

# BOULDER ROAD RUNNERS

Since 1979 and Still  
Running!

(Logo by Ann Karpinski)



USATF National Cross Country Championship is February 15, 2014 and Flatirons Golf Course. Details or to volunteer:

<http://boulderusacross.com>

We have competitive teams forming: contact

[Richard.Castro@Colorado.EDU](mailto:Richard.Castro@Colorado.EDU) or [John@boulderroadrunners.org](mailto:John@boulderroadrunners.org)

See page 4 for more information,

Rather do a fun run? There is also a Community 4K Race.

## Lafayette Quaker Oatmeal Festival

The Quicker Quaker 5K Walk/run begins at 9:30 a.m. and Saturday, January 11<sup>th</sup>.

The start is near the Musical Arts building a 200 E. Baseline Rd.

[Register](#)

**FLEET FEET**  
*Sports*

2624 Broadway, Boulder, CO 80304

(303) 939-8000

[www.FleetFeetBoulder.com](http://www.FleetFeetBoulder.com)

## Fast & Flurry-ous

Fast and Flurry-ous 4 mile XC Race is on Sunday, January 26<sup>th</sup>.

The race will be held at the Harlow Platts Park. The women's heat starts at 9 a.m. and men at 10 a.m. Cash prizes for top finishers. Register at BRC or [Register](#)

**Turley's**  
BREAKFAST LUNCH DINNER

# Calendar

January 6<sup>th</sup>: First Monday at Avery Brewing, 5:30-7 p.m.,  
Guests: Heather and Ewen North and Peter Richards

January 9<sup>th</sup>: Business meeting at Avery Brewing, 6- 7:30 p.m.  
Everyone welcome to help plan the 2014-year.

January 17 & 18: CU Indoor Track Meet, Balch Field House

## MEET PAT TOLLESON

By GAIL Hunter

If you watch Pat running, you might think you're looking at a relaxed, not particularly competitive runner. She looks comfortable. She looks comfortable for mile, after mile, after mile, after mile.... In fact, Pat makes the Energizer Bunny® look a bit like a couch potato. Could the Energizer Bunny® make it through the Pikes' Peak Double (the Ascent on Saturday and the full marathon on Sunday) five times? Probably not, but Pat has. Pike's Peak is one of her favorite races, and she prefers the marathon to the Ascent, after having done each nine or ten times.

Pat grew up in North Highlands, California, a suburb of Sacramento near McClellan Air Force Base, where her father worked as a civilian. In contrast to most of the children in the area, she attended elementary, junior high, and high school in the same school district. Pat attended the University of California at Davis, where she received a B.A. in math. She met her husband there during her senior year, and they were married in December of 1969, shortly after her graduation.

Pat expected to begin a career in teaching after graduation, but her husband was in a PhD graduate program at C.U. (Rod Smythe was one of his professors), so she enrolled in graduate school herself, working as a teaching assistant. They lived in Canyon Creek Apartments at 30<sup>th</sup> and Baseline. Pat worked and studied at C.U. for about a year, but she didn't like the math program there, so she put in a job application at the C.U. Placement Center. She interviewed at Mountain Bell (now CenturyLink), where affirmative action was unknown and, as a female, she was asked about her family plans. She received a job offer the evening of the interview. Shortly thereafter, she attended a party at work for a person who had been there for fifteen years. She couldn't believe that anyone would work there that long. Pat stayed with the telephone company for 35 years, at one point attending C.U.'s School of Business evening and weekend program to earn an M.B.A. in Management.

In the early 1980's, Pat began thinking about running as a form of weight management. She and her husband were living near Stanley Lake, so they began running together, often at 4:30 A.M., in order to finish before work. Her husband didn't like running that early and trained less consistently than Pat did. Pat eventually began running in the evenings after work. Pat's first race was the 1982 Bolder Boulder, and she finished in a little over an hour. Pat enjoyed running regularly and would run one or two 5k or 10k races a weekend with her husband. At that time, her only long race had been the Georgetown to Idaho Springs half-marathon, which she did in 1993.

Pat trained alone for several years and then in 1994 she began a trial separation from her husband and joined a training group run by Glenn McCarthy that met at Northglenn Middle School. Glenn's Gaitors was a friendly, welcoming group, and she met Bill Faulkner, Sharon Connolly, Bill Turley, Bob Shurte, Bob Cooper, Vista Carson, and Bill and Donna Abbott there. Running with the Gaitors caused her to become interested in doing some longer races, and in 1995 she trained with a friend to do the Twin Cities Marathon. Her goals were: first, to finish, and second, to beat Oprah Winfrey's time. She finished in around 4:24. Pat was amazed to find that she wasn't sore afterwards, and she went on to join a group, including the Connollys and Bill Turley, who ran the first marathon of the millennium in New Zealand.

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**MEET PAT TOLLESON** (Continued)

In 2001 Pat and her husband divorced, and Pat and Bill began a long-term relationship, training, running, snowshoeing, and racing together.

In 1996, Pat registered for the Triple Crown. It cost only \$5.00 more to add the Pike's Peak Ascent, so she did. She told Bill and his then-girlfriend that she'd registered, and Bill brought her a videotape of the race. The tape focused on the elite racers, but it gave her an idea of what to expect. Early on in the race, she realized most people were walking (not running) and she thought, "I can do that!" and she easily made the Barr Camp cutoff time. When she reached the top, Bill and his girlfriend were standing and discussing whether or not they should wait for her. She tapped Bill on the shoulder and said, "Hey, I'm already here!" Her time was about 4:48. Pat really enjoys running Pike's Peak; she says that the scenery is gorgeous, and if you do the marathon, you don't have to bother with riding the bus down. Pat has run Pike's Peak almost every year since 1996, and in recent years, she has had three podium finishes.

In 2000, after finishing the Pike's Peak marathon, Pat's friend Neddie suggested that they run something longer. Pat, Neddie, Bill, Bob Cooper, and about eleven other friends decided to run the Sunmart 50k trail race near Huntsville, Texas. The group wore shirts that read "Team Colorado", and Pat trained by running and hiking 13'ers and 14'ers. Pat did the Rim Rock 22-mile race about three weeks before Sunmart as her last training run. Sunmart was her first ultra, and she was surprised to finish 2<sup>nd</sup> out of 15 in her age group and at the amount and variety of food at the aid stations.

Bill and Pat tried the Sunmart 50-miler the next year, and the results were not great. Undeterred, they tried again later and came in well under the cutoff. Technology had changed, and toward the end Pat found herself accompanied by other runners who wished to take advantage of her headlamp and flashlight, as the batteries on their lamps had given out.

Pat has remained remarkably healthy despite long training runs and frequent races. In 1994 she injured her right hamstring. A friend recommended David Welch as a massage therapist. Pat saw David regularly from that time until 2001 or 2002, when he moved to Bend, Oregon. David taught Pat to take care of herself on a regular basis, and she later attended night school at the Boulder School of Massage Therapy. She gets a massage once a month, and she tries to run relaxed and think about her posture. She runs some races for fun and others more seriously. Pat would rather run long and easy than run hard. She wants to keep running, and not burn out with injuries. Overall, Pat

believes she is a healthier person because of running. In 2007, she checked with her doctor before signing up for the Leadville 100. The doctor told her that there was no reason why she shouldn't try it. Pat and Bill, running separately but not very far apart, each made it to 50 miles.

Pat and Bill have snowshoe raced for several years and Pat found herself being applauded earlier this year as the oldest female in the Snowshoe National Championships in Bend, Oregon. She won her age division and placed 31<sup>st</sup> out of a total overall of 42 females. Pat and Bill tried to get out twice a week; averaging 15 or 16 times last winter before Nationals. In 2014, Nationals will be held in Bennington-Woodford, Vermont, and Pat is looking forward to the Swift Skedaddle in Silverthorne, in preparation. A snowshoe 10k race takes about twice as long to run as a running race.

Pat believes that running and snowshoeing should be fun, and if it's not, then it's time to hang it up. Clearly, Pat has her priorities in place for fun and for a long and healthy life.

**BRR USATF X-C Teams**

**We have several teams forming. We have a couple men's 60's teams: contact Rich Castro. A women's 60 team A and B team forming: contact Pat Tolleson. Ken Wright is forming a men's 80's team. Contact these people or myself, if interested.**

**Where are the 40 and 50 year olds?**

**Pat- [ptolles24@q.com](mailto:ptolles24@q.com) Ken- [krw@wrightwater.com](mailto:krw@wrightwater.com)**



## Community Food Share

*...a little giving goes a long way*

Hi, All!

Last night at the First Monday Social at Avery's, we got to talk to many of you about the Swift Skedaddle 5K and 10K snowshoe races on Saturday, January 25<sup>th</sup> starting & finishing near the Little Raven Golf Clubhouse. Some of us have done the 10K several times. A number of you expressed interest in doing this as a group activity and car pooling up to Silverthorne.

We were able this year to convince the race director to add the 70+ age group in both the 5K and 10K races. She said historically very few people compete in this age group but agreed to try it on an experimental basis this year. So we are trying to get as many of the 70+ people to also attend.

You don't have to be a seasoned snowshoer to participate in these races. If you can walk, you can snowshoe plus it is much softer on the old joints. You also don't have to have racing snowshoes although they help your speed some since they are usually lighter. If you need snowshoes, Bill and I can probably help out.

The link to the web site is: <http://www.silverthorne.org/index.aspx?page=228>. The registration link is towards the end of that web site.

While this race doesn't start until 10:30 AM, Bill and I usually drive up starting a little before 6 AM trying to beat the ski traffic. At Dillon/Silverthorne, we found a nice café that opens at 7 AM where you can have a breakfast (I usually go light with oatmeal but many of the others have a full breakfast since the race starts quite a bit later). Then around 8:30 – 9:00 we head north to the outskirts of Silverthorne where the start is.

I hope you will consider participating. We think this can be a really fun group activity and the more, the merrier.

Pat & Bill

