



**SOUTHERN
COLORADO
RUNNERS**



Footprints

The May Flowers Edition
Volume #357, Issue #2
Editor: Ron Dehn



Savana Trujillo from American Driving Academy presented awards to SCR members who won cash prizes at the 2026 Spring Runoff

Top to Bottom

- Jessy Narimanov 1st 5k
- Annie Roe 2nd 5k
- Lyle O'Brien 2nd 10 mile
- Tess Zupancic 1st 10k



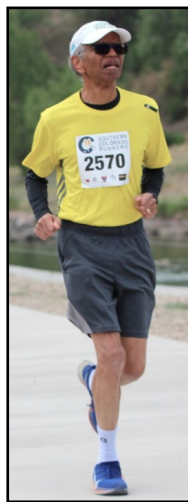
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More Spring Runoff Photos



Contact Us

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

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

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

To Ponder...

Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives - choice, not chance, determines your destiny. Aristotle

A society grows great when old men plant trees whose shade they know they shall never sit in. -Greek proverb

Worry is interest paid on trouble before it comes due. -William R. Inge

I don't know what your destiny will be, but one thing I do know; the only ones among you who will be really happy are those who have sought and found how to serve. Albert Schweitzer

I have never started a poem yet whose end I knew. Writing a poem is discovering. -Robert Frost

We can't solve problems by using the same kind of thinking we used when we created them. -Albert Einstein

There are three kinds of men. The ones who learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence. Will Rogers

Enjoy Today....



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www.socorunners.org

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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.

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

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

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

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

Newsletter Advisor: Chris Dehn

This month’s Contributing Writers / Photographers: Ted Sillox, Ken Hughes, Sheri Giordano, Eric Medina, Debbie Gurule, Desiree DallaGuardia, Amy Bailey, Jessy Narimanov, Kim Arline, Mary Yang, Dave Diaz, Kim Hunter, Katie Fox, Sabastian Sawe & Yomif Kejelcha *

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.

*Sabastian Sawe of Kenya & Ethiopia's Yomif Kejelcha ran the London Marathon in under 2 hours breaking a barrier that was thought to be unbreakable. Times were 1:59:30 and 1:59:41. This was Kejelcha’s 1st marathon.

Email Address for Newsletter Submissions

Please send articles, photos, recipes, etc. to:
[**scrfootprints@gmail.com**](mailto:scrfootprints@gmail.com)



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



Message from Our New President

By Eric Medina

I have been your President for almost half a year now, what an interesting time it has been. I wanted to share a brief word on one of the goals I set for the club: adding more inclusive messaging that emphasizes that walkers are welcome.

As many of you have seen, Nike had a controversial ad at the Boston Marathon: “Runners Welcome. Walkers Tolerated.” It was a shock to me to see a large company take that stance, especially when research shows that most of their products are sold to everyday walkers and joggers. My goal is for our club to be inclusive of everyone who wants to participate, including walkers and anyone striving to become healthier and be part of a community.

I have spoken with many people who have recently joined our club, and I have tried to ensure that we are not exclusionary to anyone who wants to try, improve, and stay positive in their fitness journey. I know firsthand what it feels like to have people make comments about my size, my race times, and what they believe a runner should look like. I want our club to send a clear message: we have an open door to anyone seeking community, confidence, and a relationship with physical activity. I never want someone to see our club as “runners only,” and it has been great to see race directors making an effort to include more welcoming language.

I also want to emphasize that struggling with body and health challenges is a part of life. Many of us have faced setbacks from injuries, surgeries, medical issues, or joint pain. Seeing someone walk, jog, or use assistance to complete a course should never be viewed negatively, it should be celebrated. We never truly know what someone else is going through, so we should never judge, only support them as part of our shared journey.

Sometimes the world we know can feel like it crumbles at our feet due to illness, injury, or simply aging. I am part of that reality with my recent surgeries, health challenges, and injuries. That’s why it is frustrating to feel like a company such as Nike merely “tolerates” people like me at races. I take great pride in our club and what it has given me as “a walker.” I have built friendships and found encouragement from people who celebrate the accomplishments of everyday participants.

I will continue to run, jog, and walk in my races because that is what I need to do to achieve my goals. I hope all members of SCR share this journey—to make our club inclusive for everyone, regardless of ability. Everyone who shows up should feel accepted—never just tolerated.

Thank you all for your kindness and for the way it shows in our races and in the many volunteer hours given to this club.



Raffle Runs by Ted Sillox

Another year has started and we are already one-third of the way through the year. We have hosted 3 Raffle Runs and there is a bevy of them coming up this summer. Our first Raffle Run of 2026 was The Valentines Twosome that was hosted and produced by Eric and Becky Medina. Lots of activity happened in the City Park Pavilion that day as there were volunteer awards to hand out, a beautiful blue and white blanket with the SCR logo on it to those who served the club during the year and socks to those who did the required Raffle Runs but did not make the banquet. There was a great turnout of runners in costume and club member Al Weaver was the lucky \$50.00 gift card winner to a long time Pueblo restaurant Cacto Flor, otherwise known as The Cactus Flower. They have great tortilla soup and margaritas.

Our next Raffle Run was hosted by Roger and Sheri Giordano at the South Shore Trail Run. This is a sweet trail run that gives the runners/walkers a tremendous view of Lake Pueblo from the bluffs overlooking the lake. The trail is a winding dirt trail with many ups and downs to break up the boredom. Midway through the course many of us stopped to help one of our runners, who somehow thought it would be a good idea to run with her car key tucked inside her bra, and help her look for the Honda key. Unbeknownst to us, a runner in front of us had spotted the key and had already picked it up. So, we were looking for something not there but at least everything turned out alright back at the staging area. After the run we held the drawing and there were 2 prizes awarded. Martha Drake won a backpack water vest that we found earlier that morning in the parking area. I hope she cleans it before using it. The second prize was a \$50.00 gift card to another longtime Pueblo restaurant, the Pantry, and it was won by Cindy Thurman. All she had to do was be there and answer when her name was drawn.

For the month of April, we headed down to Colorado City for the Fox Trot around Lake Beckwith. Katie and Steve Fox were our hosts and this is another scenic run using the roads and trails surrounding the lake. While running you get to take in the surrounding mountains of the area. Great place to run if you are looking for a different venue and there are several good dining areas there. It was a cooler day but was perfect for running as there was only a slight breeze. After the run there was more than one prize to be awarded. Katie and Steve provided a gift card and 2 entrees to the Firecracker 5K. Sara Rose, a brand-new member, won the gift card, Tom Brosseau and Kim Hunter won race entrees. Michaela Whitmore, a raffle run host, was the lucky winner of a \$50.00 card to Pass-key restaurants. She told me she has never been there so she will get to experience a Pueblo treat.

Our next Raffle Run will be at Sean and Jitka McGivney’s house and remember, “You can’t win if you are not there.”



Hot to Trot by Debbie Gurule



SCR is excited to announce that the Hot to Trot 5K/10K Race is returning after an eight-year hiatus.

at [Walter's Brewing Company](#). Runners will run routes along the Arkansas River and on the Riverwalk.

Both races will start and end at Walter's Brewery (126 Oneida) at 8:00 AM.

Originally started by the late Jeff Arnold in 2005 and later managed by Ruth McDonald, the former owner of the Gold Dust Saloon, the race was last held in 2018. We are thrilled to bring this community tradition back.

Runners who register by September 4th will be guaranteed a race t-shirt, a ticket to the Chile & Frijole Festival, and a BOGO beer ticket for Walter's Brewery (valid for participants 21 and over).

The event will take place on Sunday, September 20th, the final day of the Chile & Frijole Festival. There will be 2 races – 5K & 10K. Both races incorporate the beautiful Arkansas River Trail, beginning and ending

Register at:
<https://runsignup.com/Race/CO/Pueblo/ChileFrijoleHotToTrot>

A Reminder to Enjoy the Journey

By: Desiree' DallaGuardia



Springtime offers an incredible opportunity to slow down and reflect on the renewal of life as we transition out of winters dormancy.

hope for us to make changes for the greater good of our wellbeing.

The changing of seasons lends to us the gift of the speed of reflection; slow, intentional and paced at the rate of which gratitude travels. The duality between this and the rate of travel of the eagerness of which the flowers are blossoming and the athletes focus on shaving time off of splits versus the intentional and grounded speed of reflection, offers a platform to equalize us into balance.

Where in your training days can you exercise the duality of experiencing balance? Take a moment before you start your watch, inhale...exhale...look around and feel the impact of the budding life in colors of green and flowers. During your run, pause your watch, inhale...exhale... open your sense of hearing to the rustling of the leaves, chirping of birds and flowing of water. After your run pause, inhale...exhale...feel yourself being recognized by the trees, the bees and the sun. Find gratitude in the freedom of your ability to move your body, sense, look and listen to the natural world around you.

In the foundation of balance lies a groundedness that is neither rushed nor still but rather an effortless flow that arrives us at exactly where we need to be in mind, body, spirit and running shoes.

Gift yourself these moments to reestablish what has been lost and forgotten in the evolution of our species, the symbiotic relationship of recognition between Earth and Human.

It's easy to speed and more challenging to downshift but as one of the most adaptable species on the planet there is

St. Mary's Loop the Lake 5K

There will be a 5k run / walk at Lathrop State Park west of Walsenburg on Saturday, June 13, 2026, at 9am. It is a fundraiser to help with repairs to St. Mary's Church. Look for St. Mary's Loop the Lake 5K on Runsignup.com beginning May 15th.



I did this to myself, oh, and two others!

By Eric S. Medina

I know that you have heard my stories of bad race days and crazy running schedules, but I really did mess up this time.

I wanted to try and complete our first triathlon in April. We usually go down to NM in April to compete in one, but that got derailed by a change in the course. I found another one in North Platte, Nebraska, only about 5 and a half hours away, called the TRI-Nebraska Sprint. I once again asked Becky and Buster, my two crazy sidekicks, if they wanted to do this race, which of course we have not trained for. They once again agreed. At this point, I'm starting to question their judgment, since they always say yes to these crazy events.

I signed us all up for this spring triathlon, which included a 500 meter pool swim, a 14 mile bike, and a 3.1 mile run, which we can do with our eyes closed. I booked the hotel and then remembered, hey, I also need to sign up for the Spring Runoff, as the deadline was looming. I registered Becky and myself for the 10K, which is another bad choice I made, as you are all aware I do not like to run. I was feeling pretty good about my choices, and as I was putting them on my race calendar, I realized I had just signed up for back-to-back events. The triathlon was on Saturday, and the next day was the Spring Runoff.

I had to go tell my two sidekicks that we were going to drive to Nebraska on Friday afternoon, race the tri on Saturday, drive back to Pueblo, pick up packets, and then run the Spring Runoff on Sunday. Becky, of course, was not happy with my missed scheduling, and Buster was okay with it, but I wondered what I was thinking.

The days leading up to the triathlon, they advised that the weather was not going to cooperate and that the forecast was rain, wind, and cold, with possible snow. We have not done any swimming this year, only a few bike rides and a few runs, so we were not prepared. But hey, it is just a sprint tri. Boy, was I wrong.

We arrived in Nebraska, and there were 30 mile per hour winds, and it was 30 degrees that night, so the morning did not look any better. We woke up to 25 degrees, 25 to 30 mile per hour winds, and possible snow and rain for the race. We got our packets and realized going from the pool to the outside transition was not going to be fun, as it was cold and windy.

We hit the pool, and Buster was in the first wave and did great. Becky and I were in the second wave and got to swim in the same lane together, which was nice. Becky complained afterward that I was a lane hog and hit her several times as we passed. We did start and finish at the same time, which was interesting.

We got out of the pool, and that is when everything went bad. As we both went through the door to the transition area outside, the wind was 30 miles per hour and the temperature was 27 degrees, which instantly froze our tri suits to our bodies. Buster was already on the road for the bike, and Becky and I struggled to try and get clothes on our iced bodies. I had to put a hoodie on to hopefully protect me from the wind. Luckily, I had brought my running gloves, but trying to put my socks on my frozen feet was a challenge and not fun. Becky, on a fluke, brought a pair of biking leggings, so she was still getting dressed in her layers as I left transition.

I immediately felt the cold as the 30 mile per hour winds were hitting us at an angle as we rode into the countryside.

The bike was miserable for me. My feet were frozen, the wind was brutal, and when we hit the turnaround, the wind almost stopped you as it was straight in your face. Our mileage dropped as trying to stay on the bike became the goal. Two people were picked up by ambulance for hypothermia, and several others quit the race. Becky and I passed each other, and she was looking way better than me or Buster on the bike.

When we reached the transition area to switch to the run, Buster was so cold he could not unstrap his bike helmet. I had to unbuckle it for him, and we then tried to start the run.

The run was no better, as the cold wind and a large hill had to be conquered on the out-and-back course. My legs, which were still frozen, started to cramp not even a block into my walk, as I could not get my legs to run because it was too cold. I saw Buster ahead of me. I was about one mile into the run when I saw Becky coming down the hill on the bike, almost to the transition area. I was glad she was still alive and moving, as I was concerned about the cold and wind taking a toll on her.



(Continued on page 8)

College Bowl Adventures or Road Trip from Hell

By Eric Medina



What started out as a bucket list College football game turned into a road trip that was going down as the highway to hell. So, our team Oklahoma Sooners had made it to the playoffs, so if they won the first game the second would be against Indiana at the Rose Bowl in Pasadena, California. For anyone who is a college football fan, that is the Grand Daddy of Them All game to see in person. Buster and I talked about it for years, but this was the first time we might be able to see our team play at that game and so I talked Becky into all flying out and doing a run the night before called the run for the roses. Bad luck struck and our team lost and so for a few days we decided not to go.

As I was looking up bowl schedules to see what game I wanted to watch the next few weeks, I had a crazy thought, could I make a trip to still see the Rose bowl by driving as flights were crazy expensive and see another bowl game on the way. I looked at the schedule and routes and figured we could possibly attend 4 bowl games and run three races in 8 days. I brought up the idea to Becky and she stated, she couldn't take that much time off and she also didn't want to go to that many games, but she stated, "ask Buster, he won't do it either". I called Buster and told him my crazy idea and he stated immediately, "sure".

I started to plan the trip, which only gave me less than a week to get tickets for the games and races. I was too late to get signed up for the race in Pasadena to run the roses as it had already sold out, but that would be a blessing in disguise later in this story.

Buster and I rented a car that next Friday December 26th to head to Albuquerque for our first game that night. This was at the New Mexico Bowl between North Texas and San Diego, which turned out to be raining from Santa Fe and wet throughout the game. It was a high scoring game, but it was colder than we thought it would be, which was going to be a theme for this trip that we did not expect. We left the game and off to the hotel, but not before going to get the best Mexican food at El Super grocery store, which we have been to many of times in the past.

The next morning, we started the drive to our next destination and football game in Las Vegas, Nevada. It was a long 9-hour road trip, which we stood at the D Hotel in old downtown Las Vegas. This was one of two states that Buster needed to take off his list for running a race as Becky and I have run this state several times. The game was not until New Years eve, so we ate lots of good food and saw a great comedy show. I took Buster to the Heart Attack grill, where they dress you up in hospital gowns and nurses will spank you if you don't finish your plate. Buster got to watch people get spanked, which was a shock to see how hard they hit them, so Buster made sure to clean his plate, which was a fun time. Las Vegas was having a severe cold spell and for Vegas that was such a shock as it is usually nice during the time.

We got up on New Years eve to head out to the Las Vegas Bowl between Nebraska and Utah, which was being played at the Raider Stadium. It was a nice new stadium that was great to see from inside and out. The game was a blow away victory for Utah, but the adventure that day was not over. It had rained all day and was still raining, when we left the game to go to our first run in Las Vegas that night. It was the Resolution run, which we got there about 15 minutes before the start of the race to get out bibs and get running shoes on. We started the 5K race in drizzle and about 52 degrees, which in Vegas might as well be winter weather. It was a hilly and very tough run, especially after sitting for 3 hours at a football game. We finished the race, received huge medals and our T-shirts and we jumped into the car and started our 5-hour trip to Pasadena, California.

This is where not making the deadline to Run the Roses race was a blessing. We had just driven through pouring rain for the whole drive from Las Vegas to Pasadena and the race was being held at midnight and we arrived around 10 pm. Along the way we had seen several accidents one that a car was on fire down a hill as we drove up and we found out later that a young person died. Not more than 10 miles later we saw another accident where someone hydroplaned into the back of a semi and that person also died. So, we were just glad to get to the hotel safe and thankful we didn't have to run two hours later.

We woke up the next day and headed to the Rose Bowl to watch Indiana (National Champs) play Alabama. It was still raining and when we had to walk the 2 miles to the stadium the parking lots, which were grass and dirt, were now just a big mud pool. We were trying to walk our way around the huge puddles up to our ankles, when I slipped in the mud. My knee I had replaced went sideways and I fell straight into a mud puddle and knew I had hurt my knee and my ego. Not a good look to know be covered in mud, wet fell in front of hundreds of people. My knee instantly swelled and I knew I was not good, but I'm here going to game hurt knee and muddy. Walking up stadium stairs was not good and sitting for hours on hard concrete, but just like in races, need to suck it up, Butter cup.

We watched Indiana just slaughter Alabama, but we did get to see another Heisman Trophy winner play, which is nice to see in college football. We walked back to the car in the rain and still muddy to just get back into the car to head to San Diego. We had to get to the hotel to get ready for our race the next day at the Holiday Bowl in San Diego. This would be the other state Buster needed to run as he had never raced in California. It rained all the way to San Diego, but we arrived and we went to eat. I took Buster to Becky's, and my favorite Mexican place to eat, which is at Olde Town Mexican Restaurant in San Diego. Homemade tortillas are made to order and the best Carnitas in the US. We got back to hotel, knee swollen and called Becky. She ad-

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College Bowl Adventures Continued

(Continued from page 7)

vised I should not run the next day, and I of course said, if I can walk, I will do it not coming here and not running it.

Got up next day and ran the 5K in cold weather for San Diego, but great weather for us. A beautiful run-in downtown San Diego and then finished on the running path next to the ocean. We then took a nap and headed out for our last bowl game at San Diego State stadium. We watched Arizona play SMU, which was another blow out game. This stadium was one of nicer college game stadiums we have been

too. It was drizzling most of the game, but it was not bad and we had a good time, but we were just a little tired.

We woke up the next day and started the 17-hour road trip home and only stopped to get gas and eat on the road. It was a long stretch, but after 8 days, we just wanted to get home so we decided to drive it all in one day. Long day to sit in a car, but we got home that night around 11 pm and will start to plan our next great adventure or crazy idea, which every comes first. We drove around 2500 miles in the 8 days, saw 4 college bowl games and ran 2 races, I guess we can call this trip a, CRAZY IDEA!!!!

I Did This Continued

(Continued from page 6)

The run was rough, cold, and windy, but we all made it to the end in one piece. We did see the ambulance taking care of several people who had hypothermia.

We loaded our bikes, changed, and left for the long road trip back to Pueblo to make the packet pickup for the Spring Runoff. We ate and tried to get warm the whole trip, as we started to get stiff and our backs hurt from the long ride.

Becky and I woke up the next morning tired and sore, but decided to still run the 10K instead of dropping to the 5K, which Buster was running. That turned out to be a good and bad decision. The good thing is that Becky placed third in her age group, and just showing up and finishing got me a

second place finish in my age group. The bad part is that our legs were smoked, and it was a long race to the finish line. Becky, of course, kicked butt on her time. I, on the other hand, did a lot of walking, as my legs were heavy and did not want to move very fast. Buster finished the 5K, and we all decided it was time to go back home and sleep.

Lesson learned is that I need to look at my calendar before I sign up for races, and that these adventures make us mentally tough for when times get hard during races. Also, Becky and Buster need to stop listening to me when I say, "Hey, we should do this race." I do know that we can push our bodies and minds to finish races even when the odds are not with us.



Newbie to 5k Training By Amy Bailey



Want to start running but don't know where to start? Want to get back into running and need a plan? The Southern Colorado Runners are hosting an 8-week training clinic designed to help you prepare for the Hot To Trot 5k on September 20 using the Galloway run/walk/run method. We will meet on Saturday mornings at City Park beginning July 25. All are welcome! Sign up at <https://runsignup.com/Race/CO/Pueblo/Newbieto5K>

Raising Runners

by Jessy Narimanov

As I lace up my shoes and head out the door, my daughter calls out to me “Have a good run- watch out for cars! And grasshoppers!” When I return, my 2 year old excitedly puts on his own sneakers and zooms off to show me how fast he is. They both use the mat by the rock wall at the YMCA as a track and line up for me to call “On your marks, get set, go!” as they race back and forth, giggling.



Running is normalized in our home, because it’s a part of me, and as integrated into my daily routine as brushing my teeth. My children have grown up in the running world. My nearly 14-year-old BOB

stroller has hosted each of my 3 kids through literally thousands of miles together over the years (And it’s still going strong!) We’re one of *those* families who run turkey trots on Thanksgiving, and firecracker races on the 4th of July. We watch the Olympics with unabashed bravado (home viewing party complete with Olympic themed snacks!) proudly cheering “Go America!” each time we see a Team USA athlete. My own races are family excursions.

Since living in Pueblo, races like The Spring Runoff has quickly become a fun family tradition because there is something for each of us. My oldest began running the school mile and has moved up in distance to the 5k. My youngest two love the 50-yard-dash and proudly sport their bibs on race morning, just like mom. Over the years, I’ve run this race while pregnant, while pushing a double stroller, and racing competitively while my family cheers me in to the finish line. Race day is a celebration for all of us. The local running community comes together, and we’re joyful to be a part of it.

Yet with all of that, since running is still something *I* choose to do, I’m careful to allow my children that same choice. Running offers so many positives and strengths, but not if it’s forced. I show them through my own training how great it is for mental health, physical strength, and self-efficacy while working toward a big goal. And most importantly, that I love it. I’m running with joy, not obligation. Running is just one avenue to cultivate those gifts, and I encourage them to follow their own passions, whether that is in running, or dance, karate, basketball... any movement that sparks joy.

When my oldest started middle school, it was a big transition. New school, new classmates... it was a challenge to find his place in it all. After feeling a little lost and disconnected the first week, I suggested that he try cross-country. At this point, he had casually run a few 5Ks with me, but never seemed particularly motivated to do more beyond that, so I hadn’t pushed it. However, the school team was small and they were looking for more athletes. Plus, the practices filled the time he would have been just sitting on the school bus commuting home, so why not get some sunshine, a little exercise, and make some friends? I suggested he try one practice and see what he thought, with no pressure if it wasn’t his jam. Picking him up from that first practice, I anxiously waited for him to walk out of the school. Had I overstepped? Was this too much of a push? What if he hated it? When I finally saw him, he looked like a completely different kid- walking tall, confident, with big smile on his face, waving to teammates as they called out “Bye! See you tomorrow!” He hopped into the car, beaming.

Running gave him grounding and belonging, a chance to proudly represent his school and have ownership in it. It was exactly what he needed in that moment, and it’s been so fun to watch him grow and explore ever since. While I love that he chose to run, it is now his own, his journey, and he gets to decide what running means to him. I’m here to support, and it’s an honor and joy to do so.

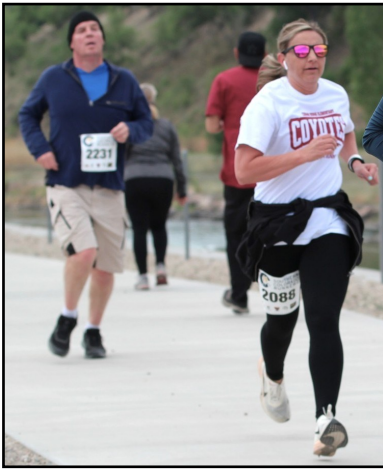




Pueblo Spring Runoff 2026

By Ted Sillox

This year we moved the date for the Spring Runoff and the warmer weather attracted more participants. 611 people signed up for one of 3 races that we offered. This is the 48th year this race has been produced and our hope is that we will continue to grow this event. Thinking about this we will more than likely offer a non-competitive short walk next year with the hope that it will attract people who would like to support our cause and the local Care & Share. As runners we think that most people would come out and walk the 5K but I feel we could attract more people by having a shorter non-timed walk. Sometimes you need to try new things to see how they are going to work and some of those walkers just might go on to become runners.



The weather really cooperated with us this year. We started the morning with a slight misty drizzle and it was perfect running weather with the coolness and the clouds but shortly after the start of the races the sun came through the clouds and we had nice comfortable weather for people to enjoy during post-race activities. We also changed how our course came into and out of Dutch Clark and it was

much better and safer for the participants. We now have an out gate on the east side of the stadium and the west gate became the in gate. As with all changes there are some adjustments and we will always need to have an usher stopping entrants going onto the field as the race finishers are sprinting down the track towards the finish line or we will



need to make an entrance shoot and herd entrants south down the track along the wall until they are past the finish line where they can cross the track and go onto the field. Suzy Steves was an excellent usher but did have one little mule who ignored her and tried to run around her anyway. Having this during track season the hurdles will be out and they can make an excellent fence with caution tape applied. We have an interesting mix of people with older experienced runners finishing their races as the kids are beginning to arrive. We probably should bump the start time up for the Spring Runoff by 15 minutes and it could eliminate having many finishers coming in while kids are arriving to the field.

The district has a new Athletic Director, Elly Naill, and she had a schedule conflict and was unable to be there for our event. To our good fortune the worker she assigned to open and close the stadium was truly an outstanding employee. Joe Wofford was early to work and could not have been more helpful to us as we set up for the race. He stayed for the whole race and the district needs at least 100 more workers like Joe. A big thank you to Joe.

Vendors and sponsors were invited to come and set up booths at the top of Dutch Clark. I did not have time to visit the area but I understand the Colorado Lottery (free tickets) and 3 Birds Coffee were busy. I also hope our primary sponsor; American Driving Academy was busy that day signing up future drivers. I always tease Ken by telling him Pueblo drivers need to take his course yearly for life, maybe twice yearly.

This year we also had a local announcer, Adam Davidson from Grass Roots Gravel, bring his equipment and handle the announcing for the 3 races. He is truly an asset to have at events as his voice carries very well and is easily heard throughout the stadium. Pueblo is lucky to have him living here and helping with local non-profit events like ours. Thank you, Adam, for helping us.

One note I need to make for next year is to have Ron Dehn at the stadium all during the race so he can take pictures for the newsletter. This year he helped us before the race but then worked as a course marshal at the 10 Mile turn point. This area is usually worked by Ron's brother Dave and his sister-in-law Cathy but they got confused and scheduled their trip to Florida during the race. Next year they will need to check with me first. 😊

For a race to be successful most of the work needs to take place before the race starts with packet pick up and course marking happening the day before. You also need to have all your water stop people in place before the race. We are lucky to have 3 local groups help us with water stops. The local Boys and Girls Club led by Nikki Timme operates the water stop on the levee, Liberty Point International School led by Carlos Salazar



SRO Continued



operates the Runyon Bridge stop and Pueblo Trail Builders led by Nicole Simpson and Melissa Tortessi operate the stop at the 10K turn point. Thank you to them and all their crews.

The course marking is only possible by having Dan Nelson and Roger Giordano help. We split that into 3 areas with Dan going east from the Dutch and Roger going west while I do the area below the stadium. We have discovered that sidewalk chalk, especially bright colors, is the best for marking on concrete. It is more durable than flour and does not blow off with the wind. Flour is great for any area that has dirt as it seems to

adhere to the ground. We still used many flour arrows on concrete but now outline them with the chalk. The chalk also allows you to write messages to runners such as “Exit Right.” Shortly after completing our marking someone attempted to vandalize the arrows on the south side of the Wildhorse Bridge and they must have known us because they wrote a



“love” note to us in the flour.

These races also need a number of course marshals to help guide people along the way and I now have them hold signs directing runners where to turn at the critical areas. I have found that in the past signs would disappear overnight if we left them out so now, I can rest assured that the marshal can hold up the sign as runners approach. Besides those wire legs on the signs are no match for the rocky soil on the river



bottom making them very hard to get in the ground unless a hammer drill with a carbide bit is first used to drill a hole in the ground. At the end of this article there is a list of marshals and where they were stationed. Thank you to all those volunteers that perform this job.

Many of our club members participated in this race and 4 of them were fast enough to place in the money category of either first, second or third overall. In the women’s 5K Jessy Narimanov was first overall with a time of 19:12 and Anne Roe was second overall, running a time of 21:20. The women’s 10K saw Tess Zupanic place first overall with a time of 50:36 and in the men’s 10 Mile Lyle O’Brien was second overall at 54:38. I will soon be posting pictures of all the overall winners to the Spring Runoff FB site. Those members and others who won cash were given their prizes by Ken and Melanie Hughes along with Ken’s son Kevin and his fiancée, Savana. Ken and Melanie, in addition to being sponsors, help with the packet pick up the night before. Those runners placing in their age category were given the medals by Paulette Arns. Racing Underground sure makes this easy by having runners print out a receipt to present with their time and placement to present for medals.



Once again Roger Giordano brought the Care & Share truck plus two workers to man the truck and pass out after race refreshments. Being a partner in the race gives great exposure to both our club and Care & Share. Roger was also taking pictures along with his wife Sheri that were quickly posted to the Facebook site for viewing. They both do a wonderful job of capturing runners on the course.

Lastly but not least and when everyone is gone or going there are the loyal members helping to clean the field and pack up equipment. What a relief to have members like Dan, Melanie, Paulette and others jumping right in to close out the race. If I left anyone out please except my apologies. Big thanks to those members who sacrifice their time and forgo running to make all of this happen. Please take the time to read through the list of volunteers and thank those members that help produce this great set of races when you see them.



Photo Credit Sheri Girodano



Funner to be a Runner

By Kim Arline

History was made at the 2026 Funner to be a Runner. Liberty Point Elementary brought 86 kids (19% of the student body) to take the traveling trophy home after a 13-year winning streak by Sierra Vista Elementary. Before Sierra Vista's years, Highland Park Elementary brought the most kids of any school for 6 years straight when the school competition started in 2006. The race actually started in the mid-1990s when the Spring Runoff took place at the northside Post office area.

Liberty Point PE teacher, Wendy Kersey, told me the last two years, she wanted that trophy and she and her students were determined to get it. Sierra Vista PE teacher, Jeff Leyva says he started training the kids too soon, he should have waited to push the running training until closer to the later date for the Spring Runoff this year.

We had 265 kids run the 50 yard dash or 1 mile race after the Spring Runoff this year. Our biggest year was 465 kids! We had a race course change making the mad dash at the start much safer letting the kids spread out a bit along the track after starting under their own blow up arch. PE teachers and volunteers liked the new start of the race. We just can't forget the bullhorn again to make announcements at the start line.

We still had significant crowding on the downhill stretch but was a little more controlled with caution tape and human cones holding the tape to widen or narrow the trail as needed for final 10-mile finishers or bigger clumps of kids running.



We had quite a bit of crowding on the two-way course



(Continued on page 13)

Funner Continued

(Continued from page 12)

running down to the 4th Street bridge and back. But it was a beautiful, sunny day with lots of green around the trail so made for some nice photos. The kids had a fun day, got to experience a race with their adoring family watching along the track.



I have organized this race for 16 years now after Terri Cathcart (6 SRO race directors ago) begged someone to keep it going. We had a virtual event coordinated by PE teachers when Covid kept the Spring Runoff as a virtual event. I sure don't miss those days!

I am looking to train some club member volunteers to help keep this race going. It is a fantastic community outreach and such a fun event when it all comes together. But I am traveling more with my retired husband and always worry if I have an accident close to the event, who will download and sort the registration and do all the final minute details? This event would be so much fun to organize with a group of people that know the event year after year and just make things happen race day, most could run the SRO and then help course marshal the kids race. It is awfully hectic to organize green volunteers

that don't know the event or the course, and may or may not show up in time for adequate instruction. So please reach out to me at kimarline@comcast.net to keep this event going for years to come.

Here are the participation results:

1. Liberty Point Elementary - 88 students (19.4% of student body)
 2. Sierra Vista Elementary - 50 students
 3. Cedar Ridge Elementary - 47 students
 4. Villa Bella Elementary - 16 students
 5. Irving Elementary - 15 students
 6. Parkview Elementary - 13 students
- Total 265 kids

Editor's Note: I am sincerely hopeful that an individual will step up, form a team, and take on the role of organizer for the Funner to be a Runner event. Kim said she will help a new team get started. So many kids these days are obsessed with their screens. The F2BR event gets kids outside and active. Some of the schools have training sessions to build interest. One of my grandsons began with the Toddler 50-yard dash many years ago. The running bug bit him and he went on to be a standout Cross Country and Track runner for Pueblo West High School. At 23 he still leads an active life. My 7-year-old granddaughter has participated in this event for the last few years. It is absolutely important to involve her in a fun and healthy activity that she will hopefully continue. The F2BR plants a seed for an active lifestyle. Please contact Kim at the above email to find out more information. Let's keep our future generations on a healthy path. P.S. Apologies to 2nd place Sierra Vista. I do not have a photo of your team.



Cedar Ridge 3rd Place





Run for a Reason: The Heart Behind the Rim to Rim Royal Gorge Race By Mary Yang



The Rim to Rim Royal Gorge Race is more than just a test of endurance, it's an event that brings people together and creates a lasting impact. This race is Starpoint's biggest annual fundraiser.

Starpoint is a nonprofit organization that plays a vital role in strengthening the community of Cañon City by providing essential services to individuals with intellectual and developmental disabilities, as well as children and families in need. Through programs like early childhood education, family support, and adult care services, Starpoint empowers over a thousand individuals each year to live more independent, enriched lives.

Beyond direct services, Starpoint fosters a more inclusive and connected community. By supporting families, creating job opportunities, and offering community-based programs, the organization helps reduce barriers and promotes dignity, growth, and self-determination. Its long-standing presence since the 1970s highlights its lasting influence, not only improving individual lives but also contributing to the overall well-being and resilience of the region.

More than 15 years ago, the Rim to Rim Royal Gorge Race was born from an idea by Ron Hinkle. Ron was Starpoint's Foundation Director at that time. Not a runner himself, he envisioned something unique and hired a race director to bring the concept to life at the Royal Gorge Bridge and Park. What emerged was an unforgettable race experience where runners crossed the iconic bridge, suspended 1,000 feet above the Arkansas River, on their way to the finish line.

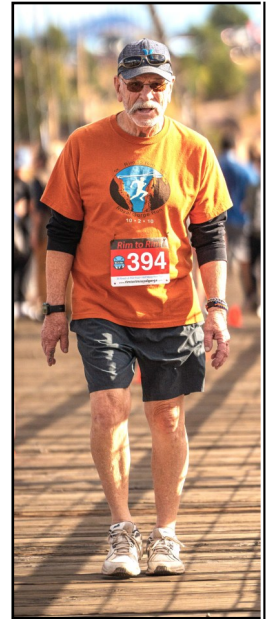
What began as a modest 5K and 10K road race with a few hundred participants has since grown into a celebrated event featuring a 5K road race, 8-mile trail run, and half-marathon trail race. The surrounding trails of the Royal Gorge Bridge and Park have been a hidden gem that now draws in outdoor enthusiasts from all over the United States and beyond.

To say that Starpoint is honored to partner with the Royal Gorge Bridge & Park on such a special event would be highly understated. Truly, it is a gift beyond measure. As we approach our 16th year, the excitement continues to grow, and this opportunity truly reflects the beautiful spirit of Cañon City. The sponsors of this event are local individuals and businesses, and many have supported the race for over a

decade.

Events like the Rim to Rim Royal Gorge Race play an important role in helping to shape stronger communities by breaking down barriers and promoting awareness. This race is more than miles and finish times; it is a celebration of goodness. Set against some of the most breathtaking scenery in Colorado, the course offers unforgettable views that make every mile worthwhile. Whether you're running or cheering from the sidelines, the experience is as inspiring as it is beautiful.

Join us for the 16th annual race on October 3, 2026, and be part of something bigger. As we like to say, "run for a reason." Also, half marathon runners, check out our Over It Half Marathon Series. We've partnered back up with the Beulah Challenge (September 19th) and the Rock Canyon Half Marathon (December 6th). We believe the southern Colorado region is pretty special. This is your invitation to experience it firsthand.



Above: Ron Hinkle. Ron started the race in 2010

Left Ainsley's Angels of Colorado with the charity riders/pushers.

All photo credits go to Ground2Air Productions.

(Continued on page 17)



The 150 Challenge provided by Kim Arline

Colorado is 150 years old on August 1st. America will be 250 years old on July 4th.

Activities and exploring ideas statewide are being promoted

Pueblo 150 Challenge



activepueblo.net/pueblo150

People that live and work in Pueblo County are invited to celebrate by

Logging at least 150 miles of outdoor activity June 1st to August 1st



Just a fun, individual challenge but you can join worksite teams and social teams to share the fun, inspire and encourage others to explore Pueblo and Colorado.

Step 1 - Register for the challenge at activepueblo.net/pueblo150 link.

Set a goal of 150 miles in a certain activity or a combination. You can pick as many goals as you want.

Step 2 - Get moving. Track your miles on any device or app you like.

You will total the miles by category to submit at the end of the challenge.

Step 3 - Have fun, find new places to walk, hike, ride, explore. Pueblo and Colorado have amazing trails and places to see. Check our calendar, events and "Where to Go" for local ideas.

Step 4 - Submit total miles by activity, answer if you met your goal and share your stories and successes by August 5.

If you meet your goal, you will be in the drawing for one of three \$150 cash prizes & local gift certificates.

PACE will collect your total miles for following activities to see how far we all go together:

- ♦ Walking/hiking
- ♦ Running
- ♦ Outdoor bicycling
- ♦ Pedal assist E-biking
- ♦ Skateboarding, roller skating
- ♦ Paddling (SUP, kayak)
- ♦ Total elevation climbed



We will also collect E-bike (throttle, little pedal assist), E Scooters, Onewheel miles as they take you places outdoors and don't cause wear and tear on the roads. But cash prizes limited to people logging 150 miles of physical activity.

Cash prizes thanks to





Pueblo Trails are Going Places!

By Kim Arline

Have you seen the new trails in Pueblo West? We are getting downright civilized in these parts! It has taken 20 years to piece together a network of trails and federal grants to provide safer areas to run, walk and bicycle.

Recent connections:

2024 – the final missing mile was completed connecting Pueblo West trails to Lake Pueblo State Park trails with the opening of the bridge over the train tracks

2025 – 3-mile trail was paved along Joe Martinez Blvd from the Pueblo West library on McCulloch to Purcell

2026 – a lot of great connections happened!

Sidewalk connections within Civic Park to existing trails and features in the park were completed in March with the mild winter we had.

3-mile paved trail connection along Purcell Blvd up to Liberty Point completed early April

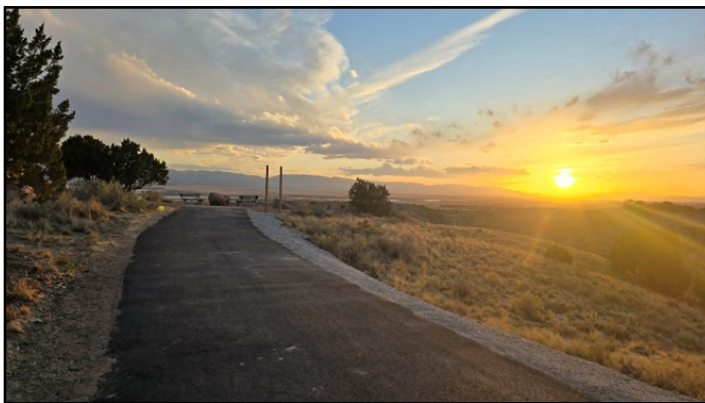
3.5-mile “Medal of Honor Blvd” opened in April. This is a smooth four-lane highway with wide shoulders to bicycle. A separated trail is along the north side, currently gravel, but funding is available to complete the paving or concrete hopefully this summer. We shall see though.

An additional trail segment should connect the Medal of Honor trail to the River trail at 11th Street. Sure hope it isn’t delayed too long! That will make for a fun 20-mile loop with river trail, through Lake Pueblo and through Pueblo West.

Pueblo Active Community Environments (PACE) is a local non-profit organization that has been advocating for a more walkable and bikeable Pueblo County since 2008. I started attending PACE meetings in 2009 when Cathy Dehn, another SCR member, had a grant at the health department to start addressing the challenges our built environment has on our public health. PACE works with city, county, state and Pueblo West officials to guide master plans to advance a connected bicycle network to serve people of all ages and abilities. It has taken 21 years to build the network that started with the first 2.3 mile section of trail in Pueblo West in 2005. Get out and enjoy the progress this summer!

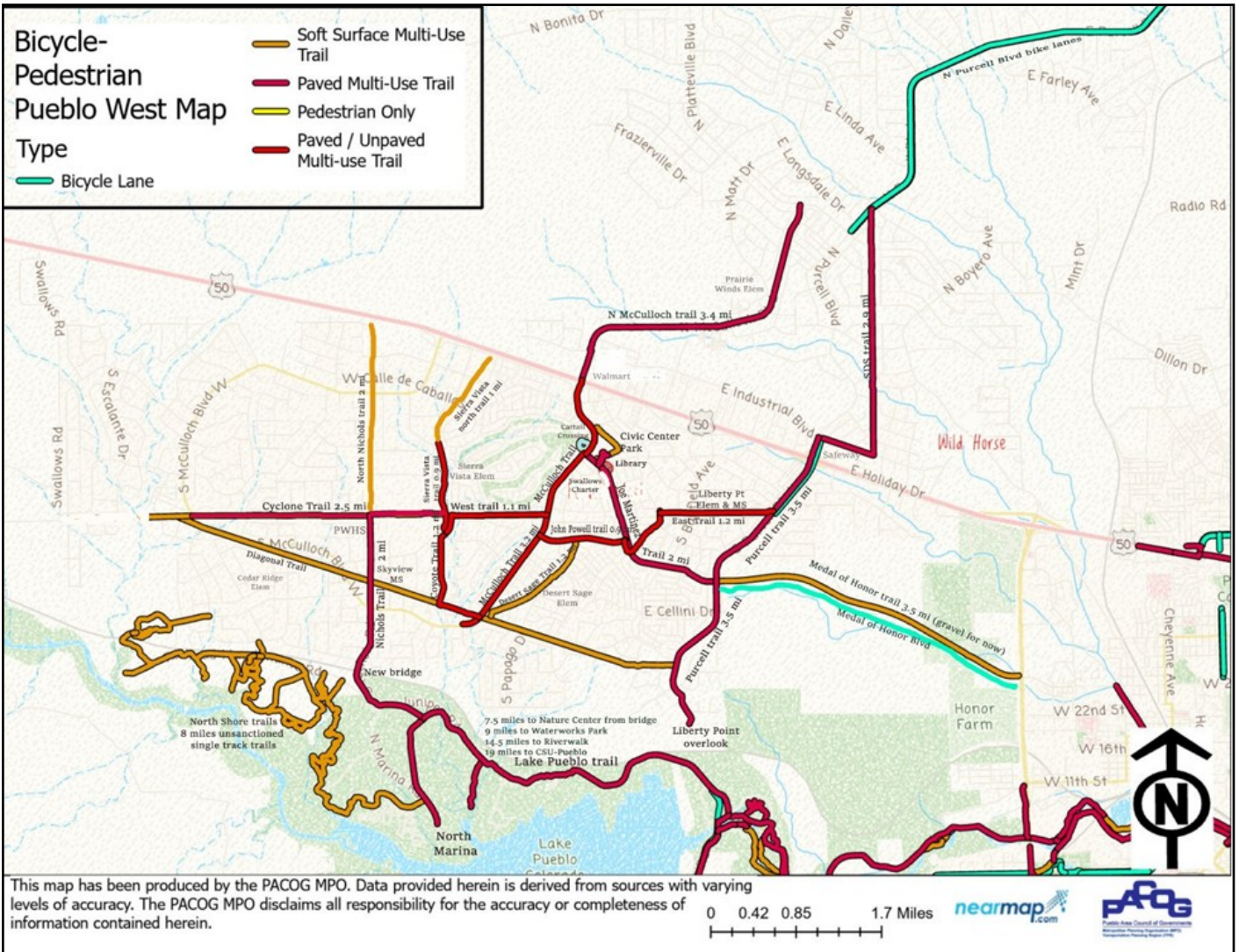
See the opposite page for a map of what the trail connections look like in Pueblo West. Get out and explore your new training options!

Editor’s Note: A huge thank you to Cathy Dehn, Kim Arline, PW Parks & Rec and all those who have been involved in the creation of these trails. I’ve been using them for years. Most PW streets have little or no shoulder so the trails provide safety for walking, running, and cycling.



Saturday, June 6th at 6 pm: Celebrate with a community bicycle ride on new Pueblo West Trails. This is a casual 7-mile family friendly bicycle ride from Pueblo West library to Liberty Point for pictures and popsicles! There is an option to ride another trail by Liberty Point schools for a 9-mile ride. More events and details on www.activepueblo.net

Pueblo Trails Continued



Run for a Reason Continued

(Continued from page 14)

A special thank you to our longstanding sponsors:

Presenting Sponsors - Royal Gorge Bridge & Park, Amrise, Pizza Madness, Rocky Mountain Health Plans- a United Healthcare Company, Susie & Bruce Bell, Benefit Health Advisor, and Fremont County Tourism Council.

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Bronze Sponsors - Pour House Coffee, Winery at Holy Cross Abbey, Run Potential, Lindner Chevrolet, Inc.

Partners- Ainsley's Angels of Colorado and Royal Gorge Route Railroad



Diane Lopez, Carmen Perez, Marijane Martinez, & Katie Fox at St Pats 5K Colo Springs



Garden of the Gods 10-Mile, 10K, and Trail races-- Celebrating 50 Years of a Colorado Classic By Michael Phan

As race director, I have the privilege of welcoming runners to one of the most unique race venues anywhere. This year marks a special milestone: the **50th running of the Garden 10-Mile**, a race that has become one of Colorado's most beloved running traditions. While it has grown into a larger event with the two added races, it has kept the charm of a community race. On race morning you'll still see runners chatting at the start, wishing each other luck, and sharing the excitement of taking on the beautiful course together.

Running Through the Garden

Before I helped organize this event, I stood on the starting line just like many of you—wondering how tough the course would be but also looking forward to a beautiful run. Race day offers a rare opportunity to experience **Garden of the Gods Park** without traffic. The roads through the park are closed, and runners move through the landscape with little more than birds, footsteps, and encouragement from fellow participants filling the air. The scenery is unforgettable. Towering red sandstone formations line the course, and along your run you'll catch views of **Pikes Peak** in the distance. It's easy to see why the park welcomes millions of visitors each year.

Don't Let the Views Fool You

While the scenery is spectacular, the course has a reputation for being challenging, as the first leg of the Garden to Peak Challenge. A common comment at the finish line is: *"I wasn't expecting it to be that difficult."* Usually followed by: *"...those hills."*

The course takes you up and down some hills and sits between **6,200 and 6,500 feet above sea level**, with roughly **1,000 feet of total elevation gain**. Runners visiting from lower elevations will notice a faster heart rate and maybe a slightly slower pace. The best approach is simply to pace yourself, stay hydrated, and enjoy the run.

Race-Day Tips

Since this isn't a typical road race, a few practical tips can help you have a great day:

Start conservatively.

The view at the start line will get you going, but ease into your rhythm during that slight uphill in the beginning.

Plan your hydration. This is a **cupless race**, so bring your water vessel. We'll have water near the start line and aid stations will have water and electrolytes along the course.

Expect warm June weather. Temperatures often start in the **50s** but can warm quickly once the sun comes up.

Take in the scenery. You're racing, but you're also running through one of the most remarkable parks in Colorado, so take it all in.

The Finish Line at Rock Ledge Ranch

After crossing the finish line, runners gather in the **Rock Ledge Ranch Historic Site** for the post-race expo. The atmosphere is relaxed and fun, with vendors, food, drinks, and merchandise. You can also cheer on the next generation at the free kids' races around the ranch. The morning wraps up with the awards ceremony—a great way to celebrate your run and the community that has supported this race for 50 years.

There's something special about this event, whether you're tackling the **10-Mile, 10K, or Trail Run** for the first time or tenth time. The views, the challenge, and the community are what have made this race special for **50 years**—and I hope to see you in the Garden. 🏃♂️

Editor's Note: Thank you Mary Yang for sending this article.





The Birthday Page



May

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

June

1 Diana McKinley
 4 Jessy Narimanov
 5 Lew Fox
 6 Arvel Wooten
 7 Julian Salazar
 10 Jaylen Vargas
 11 Stephanie Baker
 11 Rahel Gredig
 11 Sean McGivney
 11 Erik Romero
 13 Gael Cortes
 13 Lucas Flory
 13 Carrie Tucker
 14 Stacey Salvatore
 18 CORI LEONE
 18 Donald Montoya
 20 Melissa Fairbairn
 20 Kira Hughes
 21 Retzio Gredig
 21 Zachary Reite
 22 Esther Houser
 23 Mary Yang
 24 Laurice Lopez-Cepero
 24 Ruben molina
 27 Jason Bryant
 27 ERIC CASTELLANO
 28 Tomas Arguello

July

1 Jennifer Arellano
 1 MARIJANE MARTINEZ
 1 Tanna Schut
 2 AnnaMarie Neal
 4 Donald Moore
 5 Amy Bailey
 5 Kim Hunter
 6 Darla Wade
 6 Cleo Zarr
 6 Jay Zarr
 8 Joseph Spinuzzi
 8 Roseann Tavarozzi
 10 Raluca Moucha
 10 Annie Roe
 10 Annie Roe
 12 Sonny Ponce
 15 Kevin Hughes
 17 David Dietz
 17 Regis Marquez
 19 Jason Castro
 20 Bill Veges
 21 Veronika Marmolejo
 22 Emily Arellano
 22 Lindsey Romero
 22 Robin Tomlinson
 23 Eric Medina
 25 Greg Horvat
 28 Steve Rockwell
 29 Timothy Mossberger
 30 Josh Aguilar
 31 Malcolm Singer

August

3 Lyle O'Brien
 3 Joh Salvatore
 3 Megahn Williams
 5 Janique Holbrook
 5 Gayle Perez
 8 Julian Lopez
 8 Rich Roylance
 8 Connor Steves
 9 Dave Diaz
 9 Theresa Gentile
 9 Emily Perez
 10 Pam Gonzales
 10 Denise Laine
 10 Ben Wiley
 11 Richard F. Craft
 11 Ron Dehn
 13 Jenelle Toft
 14 Geoff Guthrie
 14 Frank Lopez-Cepero
 15 Karen Graham
 15 Makayla Padilla
 15 Aaron Potokar
 18 Melanie Hughes
 18 Ryan Madic
 19 Vance McPheeters
 21 Darryn Biggerstaff
 21 Ricardo Perez
 21 Carlos Salazar
 24 Paula McCabe
 25 Taylor Lopez-Cepero
 26 Joe Lane
 27 Richard Emond
 28 Augustine Stevens
 29 Neymar Hernandez
 29 Deborah Shaffer

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

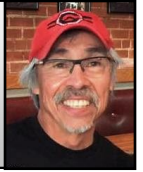
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 Because the newsletters are mailed in bulk mail, they cannot be forwarded and
 if they are sent to your old address,
 the club gets charged a processing fee \$\$\$ and you don't get your newsletter.
 THANK YOU a WHOLE BUNCH!

Apology
 In the last issue a few birthdays were omitted. Belated wishes to McKayla McKinley and Casey Tipton (Feb 1) and Kathryn Barber and Freddy Chico (Feb 2)



Calendar

By Dave Diaz



May 2026

Su 17	Colfax Marathon 20th Ann	Denver CO
Su 17 7:30	Choose Your Own Adv Raffle	1117 Candytuft
Su 24	Spirit Trail Race	Buena Vista CO
Mo 25	Bolder Boulder 10K	Boulder CO
Mo 25	Angel Run@ Red Leg Brewing	Colorado Springs
Mo 25	Pueblo Memorial Day 5K Run	Imperial Cemetery
Sa 30	Colorado Rockies 5K	Coors Field, Denver
Sa 30	Trinidad Wellness 5K	Trinidad. CO
Su 31	Tails on the Trails 5K	Salida CO

June 2026

Sa 6	Pueblo Levee Run	
Sa 13 7:30am	Peaks&Prairies Raffle Run	4913 Warbler Ct
Sa 13 9:00am	St. Mary's Loop at the Lake 5k	Lathrop State Park
Su 14	Garden of the Gods 10M	Colorado Springs
Sa 20	FibArk 10K 5K Road	Salida CO
Su 21	FibArk 10K Trail	Salida CO

July 2026

Sa 4 8am	Firecracker 5K	Pueblo City Park
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
Sa 18 8am	Brkfast Burrito Raffle Run	Beulah CO
Su 19	Barr Trail Mtn Run	Manitou
Sa 25 9am	Hot Chile Willy Raffle Run	201 Jackson

Aug 2026

Sa 8	Georgetown to Idaho Springs	Georgetown CO
Sa 15	Melon Run	Rocky Ford CO
Sa 15 7:30am	Runapalooza Raffle Run	4727 Walnutcrest Ct
Sa 29 8am	Badger Land Raffle Run	712 E Heron Dr PW
Su 30	Wine Run	Cañon City
Su 30	Denver Broncos 7K	Empower Mile High

Sept 2026

Sa 5 8am	Dehn's Squared Raffle	469 E Skyline Dr
Sa 5	Break Your Neck 5K	CSU-P
Sa 19	Beulah Challenge	
Sa 19	Pikes Peak Ascent	
Su 20 8am	Hot to Trot 5K 10K	Walter's Brewery
Su 20	Pikes Peak Marathon	

Oct 2026

Sa 10	Grassroots Gravel Ride	Pueblo Co
Sa 24 2pm	Harvest Raffle Run	Gold Dust
Sa 24	Spooky Sprint	Pueblo YMCA
Sa 31	Dia de los Muertos Raffle	Roselawn Cem

Nov 2026

Sa 14	Mineral Palace Raffle Run	2112 Court St
Th 26	YMCA Turkey Trot	Pueblo YMCA

Dec 2026

Sa 5	Nelson's Raffle Run	614 E Marigold, PW
Su 6	Rock Canyon	Pueblo City Park

Newsletter Archives

Years and Years of old Club Newsletters are available. Go to socorunners.org,

Click on About Us, and then Newsletters.

The oldest issue of Footprints on file is December 1990. Enjoy your trip down memory lane.

The body is given out on loan - don't waste it and expect to use it tomorrow. *Shapiro*



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Ramblin'
Keep the Rubber Side Down
 by Ron Dehn



Many years ago, I was training for my first century ride. Larry Volk gave me this advice, “Keep the Rubber Side Down”. As I have aged (I’ll be 78 this summer), that advice seems even more relevant. Since I wear rubber soled shoes 98% of the time, I remind myself of Larry’s advice while on my feet as well as my bike.

First Wake Up Call: I don’t remember what initiated the conversation, but several years ago while visiting with family someone mentioned the heel toe walk. The one you do if the police are checking you for sobriety. Nobody got stopped by the police, this was in our living room. Anyway – I did the walk and was surprised that it was not as easy as I thought. Sure, I could do it but knew my balance had deteriorated. Immediately I began to incorporate more balance exercises into my workouts.

Second Wake Up Call: Several months ago, I got on our roof to replace the A/C filters. I have done this for years and when I was younger, my brother Dave and I had roofed several houses after hailstorms. But this time it felt different. I crawled out one of the upstairs windows, and worked my way to the A/C unit on the main roof to take care of business. But my sense of balance was a little off and I realized it. I understand that this is both a mental and a physical issue. My wife Chris was looking out the window, and I could hear her saying, “You should not be out there Mr. Dehn.” Chris could see my uneasiness and she was right. I realized again that I needed to focus more on balance activities. Not that I plan to roof houses, but because I want to “keep the rubber side down.”

Several issues back I wrote about the exercises I do on my balance board. I also do one leg stands on our 2 ½” thick foam pad. Both of these are great exercises.

And, the Dad / Grandfather in me requires that I give free advice to you the reader.

First, good balance is NOT just an issue for senior citizens. Whatever your age, work on it. Secondly, be safe. Use a wall or a chair to help balance if you need to. Third, Google balance exercises. You will find plenty of resources.

Here are some of the things I do in addition to my balance board and one-leg stands on the foam pad:

- Squats including rapid squat sits on a chair. To increase difficulty you can hold weights.
- Wall sits. I have a love / hate relationship with these. The more horizontal your quads, the more difficulty.
- One leg stands and make a clock face with the other leg. For example, point the free leg to 12, 1, 2, 3 etc. Then switch legs. You might need a chair in front of you. My brother Dave taught me this one and it is difficult but beneficial.
- Heel to toe walk
- Strengthen the core with planks / standard pushups / wall pushups, crunches (protect your back)
- Lunges
- Both one leg and 2 leg toe stands (heel raises)
- Do step ups on a block or on a stair. Do several reps leading with one leg, then repeat with the other.
- If you get real good at standing on one leg—try doing it with your eyes closed. You might try it near a wall or chair at first.

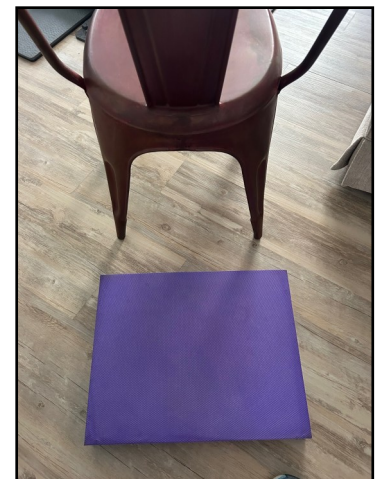
As a side note I was chatting with Roger Giordano about this topic and he told me he tries to put on his shoes and socks standing on the opposite leg. Wow, that’s a great goal and I must admit I’ve got a way to go before I can do that one.

Finally, I invite you to send me suggestions. If you do, I’ll report back in the next issue.



The Balance Board my neighbor Scott built (but I helped)

The thick foam pad and chair just in case



Fox Trot Pics by Katie Fox and Kim Hunter



South Shore Trail Run





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MORE SRO Pics

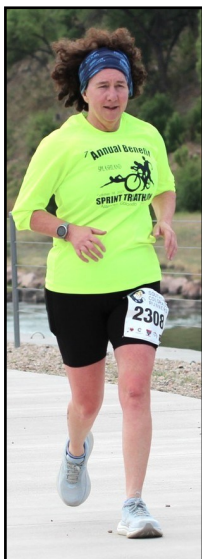


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