2 Martha	Drake
2 Humberto	Paredes
6 Laila	Gipson
7 Melana	Soto
8 Michelle	Cata
8 Katherine	Singer
9 Brandy	Guasta
10 Amy	Bernstein
10 Jacob	Hough
10 Jake	Hough
11 Dave	Dehn
12 Anthony	Diaz
12 Donald	Swearingen
14 Karissa	Dietz
14 Crystal	Horton
15 David J	Marmolejo
18 Kaitlynn	Sartor
19 Jessica	Casarez
20 Robert	Drake
20 Shana	Vail
21 Mario	Sanchez
22 Remy	Pate
23 Miles	Newton
23 Miles	Newton
24 Rich	Hadley
24 Gavin	Lopez-Cepero
27 Makayla	Korte
28 Dulce	Molina
28 Melanie	Nelson
31 Roger	Giordano

January

1 Gwen	Steves
3 Jazmin	Ratke
5 Wendy	Garrison
6 Shad	Pate
8 Herman	Cata
8 Angela	Veath
11 Ava	Archuleta
11 Emma	Archuleta
11 Lacey	Hartman
11 Annmarie	Pitonyak
13 Susan	Montez
18 Suzanne	Bratina
18 Ulianny	Lopez
18 Gloria	Montoya
18 Alejandro	Otero
19 Ted	Sillox
20 Scott	Cummings
22 Cathy	Dehn
23 Justin	Steves
25 Brianna	Resendez
26 Allen	Drummond
31 Danny	Nelson

February

1 McKayla	McKinley
1 Casey	Smith
2 Kathryn	Barber
2 Freddy	Chico
7 Timothy	Perez
7 Taryn	Thompson
9 Robert	Espinoza
12 Major	Rettig
13 Robert	Bergles
13 Teddi	Goodluck
13 Jerry	Lopez
14 Devin	Cata
14 Allen S	Weaver
15 Erika	Fortin
16 Jeanna	Blasingame
17 Lydia	Chico
19 Barbara	Gonzales
20 Erik	Flodin
20 Lindsey	Spinuzzi
22 Michala	Whitmore
23 Ilyana	Rios
26 Nancy	Mitrick
26 Oliver	Pate
27 Patrick	Romero
28 Dundy	Teeter

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

If you plan to move or have recently moved

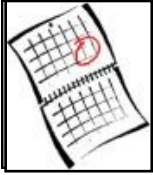
Please Please Please update your address at runsignup.com
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THANK YOU a WHOLE BUNCH!

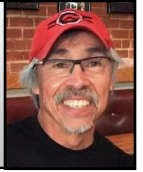
New Email Address for Newsletter Submissions

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scrfootprints@gmail.com



Calendar



Nov-25

Sa 01 4pm	SCR	<u>Dia de los Muertos</u>	Roselawn Cemetery
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Su 02 [DST Begins](#)
 Su 02 [NYC Marathon](#)

Sa 08 9am	SCR	<u>Mineral Palace Raffle</u>	2112 Court St
Sa 22		<u>Florence Turkey Trot 5K</u>	Florence CO

Th 27		<u>Pueblo YMCA Turkey</u>	Pueblo YMCA
Th 27		<u>Westcliffe Turkey Trot</u>	Westcliffe CO
Th 27		<u>Alamosa Turkey Trot</u>	Alamosa CO
Fr 28		<u>Christmas Mtn Run</u>	Salida CO

Dec-25

Su 7	SCR	<u>Rock Canyon</u>	Pueblo City Park
Sat 13 9am	SCR	<u>Nelson's Raffle Run</u>	614 E Marigold, PW CO
Sat 27		<u>Hot Chocolate 5K</u>	Pueblo YMCA

Jan-26

Th 1		<u>Resolution Run 5K/ 10K</u>	Cañon City
Th 1		<u>Rescue Run</u>	Colorado Springs
Sa 10		<u>Winter Series I</u>	Colorado Springs
Sa 24		<u>WS II</u>	Colorado Springs

Feb

Su 8		<u>Super Half Marathon</u>	Colorado Springs
Sa 14		<u>WS III</u>	Colorado Springs
Sa 28		<u>WS IV</u>	Colorado Springs

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**Our Bisti Badlands Hike by
(L to R in the photo) Aimee, Ryan, Ron,
T.Greg, Susan, Chris, Dave, & Cathy)**

An introduction to the characters: Dave, Cathy, Chris, and Ron are SCR Members. Susan is Dave and Ron’s sister. Susan is married to T. Greg and their son Ryan is married to Aimee. These four live in Farmington NM. The story below is a combination of all our thoughts.

It all started several years ago with a visit over a cup of coffee at Durango Joe’s in Farmington, NM. Dave, Cathy, Chris, and Ron had gone to a family celebration in Farmington and on their way out of town stopped for a coffee. There was a huge photograph in the coffee house of an area that looked like a moonscape. Dave asked the barista where this unique and unusual land formation was located. She answered, “That is a photograph of ‘Alien Throne’ in the Bisti Badlands, not too far south from here.”

The quest began.

We have wanted to hike the Bisti Badlands since that day. Us Puebloans kept pronouncing it (Beasty Badlands) until we saw the spelling and got coached by our New Mexico family. It is pronounced with a short i followed by a long i. We wanted to explore the area as a family. Dave, Cathy, Chris, Ron, Susan, and T. Greg are all retired. Finding a free date for the six of us should be easy. Right? Not right. The six of us are quite busy and it took 3 years to nail down a date that we could get together.

Part of the allure of the area is that it is in the middle of nowhere. It is designated as a wilderness area. No signs, no trails, no parking lots, no fees. It’s up to sightseers to navigate their way around. This unique landscape peaks your sense of adventure and imagination! The question became how do we navigate this is a huge area (45,000 acres) with no signs and no real trails. One of Ron’s neighbors who had previously visited the area with the help of a guide, warned Ron of the real possibility of getting lost. This is where youth matters. Ryan and Aimee stepped up and with a little research and the “All Trails Plus” phone app, agreed to be our guides. And we decided to only cover an area we could do in half a day or so.

We drove in two cars for an hour or so from town, caught some dirt roads for maybe another half hour and parked in the middle of the prairie. We took an ample supply of water, PB&J sandwiches, and miscellaneous snacks.

We got out of the car, sun screened up, and Ryan pointed the way. Our adventure took place in September, and we would not recommend exploring this area in the heat of summer.

After about 15 minutes we began to see hoodoos and all kinds of wonderfully sculpted creations. The landscape was

whitish gray for the most part with very little plant life. Ryan did spot a lizard, and we all wondered what food source there would be for critters.

Of course, we were busy with our cell phones taking pictures. Dave and T. Greg are more serious photographers and brought more advanced cameras and tripods.

Many of the formations had names, but again no signage, so Ryan would periodically tell us names of a feature. The “Three Kings” was a fun one and served as a landmark. The hike wasn’t real strenuous for the most part. There weren’t many other hikers but after a couple hours, we ran into Frederick who went by Frick and Karen from Amsterdam. They were very pleasant and stuck with us for another hour or so. We enjoyed their company and took photos of them, and they took photos of us. I think they also stuck with us because we had Ryan and Aimee to guide us. Somewhere close to the 3 hour mark we found one of our main goals – “Alien Throne”.

The Bisti is truly a photographer’s dream and after taking hundreds of photos we decided to head back to the cars. Our total hike time was about 4 ½ hours. The temperature was in the low 80’s at the finish.

On the drive out, we got a special treat to see a group of wild horses that roam the area. It was beautiful watching them run together.

The area is so unique, and it was extra special to be able to share the experience with our family. We may go back sometime to explore other features but have no immediate plans.

For more information see: <https://www.blm.gov/visit/bisti-de-na-zin-wilderness>

If you decide to go, do some homework first, so you know what you are getting into. Get the “All Trails Plus” app and of course follow all the commonsense rules about hiking. Don’t go alone, take food and water, wear the right clothing, don’t count on cell phone reception, etc, etc. And be sure to take your camera.



**Ryan and Aimee at
Alien Throne**



More Bisti Pics





Race Pics from Jessie Casarez

Josh Casarez (our son, new member to the club) placed 2nd in his age at the Break Your Neck 5k and at that Royal Gorge Rim to Rim 8-mile trail race.

Also, Maria and Elena Weaver and I ran the Break Your Neck Run 5k together

Both races were a lot of fun and perfect weather for both. This was my first time running any of the races at the Royal Gorge and it was beautiful! I even fought my fear of heights running across that bridge.



Race Pics From Kitty Montgomery



From Kitty Montgomery

Photos from the Rim to Rim.

First time for both of us.

Kitty placed 3rd in her age group and Russell placed 10th in his.



The Thanksgiving Day Charity Run By Paul DallaGuardia

Quick reminder about our annual Thanksgiving Day “Give back to the Community” charity run. Thursday November 27, City Park swimming pool parking lot. Gun goes off at 8am (just a saying) more like I’ll just yell GO!

5k and 2-mile options (non-timed event)

Entry fee for the soriee will be donations of non-perishable food items and gently used winter clothing.

Care and Share food bank will reap the benefits of the food donations and clothing will be taken to Cooperative Care.

We will continue the tradition of random drawings for pumpkin pies ! Suzi Steves won a pie last year. →

Come on out , get a bit of fresh air and do some smoozing



The Runapalooza Raffle Run Stacey & Dave Diaz Hosts

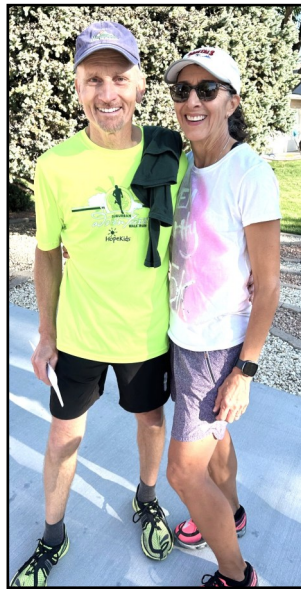
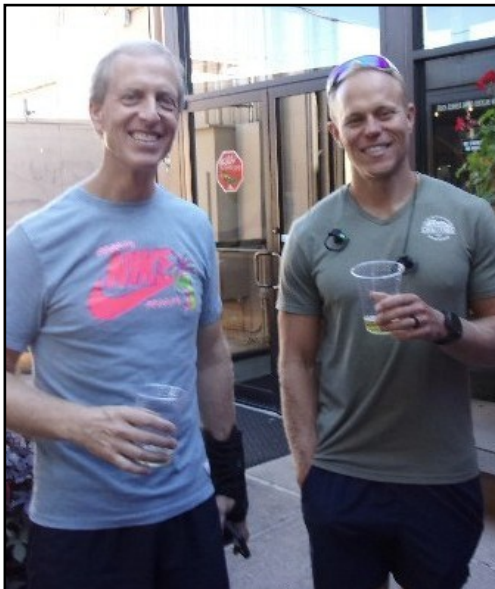


More Runapolozza Pics



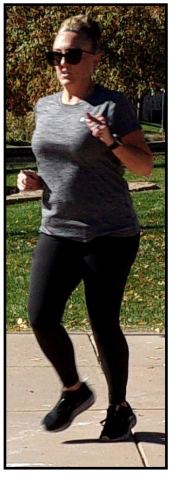
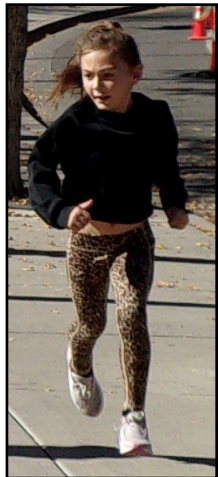


Photo Potpourri





More Potpourri



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**More Pics from the
Badger Land Run**

**Dave Diaz was the
lucky Raffle Winner**

