

May, 2012

# Boulder Road Runners

*Since 1979 and Still Running!*

## Articles:

Dear BRR

Meet Tam Stubbs

British Invasion

Pre and Post Exercise Nutrition

## Highlights:

Society Page

Results

Items of Interest

Sunday Run  
May 27<sup>th</sup>  
9 a.m.  
Pot Luck  
Breakfast/Run  
Millennium  
Harvest House  
Patio  
Club Picture

rUNIFY Boulder  
is coming to the  
BRR  
Sunday Run  
June 3<sup>rd</sup> 8 a.m.

Race4Kids  
Drawing Results  
Winner of the  
Bolder Boulder  
Complimentary  
Entries:

Luis R. Longmont  
Annie H. Boulder

## Dear Boulder Road Runners,

How time has flown. Six months ago Dan and I were elected to our posts as interim officers. The mandate from the board was that we should maintain the status quo. I think we did.

At the next First Monday Social it will be time to elect the officers for the remaining half of the year. (Next January we will return to an annual officer election.) Numerous members have expressed that Dan and I continue through to the end of the year.

Dan and I have discussed, if we go forward as officers, some things we would like to see implemented. One is that we need to have regular club business meetings. The purpose of these meetings would be multi-faceted. They would be to insure that interested members would have a working knowledge of how routine tasks are accomplished within the club, making future transitions smoother. We also think it's time to discuss some new events, etc. It would also be a leadership team builder for the club.

Interested people should talk to Dan or me about scheduling our first business meeting sometime in June. I was thinking Avery Brewing would be a good meeting place.



**I want you to help  
with Sunday run  
refreshments and  
recovery drink!**

## RACE4Kids' Health Expo Booth

Sunday, April 15.

Boulder Road Runners had a booth at the Race4Kids Expo. It quickly became a center of activity. Not only were we giving away two entries to the Bolder Boulder, but our booth was the drop off point for **One World Running** shoe donation.

According to Mike Sandrock, we collected over two hundred pairs of shoes during this three hour event. This would not have been possible

without the quick organization of this drive by Genevieve Jacobi.

Other volunteers that day include: Gavin Slater and Donna Bridges.

Thanks for all you help!

**Track Series  
begins in June.  
Visit our web-site  
for dates and  
schedule. Even if  
you're running, you  
can still volunteer.**

## CU UPDATES

C.U. runner, Shalaya Kipp is currently ranked second in the world with steeple chase time of 9:43:09

Kipp won the inaugural PAC 12 steeple chase championship. on May 12, with a time of 9:57:39.

Discus thrower and coach Casey Malone is looking forward to the Olympic trials, June 21- Jul 1<sup>st</sup>. If he makes the team, it will be his third trip to the Olympics.

## Meet Tam Stubbs by Gail Hunter

One of the Boulder Road Runners' quiet heroes is Tam Stubbs, who turned 80 last week. When the Boulder Road Runners began the "beat your age" competition, Tam began winning it. The gap between his age and his time is huge. Last year, when he was 79 years old, his time was 58:22. He has won his age division fourteen times, and this year he's training for the fifteenth.

Tam has always been competitive. He was born in La Junta, where his dad worked for the Santa Fe Railroad. When he was young, the Super Chief would roll through town carrying movie stars and others who liked to go in style, as it was an elegant means of traveling from coast to coast. Tam began running when he was young, playing basket-ball in the winter and participating in track in the summer. In his junior year, the school won the football, basketball, and track championships. Tam wasn't a football player, as he'd had a serious injury to his ankle when he was eleven years old. His father joined the military during World War II, and was sent to India. Tam's family stayed in La Junta. Playing hockey with bent tree limbs as sticks, a battered tin can as a puck, and rocks to mark the goals, he was hit in the ankle by a fellow player. A few days later, he became very ill, as a staph infection had developed in his fibula. His mother called the local doctor. The doctor knew of penicillin, but it wasn't available to civilians, so he suggested she take Tam to the local military base. The base didn't have penicillin either, so they put Tam in a flight suit and put him in a B-25 bomber to fly him to Fitzsimmons Hospital in Denver. It was January, and a snowstorm forced the plane to land in Colorado Springs. From there he was taken to Denver in an army ambulance (think M\*A\*S\*H and picture a dark khaki vehicle with a canvas top). Two little white pills given to him by the military doctor made the trip more fun than it might otherwise have seemed. He was operated on by a physician from the Mayo Clinic. Convalescence at the hospital was long, over a month. Tam was an anomaly, a lone child surrounded by seriously injured men from the Pacific front. He returned home with a cast, crutches, and a crush on a pretty nurse who had taken him for walks as he became stronger.

As a high school student in La Junta, Tam was active in scouting as well as sports. An enterprising troop leader encouraged the troop to take an interest in the culture of the Kiowa. Working toward their Eagle Scout badges, his troop learned the Koshare, or clown, dances of the Kiowa, as well as the Hopi snake dance, which was performed with live snakes (not rattlers). The troop toured the United States for three weeks, performing in Madison Square Garden, at Red Rocks, and in theaters in Chicago and California.

Tam's family moved to Williamsburg, Virginia, in 1949, where he graduated from high school. His basketball skills were of interest to a recruiter from William and Mary, where he graduated in 1954. Shortly thereafter he married Carla, whom he met at William and Mary. Following college, he was drafted and underwent basic training at Ft. Jackson in South Carolina. At Ft. Jackson, he was chosen to play on the post's basketball team, which came within one game of winning the military championships. His college major of bacteriology led him to a 30-year career in the pharmaceutical industry.

A long-time Boulder Road Runner, Tam has participated in the Hood to Coast relay and climbed Mt. Kilimanjaro with other Road Runners. His photography of his trips to Kenya with the BRR and with his daughter Marcia makes one want to start packing. On Memorial Day, we can all take courage in Tam's consistency and his amazing ability to keep beating that clock.



There was no current picture of Tam available for the newsletter. It was agreed that this picture is a pretty accurate image of Tam as a younger man. The only real difference between then and now is the color of his hair.



## Athens Marathon

### Reminder:

Paul is offering a special offer of \$100.00 off for each Boulder Road Runner member and their family on top of the current \$100.00 off if you book before May 1st. That's a total of \$ 200.00 off ( For the 6 day and 12 day package ) To take advantage of this great offer please mention that you are a member of the Boulder Road Runners on the comments box of the booking form at [www.athensmarathon.com](http://www.athensmarathon.com) Space is limited and expires May 15<sup>th</sup>.

### Contact:

Paul Samaras [paul@athensmarathon.com](mailto:paul@athensmarathon.com)

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

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When we grow up we want to be just like Dan Pierce.



British Invasion: Mom Caroline with daughters Vicki and Rachel Cronin. Vicki has been living, working at I.G.B., taking classes and running in Boulder for nearly a year. Vicki has been training with Richs' group and is a regular at the Sunday runs. She has confessed to being a science nerd. But, she is also a very good athlete. This Memorial Day she will be testing herself at the Bolder Boulder. Good luck Vicki!

The British invasion will continue this month when Alasdair Russell arrives to stay with Andy and Sandy Edmondson. His plans include working and training in the Boulder area.

## Colfax Marathon

We will have our tent in the club expo area near the finish line. Feel free to drop off gear for pick up after the race. Come by and rest in the shade or just visit. People watching should be great.

Next  
First Monday Social

June 4th  
5:30-7 p.m.  
At  
Avery Brewing

**This just in from Rich:**

Friday May 18th is the 35th running of the **Columbine Mile Marathon**. The Mile is the oldest continuous kid's race in the western United States. It goes off at 9:00am. Please join me in supporting the Columbine Elementary School community. Long before childhood obesity and getting kid's active were popular topics this race was a popular date on their school calendar.

## Recent Race Results

**Spring Fling 5K**

Jacob Gandalf 1<sup>st</sup> 30-39  
Kim Schafer 3<sup>rd</sup> 40-49  
Kevin McClendon 3<sup>rd</sup> 40-49

**Boston Marathon**

Steve Carlson 3:13  
Greg Castro 2:48

**Boston 5K**

Rich Castro 21:49 60+

**Boulder Distance Classic**

Judy Moor 1<sup>st</sup> 70+ 28:44  
Judy Smyth 2<sup>nd</sup> 70+  
Dave, Jeff and Tom finished 1 - 2 - 3  
on the 15K (65 - 69).

**Colorado Marathon**

Pat Tolleson 4:57  
Bill Faulkner 3:13

Vivian Jacobi, age 11, Cooper River Bridge Run 10K in Charleston, SC at 49:20; Earth Day 5K at 22:52 1<sup>st</sup> in age group

Genevieve Jacobi. Age 46, Cooper River Bridge Run 10K in Charleston, SC at 48:26; Earth Day 5K at 23:44.

Flat Out 5K  
Frank Shafer 23:23

Visit our web-site for more results!

Send Results to:  
John@bridgesclassicalimports.com

## 2012 Rocky Mountain State Games

Colorado Springs, **July 20-22 & 27-29, 2012**

The Rocky Mountain State Games is a statewide Olympic-style sports festival for athletes of all ages and athletic abilities.

**5K Run/Walk**

**Competition Site:** South end of Velodrome Parking Lot, Memorial Park, Colorado Springs

**Competition Date:** Sunday, July 29

Early Registration (July 13); Youth Fee: \$12 (16 & under), Adult Fee: \$20

Registration Deadline (July 14 - July 25 **by 5:00 pm MDT**, Race day registration - 6:30 - 7:15 a.m.); Youth Fee: \$12 (16 & under), Adult Fee: \$30

**\*\*Walk-in registrations will be accepted at Boulder Running Company up until July 28, by 7:00 pm MDT.**

**\*\*Bibs will be handed out on race day.**

**Track & Field Events: more information to follow.**

**Is anyone planning on competing?**

### High School Updates

Prep runner, Raymond Bozmans of Ft. Collins, posts the fastest 100 and 200 meters in the country.

State Championships, May 17, 18 & 19<sup>th</sup>, Jeffco Stadium, Lakewood



### Society Page

Get well Ruth Wright! Ruth recently suffered a broken arm.

Get well Gail Hunter. Gail recently had a surgical procedure. She is already out walking her way to recovery.

Gentlemen take note: wrist corsages for your date; it's the cat's meow at the Boulder Runners prom.

**BOULDER RUNNERS PROM**  
Whether You Hail from the Road, Trail or Track,  
Let's All Meet Up for a Fancy Spring Soiree!

Friday  
May 18

**Strut Your Stuff & Shake It Out!**

Ever wonder what your running pals would look like sans headlamps, Garmin watches, hats, traction and sweaty gear?

Don your fancy duds and join fellow Boulder-area runners for a night of drinks, mingling, music and fun!

Enjoy drink specials at one of Boulder's best bars. Switch out your sneaks for dancing shoes and shake what your runnin' gave ya to tunes from a great DJ!

Support a fellow runner as she fundraises for G-Row, a non-profit that introduces underprivileged girls to sports. Donations of any size are welcome!

Whether you're a road warrior, track racer or a champion of the trails, save the date for this season's most anticipated event:

**The Boulder Runners Prom!**

**Cedar's Lounge @**  
**The Millennium Hotel**  
**1345 28th Street Boulder, CO**

**May 18, 2012**  
**9:00pm - ???**  
**\$5 Donation, Cash Bar**

For more info, contact Meg @ [info@sparkbehavior.com](mailto:info@sparkbehavior.com)

**.Rocky Mountain Senior Games**  
**June 6-10, 2012**  
**Greeley, Colorado**

10K Thursday 7:30 a.m.

Most Track & Field Events to be held on Friday.

5K Sunday  
The complete schedule can be viewed at:  
<http://www.rockymountainseniorgames.com/schedule.html>

Is anyone going?



# Nutrition Before and After a Workout

There are several factors that come together to make a productive workout or race successful. One of the least well practiced factors is a plan for your nutrition before and after an activity.

Pre-exercise food and fluids: consume carbohydrate rich snacks or meals to top off muscle stores. If you get pre-competition jitters, a liquid meal maybe a better choice than whole foods. Include small portions of protein. Protein helps to build and repair muscle. Be sure the meal is low in fat and fiber to avoid digestion problems. Meals should be consumed three to four hours before the workout. Thirty minutes to an hour before, intake should be limited to sports drinks, water, sports beans, gels etc. or fruit.

Begin your post event nutrition recovery within thirty minutes of the event. Quick recovery foods that contain both carbohydrate and protein are desired. Repeat at the two hour and hour time windows.

Both training and nutrition require a plan. (Where have you heard that before?) Have recovery food in your gear bag. Find out what works for you and stick with it.

On Tuesday and Thursday join the recovery group at Big Daddy's at about 8:30 a.m. On Saturday morning Turleys has become a popular location to recover.

Thanks to Lois Calhoun for the idea and background information for this article. Visit [www.scandpg.org](http://www.scandpg.org) for more detailed explanation of pre and post event recovery.

## Items of Interest:

**Colfax Marathon, May 22<sup>nd</sup>. Full and Half marathon, relay, 10 miler And 5K.**

[www.coloradocolfaxmarathon.org](http://www.coloradocolfaxmarathon.org) Boulder Road Runners will have a club tent in the expo area near the finish.

**Avery's Four on the Fourth!** You know where.

**Scartop Mountain 12k and Spruce Canyon 5k on the 4th of July!** Visit [runcoalcreek.com](http://runcoalcreek.com) for the details. The fees are relatively cheap but we also have youth group registration available at \$5 off the 5k. All proceeds go to the Coal Creek Canyon improvement Association to provide scholarships, community services and events throughout the year to mountain residents in our tri-county region (Boulder/Jefferson/Gilpin).

Tim Reid

Volunteer Race Coordinator

**Chi Running** Company, Recently featured in [USA Today](#) and [Time Magazine](#), Chi. **Date:** June 2, 2012 **Time:** 9:00am- 4:30pm **Cost:** \$225 (Special early- bird pricing until May 2, 2012) **Feel free to [register online](#), or call 866-327-7867.**

**Down and Dirty Mud Run** will be held Sunday, June 24, 2012 at the Aurora Sports Park. 5k and 10k course filled with Military style obstacles.

For more information about the event visit our website at [www.downanddirty mudrun.com](http://www.downanddirty mudrun.com)

**Purple Stride Denver June 24<sup>th</sup>, Washington Park**

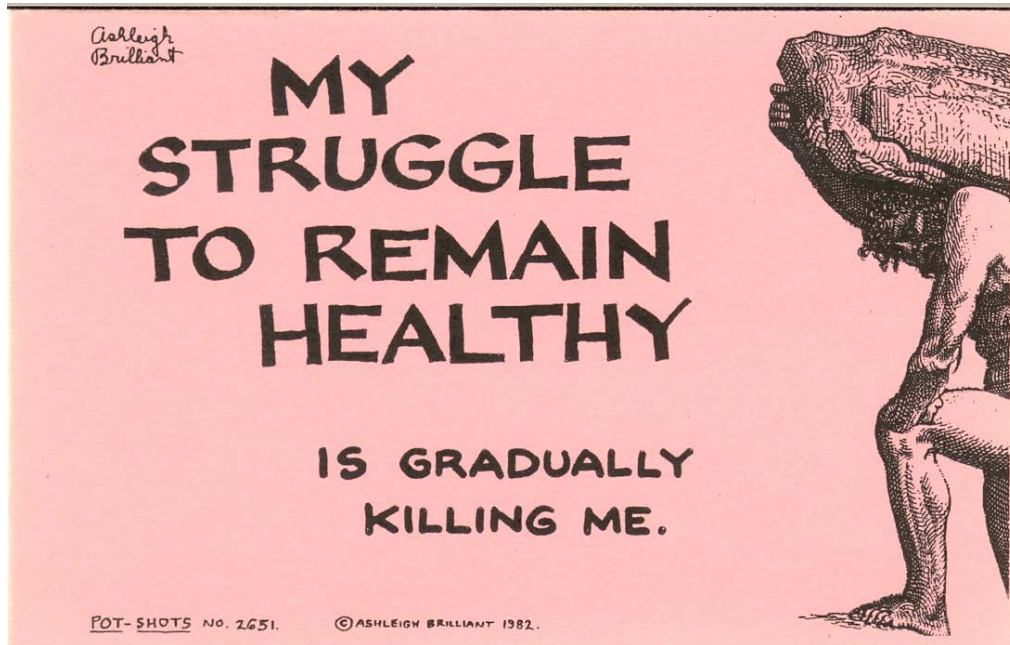
Be part of a day of inspiration and hope, and help support the fight against pancreatic cancer. Join us for PurpleStride Denver 2012, taking place at Washington Park in Denver! This is the perfect event to bring the whole family, meet others and create memories. We offer great incentives for fundraising and all proceeds benefit the [Pancreatic Cancer Action Network](#). Stride with others who are just as passionate about finding a cure for pancreatic cancer.

**For her work with blind runners, Deb Conley**

will be honored at the 17th Annual Women Who LIGHT the Community by the Boulder Chamber on June 13, 2012 at the Millennium Harvest House. The Business Women's Leadership Group annually honors women who have made significant contributions through innovations and a committed effort to address a meaningful business or community need locally, regionally, nationally, or globally.

A salute to **Dave Hardwick** for coordinating all us unruly volunteers at last Saturday's Flat Out 5K. The great perk to volunteer for this race is the comp entry to the Bolder Boulder, provided by **Matt Jenkins**.

## Arts and Entertainment



By Ashleigh Brilliant

## Still Time to Dash N' Dine

May 15<sup>th</sup> and 22<sup>nd</sup> at Boulder Reservoir.

[http://www.withoutlimits.co/#!\\_\\_dash-n-dine-5k-series](http://www.withoutlimits.co/#!__dash-n-dine-5k-series)

Start time is 6 p.m.  
Registration is \$18/\$22 race day



If you have something you would like to share in the next newsletter or on the web-site, please send it to: [john@bridgesclassicalimports.com](mailto:john@bridgesclassicalimports.com)