



SOUTHERN  
COLORADO  
RUNNERS



# Footprints

The Spring Edition  
Volume #357, Issue #1  
Editor: Ron Dehn



## Table of Contents

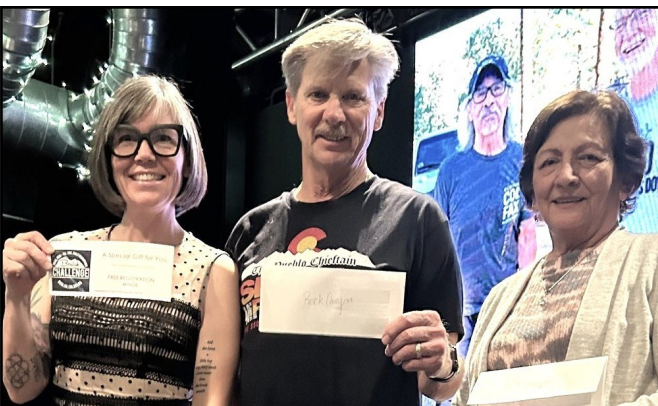
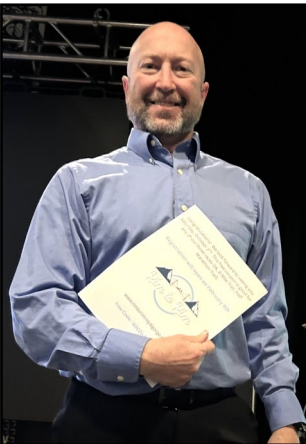
- Banquet Pics ..... 1-2
- Club Info ..... 3
- To Ponder ..... 3
- Contributors ..... 3
- President's Message .. 4
- Raffle Runs ..... 4-5
- Meet Amy ..... 6
- Mini Rambles ..... 7
- Hot to Trot ..... 7
- Iceland ..... 8-9
- International Race .... 10
- Colfax Experience .... 11
- Girls on the Run ..... 12-14
- Birthdays ..... 15
- Backyard Ultra ..... 16
- Revolution Run ..... 16
- The Big T ..... 17
- Calendars ..... 18
- Sponsors ..... 19
- Dia de los Muertos ... 20
- Rock Canyon ..... 21
- Phoenix Rock-n-Roll .. 22
- Mineral Palace ..... 23
- Nelson's Run ..... 24
- More Banquet Pics .... 25
- Photo Potpourri ..... 26
- Valentines Twosome .. 27
- More Rock Canyon pics 28

### Banquet Honorees beginning top row L to R:

Katie and Steve Fox Most Valuable Club Members presented by Eric Medina and Dave Diaz, Humberto Parades Male Runner of the Year Presented by Marijane Martinez, Gwen Steves Female Runner of the Year with Melanie Nelson, Inspirational Youth Natalia Diosdados with Eric, Youth Runner Taylor Kottenstette with Jessy Narimanov, Cassie Pate Triathlete of the Year with Melanie Nelson, Ted Sillox Long Distance Runner with Ron Dehn & Eric



More Banquet Photos



Above: A variety of door prizes were given out at the banquet

Left: Linda Garcia of Total Terrain / Brues Alehouse presented the club with a \$1,000 donation.

### Contact Us

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

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**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)  
[www.socorunners.org/triclub](http://www.socorunners.org/triclub)

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

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

### To Ponder...

The best way to find yourself is to lose yourself in the service of others.-Mohandas Karamchand Gandhi

We are products of our past, but we don't have to be prisoners of it. -Rick Warren

And those who were seen dancing were thought to be insane by those who could not hear the music. -Friedrich Wilhelm Nietzsche

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.-H. Jackson Brown, Jr

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

I'm not going to buy my kids an encyclopedia. Let them walk to school like I did. -Yogi Berra

Lettin' the cat outta the bag is a whole lot easier'n puttin' it back. -Will Rogers

A conscience is what hurts when all your other parts feel so good. -Steven Wright



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

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

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

### “Footprints” Volume No. 357, Issue No. 1

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

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

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

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

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

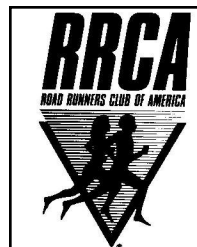
Editorial Consultants: Judy Tucker, Gary Franchi, Laura Wehrwein, Becky Medina, and Olivia Medina. (Previous Editors)

Newsletter Advisor: Chris Dehn

This month's Contributing Writers / Photographers: Amy Bailey, Dave Dehn, Melissa Fairbairn, Ted Sillox, Eric Medina, Debbie Gurule, Paul Hindman, Jessy Narimanov, Emily Ritchey, Sean McGivney, Stacey Diaz, Dave Diaz, Katie Fox, The USA Olympic Team\*

**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.

\*The USA Olympic Team didn't actually write any articles or send pics, but they sure inspired me. What Amazing Athletes. Even the Curlers!



SCR is associated with RRCA, Road Runners Club of America. See: [www.rca.org](http://www.rca.org)



## Message from Our New President

By Eric Medina

I would like to thank everyone who voted for me at the Board meeting as the new President.

I would like to thank Ted for the wonderful job he has done over the last 5 years, and I will try and fill the shoes and numerous hours he put forth for this club to succeed.

I have several thoughts and visions, like all the people before me, I will try and listen and respect all comments and concerns that come to me as the new President. I would never be able to do this without the support of all the Board members as their tireless support for this club on a volunteer basis is sometimes unthankful. I have seen the work and time that they all put into the club for races, newsletters, calendars, finances and just day-to-day operations. It is only because of these great people that our club stays healthy and informed.

I would also like to thank Katie Fox for stepping up and becoming Vice President as I needed someone crazy enough to keep me in line and have the energy to try and move the club forward.

I look forward to representing the club and all its members. Please let me know if you have ideas or ways to increase membership and keep moving this great club forward.

## Newsletter Archives

**Years and Years of old Club Newsletters are available. Go to [socorunners.org](http://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 by Ted Sillox



For the month of October, we held 2 Raffle Runs. The first one was our annual Harvest Run at the Gold Dust and the second was the Dia de los Muertos at Roselawn Cemetery. For the Harvest Run the hosts Dave and Stacy Diaz thought it would be better if we moved the start time to 2:00pm and it was a good improvement. The weather was warm but not hot and we were able to miss all the later events like the Pueblo Chamber of Commerce trick or treats on the riverwalk. The Gold Dust put out a great taco bar and drinks. All of this was free for the 49 members that chose to attend. I am surprised that more members don't partake in this event. Board member, Nelson Brentlinger was the lucky raffle winner and took home a \$50 gift card from the Gold Dust. You can't beat free food and drink plus the chance to win a gift card but you must be there to win!



Our next Raffle Run was held in November on the first but we always try to have this event near Halloween even though it has nothing to do with Halloween but it is more fun this way. Anyhow we ventured out to Roselawn Cemetery for the run/walk through all the older parts of the cemetery on a course laid out by hosts Joe and Liz Spinuzzi. This is a perfect setting for the run with the older tombstones and the large overhanging trees that line the courses. After the run/walk we gather inside the Roselawn Funeral home for a great spread of food and a chance to build relations with conversation. Longtime member Marijane Martinez was our lucky raffle winner and received a gift card to Mauros Bakery by Pueblo County High School. They have plenty of baked goods but also have fresh produce during the summer/fall months. Remember, if you don't attend you can't ever win.

One week later we met at the home of Michaela and Brandon Whitmore for the inaugural Mineral Palace Raffle



## Raffle Runs Continued

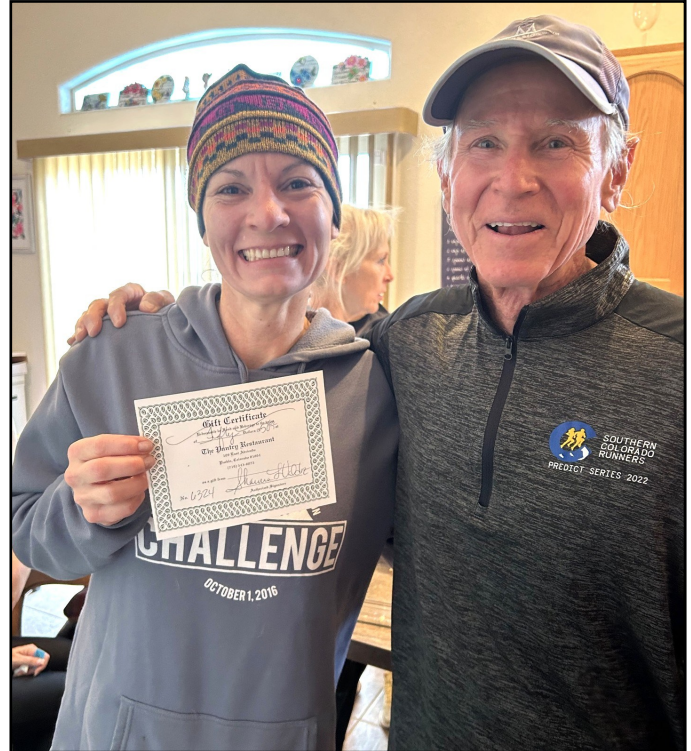
*(Raffle Runs Continued from page 4)*

Run. The course traveled through an older historic part of Pueblo passing by Rosemount, Parkview Hospital and the Pioneer Cemetery and through Mineral Palace Park. The day was perfect for running/walking with no wind and enough sunshine to make it warm. For me, running a new or different route with entertaining views always makes it easier to complete the run. There are numerous older Victorian era homes to look at while you proceed. After the run/walk there was plenty of food and people could be found inside and out enjoying everything the Raffle Run, potlucks are about. We even had a drink server, Ken Hughes, pouring mimosas and they are perfect with free food. One of our younger members, Oliver Pate, was the lucky prize winner getting a gift card to Mauro's Bakery. Oliver won because he was present. That could happen to you but you need to attend.

west. The first half of the run was fun but after the turn around we had to deal with a long straight stretch directly into the wind, but that just how it is. Every year it looks different at Nelson's house because of the new construction. I used to just site drive to his house but now I need to go by the street signs with all the new buildings. There were 3 courses to choose from so you could run/walk a short, medium or long course. There is always plenty of fine food at these events and great people to visit with. Member Rebecca Simmons was the lucky raffle winner. Why, because she was there. I encourage all the members to start attending these runs and enjoy the good times. I need to announce that I have been coordinating these runs for the past 7 years and 2026 will be my eight and last year doing it.



For our final Raffle Run of the year, we went to the home of board member Nelson and Debbie Brentlinger for Nelson's Pretty Fast Run. We didn't have snow but we did have to deal with a fairly strong wind out of the



Someone will need to step up and take this over for the run/walks to continue. Please consider helping your club out and fill this position.

### Photos of Raffle Winners

Opposite page top, Nelson and Ted  
Bottom: Ted, Marijane, and Emersyn

This Page Left: Ted and Oliver  
Right: Rebecca and Ted



## Meet Amy Bailey

As a somewhat new member and the new secretary I thought I would introduce myself. I moved to Southern Colorado almost 3 years ago from Raleigh, NC where my husband Chris and I raised our three

children. I remotely work in communications, love to travel, and I'm an amateur photographer.

I didn't start running until 2011 when my youngest started middle school. I started walking while my daughter was in dance class and slowly progressed from there. The following spring a friend invited me to do the Cooper River Bridge Run in Charleston with her. I asked her how far it was and she told me it was a 10k. I was such a rookie I didn't know how far that was. Haha! By the end of that year I finished my first half marathon in memory of my grandfather and my first full marathon at home in Honolulu where I grew up. To say I was hooked would be an understatement!

I decided the following year I was going to register for the Goofy Challenge (half and full) at Disney World. However, they introduced a new challenge that year, the Dopey Challenge. Runner's math told me the Dopey was "only" a 5k and a 10k added on to the Goofy, so why not? Turns out the hardest part was getting up incredibly

early four mornings in a row, but I went on to finish the Dopey two more times and will be completing my fourth in 2027 as part of a perfect runDisney year with my two runDisney besties to celebrate their milestone birthdays. So many miles! Runners are weird! LOL I am such a runDisney enthusiast I missed the banquet in January because I was at Disneyland for my third Dumbo Double Dare (10k and half).

Aside from the numerous runDisney events I have participated in I have also run Chicago, New York City, and will be running my third World Marathon Major in Berlin this fall. I have so many miles ahead of me this year to prepare for Berlin and Dopey! If anyone would like to keep me company, that would be great! I use the Gallo-way run/walk/run method with 90 seconds of running and 30 seconds of walking.

Happy to be helping on the board. I have previously served as a secretary for an HOA and high school band boosters. See you at the next raffle run.



## Mini Rambles

By Ron Dehn



First, A huge thank you to Ted Sillox for his many years of service to the club. He is still an active member with the Spring Runoff and Raffle Runs, but some of his duties have been taken over by others. You absolutely deserved the Long Distance Runner Award that you received at the annual banquet. THANK YOU TED!!!

While I'm thanking people – Thanks to Eric Medina for taking over as club president. Love your energy, Eric. And thanks to both you and Becky for putting on a great banquet. And what about the Valentines Twosome. So much fun!

And – Katie Fox is our new Vice President. Katie is also an Energizer Bunny. So glad to have you as one of our leaders.

After that I hesitate to start naming names because there are so many other contributors including board members who do a lot of work behind the scenes; and some who no longer have “official” club titles but continue to serve the club in numerous ways. Thank you to all!!!

Speaking of serving the club. WE ARE IN NEED OF A RAFFLE RUN COORDINATOR!!! Ted will help acquaint you with the details. It is much simpler now that we are not timing anymore. PLEASE THINK ABOUT COORDINATING this important club offering. The coordinator could be an individual, a couple, or two couples could share duties. Consider it and step forward so you can shadow Ted for a few events.

An apology to Sean McGivney. Sean submitted two articles for the previous newsletter. I accidentally omitted one (which appears in this newsletter) and used the wrong photo. Confused? So am I obviously. I think / hope this month's articles are done correctly.

I also wish to thank the newsletter contributors. First – Thank you to my wife Chris. She reviews my articles and serves as my advisor. Also, it takes an entire evening to prepare the newsletters for mailing. Chris does most of the prep work. Other writers / contributors for 2025: Paul DallaGuardia, Desiree' DallaGuardia, Kim Arline, Dave Diaz, Stacey Diaz, Dave Dehn, Cathy Dehn, Bryan Dehn, Marijane Martinez, Sheri Giordano, Roger Giordano, Melissa Fairbairn, Paul Hindman, Katie Fox, Melanie Steves, Ted Sillox, Sean McGivney, Bree Pappan, Melanie Steves, Laurie Gomez, Eric Medina, Becky Medina, Mary Yang, Jasmine Carlson, Jessy Narimanov, Haley Brownson, Wendy Garrison, Melanie Nelson, Dan Nelson, Joey Vickers, Gloria Montoya, Robert Espinoza, Carmen Perez, Diane Lopez, Martha Drake, Nicole Clementi, Jessie Casarez, Ben Wiley, Kitty Montgomery, and Susan, T. Greg, Aimee, & Ryan Merrion. Hopefully I didn't miss anyone.



### Great News from Debbie Gurule

I am excited to announce that one of Pueblo's favorite 5K and 10K races is returning!

The Hot to Trot 5K & 10K will take place on Sunday, September 20, 2026, during the Chile Frijole Festival.

Registration details and race information will be announced soon





## What Was I Thinking, Iceland!!!!

By Eric S. Medina

That was my thought when we landed in Iceland for our half marathon!!!!!! I will digress and start from the beginning.

I saw a deal for roundtrip tickets out of Denver to Iceland and once I saw that I looked up races and found one for Oct 25<sup>th</sup>. This was a country that was never in my mind, and I had doubt that Becky would say, yes as our plan was to go do a half Ironman in Puerto Vallarta, Mexico. I pitched the idea, and she was crazy enough to say, ok, and we talked to our travel family, Buster and he agree also, these crazy people going along with my ideas!

I started to plan the trip, got tickets booked and that was the start of this crazy trip, that in my mind backfired when we landed. It took me months to find the right Airbnb's and lay out the week agenda. I always knew in the back of my mind that the weather and flights could throw this whole trip into a spiral. So, after all logistics were booked and paid for, we waited for the trip, me looking at the weather every day and watching snow in the forecast was not doing my mental health any favors. Every day forecast changed whether the snow would hit the day we ran or the day we arrived; the temperature never changed around 30 degrees every day. We knew it would be cold, but hey, we are from Colorado. What was not fully understood was the humidity and wind in those 30 degrees, also what is up with the metric and Celsius crap, too many calculations.

We left for DIA in the morning for our afternoon flight, due to government shut down, we gave ourselves a few more hours, as TSA might be a bear to go through. We got to airport with plenty of time and started our journey out everything was going smoothly and quickly, until my carry-on bag got pulled at TSA security. The TSA inspector pulls out a large zip lock bag with my huge jar of Vaseline and baby powder, which I use on my feet for half marathons to help with blisters, but try explaining that to the TSA officer. Becky gave me hell and asked why I put that in my carry-on, and I forgot. So, after testing it for bomb stuff, he let me take it on the plane with me so I wouldn't have to buy more.

We got on the plane and off for our seven-hour direct flight to Iceland and the wonderful 6-hour time change ahead. I had planned for two separate scenarios once we landed, being ready to go see volcanoes or to be so tired we needed to sleep. Once we landed it was dark, and the small airport was packed with people. We had some delays getting our car and once we got directions we headed outside for the adventure. WHAT WAS I THINKING was the words that came out of my mouth as soon as we hit the open doorway to the outside of the airport. We had to walk several blocks

through parking lots to try and find our car in the dark, cold and windy and not Colorado cold, but ICELAND cold. It was a shock to our whole body, our big jackets were in our luggage, but the wind blowing around 30 MPH and bone chilling cold we had no time to stop and unpack, we hurried to find the car. We found the car just as our ears were frozen and as we tried to throw all the luggage into the trunk, we knew the car was too small for all of it so had to put the rest of the luggage with Becky in the back seat.

I started the car, and we all looked at each other and stated, "This might have been a bad decision". We immediately started to talk about if the race was this cold and windy we would not do the race, as it was just a miserable walk to the car, we couldn't imagine running a race in this weather. We decided that we were so tired to head to the Airbnb, which was just over an hour from the airport into the mountain town of Hvergeroi. We were driving through what was called the ring of fire road, as it was all surrounded by volcanoes on one side and the ocean on the other, it was too dark to see anything, so we kept driving. I spotted steam and glowing areas by the road and pulled off thinking it was lava from the latest eruption. Nope, it was a road closed due to lava flow and that is when I found out I could not find reverse in the car. Buster and I were trying for 5 minutes to find reverse but could not find out how to put the car in reverse. Buster talked about getting out and pushing us, but then he found a small collar that had to be pushed up to put the vehicle in reverse. We looked silly, but lucky only Becky got to see the frustration and almost breaking off the shifting knob to try and find the reverse.

We finally made our way to the Airbnb after seeing some of the weirdest terrain, like being on the moon with all the different shapes and rocks that the old volcanoes had left. We got to the pretty little town of Hvergeroi and quickly found our Airbnb, which was wonderful. We ran into the cold house we were all in and tried to turn up the heat, which is all run off boilers, which Becky found out if you turn it up to high you can die of heat stroke while we sleep. The rest of the day of some site seeing, but mostly trying to get over the jet lag, which is a real thing!!!!

The next day we got up with lots of driving into Thingvellir National Park to see waterfalls and walk through the two Continental Plates, which was fun, but cold and windy. We walked up to the Oxarafoss waterfall, which the stairs were so icy you could only walk up with the use of rails, and the amount of people there was crazy. It was cold but a beautiful site, but it took us twice as long to walk down as the ice scared the hell out of use as we had seen several people fall.

We made our way to Friohelmar Greenhouse Restaurant, where we ate in the largest tomato greenhouse in Iceland that supplies 70% of the tomatoes to the country. Our table was set amongst the 10-foot tomato plants, and we had all you can eat tomato soup and bread station, with some of the best bread we have ever eaten. Such a great meal, even for

*(Continued on page 9)*

## Iceland (continued)

(Continued from page 8)

someone who doesn't like soup, the cheese and black olive loaf was the bomb.

We woke up the next morning to drive to the start of the half marathon in the Capital Reykjavik. The morning was cold and when we got to the start of the race, it was 27 degrees and overcast and the wind was not horrible. We got there after the marathon had started and as we picked up our packs about an hour early, I asked the race director if I could start early as I am slow. He said sure and he said something that stunned not only me but both Becky and Buster. He stated, "so you think you will finish in about 2 hour and 30 minutes"? I said that is slow, no it will take me about 3 hours and 30 minutes and he state, "then you need to start now". Becky and Buster said if they think that is slow then we better start as well, he agreed and we all hurried up put our coats and gloves on with no warmup to start the race. Great people and understanding that the slow Americans needed to get moving, so off we went about one hour before the half marathon was to start for everyone else.

The first mile was slow due to ice on the path for me as Becky and Buster took off like snow cats in the wild. Not really, the path was windy, so I lost sight of them and just started wondering why I was here doing this to myself. The course was beautiful, with asphalt running paths and separate bike paths so that you don't have to worry about getting rode over. The trail system leads us through the capital and over a bridge that goes over the main highway system that leads to the coast. The tree-lined neighborhoods we ran through the first 4 miles were great, then the view of the coast came with the wind blowing off the coastline. It got cold quickly, so my unzipped jacket and all clothes got added back on. Becky and Buster passed me about at the 5-mile mark and I would not see them to the end. I wanted to stop, but where was I to go, as I had no one to pick me up at the turnaround and even so, I had no idea where I was in the city.

In the US almost every half marathon has porta potties somewhere along the way or at least at the turn around point, but I noticed there were none on this course, except for the start line. I normally don't use them, but as the world turns, I started to have stomach issues at mile 8. It might have been in my mind, but I stopped drinking and taking in blocks and apple sauce as I didn't want to make the situation worse.

I got caught by the marathoners and half marathoners at this point in the race, so at least I was not alone anymore. These people are fast, all of them, I have never been to a race where everyone who passed me ran like they had been at the front of the race. I got to mile 11 slowly and cold and the cramps started in my legs from not drinking or taking in food. The snow started to fall, and I really wanted to quit, as once again not enough training came back to bite me, but that is my life. The snow stopped, but the cramping and pain did not, and the last mile seemed to never come. I finally saw the finish line and of course Becky and Buster were waiting in the cold for me to finish. I got my metal and off to the potty for me.

They had heart shaped waffles and homemade jelly and whipped cream along with coke and cookies. As I was enjoying my food a young guy in his 20's came up to me and said are you from Boulder, as I was wearing a Boulder Boulder shirt. I said no and told him we were from Colorado, and he stated he just came the other day from Broomfield where he lives and works and just saw the race and signed up on a layover from Europe. We talked for awhile and introduced him to Becky and Buster and the only 4 American at the race all meet each other. When we left, we were all glad we ran the race, but after looking at the results it was sad to see that Becky was the last women in the race and Buster was second to last, only because I was the last one in the whole race. But it is nice to know that you are bad in two countries when it comes to half marathons.

The next day turned into a winter wonderland as the south of Iceland had its worst recorded snowstorm in Icelandic history in October. We woke up to 10 inches of snow and 30 to 80 MPH winds. So, for 2 days we had to cancel all our adventures as the roads were shut down, airports shut down and all roads leading out were just not good. The capital had cars stranded on highways and wrecks closed roads. We were warm and had food, so it could have been worse, but once again a natural disaster on another trip to talk about.

It took us almost twice as long to travel to the airport due to the weather and unsure if we were going to get a flight back to Denver. The airport had received over 13 inches of snow, but the airline said flights were leaving. So, we made our way to security and once again got stopped for something in my bag, ummm, that damn Vaseline again. Becky was not happy with me as I thought I had put it in my other bag. So, another explanation of why I had that and another funny look from their TSA agent.

We landed and were happy we made it home, sad we didn't get to do the other adventures, but happy that we ran a race in another country. Next adventure will be planned and hopefully, Vaseline will not be an issue if I remember to put it in the right bag.





## My First Internation Race (AKA not Pueblo)

By: Paul Hindman

I finally competed in my first International Run in Puerto Vallarta (PV), Mexico. Okay, “competed” is a strong word. I would call it more like running with the back of the pack. As a lot of us know, that’s where the fun people are. Yes, Mexicans are also a lot more fun at the back. Those guys in the front are so serious. To state the obvious, running in a race in a different country has a lot of similarities but there are also several differences. I’ll try and explain a few. Let’s start with the language. Everything is in Spanish! The registration form, street names, announcers at the race, people you talk to during the race, and volunteers. Yes, I speak a little Spanish, but Goggle translator definitely got a workout. I’ll start with the registration. In the states, you would go to a website and sign up. Easy, peasy. For the PV race you had to download a registration form (in Spanish) fill it out, print it, scan it, then send them an email on WhatsApp with it attached. But before that, you must go to an OXXO, which is a Mexican mini mart, or the local pharmacy and deposit your registration funds in an account. The people at the OXXO or pharmacy have no idea about the race, they just need the TARJETA number, so asking them questions didn’t get you anywhere. Believe me, I tried. BTW, Tarjeta in Spanish means credit card. So, it was deposited to somebody’s credit card. The receipt from OXXO or the pharmacy had to be included in the email sent with the registration. The phone number and email were listed on the registration form with very few instructions. I tried WhatsApp and it said that number didn't exist. So, I emailed it. I never received a reply so was never sure they got it. Then, about two weeks before the race, I got confirmation which said to pick up my race number the day before the race at a famous statue (Ballena Marina Vallarta) in PV. I drove to the marina in PV and found the statue. There were absolutely no signs or people or any resemblance of a packet pickup tent or booth. There was a gym near to the statue, so I went in and fortunately the young man at the counter spoke some English. They had nothing to do with the race but he read my registration note and pointed to the statue. Yep, I was in the right place. Got back to the car and called the Mexican number on the registration form. This time the WhatsApp number was answered. After finding someone on the other end that spoke some English, they said they changed registration to a park down the road (about 7 kilometers). We drove there and the park was a full city block in size, so I drove around the edge-



es looking for something that looked official. Saw a booth and eureka, that was the place. Of course, they didn't have a sign



on the booth that said PV Race but why would you? I asked again where the race started and they said at the Whale statue. So, I had my race number and was hoping the race the next day went okay. I gave myself extra time just to be sure I got to the right place, and everything was in order. When I got to the statue, I found a parking spot, and was ready to go. I was in the right place felling confident.

There were about 400 people in the race. I guess they all knew where the packet pickup was the day before. There must have been some kind of secret code they didn’t share with us northerners. The race was well run and had plenty of water stops. With all the pre-race announcements being in Spanish, I understood very few of them. But they did do a countdown to the start and at least I know how to count 1 to 10, backwards in Spanish. We were off and running. From the photo you can see Electrolyte sponsored the race, so every stop had some. As I approached the first water stop, I spied a table with cups with fluid in them and another table with plastic tubes with fluid in them. I chose the cup which was the wrong choice. It was Electrolyt. Very salty to my taste. Next stop I tried the plastic tube. You had to bite off a corner then suck it out. It was water!! The course was well marked, with plenty of volunteers and police. I ran a pace I knew that I knew I could finish with and did in fact finish the half marathon. Finishing next to the whale statue was a treat.

At the end they were announcing the winners, so I listened intently for my name. I’m sure they called it but of course it was lost in translation, so I never heard it. At least that’s what I’m telling myself.

It was a great experience, and I hope to do more as long as my body holds out.

Keep on Running!

## An Elite Experience at Colfax

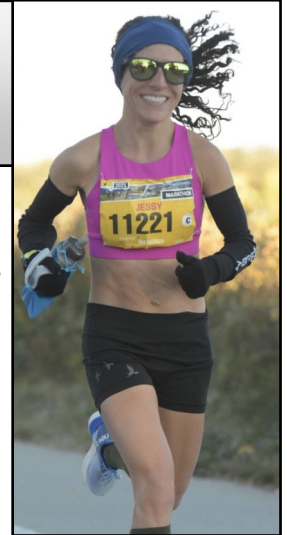
by Jessy Narimanov

The Colfax Marathon has had a special place in my heart since 2021. As my first marathon since moving to Colorado, since the pandemic shut the world down, and my postpartum comeback after baby #2 (and again after #3,) the race series quickly became one of my favorite annual traditions. Within a reasonable driving distance from Pueblo, it's accessible and makes for a nice family weekend adventure. Races are a celebration for all of us, as my family are a big part of my athletic journey. The course showcases the different facets of Denver- urban streets and high rises, lakes and parks, river trails, the Broncos stadium, and quaint neighborhoods. The variety helps break up the distance and maintain engagement. The energy of the city is palpable, and so different from my usual running scenery (basement treadmill.) Despite the challenges of the terrain (and the mile high elevation) I've run some of my best races here. Colfax holds all the benefits of a big city event but still encapsulates the intimacy of a hometown race. I love the blend of big race energy with smaller-race ease of logistics and strong sense of community.



In 2025, I was honored to run in the elite field for the half marathon as part of the Colorado Showdown, a program to feature and support our local community of athletes. Although my meager accolades are a far cry from my fellow competitors, I was proud of what it meant to be a part of that field among such talented women. Perhaps the ultimate highlight for my family was the zoo walk-through the evening before the race. The half marathon course runs through the Denver Zoo and due to logistics, that mile changes it's route each year. The race director, Andrea Dowdy, invited us all to walk the route the night before to get a visual of the course, and my kids were overjoyed to be included and have a private viewing of the zoo. I was grateful to meet Andrea in person (her warm and welcoming demeanor calmed all my feelings of inadequacy and impostor syndrome) and the chance to see all of the turns in person helped me float through the course more intuitively the next day. My daughter was excited to see her new zoo buddy Ednah Kurgat win the race, feeling an instant kinship with her after discovering the elephants and camels and gorillas together night before. She was decidedly more enthusiastic about Ednah's performance than seeing me finish 11 minutes behind.

If you're looking for a fun challenge and an invigorating experience this spring, I highly recommend running a race at Colfax. There is a distance for everyone, including the Marathon, Half Marathon, Urban 10 Miler, Marathon Relay (for a team of 5, bring your friends for the fun!) and the 5k.



## Boys & Girls Clubs of Pueblo County - Girls on the Run 2025

Boys & Girls Clubs of Pueblo County (BGPC) hosted their annual Girls on the Run (GOTR) 5k race at the Nature and Wildlife Discovery Center's River Campus on November 7, 2025. An all-time high of 50 Club members from five Clubhouses participated. Youth from the Prairie Winds, Sprague, Minnequa, West Side and East Side Clubhouses ran the race alongside coaches and volunteer Running Buddies.

BGPC is grateful to SOCO Runners, which has played a key role in the success and return of the race each year, supporting the Club since 2017 as a sponsor for girls' registration fees and the 5k's venue and food costs. SOCO Runner members are also the largest contributor of volunteers who assist with the event.

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

Jena Sanchez, the Clubs' Volunteer Coordinator, said "Girls on the Run 5k is a great event that showcases the hard work and training that the Club girls have put in to cross the finish line."

This year, 39 girls registered for and participated in our Girls on the Run program. The program is a partnership with Girls on the Run of the Rockies, which extends a significantly decreased registration rate for the girls to participate in this evidence-based curriculum. Our Prairie Winds, Minnequa, East Side and Sprague Clubhouses all facilitate the curriculum. Several members from the West Side Clubhouses also attended the 5K as a culmination of their own girls-only running club programs for a total of 50 participants.

Before the race started, participants had fun exploring the park, then each Clubhouse staff directed their girls in warmup exercises and stretches. When girls finished the 5k, most waited by the finish line with extra medals to hand out to their fellow participants, cheering them on in the final stretch. The gorgeous fall day ended as an overwhelming success with lots of tired and happy runners and their running companions who were proud of what they accomplished at the end of their fall program.

MaeDrian Roy, the Minnequa Clubhouse Director and a fifth-season GOTR coach, said "I've found that the experi-

ence becomes more meaningful every year. The curriculum used in this program inspires the girls to let their inner light shine, helping them discover who they are and what they're capable of. It teaches them to lift one another up, recognize their own uniqueness, to practice positive self-talk, and always give their best effort. Watching them grow through these lessons is truly incredible.

"For many of the girls, this was their first 5K, an incredible accomplishment and a truly positive milestone in their lives. Seeing them cross that finish line with pride and confidence was a powerful reminder of the impact this program has on our young girls. And this wouldn't have been possible without the caring coaches and adults who helped make this possible for the girls."

Natalia D., age 8, the reigning champion from our East Side Clubhouse, who beat her personal record this year, loved running through the late-autumn forest. When asked about her favorite part of the day, she said "I get to be where nature is."

Kamila R. P., age 8, from Minnequa Clubhouse, enjoyed the water stations along the trail. "Every time I finished my drink and crushed the little cup in my hand, I got more energy and confidence."

After Kenadie L. G., age 11, from the West Side Clubhouse completed the race, she waited for her younger sister N'Selma L., age 8, at the finish line with an extra medal in hand, because she wanted to be the one to bestow the prize. When asked what her sister looked like so we could keep an eye out for her, Kenadie said N'Selma was wearing the same outfit as her. "On special days, we like to dress in matching outfits."

When asked if she thought she might win the race, Savanna L. B., age 8, from East Side Clubhouse said "I think we are all going to win. I think all girls are fast."

**BGPC sincerely appreciates volunteers who helped this year as Running Buddies, Chefs and Cleanup Crew: Robert Bergles, Eric Medina, Guy Chabot, Lynn Drake, Jeff & Maila Estabrook, Barb Hadley, Laura Leyba, Melanie Nelson, Marijane Martinez, Kristy Withrow & daughter, and two teen volunteers, Lily and Dani.**

1. Group photo of West Side Club participants
2. Club members start the 5k alongside their Running Buddies
3. Girls exploring their surroundings before the race
4. Girls warming up before the race
5. (Left to right) Third place: Abby C. from West Side Clubhouse. First place: Natalia D. from East Side Clubhouse, Second place: Grace from Prairie Winds Clubhouse.

**Girls on the Run 2025 Continued**

6. Grace sprinting towards the finish line to win second place
7. Club member finishing with her Running Buddy
8. Girls waiting to give fellow Club members medals as they cross the finish line
9. Kenadie L. G., N'Selma L. and their friend Aspen N. reunited after the race
10. Early finishers enjoying lunch after a job well done
11. A girl waiting to give fellow Club members medals as they finish.



**Photos  
Top Right: #1,  
Second Row: #2, #3  
And so on through #7**

**Photos #8—#11  
on following page**

## More Girls on the Run Photos



Top Left: Girls waiting to give fellow Club members medals as they cross the finish line

Top Right: Kenadie L. G., N'Selma L. and their friend Aspen N. reunited after the race

Middle: Early finishers enjoying lunch after a job well done

Bottom: A girl waiting to give fellow Club members medals as they finish



# The Birthday Page



## February

7 Timothy Perez  
 8 Claire Mack  
 9 Praxedes Quintana-Bennett  
 12 Danielle Calkins  
 12 Major Rettig  
 13 Robert Bergles  
 13 George Jones  
 13 Jerry Lopez  
 14 Devin Cata  
 14 Allen S Weaver  
 15 Erika Fortin  
 15 Robert Pacheck  
 17 Lydia Chico  
 20 Erik Flodin  
 20 Lindsey Spinuzzi  
 21 Dustin Purkey  
 22 Michala Whitmore  
 23 Ilyana Rios  
 26 Nancy Mitrick  
 26 Oliver Pate  
 27 Silvia Mossberger  
 27 Patrick Romero  
 28 Dundy Teeter

## March

1 Ashley McKinley  
 2 Kim Arline  
 2 Raylene Johnson  
 2 Liz Spinuzzi  
 5 AnnaMarie Neal  
 5 Julius Romero  
 6 Kentley Steves  
 8 Jeanette Cortez  
 8 Kenneth Raich  
 8 Susan Wawryk  
 9 Meagan Purkey  
 11 Hannah Houser  
 12 Abbey Cira  
 12 Henry Martinez  
 13 Jennifer Irvine  
 13 Bobby Quintana  
 13 William Steelman  
 14 Georgi Vallaster  
 15 Nelson Brentlinger  
 15 Willis Gipson  
 15 Orion Ratke  
 17 Patrice McGivney  
 18 Jeff Flory  
 18 Elizabeth Griesse  
 20 Peter Dickerson  
 20 Charmian Dickerson  
 21 Grayson Pate  
 22 Jesse Bergeson  
 23 Mark Madic  
 25 Rebecca Medina  
 28 Jason Jacobsen  
 28 Meg Scarlett  
 29 sue kelly  
 30 Rocky Casarez

## April

1 John McKinley  
 1 Ryley McKinley  
 3 Suzanne Cote  
 4 Denise Flory  
 4 Karmen Kirtley  
 5 Michael Dickerson  
 5 Ken White  
 6 John Reed  
 10 Heather Houser  
 10 AnnaMarie Neal  
 10 Marilyn Vargas  
 11 Paul Dent  
 13 Joe Brosseau  
 15 Tess Zupancic  
 16 Logan Ehlers  
 18 Joseph Houser  
 20 Ken Hughes  
 23 Garrett Dietz  
 24 Mary Mack  
 26 Christina Montoya  
 26 Lily Quintana  
 27 Logan Beaman  
 28 Alexandria Romero  
 29 Omar Moreno

## May

2 David McCredie  
 2 Ely Nava  
 3 Katie Fox  
 3 Katie Fox  
 4 LUKE QUINTANA  
 5 Ben Pirraglia  
 6 Will Bratina  
 7 Adrienne Steelman  
 7 Adrienne Steelman  
 8 Claudia Hindman  
 8 Jackson Stevens  
 9 Mark Steves  
 12 Rigel Meketa  
 14 Bea Jones  
 20 Diane Lopez  
 21 Daniel Heersink  
 23 Jitka McGivney  
 24 Julianna DeLeon  
 25 Charles Hutchins  
 25 Reyna Quintana  
 26 Sebastian Cummings  
 26 Casey Pearson  
 27 Mitch Andrews  
 27 Tom Brosseau

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## The 1st Pueblo Backyard Ultra?

By Sean McGivney

I've been fascinated with backyard ultramarathon events since I first saw one on YouTube a few years ago. When I say 'fascinated', it's really from a spectator perspective, but I have also been interested in running multiple times within a 24 hour period myself. A backyard ultra is different from a traditional ultramarathon, which is a straightforward race with a designated course that one does their best to complete. A backyard ultra, from my understanding, is a much shorter course that starts and ends in the same place, and a new lap starts every hour on the hour. You can run as fast or as slowly as you like, but you must finish in under an hour in order to start the next lap on time. The objective is to run as many laps as possible, regardless of speed, and the last person left who attempts the last lap on their own is the winner.

It just so happens that I have a friend who I met through SCR member Juan Morales with a serious running problem. John "Muck" Kilpatrick is an ultrarunner who lives in Pueblo and has run several ultramarathons around the country. Muck was kind enough to share with me that he was going to attempt a backyard ultra from his home as his base camp in early January 2026, and invited me along to participate. I had been suffering from annoying-to-painful nagging running injuries in my feet for almost all of 2025, but I really wanted to try this.

We started at 8:00 a.m. on the 1st Saturday of 2026 at Muck's house near the Rawlings Library downtown. The weather was just perfect for running! SCR member Roger Giordano showed up for the first lap, along with a couple others. The course went down to Union Avenue, down the stairs to the bikepath, we took one bridge across the river, came back the other way, and crossed another bridge, back up the stairs, and back to Muck's house. The 1st lap was roughly a 10 ½ minute mile pace, and the

whole course was just over 4.5 miles. At 9:00 a.m., Muck and Roger started their 2nd lap, and I rested my feet for an hour. At 10:00 a.m., Jitka McGivney showed up for a turn, and I joined her along with Muck and Roger. At 11:00 a.m., I was forced to take a longer rest, Jitka had enough, and so Muck and Roger started a new lap along with a couple new people. One really nice feature of this experiment was that anyone could show up at any time, do as many laps as they would like to, and then simply return home.

As the day progressed, Roger had completed roughly a traditional marathon distance, a few others had come and gone, and Muck was on his own by midafternoon. I went back to the start line at 3:00 p.m. with my electric scooter to keep Muck company and offer some encouragement. I completed 2 more laps with Muck, then it started to get dark and much colder. Muck completed one more lap outside and then went to his garage to keep going on his treadmill. The goal was to go all night every hour and return outside for one final lap at 8:00 a.m. Sunday, for a total of nearly 114 miles.

I looked forward to joining him for that final lap, but I got a text message late that night that it was not meant to be. The "laps" started getting slower, the rest/recovery time shorter, and a hip that wouldn't lie was getting worse. All told, Muck ran over 60 miles that day! Muck's family was generous with their time and effort, including an official start line, signs of support, plenty of water, and delicious, warm, homemade chocolate chip cookies (my favorite).

If anyone still reading this is interested in trying something similar, please let me know. I would love to give it another try and complete much more than 2 laps.



Stacey & Dave Diaz & Ted Sillox at the Revolution Run 10k in Canon City.

## The Big T - Santa Fe

By Sean McGivney



We read a small blurb in Footprints about a trail race in Santa Fe, and said, “Why not?” The timing was good, we love Santa Fe, it sounded challenging enough, but not punishing (easier than the Pike’s Peak Ascent, we thought...?).

Formally known as the Big Tesuque Trail Run, the Big T is in the Santa Fe National Forest, a good half hour outside of town. It starts at about 10,000 feet at Aspen Vista, just shy of Ski Santa Fe, climbs 2000 feet in 6 miles to the summit of Tesuque Peak, then back down the mountain to the start. 12 miles total, 2000 feet elevation gain & loss, we thought “We can do this!”

Thanks to the District 60 schedule, we have most Fridays off, so we left on a Friday with a planned return on Saturday after the race. We stopped on the way south at one of our favorite places to eat, Charlie’s Spic and Span in Las Vegas. We told ourselves to eat smart, nothing too spicy or heavy...and then we caved as our mouths watered while reading the menu. We didn’t go overboard, but didn’t exactly stick to our plan, either. We ate more than enough and had leftovers, so we didn’t stuff ourselves. We ended up giving the leftovers to a needy person at an intersection in Santa Fe, so it all worked out.

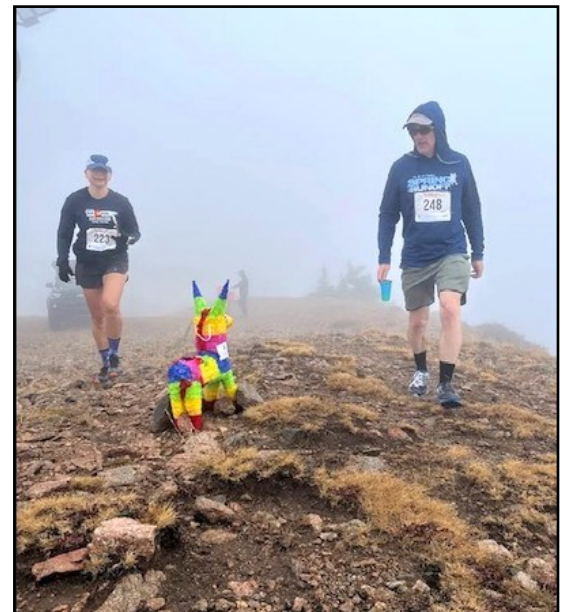
Since we didn’t know exactly where we were going, we decided to check out the race starting area on Friday before dinner, while there was plenty of sunlight. I am from Vermont, and Jitka is from Czech Republic, so we both know what beautiful fall foliage looks like. We have taken an occasional drive into the mountains to admire the aspen trees in Colorado, and they’re lovely...but simply don’t compare to the diverse palette of New England or central Europe. As we made our way up the mountain, we saw some nice aspen groves and thought what great timing for this race! We were not prepared to have our minds blown, however, and that is exactly what happened when we turned a corner and we saw the most overwhelming sea of gold either of us have ever seen. We were literally gasping, and it wasn’t due to the elevation. We made a lot of stops on our way up to Aspen Vista, taking photos and videos, so this part of our trip took a lot longer than planned. If you have not been to Santa Fe in the middle of October, I cannot recommend it enough. Whether you run this race or not, make your way to Santa Fe National Forest and make sure you have plenty of film for your camera.

Saturday morning, we opted for the early start of 8:00 a.m., not knowing how long the whole thing would take us, which took us out of medal contention immediately. We figured that finishing was accomplishment enough, and didn’t want to get in the way of anyone sincerely competing at the official 9:00 a.m. start time. That was a smart move, as we ensured ourselves one of the limited

parking spaces and our finisher burrito was that much warmer. The trip up was slow going, mostly brisk walking, but there were some relatively flat portions to run here and there. About halfway up, we were literally in a cloud, and couldn’t see more than about 100 feet ahead. It was cool, though, as this was the first time for me that I actually saw and felt a cloud moving around me, the thick tufts of moisture blowing from left to right as I made my way up to the top. At the top, we made our way around the piñata signifying the peak, took a couple more photos, then had to get moving again because of the chilly elements. The way down was fast! Other than slowing down for a couple treacherous stretches where there were some truly ankle twisting rocks, we ran the whole way. Some of the top 9:00 a.m. runners were making their way up and caught up to us on the way down, which we expected. But we finished faster than I had hoped, and just beat the serious rain, another reason the early start benefited us.

This was a tough race and required tremendous concentration for me. As I get older, I am susceptible to stumbling on uneven terrain, and I had to keep my eyes focused on the ground in front of me for 95% of this race, especially toward the end as the speed was brisk and the rocks got slippery with the increasing precipitation. The Big T proceeds benefit Wings of America, a non-profit running program for Native American youth.

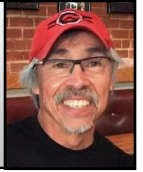
Highlights on the long drive home included the Santa Fe Farmers Market, Kakawa Chocolate House (do it!), a rainbow in northern NM, and a brief first time visit to Trinidad Lake State Park. I was fortunate that Jitka drove about 2/3 of the way home, so I could stretch a little. I might still be stuck in that driver’s seat if not for her generosity.





# Calendars

By Dave Diaz



2026 Date	EVENT	LOCATION
<b>March 2026</b>		
Sa 3/21/26	<a href="#">South Shore Raffle Run</a>	South Shore Trails
<b>April 2026</b>		
Sa 4/18/26	<a href="#">Fox Trot Raffle Run</a>	Colorado City
Su 4/26/26	<a href="#">Spring Runoff</a>	Dutch Clark
<b>May 2026</b>		
Su 5/17/26	<a href="#">Choose Your Own Adv Rai</a>	1117 Candytuft
?	<a href="#">OM Duathlon</a>	Lake Pueblo
<b>June 2026</b>		
?	<a href="#">Peaks&amp;Prairies Raffle Run</a>	4913 Warbler Ct
<b>July 2026</b>		
Sa 7/4/26	<a href="#">Firecracker 5K</a>	Pueblo City Park
Sa 7/18/26	<a href="#">Brkfast Burrito Raffle Run</a>	Beulah CO
Sa 7/25/26	<a href="#">Hot Chile Willy Raffle Run</a>	201 Jackson
<b>Aug 2026</b>		
Sa 8/15/26	<a href="#">Runapalooza Raffle Run</a>	4727 Walnutcrest
SA 8/29/26	<a href="#">Badger Land Raffle Run</a>	712 E Heron Dr PW
<b>Sept 2026</b>		
SA 9/5/26	<a href="#">Dehn's Squared Raffle</a>	<a href="#">469 Skyline Dr PW</a>
Su 9/20/26	<a href="#">Hot to Trot 5K 10K</a>	TBD
<b>Oct 2026</b>		
Sa 17 or 24	<a href="#">Harvest Raffle Run</a>	Gold Dust
?	<a href="#">Dia de los Muertos Raffle</a>	Roselawn Cem
<b>Nov 2026</b>		
Sa 11/14/26	<a href="#">Mineral Palace Raffle Run</a>	<a href="#">2112 Court St</a>
<b>Dec 2026</b>		
?	<a href="#">Rock Canyon</a>	Pueblo City Park
?	<a href="#">Nelson's Raffle Run</a>	614 E Marigold, PW

## Local Events



## Out of Town



2026 Date	EVENT	
<b>March 2026</b>		
Sa 14	Run Through Time Mar & 1/2M	Salida CO
Sa 14	St Pat's 5K	Colorado Springs
Su 29	Spring Equinox	Wellington CO
<b>April 2026</b>		
Su 12	Platte River Half	Denver
Su 19	Horsetooth Half Marathon	Ft Collins
Mo 20	Boston Marathon	
Sa 25	Royal Gorge Groove	Cañon City
Sa 25	Hero Run 5K	Pueblo
<b>May 2026</b>		
Sa 2	Collegiate Peaks Trail Run	Buena Vista CO
Sa 2	Greenland Trail Race	Larkspur CO
Sa 2	runBlossom 5K	Cañon City
Su 3	Colorado Marathon	Ft Collins
Su 17	Colfax Marathon 20th Anniversary	Denver CO
Su 24	Spirit Trail Race	Buena Vista CO
Mo 25	Bolder Boulder 10K	Boulder CO
Mo 25	Angel Run@ Red Leg Brewing 10K,5K	Colorado Springs
Mo 25	Pueblo Memorial Day 5K Run	Imperial Cemetery
Sa 30	Colorado Rockies 5K	Coors Field, Denver
<b>June 2026</b>		
Su 14	Garden of the Gods 10M	Colorado Springs
Sa 20	FibArk 10K 5K Road	Salida CO
Su 21	FibArk 10K Trail	Salida CO
<b>July 2026</b>		
Sa 4	Freedom 5K	Buena Vista
Sa 11	Grin & Bear It Trail Run	Buena Vista
Sa 18	Whitewater Festival 10K, 5K	Cañon City
Sa 18	Pioneer Days 5K	Manassa CO
Su 19	Barr Trail Mtn Run	Manitou
<b>Aug 2026</b>		
Sa 8	Georgetown to Idaho Springs	Georgetown CO
Sa 15	Melon Run	Rocky Ford CO
Su 31	Denver Broncos 7K	Empower Mile High



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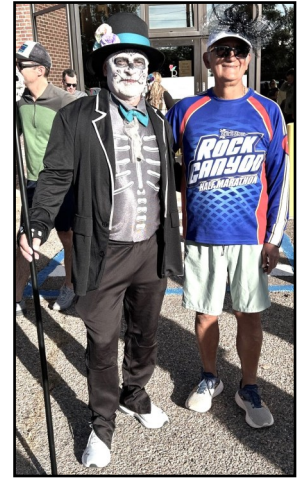
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### Día de los Muertos Pics



# The Rock Canyon Half / 5K

By Katie Fox



Despite colder temperatures and icy sections on the course, the Rock Canyon Half Marathon and the second annual Rock Canyon 5K proved to be another strong success for this great race!

As Race directors Katie Fox and Melanie Steves, along with our counterparts Eric Castellano and Steve Fox, we worked hard to offer a well-organized and memorable event. With just over 700 runners participating across both races, the turnout highlighted the growing popularity of these fun and challenging winter courses. This year's conditions tested runners' grit and adaptability. Lots of ice, and cooler air created difficult footing in places and demanded extra focus from participants. However, the challenging environment only added to the sense of accomplishment. Runners consistently shared positive feedback, expressing excitement and gratitude for the opportunity to race in such a beautiful—and demanding—setting.

cation, community support, and resilient runners made this year's races one to remember!

As Mel and Eric have been directing this race for 8 years, and Katie and Steve, 3 years, we have found ourselves to be overwhelmed with life, work, new family and all the things that keep our hearts full! As we gear up for our 40th annual race this year, we hope to find a new team to help us take on and pass the torch, to continue on in the direction of this epic race event! If you would like to be a part of this absolutely rewarding opportunity, please get a hold of one of us for details!!! See you all next December!!



Volunteers, course marshals, and organizers worked tirelessly to ensure safety and keep spirits high throughout the day. Their efforts were evident in the smiles at the finish line and the strong sense of camaraderie among all of our awesome participants! With another successful year in the books, the Rock Canyon Half Marathon and 5K continue to cement their place as standout events here in Pueblo and Southern Colorado. The combination of dedi-

(More photos on back cover)





## The Phoenix Rock 'N Roll Half Marathon

By Marijane Martinez

Gloria Montoya, Diane Lopez, and I talked about running a half-marathon. We like to do them every 4 – 5 months to give us a goal, which will in turn help us continue training, especially during the winter months. We decided on Phoenix. It was on January 18<sup>th</sup>, which happened to be Gloria's birthday! Normally, we arrive a couple of days early and then return the day after the race. This time we decided to arrive the day before and leave the following Wednesday. If you get there too early, you really can't do much because you don't want to wear out your legs.

My brother, Luther, lives in Gold Canyon, about 45 miles outside of Phoenix. Since the Broncos were doing so well and expected to be in the playoffs, my brother wasn't sure if he would be home, so we planned accordingly. The Broncos did make the playoffs, and Luther left for Denver on Friday. Since we were arriving on Saturday, Luther decided to leave the car at the airport, where we would pick it up, drive to the Expo, and then drive to his home in Gold Canyon. Everything went as planned. We found the car, went to the Expo, had lunch downtown, then headed to Luther's. Since I visit my brother periodically and run 5k races while I am there, I am comfortable driving in the area. All went well, and we then started preparing for the half the following morning. The weather was wonderful, cool but not cold at the start, and it never got hot; a great weather day for a half-marathon.

All three of us trained well and ran well. Gloria placed 2<sup>nd</sup> in her age division, and I placed third in mine. We were happy about that! That night we went out to dinner for Gloria's birthday. We had a great time! Luther got back on Monday. We drove to the train station and

picked him up. He elected to take the train to Mesa, which is much closer than driving to the airport. Since I have never actually driven to Sky Harbor Airport, I was happy Luther chose that option. That night, we ladies took him out to dinner as a thank you for his kindness and generosity. I am blessed with a wonderful and generous family.

Luther asked us if we wanted to go hiking the following day, Tuesday, the day before we came home. He gave us two choices, Silly Mountain or The Wave Cave. Since we had done Silly Mountain before, the birthday girl chose The Wave Cave in the Superstition Wilderness, which is very close to my brother's house. It was a new experience for Gloria and Diane. I had hiked it once before. It's close to a 3-mile hike, round-trip, with an elevation gain of about 900 feet, most of it in the final, steep section. It is described as medium to difficult due to the steep, loose rock at the end. Three of the four of us fell, and one of the three is now wearing a boot! Fortunately, nothing was broken! Amazingly enough, we still had a great time. I am including pictures of the Wave Cave! Another adventure with great friends and an opportunity to spend time with my brother! More memories!



# The Inaugural Mineral Palace Raffle Run Photos Hosted BY Michaela & Brandon Whitmore



A nod to Martha Drake. While on her run she came upon an elderly lady who was a bit disoriented. Martha helped her get back to her house safely. -Editor

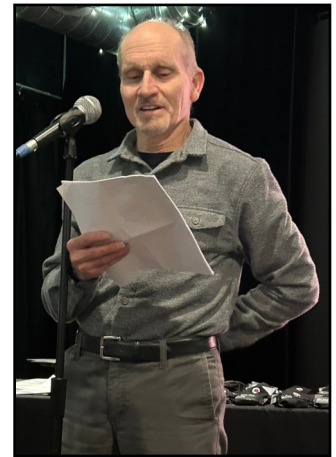


## Nelson's Pretty Fast Run Hosted by Nelson and Debbie Brentlinger



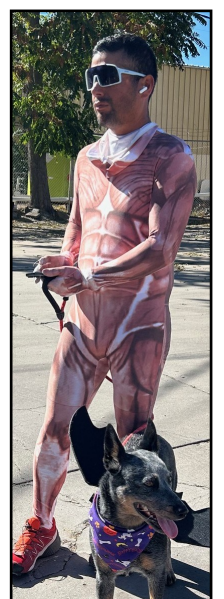


### More Banquet Photos





# Photo Potpourri





# Valentines Twosome Photos



Above:  
Al Weaver won the  
\$50 Raffle prize

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**A Few Pics from the  
Rock Canyon  
Half Marathon / 5k**

