



**SOUTHERN
COLORADO
RUNNERS**



Footprints

The Summer (Hot) Edition
Volume #357, Issue #3
Editor: Ron Dehn



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If you plan to move or have recently moved

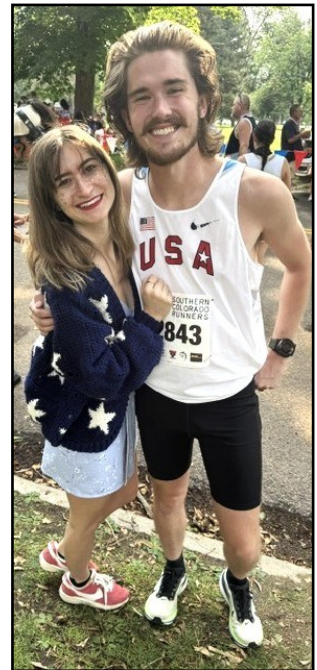
Please Please Please update your address at runsignup.com

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The club gets charged a processing fee \$\$\$ and you don't get your newsletter.

THANK YOU a WHOLE BUNCH!

More Firecracker 5K 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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see: www.socorunners.org
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The SCR meetings are held at 6pm on the first Wednesday of each month at 1601 Bonforte Blvd.

To Ponder...

I can't change the direction of the wind, but I can adjust my sails to always reach my destination. —Jimmy Dean

It is not how old you are, but how you are old.
-Jules Renard

Happiness is not a goal; it is a by-product.
-Eleanor Roosevelt

Oh, it is excellent to have a giant's strength; but it is tyrannous to use it like a giant. -William Shakespeare

Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.
-Elie Wiesel

Life's journey is not to arrive at the grave safely in a well-preserved body. But rather to skid in sideways, totally worn out, shouting 'holy s**t...what a ride!
unknown author

Sometimes it's a little better to travel than to arrive. - Robert Pirsig

There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings. - Hodding Carter



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

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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: Kim Hunter, Cathy Dehn, Dave Dehn, Marijane Martinez, Martha Drake, Melissa Fairbairn, Ted Sillox, Melanie Steves, Allie Dehn, Jessy Narimanov, Amy Bailey, Desiree Dal-Guardia, Gregory Case, Ben Wiley, Don Brown, Dave Diaz, Emil Zátopek *

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*Emil Zátopek See pages 14-15

Email Address for Newsletter Submissions

Please send articles, photos, recipes, etc. to:
scrfootprints@gmail.com



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



Ramblin' Gratitude and Service by Ron Dehn

I recently went to a celebration of life for a friend of mine who passed away unexpectedly. At the service, his son spoke about his Dad. He said there are two things I want to share about my Dad. First, he had an “Attitude of Gratitude”. He went on to say that his Dad started his day by giving thanks. After speaking on gratitude for a bit, he said the second thing about his Dad was that he had a “Servant’s Heart”.

Those two things stuck with me, and I believe these ideals have been on display for the last several weeks in Pueblo, Beulah, Rye, Colorado City and the surrounding areas.

Thank you to the firefighters, local law enforcement agencies, CDOT, and other government agencies. Thank you to those who set up shelters and who rescued people, horses, cattle, and other animals. Thank you to those who have been generous with their money, time, food, and supplies to meet the needs of those who have been displaced. And thank you to those working behind the scenes who remain anonymous and help in a variety of ways.

We see a lot of people out there with “Servant’s Hearts.” Those giving of their Time, Talent, Treasure, and heartfelt support to their fellow citizens.

There have been numerous fund raisers organized by TV stations, churches, organizations, musicians, and individuals to support those affected by the fires.

SCR was one of those organizations. We gave proceeds of nearly \$10,000 from the Firecracker 5k and member donations.

Race Directors Katie and Steve Fox were among those evacuated but still managed to do their part to make sure the Firecracker 5k took place. Melanie Steves and Eric Castellano recruited their team in a matter of hours to ensure the success of the event for the participants and for the fund-raising aspect. See Melanie’s great article on page 5. Note that Melanie thanked a lot of others, but she was the central figure in the entire operation. Thank YOU, Melanie!!!

Government officials, private citizens, and organizations including SCR stepped up. No one can undo the devastation, but people have done and continue to do whatever they can to mitigate the damage.

Attitudes of Gratitude, and the Hearts of Servants.



Raffle Runs by Ted Sillox

In this issue, we highlight three club Raffle Runs: Choose Your Own Adventure, Peaks and Prairies, and the Breakfast Burrito Run. In May, before the summer heat arrived, the club met at Sean and Jitka McGivney’s home for the Choose Your Own Adventure Run. Sean always offers a variety of routes for runners and walkers, with several points where participants can shorten the course or tackle the big loop for an added challenge. The big loop includes elevation and a great view of the area around CSU Pueblo. Afterward, we gathered in the backyard and on the patio for conversation and a generous spread of food. Melanie Steves was the lucky raffle winner and will enjoy dining at the Fuel and Iron food court. Because these runs are free, anyone who does not attend regularly is missing one of the club’s best experiences.

In June, we headed to Pueblo’s north side for the Peaks and Prairies Raffle Run, hosted by Robert Espinoza and Dr. Rebecca Simmons. The fun route begins and ends on sidewalks, with prairie trails through the middle of the run/walk. We were even warned to watch for rattlesnakes along the prairie section. It is remarkable how quickly you can leave the concrete and find yourself in the wild. After the run, we gathered in the backyard for breakfast treats, including fresh pizza, mimosas, and plenty of other dishes, some of them vegan. Bob Drake attended and was the lucky winner of a \$50 gift card to The Wonderful Bistro. He was able to win because he was present.

We have two runs in July, but this newsletter covers only the first: our annual Breakfast Burrito Raffle Run, which may be the last one. The run seems jinxed because each year brings some kind of location or food challenge. It was originally held at Lake Pueblo, but after the state increased facility fees, we moved to Pueblo Mountain Park and hired a local food truck to provide burritos. The park was great, but the burrito service was far too slow. This year, we planned to return to the park, but the Aspen Acres Fire forced us to change course. The food vendor got part of the order right but still struggled with the vegan burritos. The fire led us to relocate to the River Campus of the Nature Center, where we enjoyed a good morning despite the heat. Gloria Montoya was the lucky raffle winner and took home a \$50 gift card to Mauro’s Bakery and Farm just in time for the crops to start coming in. Remember, you must be present to win!

The Firecracker 5K Supports the Local Aspen Fires

by Melanie Steves



Setting goals, training, and pushing ourselves to achieve a distance or a pace are all part of signing up for a race. But sometimes, circumstances change our course. What matters most is how we come together and what we do when those unexpected moments arise.

This year, the Firecracker 5K was filling with registrations when everything abruptly changed. The Aspen Fires began to grow rapidly, destroying homes and forcing many families to evacuate. Smoke filled Pueblo County, and suddenly, running was the last thing on many of our minds.

But the running community is made up of people who know how to face tough moments both personally and physically. Once again, our community came together with hope, compassion, and a determination to help those who needed it most.

The Firecracker 5K became an opportunity to do just that.

With the support of the Southern Colorado Runners Club, we were able to turn this year's race into one of our greatest opportunities to give back. With only a few days to change gears, the race directors quickly communicated that the race would go on while also providing runners with a way to support our community.

More than 500 people showed up and raced on that incredible Fourth of July. American pride was everywhere. Runners came dressed in their biggest and brightest RED, WHITE, and BLUE, and the smiles, encouragement, and donations kept coming.

People showed up.

SOCO club members jumped in to help, and our entire volunteer staff stepped up when we needed them. These are the kind of people who simply say, "Yes, when, and where?"

Adam Davidson and his family set up the MC station after they had already spent long hours serving with United Way. Katie and Steve Fox worked right up to the last minute to make sure course equipment, medals, snacks, and countless other details were ready. They were doing all of this while also dealing with evacuations affecting themselves and their family members. Gwen Steves and Buster did an amazing job handling the timing. So many club members and family volunteers helped keep the race moving smoothly despite everything happening around us.

And this is where I simply want to say thank you.

Thank you to everyone who stepped up. Thank you to our runners, volunteers, race directors, families, and the entire community. Thank you for the kindness, generosity, and spirit that turned this year's Firecracker 5K into something much bigger than a race.

Together, you helped raise \$9,900 for the United Way of Southern Colorado, the Beulah Fire Department, and the Red Creek Springs Volunteer Fire Department.

What started as a race became a reminder of what our running community can accomplish when we come together.

What a Firecracker 5K....one for the history books!



There were Lots of Heroes involved surrounding the Aspen Acres Fires.

A Huge Thank You to the Firefighters who were staging at City Park on July 4



Hanging with the Brosseau Family

By Marijane Martinez



My journey to the 2026 Bolder Boulder started almost a year ago with an invitation from my nephew, Joe Brosseau, who is married to my niece Kari. Joe and his family were planning a trip to hike The Incline in Colorado Springs. He invited my brother, Luther, and me to join them. Luther lives in Arizona; he comes to Colorado for the summer to escape the heat. He is an avid hiker.

The trip to The Incline was well planned by Joe's sister, Maggie. Maggie also lives in Arizona. The hike went well. I don't struggle so much with the altitude or the difficulty of the Incline as much as I do with acrophobia (fear of heights). I can't really enjoy looking around, up, or down; I must look at the ground in front of me and keep going up. Everyone completed the hike. Maggie gave us a sticker she had ordered, which I proudly placed on my water bottle. My fear of heights decreases each time I go. Although I said it would be the last time I do it, I really would like to do it one more time with my family members.

Now on to Bolder Boulder.... Joe mentioned to me that his two sisters, Maggie, Cassie, and her husband, Chad, were going to register for the Bolder Boulder! He said his mom and dad (Hollie and Tom) were going to join us to help with Cassie and Chad's 3 children. Joe invited me to join them. I had not run Bolder Boulder for quite some time. I did a little research and discovered I had

actually run it almost 20 times many moons ago! When I was 39 years old, I posted a time of 46:25!

I decided to wait until after the Spring Run Off 10k to register, so I could hopefully use my time to get into a qualifying wave. My SRO time got me into the EE group. I was ready to go! The Brosseau family had done all the preparation; all I needed to do was be ready when they picked me up on Sunday morning! The morning of the race was beautiful! I went all the way to the front of the A wave in hopes of seeing Martha & Bob Drake's son Matt. I didn't see Matt, but I did get to take a picture with Chip, CU's mascot.

The race went very well. There are so many crazy things going on along the way. Going up the final hill into the stadium, I noticed a table piled high with GoodR sunglasses. They were actually handing them out! I did a quick turnaround, took a pair from the girl, and continued my run into the stadium carrying my glasses. Sometime in the future, I would like to go back and take part in all the craziness of the race; the slip and slides, the shots of tequila being shot into your mouth out of a squirt gun, and so many other crazy things. This year, I was on a mission. I wanted to earn a shirt for posting a time that beat my age. I did it! After the race, I went to the tent to pick up my shirt. I took it to a nearby fence to take a pic-

(Continued on page 7)

Hanging with the Brosseau Family Continued



(Continued from page 6)

ture to send to family and friends. I FORGOT IT ON THE FENCE!!! When I realized it, I went back, and it was gone. I went back to the tent, and the lady was a sweetheart and gave me another one.

Joe and his family went back to the room to shower and pack. I had already packed, and I took a bag with fresh, dry clothes and checked it before the race. I stayed in the stadium and connected with Becky, Eric, Buster, Mac, Katherine (Las Vegas, NV/Beulah), and their daughter, Catherine (Boulder), who all participated. In all of the hullabaloo of the race, I didn't take pictures of them. Chad was registered, but their son had a baseball tournament in Colorado Springs, so he was unable to be with us. The Brosseau family returned to the stadium, and we all stayed to enjoy the flyover, watch the elite athletes run into the stadium, and see the different military branches drop down into the stadium carrying their respective flags. Seeing the U.S. flag still makes me emotional. Thank you to Joe, Hollie, Tom, Maggie, and Cassie for allowing me to tag along. The entire trip was wonderful! Until our next adventure.....





Serving a Purpose

by Allie Dehn

As two high school students, we wanted what we believed to be reflected in the way we lived. We wanted to create a space where people could come together, have fun, and leave knowing they had been part of something bigger than themselves. More than anything, we wanted to show that teenagers do not have to wait until they are older to make a difference.

That is where Serving a Purpose began.

We chose pickleball because of how quickly the sport has grown. It has been recognized as the fastest-growing sport in the United States for five consecutive years, and we loved the idea of using a sport that is bringing so many different people together as a way to give back. We wanted the tournament to be something people genuinely enjoyed while also having a purpose beyond the game.

The name Serving a Purpose came from that same idea. In pickleball, every serve starts a point. For us, every serve could also help start something bigger. Every time someone stepped onto the court, they were not just playing a game. They were helping support a cause and making an impact. We wanted the name to remind people that even something as simple as a serve can have a purpose.

We chose to donate the proceeds to the Boys & Girls Club of Pueblo County, and we truly could not have done it without them. Their support helped us take an idea and turn it into something that could make a difference for young people in our community.

When tournament day finally came, it was so much more than we had imagined. The teams competed hard, but they also had so much fun. Seeing everyone enjoy the day made all of the planning and preparation worth it.

We were also incredibly grateful for the volunteers from the Pickleball Association who came out to help. They familiarized us with the rules and officiated the games, giving their time and experience to make sure everything ran smoothly. Their support allowed us to focus on what the day was really about.

We wanted to make the tournament special for the players, too. The winning members in the teenage division each received a 50-inch TV, while each winning adult received a Dick's Sporting Goods gift card. Seeing the excitement from the teams made the competition even more memorable.

By the end of the tournament, we had raised over \$1,000 for the Boys & Girls Club of Pueblo County.

But the number on the final total was never what we wanted people to remember most. We wanted them to remember the feeling of being part of something that mattered. We wanted the players to have a day they could look back on, and we wanted the money raised to continue making an impact long after the last game was finished.

For us, Serving a Purpose became proof that faith can move beyond an idea and become an action. We started with a simple thought and watched it grow through the people who believed in it, showed up, volunteered, played, and gave.



Kendall (co-organizer) & Allie



And in the end, every serve truly did serve a purpose.

Editor's Note: Allie is my great niece. She is a junior at Central High School and is on the Central Dance Team. And I am definitely proud of her.



OMG! GOG!

By Marijane Martinez

When I discovered the Garden of the Gods was celebrating its 50th anniversary, I decided I needed to be a part of the event. Again, as I usually do, I researched how many times I had completed the 10-mile run. I found that in 2003, a couple of weeks before I turned 51, I ran my first Garden, and I recorded my fastest time (1:29:08). I participated in the Garden on and off through 2021, a couple of weeks before I turned 70 (1:49:53). Including 2026's Garden (1:56:10), I

On a whim, Mac Singer, age 85, decided he was going to walk the 10-miler! His wife, Katherine, wasn't excited about his decision but, of course, was there to support him. Gloria Montoya also came along to support us, and Carmen Perez was there too!

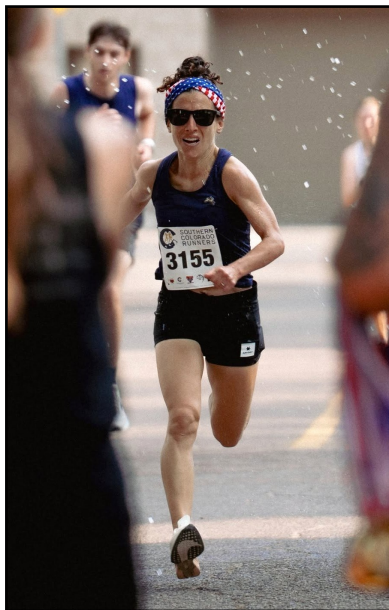
On the morning of the race, the weather was quite cool. Our support crew waited in the car for the majority of the race to stay warm. Running in cool weather is a plus for the Garden because it can get very hot by the time you finish. The race started uphill, and I was very conservative. I had decided I was going to run to finish and not worry about my time. I saw Mac during the race, and he looked as cool as a cucumber. We both finished and placed in our age divisions! Mac placed 1st and I placed 3rd.

I decided that would be the end of my running of the Garden of the Gods 10-mile race. I am at an age where I am more interested in finding easier courses and hoping that, by doing so, I can continue to participate in half marathons for years to come. It was a nice ending to my many years of participating with a plethora of friends. I am extremely happy I was able to participate in the 50th Anniversary of the Garden of the Gods 10-miler!

have run the 10-miler 11 times. My first Garden was held at Memorial Park in Manitou Springs. Back then, the Garden marked the beginning of more intense training for the Pikes Peak Ascent in August.

Fast forward to 2026. I trained, but not as much as I had in the past for previous Gardens. I had run the Phoenix Rock 'n Roll half marathon in January, but training decreased once the half was in my rearview mirror. I worked my long runs up to 8 miles and knew I would finish it, but I was a little afraid of how I would feel and how I would actually run.





Faster as a Master

by Jessy Narimanov

I've never been one to place emphasis on big birthdays. I'm not afraid to age (it is a gift to grow old) and I'm rather uncomfortable being in the center of attention, so I've never desired the fanfare around them. In fact, my greatest birthday gift of all came on my 34th: my daughter. I absolutely love that we share this day, because she's what gives it mean-

ing and light, and pure joy to celebrate (without having any focus on me.)

However, as I approached my 40th birthday this year, it started to feel big. It's hard to pinpoint exactly why- was it based in societal assumption of my descent down the other side of the proverbial hill? Have I accomplished all I wanted to do while I was "in my prime?" If not, is it too late to pursue more?

Since I began my running journey in my mid 20s and never competed in high school or college, I always felt like I was playing catch-up in this sport: like missing out

on those opportunities in my youth meant that I would never truly reach my potential speeds and times. Perhaps that's why I've always placed more emphasis on longevity in the sport, valuing consistency in training over the years. Turning 40 means I'm now considered a masters athlete, and while some races designate separate time standards or award pools for such athletes (awesome!) I'm also striving to remain competitive beyond that. I may be a masters, but I'm genuinely in the best shape of my life; finally feeling like I have the chance to chase some fairly audacious dreams.

This ascent in fitness isn't due to a sudden jump in physical training. I'm faster as a master because of the life experiences I've accumulated over the years. The resulting mental shifts in both perspective and self-awareness attained by age 40 have set me up to be a fiery competitor that would trounce my 25 year-old self.

I'm more in tune with my body, and gentler with it. I now acknowledge that running doesn't occur in a bubble and all of the energy pulls in my life can impact it in some way, so I try to take that all in account with training and adapt accordingly. Stress is stress, and the body cannot distinguish the difference between 400 meter repeats on the track, a night up with a teething baby, or a big deadline at work. I've learned to identify the difference between soreness and pain, so I know when it's safe to push or wiser to rest (listening to that and resisting the urge to run anyway is another story, but I'm getting better.) There's also a distinguishable difference between the self-imposed discomfort of running hard and incidental pain from injury, illness, or childbirth, and recognizing that softens the internal alarm bells while racing, allowing me to push through it a bit longer. I'm healing my relationship with food, finally nourishing my body with the fuel it needs to execute the work I'm asking of it. These goals are BIG, and I need to fuel big to put myself in the best place to reach them.

(Continued on page 11)



Run Rhody Hosts A Great Race

By Amy Bailey

The weather was a bit warm, but nearly perfect the morning of May 17 when the Rhode Island Half Marathon hosted by Run Rhody started. The race began and finished at Pierce Memorial Stadium in East Providence. There were two distances to choose from, the half marathon and a 5k. I ran the half and enjoyed a 13.1 mile foot tour of a city I had never been to. The course wound through downtown, coastal neighborhoods, and along the East Bay Bike Path with views of Narragansett Bay. The race was very well organized and offered pacers for the

half and numerous aid stations stocked with water and electrolytes. The finish line for both distances was on the track of the stadium in the heart of the finish line party where runners received a free breakfast sandwich and beer to enjoy while rocking out with the live band. If you are looking for a great race at sea level to conquer with your Colorado endurance, this would be a great choice and they have a big PR bell that would be waiting for you at the finish line celebration.

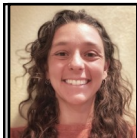


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With so many titles and obligations in various aspects of life, my identity can't be wrapped up in a singular activity. I may be disappointed if I miss a time or lose a race, but it doesn't mean I'm a failure as a person: my husband and kids love me all the same. Realizing this makes it feel less risky to put myself out there to potentially (or at times, likely) fail. And the biggest shift: I finally believe in myself. There is tangible power in self-efficacy, and

I'm harnessing it. Looking back, how many times have I defeated myself before I even stepped on the start line? My brain doubted, and stopped my body in self-preservation (ego) before I had the chance. Not anymore. Someone has to win, why not me? Why not my way? Why not at 40?

Now, I stand on the start line with a smile: confident, poised, ready.



The DallaGuardia's: Collectors of Epic Experience

By: Desiree' DallaGuardia

One of the foundational values I live by is encouraging myself to push the boundaries of my comfort zone as a spiritual being having a human experience. As a result, I have grown fond of becoming a collector—a collector of epic experiences. Over the years, many of the greatest additions to that collection have been shared with my father. It has become a tradition for us to seek out unique events and adventures together, sometimes toeing the line as 2 racers and other times as one racer and one supporter. Those experiences have taken us to incredible places—not only across remarkable landscapes but also through our own physical, mental, emotional and spiritual selves.

This year, my younger brother, Paul Jr., joined us as the VERY special guest on our annual adventure. Whenever Paul Jr. is part of the equation you can count on laughter, lighthearted banter and his uncanny ability to find the humor in just about every situation.

Wednesday March 4, 2026 Text Messages:

Me: Paul Marcus is going to do the burro race also.

Dad: Ok!!! I will start training next week. Can't do it this week...Tanna made cinnamon rolls...

Friday April 3, 2026 Text Messages:

Me: Hey guys, good morning. Check your emails, we have been paired with our rental donkeys! My girl is Missy.

Dad: Mines is Leo.

Brother: Mine is Paco! Pablo con Paco.

The adventure actually began the day before the race



when we met our burros and received a short training lesson on how to safely handle and race with them. There was an unmistakable energy in the air as a group of eager first-timers took to the streets of Victor, each trying to convince a burro to cooperate. Some participants were being dragged toward patches of grass, others were discovering just how quickly a burro can decide it has a better idea, and all of us were busy fine-tuning our new-found "skills." It was equal parts instructional and hilarious. Before long, we all learned the same lesson: you don't really control a burro...the burro controls you.

Victor was the perfect setting for the weekend. The streets were alive with the annual Victor Gold Rush Days celebration, complete with vendors, food, games, and, of course, a classic Colorado afternoon downpour that only added to the charm. By evening, we returned home to rest and make our final preparations for the following day's noon start of the 7.3-mile trail race.

One of my favorite parts of the weekend was having so much family there to share it with us. Our significant others, parents, siblings, offspring, in-laws, niece and nephews all came to cheer us on. It turned an already unique event into a family memory we'll be talking about for years.

Race day finally arrived, and we cautiously lined up near the back of the pack. We figured it was the safest place in case our burros decided to launch into a sprint and clothesline an unsuspecting runner with a lead rope. Burros of every shape and size surrounded us, from tiny miniatures to towering giants. What we didn't anticipate was that getting them to run would prove far more difficult than holding them back.

We tried every technique we'd learned the day before. We encouraged them. We coaxed them. We negotiated with them. In the end, the burros politely informed us that

(Continued on page 13)

(DallaGuardias Continued from page 12)

they preferred walking. So, we surrendered to their agenda and spent nearly the entire race enjoying a leisurely stroll through the mountains.

Well...almost.

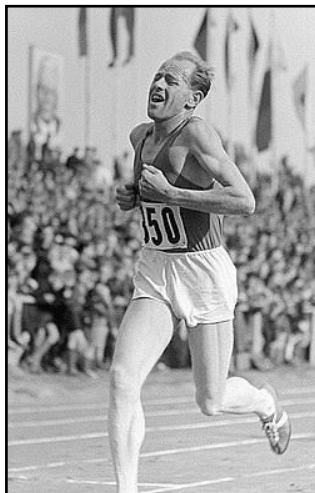
At one point Missy decided she had plans of her own. She took off unexpectedly, forcing me to let go, in full sprint, of the lead rope and yell, “Loose donkey!” as instructed during training. Thankfully, she didn’t get far, and once we had a serious conversation about her behavior, we managed to settle our differences and finish the race together.

Paul Jr. had his own negotiations with Paco, who wasn’t easily persuaded to do much of anything other than a slow mosey. The Victor hills echoed with an endless stream of terms of encouragement to get Paco moving. Dad, on the other hand, maintained his calm demeanor throughout the race, affectionately encouraging Leo by calling him “good buddy” and “a fine gentleman.” It perfectly matched both Dad’s personality and Leo’s steady disposition.

The scenery was breathtaking, the laughter was bountiful, and somewhere along those seven miles we all realized the race wasn’t really about speed. It was about sharing an unforgettable adventure—with our burros, with each other, and with everyone who had gathered to cheer us on at the finish line. Crossing that finish line to the encouragement of our family and the Victor community made every step worthwhile.

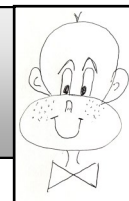
In the days that followed, I found myself reflecting on why this experience affected me so deeply. My heart felt fuller than it had in a long time. It wasn’t because of the miles we covered or the finish line we crossed. It was because adventures like these remind me that the richest experiences in life are rarely measured by pace or performance. They are measured by laughter, shared moments with the people we love, and the stories that become part of who we are. This race added another unforgettable chapter to my growing collection of epic experiences, and I can’t imagine a better group of companions—my dad, my brother, and three wonderfully delightful burros—to have shared it with.





Unbelievable, But Yes it's True

By Gregory Case



Recently, I was reading a novel (can't remember the book title or author now) when I read a paragraph or two about what I thought was a fictitious character. The author talked about this runner in the 1952 Olympics. She said the runner decided at the last moment to enter the marathon race, (having neither trained nor have run in one

before). So not only did the person run the marathon, but he also beat everyone else and broke a world record!

I chuckled to myself thinking what a great character! Then I found out it was true story and for a while, running was a passion of mine, I never heard about Zátopek.

The Helsinki 1952 Olympic Games featured Czech Emil Zátopek becoming the only person ever to win the 5,000m, 10,000m and marathon events at one Olympic Games.

He won 3 gold medals and his wife Dana won Javelin gold at the same Olympics.

When her husband, at a press conference, attempted to take some credit for his wife's Olympic victory: he claimed that his victory in the 5,000 m had "inspired" her. His wife's indignant response was: "Really? Okay, go inspire some other girl and see if *she* throws a javelin fifty meters!"

The marathon at the 1952 Summer Olympics was held on 27 July on a course running from the Helsinki Olympic Stadium to Korso, Helsinki Rural Municipality (now Vantaa) and back. Sixty-six athletes from 32 nations competed. The winning margin was 2 minutes 31.8 seconds.

For the first time in several years, the Olympic marathon had a favorite in the person of Britain's Jim Peters. Peters had run the 10K at the London Olympics but had since turned to the marathon.

He had won the 1951 Polytechnic race in 2-29:24 and, in June 1952, he ran the Windsor-to-Chiswick marathon, the British trial race, in 2-20:42.2, shattering the world record. In Helsinki, he faced a straight out-and-back course, starting and finishing at the Olympic Stadium.

The race started at 3:28 PM on a fairly cool day. In the race, making his marathon début, was Czechoslovakian Emil Zátopek. Zátopek had been the star of the Helsinki Olympics, winning the 5,000 and 10,000 on the track. He

had also won the 10K at the 1948 Olympics.

Zátopek's final medal came when he decided at the last minute to compete in the marathon for the first time; he won the race. His strategy for the marathon was simple: race alongside Jim Peters, the British world-record holder.

As the race started, Peters took the field thru a suicidal pace for 5 km, as Zátopek stayed back.

After a punishing first fifteen kilometers, in which Peters knew he had overtaxed himself, Zátopek asked the Englishman what he thought of the race thus far. The astonished Peters told the Czech that the pace was "too slow", in an attempt to deceive Zátopek, at which point the latter simply accelerated away.

At just after two hours, Peters had to withdraw with a muscle cramp. Zátopek never looked back and gradually pulled away from Jansson to the finish, completing his remarkable distance Triple Crown with a margin of 2½ minutes.

The gold Medal went to Emil Zatopek, 02:23:03.200 (Czechoslovakia).

The silver medal went to Reinaldo Gorno, 02:25:35.000 (Argentina).

And the bronze went to Gustaf Jansson, 02:26:07.000 (Sweden).

Zátopek is the only person to win the 5,000 meters (24 July 1952), 10,000 meters (20 July 1952) and marathon (27 July 1952) in the same Olympic Games breaking Olympic records in each event. In February 2013, the editors at *Runner's World* selected him as the greatest runner ever.

You Tube Comments:

I am 78 today. I was athletics mad when I was young. I will never forget listening to Emil Zatopek winning the marathon. I had to listen to the radio in those days but the whole stadium was alive shouting Zatopek, Zatopek and though I was so very young I cried buckets. Memories of this incredible win still bring tears to my eyes and I am grateful to whoever uploaded this movie. Thank you.

The guy was a Mammoth. At the time of the 1952 Olympics in Helsinki, he had no match in the 10,000 meters. However, He wanted to run the 5,000 meters as well. He believed his kick wasn't fast enough to win the 5000 m.

Unbelievable Continued

So, 6 months before the 1952 Olympics he started a rigorous routine. So worried about his kick that on one particular day, (this is mind blowing) he ran the 400 meters 100 TIMES!! That is insane. After winning gold in both races, he decided to enter the marathon. He'd never run a marathon before so his strategy was simple. He'd run side by side with the current world record holder. And Zatopek WON!

Emil was an absolute legend: started to run quite late at 16, invented interval training which is the key part of modern preparation to any long-distance competition and managed to get at the top of the world. Smiling and joking with the cameraman while running a world record: only an absolute legend can do that. Once a journalist asked him about his ugly running style and he calmly responded: *This is not ballet, you know?*

What's even more amazing is what they DIDN'T have but still achieved such amazing feats: no sophisticated training, poorly supportive clothing and shoes, no aid stations anywhere on the course. These men were the gladiators upon whose shoulders today's champions stand,

It's sad that people forget him in the long-distance GOAT conversation for Kipchoge who has one only 1 Olympic gold and set 1 WR. While Zatopek has set 18 world records, won 4 Olympic golds including a treble in one Olympics and Countless European golds. And the guy was first distance runner to specifically use interval training from which originated strides (sessions like 20×100m).

Sources: Wikipedia, Olympics, Olympedia, Runner-sTribe, and YouTube

Editor's Note: Gregory Case is a neighbor and friend who at one time was a runner. He mentioned this accomplishment to me and naturally I said, "Sounds like you should write an article for our club newsletter." Happily he did. I had heard of Emil Zátopek, but didn't know details. It is amazing what one can accomplish before we realize how (almost) impossible it would be to do so. I guess the lesson is, don't limit yourself.

P.S. Our friend Gregory is camera shy so Chris did a sketch of him. See the upper right corner of page 14. Take my word—the resemblance is uncanny.

Poetry by Ben Wiley



HOW WE DID IT

Not really sure how we did it -
That training for a marathon.
Yesteryears we must have had grit.
Tens of miles we'd run before dawn.

THESE days, at that time, I just yawn.
Not really sure how we did it.
We had a cause we were bent on.
It drove us and we did not quit.

When minor injuries would hit,
We found a way to press on.
Not really sure how we did it.
To that finish line we were drawn.

Our times down that long road have past -
No quests for that negative split.
Regardless that we were not fast:
Not really sure how we did it!

Smile a While

Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?" -George Carlin

"Why do they call it rush hour when nothing moves?" – Robin Williams

Always forgive your enemies; nothing annoys them so much." -Oscar Wilde

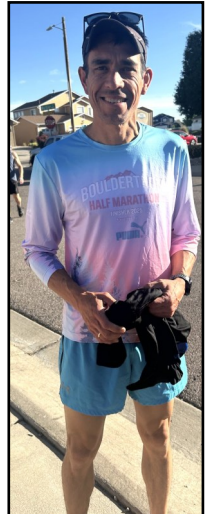
Peaks and Prairies Raffle Run



Bob Drake
was the
Peaks and
Prairies
Raffle
Winner



More Peaks and Prairies Pics



Leo and Paul
See Page 12 for More



Thank you to Dave Dehn, Cathy Dehn, Marijane Martinez, Martha Drake, Kim Hunter, Amy Bailey, Melissa Fairbairn, and Perhaps Someone I have missed.

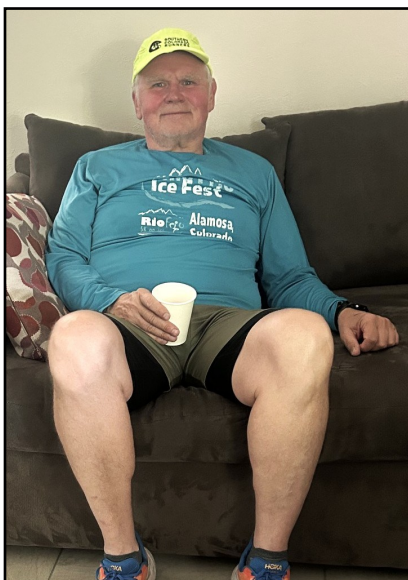
I was on vacation for the Firecracker 5k, and a few of the Raffle Runs. Those mentioned above were gracious enough to take photos at these events,

Thank you photographers!!!

The McGivney Choose Your Own Adventure Raffle Run



Melanie
Steves
won the
Raffle
Run
Drawing



More Choose Your Own Adventure



Photo with Ted Sillox at the Pueblo Levee Run where the club provided a timing clock.



The Big Tesuque Trail Run

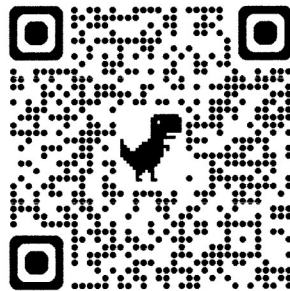
Saturday October 10th

In our **40th year**, this Santa Fe classic starts at Aspen Vista parking lot on Hyde Park Road (NM-475) in Santa Fe, NM. The route climbs six miles and 2,000 feet to the summit of Tesuque Peak in the Santa Fe National Forest and then returns to Aspen Vista, for a round-trip total of 12 miles.

The race proceeds benefit Wings of America, an excellent non-profit group supporting running programs that build strength and confidence in Native American youth and teens.

Join us for an epic run in Santa Fe, New Mexico!

<https://runsignup.com/Race/NM/SantaFe/TheBigT>



Hi Southern Colorado Runners -

The Santa Fe Striders are hosting the 40th running of The Big Tesuque Trail Run, our premier trail run in Santa Fe. Like previous years, we're trying to keep entry costs down to make the race accessible to everyone, so entry starts at \$50 rising to \$60 after July 31st. Proceeds benefit Wings of America, an excellent non-profit providing running programs for Native American youth and teens. We would love to see some of your runners at the race. Thank you!

Regards,

Don Brown
Race Director, The Big Tesuque Trail Run
Santa Fe Striders Running Club



The Birthday Page



August

3 Lyle O'Brien
 3 Joh Salvatore
 3 Megahn Williams
 5 Janique Holbrook
 5 Gayle Perez
 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

September

10 Brandon Vigil
 11 Lawrence Agustin
 12 Chelsea Chico
 13 Loretta Arguello
 13 Ted Johnson
 Montrose-
 13 Everett Little
 15 KC Cole
 16 Mark Fairbairn
 17 Kitty Montgomery
 18 Allen Lemaire
 18 Joelle Wiggins
 19 Sara Slifko
 20 Carina Vandenburg
 21 Stacey Diaz
 22 Michael Orendorff
 23 Ben Roth
 24 Amy Hernandez
 27 Deb Hadley
 27 Deb Hadley
 27 Cassie Pate
 29 Rylan Dehn
 29 Laurie Gomez
 29 Lisa VanCamp
 30 Thomas Herzog
 30 Tracie Paratore
 30 Helen Stillwell

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

October

2 Clive Hallam
 2 Lori Hawkins
 4 Landon Hines
 4 James (Jim) Pacheck
 6 Forest Bryant
 6 Forest Bryant
 6 Hayley Kochenberger
 12 Demetria Lazo
 14 Kim Reed
 15 Celina Gonzales
 16 Wyatt Keilholtz
 16 Melanie Steves
 17 Sheri Giordano
 17 Laura Grunewald
 17 Alison Kochenberger
 19 Ron Concialdi
 19 Raelene Moore
 20 Lynn Dietz
 20 Paul Hindman
 20 Eric Thomas
 21 Joshua Casarez
 22 Meno Vargas
 24 Stephen Chawporn
 26 Dorene Miller
 28 Marvin Jones
 30 Caitlin Davis
 31 Charles Boyles
 31 Justin Dominguez
 31 David Rael

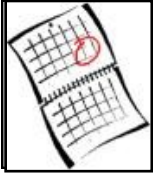
November

1 Ross Barnhart
 2 Paula Trujillo
 3 Barbara Hadley
 3 Ben Pierce
 5 Jessie Quintana
 5 Cynthia Thurman
 7 Jim Kelly
 8 Chris Weidner
 11 Lee Bartosz
 11 Keilin Molina Izaguirre
 11 Nathan Outhier
 11 Richie Perez
 12 Joey Vickers
 14 Manaka Meek
 15 Juan Morales
 15 Patty Rivas
 16 Robert O'Callaghan
 17 Larry Volk
 18 Russell Montgomery
 18 Macy Vigil
 19 Michael Vigil
 23 Chris Dehn
 24 Paulette Arns
 24 Kelsey Rodriguez
 25 Lenore Raich
 26 Susan Steves
 27 Tim Weckx
 29 ROBERT QUINTANA

If you plan to move or have recently moved

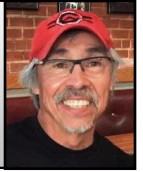
Please Please Please update your address at runsignup.com
 Because the newsletters are mailed in bulk mail, they cannot be forwarded and
 if they are sent to your old address,
 the club gets charged a processing fee \$\$\$ and you don't get your newsletter.

THANK YOU a WHOLE BUNCH!



Calendar

By Dave Diaz



Aug 2026

Sa 8	Georgetown to Idaho Springs	Georgetown CO
Sa 15	Cheyenne Mtn Run	CM StatePark
Sa 15 7:30am	Runapalooza Raffle Run	4727 Walnutcrest Ct
Sa 22	Melon Run	Rocky Ford CO
Sa 29 7:30am	Badger Land Raffle Run	712 E Heron Dr PW
Su 30	Wine Run	Cañon City

Sept 2026

Sa 5 8am	Dehn's Squared Raffle	469 E Skyline Dr
Sa 5	Break Your Neck 5K	CSU-P
Su 6	Denver Broncos 7K	Empower Mile High
Sa 19	Beulah Challenge	On Pause
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 Bike Ride	Pueblo Co
Sa 24 2pm	Harvest Raffle Run	Gold Dust
Sa 24	Spooky Sprint	Pueblo YMCA
Sa 31 4pm	Dia de los Muertos Raffle	Roselawn Cem

Nov 2026

Sa 14 9am	Mineral Palace Raffle Run	2112 Court St
Th 26	YMCA Turkey Trot	Pueblo YMCA
Sa 28 9am	Nelson's Raffle Run	614 E Marigold, PW

Dec 2026

Su 6 8:30am	Rock Canyon	Pueblo City Park
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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.



September 20

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Thank you MY FRIEND THE PRINTER at
410 W. 5th Street For giving SCR a good price and
great service in the printing of our newsletter

NOTE:

Discounts Typically Apply to Full Price Items
Not sale items
Discounts may be discontinued
at the vendor's discretion

Burrito Run Photos



Gloria Montoya
won the Gift
Certificate to
Mauro Farms



More Burrito Run Pics



The Hot Chile Willie Raffle Run Pics



Bob Drake
won the
Raffle Prize
at the Hot
Chili Willie





Photo Potpourri



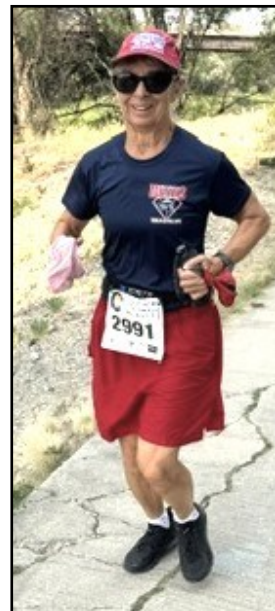
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A Few more from the Firecracker 5k

