OCTOBER 2013

Boulder Road Runners

Since 1979 and Still running!

Above, is the logo for the 2014 USATF Cross Country Championships, to be held at Flatirons Golf

Jenny Simpson congratulates high school senior Elise Cranny on her win at the Rocky Mountain Shootout.

PowerBar
TEAM ELITE™

Meet Bill Buffum on the next page.

Calendar

October 7- First Monday, Avery Brewing, Guest Karen Lechman
October 13- The Sunday Run moves to 9 a.m.
October 20-Rock & Roll Marathon Water Stop
November 2- PAC 12 Cross X-C Championships, Coal Creek G. C.,
November 4- First Monday, Avery Brewing
November 28-Community Food Share 5K Turkey Trot, Potts Field
November 16- X-C Run at Viele Lake
December 2- First Monday, Avery Brewing, Members Nights, Club Election
December 8-USATF Club Cross Country Championships, Bend, OR.

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MEET BILL BUFFUM by Gail Hunter

When you first run with Bill Buffum, you're likely to be surprised. You're in a group, and one of the people is a relaxed, friendly guy. He's really pleasant and talkative, but you soon realize that he's slowly picking up the pace. He doesn't look like the sort of person who would leave you in the dust, and he doesn't, but by the midpoint of the run, you realize that he could. Bill is much stronger than you thought he was.

Bill grew up in Grand Rapids, Michigan. He ran track in high school, but he didn't become a committed runner until much later. He attended Calvin College in Grand Rapids, then pursued an M.A. at the University of Michigan and received a Ph.D. from Case Western Reserve in Cleveland. He married Valerie on February 20, 1973. Case Western has a very good medical school, and Bill began running with a group of medical students. His first race was the Cleveland Heart-a-Thon, in 1978. He hadn't really grasped how long 13.1 miles was, or how hard it would be, but he did respectably and the experience turned him into a committed runner.

A Ph.D. from Case Western presented Bill with many job opportunities, and he chose a teaching position at the University of Houston in the School of Social Work. He attained the position of Associate Dean before moving to the Barry University in Florida in 1999, and later worked for a year as Director of the School of Social Work at Aurora University outside of Chicago. He returned to Houston in 2004 to become CEO of the Family Service Center of Galveston County and founded Galveston County Mutual Partnership, Inc. Hurricane Ike struck in 2008, bringing resources to the community and enabling the creation of jobs related to recovery. In 2010 Bill retired and he and Valerie moved to Boulder, where their daughter Lindsey was working.

When Bill and Valerie moved to Texas, Bill jumped into the running community and his first year there ran the Houston Marathon and marathons in San Antonio, Galveston, and White Rock. His finishing times were around 3:30. He has since run the Houston Marathon 20 times. His fastest was in 1983, where he finished in 3:02.

Bill was undaunted by a diagnosis of aggressive Stage Four prostate cancer in October of 2000, when he was 55 years old. He was treated with aggressive radiation therapy and androgen blockers. He added a positive attitude and enjoyment of life to the cure. The treatment has been ongoing since that time and is working. The side effects of the drugs, which include loss of muscle mass, weight gain, bloating, and bone loss, mean that Bill has to work harder than most runners to achieve his goals.

Bill considers himself to be a very lucky person to have found running as a focus following his cancer diagnosis. The prognosis was frightening. A cure was improbable and life expectancy was just a few years. Bill reassessed his priorities and decided that in his remaining years he wanted to see how well he could do in road running. He didn't run for health, but he found that health was a product of running. He employed a coach in Florida, Calvin Denton, and he worked as hard as he could. By 2003, his efforts brought excellent results. That year he ran a 10k in 39:58 and finished fourth overall. He also ran the Naples, Florida half-marathon in 1:28:29. He was 58 at the time. In that same year, he ran the Hops Tampa Marathon in 3:10:30 for a second-place finish in the senior grand masters.
He has had no serious injury problems except a broken fibula in 2003, a result of running hard downhills. He returned to running well rested and faster than before. He ran 5k races consistently under 20 minutes and won his age group in most local races.

Houston has a prostate cancer running club that sponsors an annual race to raise funds. Bill was never able to win the survivor's division, as someone in his 40's would be diagnosed early, but he usually finished second.

This April Bill ran the Boston Marathon. He wisely dropped out at 17 miles, as he was experiencing chest pains. Tests indicated a need for two stents. Bill ran the Bolder Boulder, keeping his heart rate below 140, and got the stents two days later. He was amazed that there was no side effect to getting the stents and was running again a week later. He has since continued running and this summer he climbed Mt. Bierstadt and Mt. Elbert with his daughter Lindsey. His wife Valerie, the family artist, keeps him balanced by taking him to places such as the Dairy Center for the Arts, and he has started back cycling with the S.O.B.s.

Bill has learned to live life to the fullest, to live one day at a time, while you can. His next goal is the Boston Marathon in 2014. He has registered and mapped out his training. Bill turned his cancer diagnosis into an opportunity for change. He began to truly enjoy life, to relax and not take himself too seriously. He ran without constraints, sailed with a passion, and thoroughly enjoyed the many friends who came his way. This happiness has stayed with him, and his joy of running has brought him to many new friends in Boulder. When you get to know Bill, you will understand the source of his strength.

The marathon is not really about the marathon, it's about the shared struggle. And it's not only the marathon, but the training - Bill Buffum

Community Food Share
...a little giving goes a long way

No Labors Lost Fun Run at Buffalo Ranch

On Labor Day the BRR put on a fun run to raise money toward our club sponsorship of the USATF Cross Country Championships. Picture on the left are the 5K participants. The middle picture is the "5 mile" runners. On the left is our fundraiser store. It was a very successful event. We hope to have another fun run fundraiser soon.

Pat Patten High School Cross Country Meet

The Pat Patten Cross Country meet was held during a steady rain. Cerake Geberkidane, of Denver East gave a clinic on how to run in these conditions. He won the boys varsity race by more than a minute. However, the Boulder H.S. boys took the team title. Isabelle Kennedy, of Fairview won the girls varsity, but it was Monarch that dominated the team scoring.