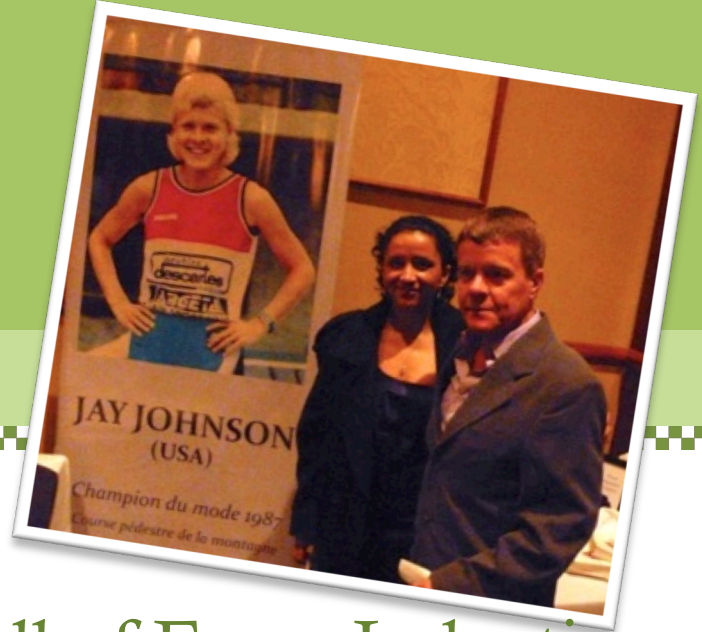


Boulder Road Runners

Our hearts and thoughts go out to the runners and people of Boston.

April 2013



Up Coming Events

April 21 Earth Day 5K
Potts Field
10 a.m.

April 25 Business Meeting
Avery Brewing
6 – 7:30 p.m.

April 28 USATF Officials Clinic
Balch Field House
11:30 a.m. to 4 p.m.

May 6 First Monday
Avery Brewing
5:30 – 7 p.m.

Hall of Fame Inductions

At this year's induction ceremony, Jay Johnson was recognized for his mountain running prowess and winning the first World Mountain Championship in 1987. Doug Bell was honored for his running longevity, which includes numerous race victories and national age group records. In 2011 he led our BRR 60-64 team to the master's team title. Others honored were Nancy Hobbs, Lidia Simon, Marshall Ulrich and Jane Welzel.

This year's list of outstanding high school distance runners included a couple of local girls. They are Niwot's Elise Cranny, who won the state x-c title and Fairviews Isabelle Kennedy. They will be in action at the county track championships, Saturday, at Longmont High School.





Reanna, of Westminster, smiles after winning an entry to the Bolder Boulder.



Some of the colorful characters you can meet at the First Monday Social.



Genevieve and Nicolas Jacobi help out at the Race4 Kids.

Club Calendar-April/May

- April 20-Boulder County High School Track Championships, Broomfield H.S. Track, Opportunity to Volunteer
- April 21- Earth Day 5K, BRR is managing course, Opportunity to Compete and/or Volunteer
- April 28- USATF, New Officials' Certification, Balch, 11:30 – 4 p.m. Info. Dan dptrack@gmail.com
- May 9- Adventure Run, Road Runner Sports, Westminster, 5 p.m., Club Tent/info. Booth, Opportunity to Volunteer
- May 6- First Monday Social, Avery Brewing, Tentative- Ric Rojas guest
- May 10- Nederland H.S Track Invite, Opportunity to Volunteer
- May 26- Run and Pot Luck Breakfast, Millennium Harvest House,
- May 27-Bolder Boulder, Team Competition, Opportunity to Volunteer

Boston, the Good News

Men:

Jason Hartman, First American and 4th overall

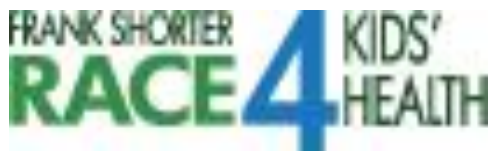
Lee Troop 15th

Women:

Boulder Favorites Shalane Flanagan 4th and Kara Goucher 6th

Members running include: Bud Pope, Bill Buffum and Nancy Antos

Frank Shorter's Race4Kids



At the recent Race4Kids, BRR collected over 50 pairs of running shoes for One World Running. The winners of our drawing for entries to the Bolder Boulder: Riley of Erie and Kristyn of Broomfield.



Community Food Share

...a little giving goes a long way

FLEET FEET Sports

2624 Broadway, Boulder, CO 80304
(303) 939-8000
www.FleetFeetBoulder.com



CONSERVATION
STARTS HERE.

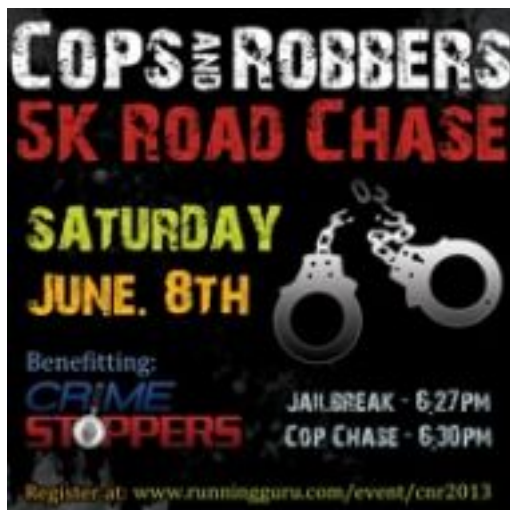
Welcome to the CRC! We are an environmental nonprofit with the mission to empower our community to conserve natural resources. We implement programs for the community through three divisions – Water, Energy, and Waste.

The Center for ReSource Conservation has several programs that might be of interest to Boulder Road runners. CRC has an Energy Division promotes energy conservation, energy efficiency and renewable energy. CRC's Water Division helps residents and businesses reduce water consumption by encouraging the efficient use of water. The Garden-In-A-Box Program sells professionally-designed xeric gardens.

April 21, the Sunday Social Run will meet at the main entrance to Potts Field. You may want to run the Earth Day 5k instead. To register: <http://conservationcenter.org>

Over 25 BRR members have committed to helping to make this a great event, by volunteering their time and energy.

CRC's ReSource Division manages two salvage yards (in Boulder and Fort Collins) that accept donations and sell reclaimed building materials to the public. Promoting waste reduction through innovative landfill diversion programs, ReSource sells these reclaimed materials at 50%–90% below retail cost. For more details on these programs visit their website at: www.conservationcenter.org, or their office at: 6400 Arapahoe Rd and resource year at: 6400 Arapahoe Rd



Register in pairs for this unique event: one robber and one cop

Riverfront Plaza,

1600 Little Raven St., Denver

Click Below for Information

[Cops and Robbers](#)

Runner Seeking Room in Boulder

Steve, a runner and high school track coach from New York, wants to train in Boulder from June 20 to July 15. Can anyone rent him a room? ssteinejapan@gmail.com

TIM DOLEN IN ETHIOPIA by Gail Hunter



Mark you calendar. Holy Cow Trail Stampede is August 10th at Westminster City Park, near the softball field, 5875 W. 10th. The race will feature a 10K and a 5K. Start time is 8:05 a.m.



Sunday, May 12
5K for the Homeless
Coors Field

**Run for the
Homeless**

The word “Ethiopia” tends to conjure up images of extremely fast runners with green, red and yellow singlet or of really good coffee. For Tim Dolen, who recently spent between six and seven months there, the images are very different.

Tim retired early from the Bureau of Reclamation, where he had been employed for 33 years, and he and Cheryl moved to Loveland. Instead of relaxing, he recently found himself headed for Ethiopia as the engineering representative, hired by the Ethiopian government as the engineering representative to monitor quality and construction progress on the Gibe III Dam that is being constructed on the Omo River in central Ethiopia, roughly seven hours from Addis Ababa. His duties included quality control and training of the Ethiopian staff. The Ethiopians were intelligent and well schooled but lacked real world experience. The trip began as an adventure and turned into an ordeal. The massive dam and hydroelectric project is designed to bring electric power to a country in which at present only about one-third of the citizens have the luxury of electricity. In addition, the biggest export of the country will soon be power—to the Sudan, Kenya, Somalia, and possibly Egypt. The Gibe III Dam will be larger than the Hoover Dam and will be one of three major dams providing power to a wide area.

The dam is close to the Equator, in a very hot, very remote project site. Gastrointestinal and communication issues made Tim’s personal experience more difficult. The time zone for the dam site is twelve hours from that of Colorado. Those of us who think we have problems with gaps in cell phone coverage or Internet service may contemplate the exponential difficulties of having a conversation with inconsistent Internet service, temperamental telephone service,

and erratic electrical power. Add to that the effects of heat, a computer full of dust, low batteries, and sudden rainstorms, and you begin to be able to imagine how very remote an isolated area of a third world country can be.

The professional side of Tim’s adventure was also difficult. The native language of Ethiopia is Amharic. The contracting company is Italian, and the head contractor spoke only Italian. The construction engineer was also Italian, but his co-engineer was Chinese. The chief engineer’s representative was French. The project manager was Ethiopian. The official language on the site was English. A meeting to relay information that could be transmitted in one language in twenty minutes took two hours. Tim described meetings as being similar to participating in the Abbott and Costello skit, “Who’s on First?” Cultural issues also complicated matters. Roughly 37% of the Ethiopian population is Islamic, and 63% of the people are Ethiopian Orthodox Christians. Ethiopia is one of the oldest Christian states in the world, and in the northern part of the country there are beautiful churches, some literally carved out of stone.

Differences in the computation of time also caused complications, particularly in describing dates in written reports. The Ethiopian clock runs from sunrise to sunset, a 24-hour clock. As there are twelve hours of daylight and twelve of darkness year round, this makes perfect sense in Ethiopia, but it isn’t in sync with the rest of the world. In addition, the present year in Ethiopia isn’t 2013. It’s about seven years earlier, as Ethiopia is on the Ethiopic or Ge’ez calendar, which uses an alternate calculation of the date of the Annunciation of Jesus from the Gregorian calendar.

Tim Dolen Continued,

At the job site, managers and workers lived in several camps. There were 5,000 workers, so that with families 15,000 to 20,000 people were living near the project site. Diesel generators at the camps provided more reliable electricity than the Ethiopian grid. As the contractor was an Italian company, the food service company also was Italian, and supplies occasionally ran low due to the travel distance to the site, customs, and the slow drive. There were no bathrooms within one kilometer of the job site, and lack of proper sanitation was a serious problem. The contractors had a "colonist" attitude to which Tim found it difficult to adjust. Workers were treated badly and paid very little: about \$1.00/day. The work could be primitive—cleaning the foundation for the dam with sponges hand-drained into pop bottles—or downright dangerous. At one point, Tim watched a crane drop an excavator into a 150-foot wide shaft with a large number of people at the bottom. When the crane operator attempted to retrieve the excavator, he off-balanced the crane, and it followed the excavator into the shaft, post-holing at the bottom. Miraculously, no one was killed.

Running in Ethiopia was a challenge. The camp was 1,500' above the job site in extremely hilly country. A number of villages surrounded the camp. They were built high above the river valley to avoid the threat of malaria. The road had a 10% grade, so a trip down to the river was comparable to going up and down Flagstaff Mountain. People from the villages started their days by going down to get enough water to get them through the day. Children from the villages would walk two or three miles each way to cut grass in the river valley and carry it back up to the family's livestock. Wednesdays were market days, and each week people from the bush or other villages would walk ten or twenty kilometers to go to market. Tim couldn't run more than twice a week, as his runs had to be fit in in the short window between daylight, which was extremely hot, and night, which was dangerously dark. There were no streetlights, and construction traffic on the road made for phenomenally dusty conditions. Tim's time in Ethiopia was primarily during the dry season, and he often couldn't run because of smoke. He didn't see many runners when he was in Ethiopia, but people there had an appreciation for runners and drivers would honk and wave. Tim described having one Third World running experience, when he ran through a village and soon had one hundred children running happily with him, racing each other as they ran.

Tim's next adventure will be a trip to Viet Nam this summer, where senior technical experts are needed for new power projects. For now, Tim is working on his running, with a lab/retriever mix as his running companion.

Boston Mayor Announces ONE FUND BOSTON

[From City of Boston.gov](#)

Massachusetts Governor Deval Patrick and Boston Mayor Menino today announced the formation of The One Fund Boston, the purpose of which is to raise money to help those families most affected by the tragic events that unfolded during Monday's Boston Marathon.

"I am humbled by the outpouring of support by the business community and individuals who are united in their desire to help; The One Fund Boston will act as a central fund to receive much needed financial support," Governor Patrick said. "At moments like this, we are one state, one city, and one people."

According to Mayor Menino, support from the business community was immediate. "Within an hour, I had calls from business leaders and local philanthropists who, like me, were heartbroken by the impact this hideous tragedy has had on individuals, their families, and friends. And they want to do everything they can to help these people physically and psychologically in the future."

The cornerstone donation to The One Fund Boston is a \$1 million commitment from John Hancock. "John Hancock is honored to contribute to The One Fund Boston, aiding those who were affected by this terrible event," said Craig Bromley, President. "The Boston Marathon is about courage and resilience and community. John Hancock, which has been headquartered in Boston for more than 150 years, will continue to stand by our city, the people of Boston, our community partners, the runners, and the Boston Athletic Association as we unite in recovery and in renewal of our commitment to the Boston Marathon."

Onefundboston.org.

To read rest of article visit: ROAD RUNNERS CLUBS AMERICA- <http://www.rrca.org>

Boulder County High School Track Championships

The championships will be at Longmont High School, 1040 Sunset Street. Note- the start time has been changed. The field events will begin at 11:20 and the running events a half hour later. Watch some standout high school athletes compete: distance runner Elise Cranny of Niwot High School who has the second fastest mile time nationally, distance runners Isabelle Kennedy of Fairview High School and discus thrower Valerie Allman of Silver Creek High School. Valerie has the best mark of the year, nationally, for the girls' discus throw.



Schedule:

- 7 a.m. Double Road Mile Run/walk
- 7:15 a.m. Bob Anderson's Kids Cup Mile
- 7:45 a.m. Double 10 K Leg
- 8 a.m. Road Mile Awards
- 8:45 a.m. Kids Mile Awards
- 9:30 a.m. Double 5K Leg

<http://www.doubleroadracedenver.com>

Sunday, May 12

<http://mothersday5k.com>



Dash and Dine 5K Series

April 9, 16, 23 and May 7, 14, 21

Boulder Reservoir

<http://www.withoutlimits.co/dash-n-dine-5k>



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