

June, 2012

Boulder Road Runners

Since 1979 and Still Running!

Articles:

Open business meeting

Meet Lois Calhoun

Shocking Truth

Columbine Mile

Track Meet Pictures

4 on the Fourth Information

Highlights:

Society Page

Results

Items of Interest

Next Social
July 2nd
Avery Brewing
5:30-7 p.m.

Benji Durden stepped down from the BRR board. Rich Holston was elected to the position at our last First Monday Social.

Next Open Business Meeting
July 16th
6 p.m.
Avery Brewing

Dear Boulder Road Runners,

Wednesday, we had an open business meeting. Seven members were present: Connie Harmon, Deb Conley, Marlys Thurow, Ken Thurow, Andy Edmondson, Dave Hardwick and John Bridges.

We discussed a wide range of club matters and concerns. Below is a very truncated summary.

1. The club is solvent, but we need to watch our money
2. Club Gear
 - a. Members with dues paid should receive new gear
 - b. People new to the club should receive a shirt upon joining
 - c. Gear should be standardized
3. We need specific liaisons to various community groups
 - a. CU student community
 - b. Community food Share
 - c. CU Athletics
 - d. Humane Society and CRC
4. We need someone who is expert with Facebook and other social media to perform routine updates.
5. We need to actively promote the good things this club has done and will be doing such as: financial aid to CU athletes, donations to Community Food Share, the track meets, successes of club members, etc.
6. We need a race director for the Turkey Trot.
7. The creation of a social committee and event committee was proposed.



I want you to help
with the Summer
Track Meets.
Next one: June 21st.
Arrive at 5:30 p.m.

CU UPDATES

C.U. runner, Shalaya Kipp wins NCAA steeplechase in 9:49:02. This is the fifth time in seven years that the Buffs have won this title. Recent winners include Jenny (Barringer) Simpson and Emma Coburn.

Aric Van Halen gets 10th in men's steeplechase with 8:56:64.

Jessica Tebo is 3rd in the 5000 meters with 16:14:32.



Meet Lois Calhoun by Gail Hunter

A little-known fact about Lois Calhoun is that she's the best broken-field runner I've ever met. When we went to run Phoenix's first Rock 'n Roll Half-Marathon in 2004. Our bus driver got lost, driving us farther and farther away from the start of the race. By the time one of the runners directed her back to downtown Phoenix, we were hopelessly late. We jumped off the bus, and I tried madly to follow Lois as she dodged through throngs of spectators next to the packed corrals. Lois never slowed down, reaching her corral shortly before the start gun.

Lois began running casually in the early 1980's, in the heat of Sugarland, Texas. She moved to Huntington Beach, CA in 1988, where she ran her first race, the Harbor Heritage 5K in hilly Corona del Mar. She knew nothing about racing and managed to do all the wrong things. She purchased her first pair of running shoes the day before the race, and wore cotton shorts and a cotton t-shirt. But her strategy was good. She tried to spot women her age and pass them. Her plan worked well enough that she won third place and a trip on the Catalina Flyer to Catalina Island. Winning was so much fun that she decided to continue racing. She joined the Snail's Pace running group and began training and lowering her times. In 1996, she ran her first marathon. She didn't run just any marathon, she ran the 100th running of the Greek Marathon, finishing in Athens.

Lois moved to Boulder in 1998 and came to a Sunday run in the winter. Pat Tolleson took her on the 7-mile loop, and her legs locked up. When they returned to the bank, everyone was gone. Thoroughly intimidated, she ran alone on the Teller Farm trails until she gathered enough courage to join the Boulder Roadrunners. She soon learned that training with Rich was going to be a challenge.

But talk about rising to the challenge! Since that time, Lois has won gold medals in the 400 and 800 in the Greeley Senior Games, raced the Boulder Boulder twelve times and won her age division each time, and set her personal record for the 5k in the Carlsbad 5000 in a time of 23:41. She has won two USATF championships in the 5000 meter race on the track and one USATF championship in the 1500 meter. She has participated in ten national cross-country meets, winning seven gold medals and three silver ones. In 2002 she traveled to Australia for the WAVA World Track Championships and came in 5th in both the 800 and the 1500. Her team came in 3rd in the 4 x 100 and 4 x 400 relay races. That year she received the "Outstanding Achievement in Running" award at the Sportswomen of Colorado awards ceremony in Denver. In 2006, at the age of 70, she joined a team of twelve men and women for the Wild West Relay, 195 miles from Ft. Collins to Steamboat Springs, and found the combination of running and camaraderie to be tremendously fun.

Lois has always been athletic. She played center guard in basketball in grade school in Erie, Pennsylvania, and in high school she played basketball, tennis and participated in synchronized swimming. Later, she became a WSI instructor and taught handicapped swimming and water aerobics. She also was the Aquatic Director of the 15,000-member JCCA in Creve Couer, MO.

Lois' career has included work as a real estate broker and as the designer and seller of a line of sports jewelry. She has owned Creative Sports Jewelry for fifteen years. Her love of travel led to employment at Changes in Latitude, from which she has now retired.

Lois' plans for the future include becoming re-acquainted with the road bike she purchased last year for Ride the Wineries in Palisades, Zumba classes at Flatirons Athletic Club, continuing to learn the Italian language, and a generous bucket list for travel, with the top location being the Dolomites in northern Italy. When not running, she's presently enjoying good books, hiking, and yoga.

And Phoenix? At age 67, Lois came in 3rd in her age division, with a time of 2:10:57.

The Shocking Truth; You Can Help!

It's shocking, but true! Some of our flock has gone astray like lost lambs. I'm not referring to lost as in running with the BRC on Wednesday or with Fleet Feet on Mondays. This is even worse! They are missing the word; the word of the monthly newsletter and occasional club updates.

Despair not, for the lost can be found. With your dedicated help they can be returned to us. Reach out to our lost flock and guide them back. If you know a member of the BRR that isn't receiving the newsletter instruct them to send their e-mail contact information to john@bridgesclassicalimports.com. With this they will be reunited with the flock.

The summer track meet series is our marquee event. The meet series is posted on the Road Runners of America schedule and people from around the country visit our web-site to check the results and the schedule.

We put on this series because we enjoy the sport and this is part of our club vision to provide avenues to promote physical fitness through running.

There is a core group of people who volunteer for the meets each year. Year after year. Without them the meets would cease to be.

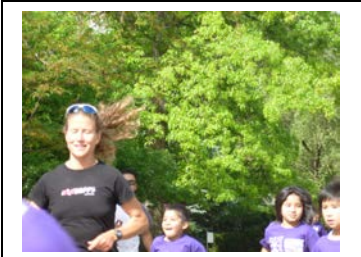
To maintain a high level of officiating and meet efficiency we need to have more people become actively involved. We also need officials to have a wider understanding of all aspects of managing these meets. To this end we need a few more people to get involved. And, we encourage those people already involved to consider moving out of their regular routine to learn other aspects of the meet.



Andy Edmondson and Heidi Marks take the extra time to help promote the Boulder Road Runners at the Colfax Marathon Club Expo on May 20th.

Columbine Mile Marathon

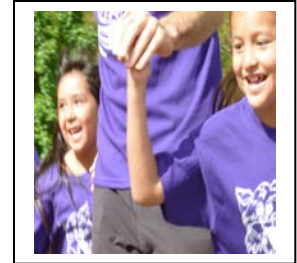
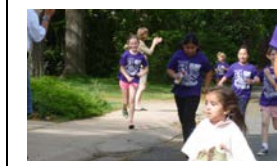
May 18th, 2012



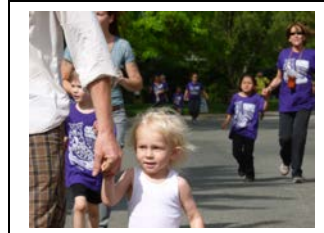
Melody paces.



Uta paces.



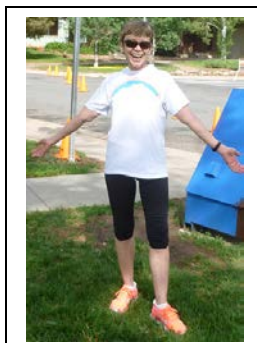
Rich seeks help with keeping up with the 5th graders.



Kids are learning healthy habits from teachers and parents.



Barry and Jodi with good friend Uta Pippig



Patti is styling in retro club fashion.



A man and his truck is a beautiful thing. Smitty with all the shoes donated to One World Running.

Some Bolder Boulder Results

Vivian Jacobi	F-11	4 th	50:01+
Vicki Cronin	F-21	1 st	41:26+
Heidi Marks	F-31	13 th	45:17+
Melody Fairchild	F-38	2 nd	36:26+
Corey Hooten	F-40	6 th	43:57+
Karen Fuchs	F-43	6 th	46:53+
Connie Harmon	F-58	8 th	56:28+
Jan Hughes	F-61	1 st	49:57+
Nancy Antos	F-62	1 st	54:09+
Rima Lurie	F-64	2 nd	47:32+
Judy Moir	F-70	1 st	1:00:05+
Betty Valent	F-72	1 st	59:44+
Judy Smythe	F-74	1 st	1:05:27+
Libby James	F-75	1 st	50:07+
Marlys Thurow	F-75	7 th	1:35:29+
Lois Calhoun	F-76	1 st	1:05:49+

**A Partial List of
BRR Members
Who Volunteered for the
Bolder Boulder**

Carl Mohr	Gavin Slater
Sally Mohr	Even Slater
Drew Mohr	Peter Genuardi
David Femmer	Austin Connelly
Patty Femmer	Sharon Connelly
Terry Femmer	Steve Carlson
Dee Dee Beard	Sue Carlson
David Hardwick	Steve Boselli
Donna Bridges	Dave Mathews
John Bridges	Joyce Kelly
Paul Saporito	Jerry Kelly
Kim Saporito	Bruce Zimmerman
Andy Edmondson	

**Sunrise Stampede
2 mile**

Nicholas Jacobi	M 6 & under	6 th	28:42
Vivian Jacobi	F 10-14	4 th	15:06
Genevieve Jacobi	F 45-49	1 st	14:46
Woody Green	M 50-54	3 rd	14:26
Jan Huges	F 60-64	2 nd	14:45
Don Hayes	M 80+	1 st	28:39

Alasdair Russell	M-24	3 rd	33:34+
(25 th overall)			
Scott Fliegelman	M-44	2 nd	37:54+
Scott Hooten	M-40	11 th	41:10+
Jerry Greenwald	M-44		42:45+
Darren De Reuck	M-47	3 rd	35:45+
Kevin McCalmon	M-49	4 th	49:09+
Frank Shafer	M-49		49:09+
Ed Geary	M-57	10 th	47:46+
Rich Sandoval	M-58	2 nd	43:50+
Doug Bell	M-61	1 st	38:19+
Hampton Islan	M-62	3 rd	46:24+
Rich Castro	M-64	2 nd	45:48+
Dave Dooley	M-65	1 st	41:46+
Jeff Dumas	M-66	2 nd	45:34+
Bill Allen	M-67		1:00:07+
Tom Lemire	M-69	2 nd	47:19+
Bill Faulkner	M-70	2 nd	53:43+
Don Larson	M-71	1 st	46:03+
Henry Kaplan	M-72	4 th	58:35+
Larry Avery	M-71	2 nd	54:06+
Paul Turley	M-75	3 rd	1:00:06+
Verne Carlson	M-79	1 st	1:00:29+
Tam Stubbs	M-80	1 st	57:21+
(12 th time)			
Rod Smythe	M-82	1 st	1:07:18+
Ken Wright	M-83	4 th	1:47:06+

Mini Haha Triathlon

Kevin McCalmon M 45-49 5th 1:01:37

Louisville Half

Jackson Friesth 2nd Overall 1:20:34

Mt. Evans Ascent

June 16th

Jeff Dumas	M 65-69	2 nd	2:59:36
Chuck Lowrie	M 65-69	4 th	3:17:33
Bill Faulkner	M 70-74	1 st	3:28:59

Sunrise Stampede 10K

Jeff Dumas M 65-69 1st 46:36

25 Volunteers for BRR Water Station

Rita Spiegel: Volunteer Coordinator
 Sports Authority Rock 'n' Roll Denver Marathon & ½ Marathon
 Benefiting the Prostate Cancer Foundation
 September 19-22, 2012 Denver@RNRRaceCrew.com
<http://runrocknroll.competitor.com/denver/volunteer>

Or just contact John Bridges.



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?



Society Page

Congratulations to BRR charter member, Joyce LeMire for being awarded top Volunteer of the Year for both Boulder Hospitals. Her specialty work in the ER and in medical statistics was recognized as outstanding among 695 volunteers who generously donated over 60,000 hours saving the hospitals \$1.3 million dollars of labor costs.

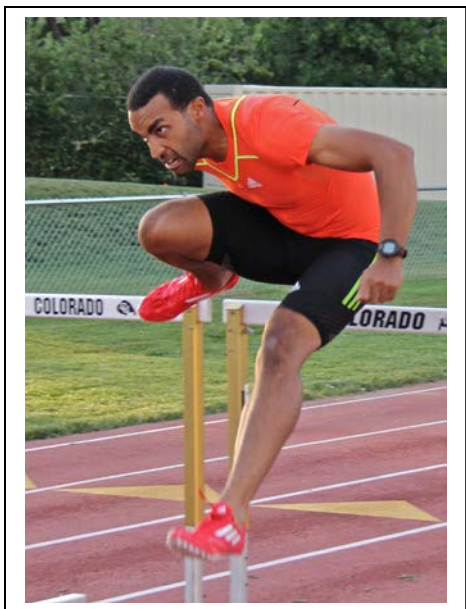
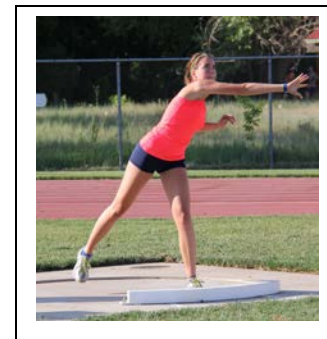
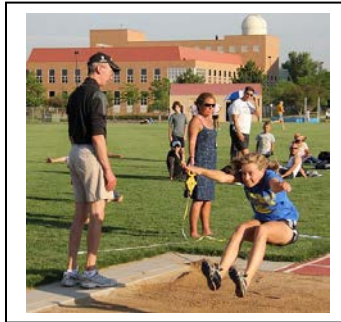
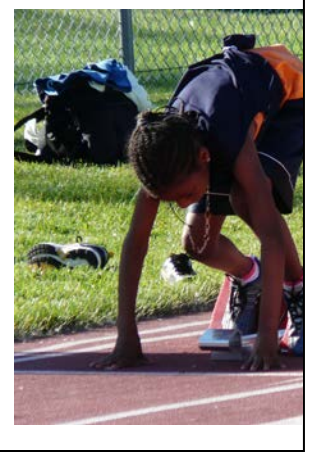
.Rocky Mountain Senior Games

Judy Smythe had a very successful completion, with several gold medals, silver and a bronze. Details to follow.

Greetings Everyone: The Annual Avery Brewing Co. **4 on the 4th** race is scheduled for Wednesday July 4th at 9:00am. Patti & Rich will be in charge of the course marshals/volunteers for that event. Avery's make an annual donation from the proceeds to the Rich Castro Track & Field Endowment Fund at the University of Colorado. The Endowment Fund directly benefits the CU Track & Cross Country programs and is something I want to see it continue to grow in the coming years.



Track Meet June 5th Pictures by Johnny Chapin



UP COMING EVENTS

Next Track Meets: June 21st and July 5th Potts Field 6 p.m.

Avery's Four on the Fourth



Race to win your weight in beer or contact Rich to volunteer.

SKIRT  SPORTS
SKIRTCHASER 5k

The **Skirt Chaser 5k** & Block Party is coming back to Denver on Saturday, June 23rd, 2012! This year the race is returning to Sports Authority Field at Mile High. Ladies get a 3 minute head start on the men at this event! Join in the post-race celebration for live music, beer, food and much more! 5 p.m. **Discount code- SCDENVER15**

[XTERRA Beaver Creek Trail Run](#) is set for July 15 at the picturesque Beaver Creek Resort in Avon, Colorado.

Down and Dirty Mud Run Sunday, June 24, 2012 Aurora Sports Park. 5k and 10k course filled with Military style obstacles. www.downanddirtyudrun.com

NoBo Park Classic Sunday, August 12th, North Boulder Park <http://www.boulderclassic.net/>

Athens Marathon: November, 11th Contact: Paul Samaras paul@athensmarathon.com
www.athensmarathon.com APOSTOLOS GREEK TOURS IN., .Athens Marathon Specialist Since 1994. Office 303-755-2888. Cell # 720-980-4345

Retro Run Sloan's Lake, Denver Colorado

Date: Sunday Aug. 26, 2012

What you get!!!

Retro Run Tee Shirt

Retro Finishers Glasses

80's after party

and the best 5k of your LIFE!!!

<http://www.retrorundenver.com/#!/HOME/mainPage>

Race recommended by Geneviève Jacobi

5430 Sprint Triathlon 6/17/2012

Darren de Reuck M 4717th overall 1:14:58

Lorraine Green F 60-64 2:02:53

Arts and Entertainment

By Ashleigh Brilliant

