

F E B R U A R Y 2 0 1 4

Boulder Road Runners

Since 1979 and Still Running!



Sports Women of Colorado Award

The Sports Women of Colorado will be holding their 40th annual awards on March 9th. Deb Conley will receive the Dorothy Mauk Pioneer Award. Deb is being recognized for her work developing training techniques for visually impaired athletes. Amelia Dickerson will be recognized as most inspiring. As a visually impaired runner she set two American records at our summer track meets. Libby James will be recognized for her accomplishments as a master runner.

The dinner and awards ceremony will be held at the Hyatt Regency Tech Center.

The Championships are Upon Us!

Our Teams:

Women 60+: Pat Tolleson, Rima Lurie, Dee Dee Beard, Lorraine Green

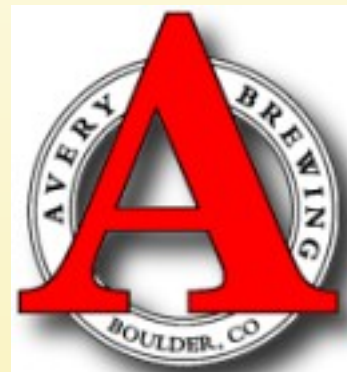
Women 70+: Gail Hunter, Judy Smythe, Betty Valent, Libby James, Vici DeHann, Elisabeth Kandel

Men 60+: Rich Castro, Chuck Smead, Dave Dooley, Carl Mohr, Jeff Dumas, Donald Price, Rick Katz, Steve Santana, Chuck Lowrie, John Roeske

Men 70+: Bill Faulkner, Henry Kaplan, Charles Westley, and Roger Wittner

Men 80+: Ken Wright, Mike Fenerty, Verne Carlson, Donald Hayes, Henry Hermes

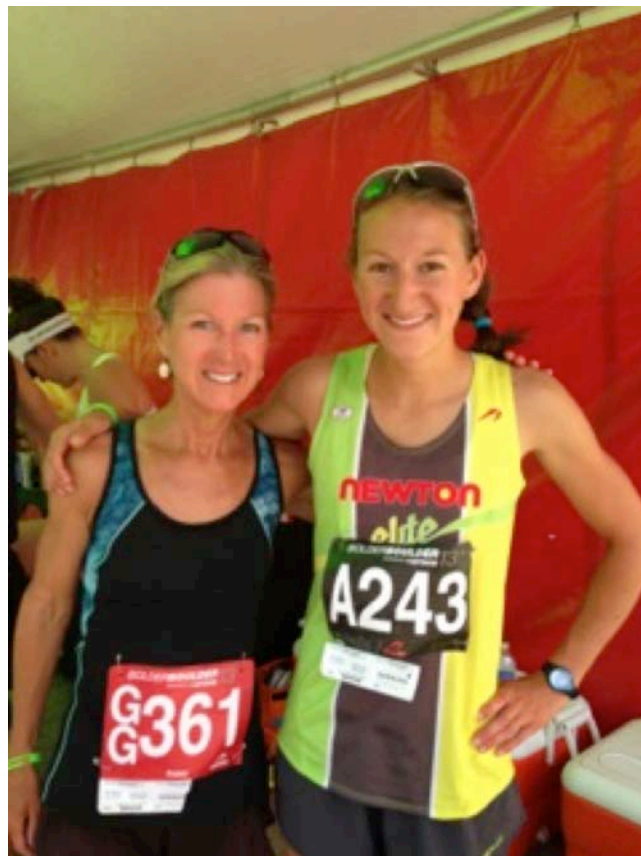
In addition to our teams, we have dozens of BRR members stepping up as volunteers. And six of the nine members of organizing committee are Boulder Road Runners!





Fast & Flurry-ous

Adults at the recent 4-mile x-c were awarded cash prizes for top performances. But the top boy and girl from the kids' race got the really cool prize. I wonder which of these piñatas went to the top boy and the top girl?



Eola and her daughter, Amanda, after the Bolder Boulder. Read more about Eola on page 3.



MEET EOLA SCOTT By Gail Hunter

When you picture a retired Navy Captain, you probably don't picture a petite young woman with long blonde hair. So you wouldn't guess that Eola came to Boulder after retiring from a career in the military.

Eola grew up in Severna Park, Maryland, near Annapolis, where her father was in the Coast Guard. She spent summers swimming and waterskiing in an area where recreation centered on the beach, sailboats, and powerboats. She attended high school at Severn School, where her father (Class of 1939) and brother (Class of 1967) graduated. Her class, the class of 1975, was the first coed class in the history of the school. There were only fifty women admitted in 1972, so those who wished to play on a team could do so. Eola played field hockey, basketball, and lacrosse, and was a cheerleader. She played basketball and lacrosse for three years and kept the bench warm for basketball.

Eola attended Towson University in Baltimore, where she majored in business and was a walk-on for lacrosse, playing goalie because she wasn't a fast runner but was good at stopping the ball.

After graduation, Eola joined the Navy and attended Officer Candidate School in Newport, RI. She was commissioned an officer in September of 1980, and in 1981 began 12-hour shifts as an Oceanographic Watch Officer, tracking Soviet submarines during the Cold War. For that duty, no one left the watch floor (the room) for twelve hours, and food was brought in.

Running was part of the Physical Readiness Test, and Eola once failed and was placed on remedial PRT, where she had to practice running. Otherwise, running in the Navy depended on who your boss was. It was not until 1985 – 1987 in Norfolk, Virginia, that Eola had a commanding officer that was a runner and encouraged his staff to run that she was able to do much running.

From Norfolk, Virginia, Eola moved to Monterey, California, where she worked at the Naval Postgraduate School. She would take her baby to the track at the Presidio, placing the baby in her stroller, guarded by the dog, and run laps around the track.

Back on the east coast, Eola did two tours in Washington, D.C., 1990 – 1992, where the jobs were extremely stressful. Sometimes her commanding officer would come by her cubicle and say, "Get out of here; I don't want to see you for two hours." She would run around Ft. Meyer in Arlington, anticipating a day dealing with inquiries from Congress. When Eola was working in Washington, having a child and a long commute made running before or after work impossible.

Her next tour was in Annapolis (1992 – 1994), where she was 2nd in command as the Executive Officer. Her boss, the Commanding Officer, believed that if you had time to run you weren't doing your job, so she ran on weekends, for stress relief.

By 1997 – 1999, when Eola became a Commanding Officer at Dam Neck, on the oceanfront in Virginia Beach, she had a

mid-day break for running built into her schedule. Watching Navy Seal Team 6 members with chains around their bodies train by pulling tires through the sand on the beach was great motivation. By then her daughter Amanda was playing club travel soccer and varsity soccer in school, so weekends were spent driving and watching soccer games, with little time for running.

Between 1999 and 2002, while teaching leadership and ethics, she was able to run as part of the curriculum. Finally, as Officer-in-Charge of the Northwest Annex in Chesapeake, Virginia, Eola began to have a bit more time so was able to begin training more and entering races. In 2005 she ran her first distance series, training with the Tidewater Striders for her first half marathon. She ran the Shamrock Half Marathon, then a Rock and Roll half in 2005. Between then and her move to Boulder in 2010, Eola ran several half marathons, the Shamrock, Rock 'n Roll, and the Country Music Half Marathon in Nashville, where her daughter was attending Vanderbilt University.

After retiring from the military and a career almost entirely on the east coast, Eola sold her house and moved to Boulder, where her daughter was enrolled in the PhD program at CU. She arrived in June of 2010 and promptly joined the Boulder Road Runners. She didn't know anyone here, and she figured it would be a good way to make friends. She found that she was right. After a career which involved long working hours and two or three hours a day of commuting, Eola enjoys relaxing in the morning and running mid-day, so the Sunday runs have the most appeal for her.

Eola is a foodie and loves to cook and to try new restaurants and recipes. In her newfound freedom as a retired person, she is learning to ski. She has undertaken a variety of new adventures, including a ride-along with the Boulder police, working as a volunteer for the restorative justice program at the University of Colorado, and working as a volunteer at the Great American Beer Festival.

Since arriving in Boulder, Eola has run the Boulder Boulder and Avery's 4 on the 4th every year. She runs for stress relief, to support her love of cooking, eating, and sampling craft beer, and for the pure joy of running.

Eola's resume as a career military officer is extremely impressive. Her ability to shift gears, to relax and run for the sheer joy of it is equally impressive.

BRR Fund Raiser For X-C Sponsorship

On Labor Day we had our fundraiser kick-off for the BRR sponsorship of the 2014 and 2015 USATF National Cross Country Championships. Recently Dan Pierce sold Saucony mittens to raise more money for the cause. Sales came to \$500.00. Good job! More fund raising events to come.



One Way to Add to Membership

Above: Center Jean, baby Martha and Sean Geiger. Anne Bartuszevige on right.

Left: Bill Buffum, Aida Hailu, baby Saron and John Caldwell (visiting from Britain)

Traveling Salesman At First Monday

Dan Pierce trying his hand at old-fashioned salesmanship. These shirts are for the panel discussion on cross-country running, to be held at Fleet Feet on Thursday, February 13th. This event begins at 6:30 p.m. They feature logos for the cross-country championships, Fleet Feet and the Boulder Road Runners.



February First Monday Well Attended

With free appetizers, provided by the winnings of the men's 60+ team at the December X-C Colorado Championships, First Monday had a good turnout. However, they proved a tough crowd for Dan's sales pitch.

Flatirons Golf Course: Getting ready for the cross country championships.

