

Boulder Road Runners

Since 1979 and Still Running!

Next Business Meeting: March 13th at Avery Brewing from 6 to 7:30 p.m.



X-C Championships and a Display of Sportsmanship

On the awards stand the BRR mens' 70+ "A" team was announced as overall winner of the age division. Later, captain Bill Faulkner and other team members, after looking over the details of the results, realized they were second to the team from Santa Barbara. Although disappointed, they knew they had to correct the results. Acting quickly, they brought this discrepancy to the attention of Dan Pierce and other USATF officials. The team contacted members of the Santa Barbara team who were still in town. They met on the following Monday and exchanged medals.

We are proud of you. Next year!

More results on page 3

THIS JUST IN- Bill Faulkner, Pat Tolleson and Jean Nistico were on a team that took the bronze in the Veteran Mixed (by Gender) race at the Snowshoe Nationals, in Vermont, this past Sunday.

Calendar

- March 8 Boulder High School-Track Invite @ Fairview High School, 8 a.m.
- March 21-22 CU's Jerry Quiller Classic Track Meet Potts Field
- April 11-12 CU Invitational Track Meet Potts Field
- April 19 Boulder Track Championships @ Broomfield High School
- May 4 Fleet Feet Run and Shopping Day 20% off





Meet Gavin Slater

By Gail Hunter

On a Tuesday or Thursday morning, one of the faces you are sure to see is that of Gavin Slater. He's in the background, hanging out with Carl Mohr. He's not one of the original Boulder Road Runners, but he has been a stalwart member of the group since moving here with his family in 1993.

Gavin grew up in Eldridge, Iowa, a town of 1500 people just north of Davenport. He left Eldridge in 1975 to attend Iowa State University, where he graduated with a degree in business in 1979. Gavin moved to Chicago, where he began work with GE Capital. Gavin and Pam had met in college, where she was the class of 1980. They were married in Iowa after her graduation in 1980.

During high school and college Gavin had been active in team sports, including wrestling and baseball. After he began working he wanted to do something to stay in shape, so he and a friend at work began running. They got hooked up with a running club and started entering races. The club had a coach who led track workouts in the summer, and Gavin's times rapidly began dropping down.

Gavin and his friends began entering marathons, and Gavin ran the Chicago Marathon in 1984, 1985, and 1986. In 1986 he qualified for Boston with a time of 2:50, and he and seven or eight people from the running club went to Boston in 1987 together with their families. His run in Boston was 2:57, not quite as fast as Chicago, but Boston is a hillier course, and chip timing had yet to be implemented.

From Chicago Gavin was transferred to Dallas, where he enjoyed running the Dallas-White Rock Marathons and Half-Marathons. His best half-marathon time is 1:16, in Dallas. Gavin and Pam's next move was to Jacksonville, Florida, where Gavin ran his best 10k, in a time of 34:15.

GE Capital transferred Gavin to Boulder in 1993. When time for his next transfer arrived, he left GE Capital in order to stay in Boulder. Gavin is currently employed by Key Government Finance in Superior. He and Pam live in Broomfield, where their two children, Amanda and Evan, attended school and ran cross-country. Amanda, 28, who received a chemical engineering degree from CU, presently lives in Silverthorne and is on the ski patrol at Copper Mountain. Evan, 24, who also attended CU and received a degree in civil engineering,

lives in Thornton and works in Firestone. With the children living nearby, the family enjoys skiing together in winter and waterskiing in summer.

Gavin's athletic endeavors are not limited to running. He has competed in a few triathlons beginning as far back as the time he lived in Chicago. He enjoyed them, but found the time commitment too much and preferred to focus on running. Gavin began bicycling more in 2008, when the RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa, sponsored by the Des Moines Register) went through his hometown at a time when he was visiting. He ran a road race, then joined the ride in Eldridge and rode 20 miles to the next host town for the ride. The following two years, Gavin rode the whole ride. Dee Dee Beard, Karen Fuchs, and Carl and Sally Mohr joined him on one or both of those rides.

Gavin has run 17 marathons, the next to last in April of last year. He didn't do well, so he did another six months later. He says that was his last, as marathons take a long training period, and there is too much focus on one race, or, as he put it, "too many eggs in one basket". Gavin has run the Hood to Coast relay ten times, running a different leg each time. He has two legs left to run.

Gavin has run more miles with Carl Mohr than with anyone else, with Rich second. His friendship with Carl has led to his assisting Carl with traffic control for road races. He has found good running partners every place he has lived. Gavin says that running has enabled him to enjoy activities with his children that he couldn't have done without the level of fitness he maintains by running. In addition, running has allowed him to do many, many things he couldn't have done otherwise. Gavin left on Thursday for Bonaire, in the Lesser Antilles, off the coast of Venezuela. He's going to scuba dive for a week with Carl Mohr, a trip he goes on about once a year. Gavin views it as a wonderful example of an activity that he wouldn't be able to enjoy if it weren't for running.

Boulder History Museum is seeking memorabilia from the early days of the running boom in Boulder. They are particularly interested in Frank Shorter clothing.

1206 Euclid Ave, 303-449-3464

BRR Team Results Cross Country Championships

Women

60+ 2nd Place

DeeDee Beard, Jean Nistico, Rima Laurie, Lorraine Green and Patricia Tolleson

70+ 1st Place

Betty Valent, Gail Hunter, Judith Smythe, Elisabeth Kandel and Vici Dehaan

Men

60+ "A" Team 1st Place

Doug Bell, John Roeske, Richard Katz, Dave Dooley, Carl Mohr, Steve Santana and Pablo Vigil

"B" Team 3rd Place

Jim Christoph, Chuck Lowrie, Richard Castro, Rich Holston, Donald Price, Jeff Dumas and William Pittenger

70+ "A" Team 2nd

Tom Lemire, Jim Romero and Bill Faulkner

"B" Team 3rd

Roger Wittner, Henry Kaplan and Charles Westley

80+ 1st Place

Mike Fenerty, Verne Carlson, Donald Hayes, Henry Hermes and Ken Wright

For more results visit:

[USATF 2014 Results](#)

Volunteers

The 2014 USATF Cross Country Championships would not have been possible without the time and energy these Boulder Road Runners donated.

Dan Pierce
Don Janicki
Karen Lechman
Dee Dee Beard
Jim Boselli
Steve Boselli
Maureen Boselli
Donna Bridges
Bill Buffum
Joe Cirelli
Deb Conely
Sharon Connolly
Austin Connolly
Jeff Dumas
Brent Friesth
Bill Faulkner
Lorraine Green
Jerry Greenwald
Rich Hall
Mary Hall
Colby Harmon
Rich Holston
Viny Juliano
Elisse Kennedy
Ted Kennedy
Joyce LeMire
Chuck Lowrie
Rick Nistico
Tom O'Banion
Frank Shafer
Judy Symthe
Sharon Thomas
Ken Thurow
Marlis Thurow
Pat Tolleson
Sandi Wiebe
Terry Femmer
Patty Femmer
David Femmer
Benji and Amy Durden did the timing.
(There were over 120 volunteers.)



Community Food Share

...a little giving goes a long way

Pictures from the X- C Championships by Ruth Wright



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STARTS HERE.**

Welcome to the CRC! We are an environmental nonprofit with the mission to empower our community to conserve natural resources. We implement programs for the community through three divisions – **Water, Energy, and Waste.**