



BOULDER ROAD RUNNERS

APRIL 2010

VOLUME 2 ISSUE 4

Sunday Group Run
at 9 AM

BRR PARTNERS WITH SAUCONY IN 2010

What's inside.

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SPECIAL POINTS OF INTEREST:

Check for updates on line at BRR homepage

Earth Day 5k, 4/25

Boulder Distance Carnival, April 25. Info page 4

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The BRR will hit springtime in the Rockies in full stride with plenty of running events on the calendar; so please check the newsletter for complete details on a variety of events, including our own Summer Track Series. We enter a new era as we begin an exciting partnership with Saucony. Saucony will sponsor our volunteer program allowing the BRR to remain a viable force within the Boulder running and athletic community. By rewarding our volunteers with shoes and quality running apparel we can show our continuing appreciation for their valued efforts while bringing experienced and resourceful individuals to community based running events. We will continue to work with our own holiday series, Avery's 4k on the 4th of July, The CU Kickoff Classic on Labor Day and the Turley's Turkey Trot on Thanksgiving. Our partnership with Saucony will also allow us to purchase some tear drop Mile Markers and new tent covers and give our summer track series officials some tangible rewards and recognition. If you would like to hear more about our involvement with Saucony join me on the next First Monday Social at the Walnut Brewery on April 5th. Yes I know that the NCAA Final Four Championship Game is on that night, but it tips off at 7:20 PM local time and the Nut has 7 flat screen TV's if want to stick around and enjoy it with friends. This edition of our newsletter reminds me of the wonderful collage that makes up our membership. You'll find long time member Ken Masarie on page 8 and his concert announcement (Sat. April 17th) and I am pleased to announce

he'll be joined by Woody & Lorraine Green two charter members as well as BRR member Kristi Wasson and the BRR's next generation, Alex and Annie Masarie. Sounds like a great evening of music and I will be present so Ken has someone to poke fun at that night.

WANTED: GENTLY USED WOMEN'S RUNNING GEAR

There is a women's running group at Safehouse that could benefit from some running gear. If you have any running tops, shorts, pants, jackets, etc. that are still in good shape that you are willing to part with, please bring them to any of the group runs or contact Patti Castro (303-449-6650). Anything to encourage these women to keep up this activity that makes them feel strong and independent!

Center for ReSource Conservation's 8th Annual Earth Day 5K Run/Walk, Sunday, April 25th, 10am start, CU Research Park, Boulder, Colorado. Put on your running shoes and support conservation! For the eighth year in a row, the Center for ReSource Conservation (CRC) and CU's Environmental Center is hosting a run/walk that benefits CRC committed to leading our community towards a more sustainable future! All abilities welcome. Use your time to qualify for the Bolder Boulder. \$25; \$30 race day; youth 12 & under \$10; \$15 race day. For more race information visit http://www.conservationcenter.org/events-earthdayrace_2010.html or register online www.active.com.

Post race events will take place at Earthfest, Boulder's signature Earth Day Celebration. www.earthfestboulder.org

I have invited a special mystery guest to our First Monday Social. He is a two time Olympian on the track and was a teammate of America's First Sub Four Minute Miler. On two occasions he set a world record and lives in Boulder. **Any guesses?**

Next monthly club social will take place Monday April 5th at the Walnut Brewery, 1123 Walnut St. in Boulder from **5:30 to 7:00 PM**. If you elect to join us you'll receive two complimentary drink tickets good for some of those great hand crafted beers. During our social all drinks and appetizers are half price. This month our social is being hosted by Alan & Shayne Culpepper and Solepepper Sports. So save the date and plan on joining us for a fun evening.



Q. Alan you've now been a high school & collegiate All-American, been in the Olympics twice, married your college sweetheart and have great 3 boys. That sounds like the American dream to most folks. Contrast that with the challenges you've faced as the owner of a small business in one of America's toughest economic periods.

A. Well stated, we have been very blessed and I do feel that we have tried to fully appreciate not only the incredible satisfying moments but also the process itself. The success we achieved in athletics did not come easy however and took many years of commitment, preparation and the ability to work through tough times with illness, injury, fatigue etc. To be honest from the beginning we have really tried to keep the same perspective with our new business. We realize that it takes patience, perseverance and dedication. We see these tough economic times as a great opportunity to get back to basics and help folks enjoy the essence of this activity and the wonderful support that the running community can bring.

Q. You own Solepepper Sports out in Louisville; what sets you apart from the other sporting goods stores in the area? Just down the street you've got Sports Authority and Dicks.

A. Without a doubt it is our expertise and the individualized customer service that we provide. Certainly we have the products that one would expect from a shop of our caliber but it goes much further than that. We truly hope that our customers feel better and more inspired when they leave the shop. Our staff is great, just nice people overall and we have implemented a very involved staff training process to ensure that everyone who comes in knows that we are committed to that person and their needs. It is hard to have a high level of expertise and be an authentic specialty store without an intimidation factor for customers. I am very proud of the welcoming unintimidating atmosphere that is evident at our shop.

Q. What plans do you have for your business in 2010?

A. We have a lot planned this year, including the expansion of our Running Club, Solepepper F.I.T. which we launched last summer and helped folks train for events from the 5k to the Marathon. We also started a number of Youth Endurance Programs focused on getting kids active and helping them learn to enjoy the benefits that come from endurance activities and plan to expand to include Youth Track and Field Programs. We also plan to host our Second Annual HS Cross Country Relay Race this summer in Louisville. We supported quite a few events our first year and are committed to putting our resources back into the running community and events. Lots of great things in store.

Q. Do you or Shayne harbor any plans to return to competitive running? If so will you share them with us?

A. Safe to say neither of us plans on returning to competition. Three kiddos running around the house is all we are up for these days. We both enjoy getting out 5 or 6 days a week and have really come to appreciate the gift of running for running sake. Not to say we don't miss it at times but we are really enjoying this period in life where competition and results are not our ultimate focus.

Q. What activities are you getting your children into these days? Is age group competition in track & field in their futures?

A. We have just started introducing running as an option for Cruz as he is just about to turn 8. We will certainly encourage all our boys to pursue some form of endurance based activity and whether it all comes together for them we will have to see. It is somewhat of a sensitive issue when both of your parents were in the Olympics it makes it a bit more delicate. Our youngest two are still young enough where just messing around and splashing in the pool is perfect, but Cruz is to the point where he can start the process of learning to develop his muscular and aerobic system and he seems to already have an enjoyment for those types of things. Baseball, Basketball are also part of his life but we are just starting to make sure we emphasize some of those activities that he could ultimately pursue.

Q. Childhood obesity seems to be the hot topic in schools, especially in light of the First Lady's emphasis as of late. Do parents or teachers ever talk to you about fitness and exercise? If so, what advice do you offer?

A. My advice is always that perceived effort is a skill and takes time to develop. If a child learns how to monitor their effort and learns that feeling "Out of Breath" is OK then that will hopefully allow that child to develop into an adult that enjoys and appreciates the benefit of an activity like running. Our lives are so complicated and our children will never know life without a home computer, an IPOD, Google etc. We have found that kids crave simple, basic activities given the emphasis of their home lives and education and what better example than running.

Q. The American distance running scene seems to be experiencing a bit of resurgence on several levels. Did you see it coming and what's your perspective on some of these new young guns?

A. I did see it coming. When you are entrenched in it then it becomes easier to recognize. I think this process started just before 2000. Prior to that we only had one standout individual in each distance event, since about 1998 or 1999 there was a new depth of athletes and with the transfer of information and development of High School athletes at the time we are now really starting to see the fruit of that across the board.

Q. The Boulder Road Runners have been part of your running careers for several years. Why support the First Monday Social at the Walnut Brewery on April 5th? What's in it for you and Solepepper Sports?

A. I can say with complete honesty that myself and my wife have always felt extremely supported by the BRR. In college while competing for CU, at the shootout, at all the home meets, out on the trails, at the track, for sure when I won the National XC champs a few years ago, etc. etc. We thought what better way to say thanks than to raise a glass and buy everyone a drink. Also it is a nice excuse to share a night out away from the kids.

We are really proud of Solepepper and we have been very fortunate with how we have been received. We hope that if there are those BRR members that have not made it in for whatever reason that they would make the trip out to the shop and I can promise you that we will take very good care of them.



BOULDER

★ ★ ★ *Distance
Carnival*

APRIL 25, 2010

1k

5k

15k

RACE INFO

**Sunday
April 25, 2010**

Race Day Schedule

7:30am - 8:15am

On-Site Registration &
Bib Pick-Up for All Races

8:30am

5k & 15k Race Starts

9:45am

1K Run/Walk Start

Cash prizes will be awarded to first place finishers,
male & female, in each race as follows:

15 Kilometer Race \$300

5 Kilometer Race \$150

Age group winners in the 5k and 15K races
(male and female) will be awarded gift certificates

1k

5k

15k

FOR MORE INFO VISIT
www.DistanceCarnival.com

www.JasonForDesign.com

Colorado rich with tax breaks

Dave Gardner, CFP

During the tax season, much of our focus naturally rests on Form 1040 and federal income taxes. Most of our tax dollars head to Washington, so Colorado income tax is often just an afterthought. In spite of this, Colorado does have its tax breaks that could save you thousands if they apply to you.

Before we discuss the Colorado tax breaks, let's review the difference between a tax credit and a tax deduction. A credit is the richest form of a tax break, reducing your tax burden dollar for dollar by the value of the credit.

On the other hand, a tax deduction reduces your taxable income. In Colorado, we pay 4.63 percent state income tax, so a tax deduction is generally worth 4.63 percent of its value in terms of money back to you.

IRA, Pension, and Social Security Subtraction.

This program shields payments from pensions, qualified IRA distributions and Social Security retirement benefits from state income tax. The first \$20,000 in distributions are tax free if you're 55 to 64 years old, while those 65 and over have a \$24,000 subtraction. This is a straightforward deduction that *each spouse can use* possibly meaning an extra \$2,000 back to your family each year. In this case, quality tax preparation would easily pay for itself.

529 College Plan Deduction and Matching Grant.

Very few states have a tax deduction as generous as ours when it comes to putting money away for higher education. Contributions to Colorado's CollegeInvest 529 plan (see collegeinvest.org) are deductible up to your taxable income.

Colorado has a competitive Direct Portfolio plan with recently lowered fees and solid investment options using Vanguard funds, meaning that our plan should be your first choice.

Colorado also matches contributions made to a Colorado 529 plan up to \$500 per child per year for five years for those with moderate income or below. For a family of four, a moderate income means an AGI of \$43,668 or lower.

You must start the matching program when your child is 12 or younger. Go to collegeinvest.org for more information and be aware of the application deadline of May 31.

Hybrid vehicle credit. Perhaps the best-known state tax break is the credit on hybrid vehicles. It is not simply a tax deduction, but a *tax credit* that counts against your Colorado taxes.

With stories about \$42,000 tax credits last year for luxury vehicles such as Tesla Roadsters, House Bill 1331 was passed placing a limit of \$6,000 on the credit starting with purchases in January. The new credit applies to qualifying vehicles purchased in 2010 and 2011 with additional credits available for plug-in hybrids and other green contraptions.

Unlike the federal credit that has been phased out for Honda, Toyota, and Ford hybrids, Colorado's credit is available for most hybrid models. Those looking at other makes can qualify for both the federal and state credits.

If that's not enough to motivate you to purchase a hybrid vehicle, for a limited time you can apply for free access to the HOV lanes on U.S. 36, Interstate 25 and Santa Fe Drive in Denver.

It's uncertain how long this program will last as it's based on federal regulations that permit it. For now there may be decals available that give your hybrid a free ride in the HOV lanes. See coloradodot.info for more information.

Other special Colorado tax breaks include a state child care tax credit and a 50 percent credit on donations to nonprofit child care facilities, meaning every \$1,000 in contributions would only mean an ultimate cost of \$200 to you depending on your tax situation.

As has been said before, tax law is notoriously complex and riddled with loopholes that can waylay the most ardent researcher. Please use qualified tax assistance when considering these ideas.

Dave Gardner is a certified financial planner with a practice in Boulder. He can be reached through his Web site at yellowstonefinancial.com.

The
Boulder
Wine
Merchant

www.boulderwine.com
303.443.6761
2690 Broadway
Boulder, CO 80304

Registration Form & Info

In-store registration:

Fleet Feet Sports | 2624 Broadway, Boulder
Boulder Running Company | 2775 Pearl St., Boulder
Road Runner Sports | 10436 Town Center Drive, Westminster

Online: www.withoutlimits.com & www.myentryfee.com

*Registration in stores & online closes at 12 NOON Monday before each race

Race Day Registration: Packet Pick-up
Open from 5:30 - 6:15 PM 5:30 PM at Coot Lake

Directions to Coot Lake:
Hwy. 119 to 63rd, North to Coot Lake
Parking available on the East side of 63rd at Thomas Watson Park (next to IBM)

ENTRY FEES

*includes awards & post-race cookout!

Individual Race: \$17 (early registration) \$20 (race day registration)

4-Pack: \$65 Entire Series: \$ (\$90 at first race)

Dinner tickets are available for \$5 per person for anyone not registering for the 5K. Available race day.

AWARDS

Prizes at each race for the top three males and females in each age group 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.

Overall Male & Female awards for the Series (determined by point system, four race minimum) - awards for top 5 Men & Women (four race minimum, 39 & under, and 40+ categories)

CHARITY

Without Limits Productions will make a \$1.00 donation to the Wounded Warrior Project for each entrant during the series. The mission of Wounded Warrior Project (WWP) is to raise awareness and enlist the public's aid for the needs of severely injured service men and women and provides programs and services to active service members and their families during the critical time between initial rehabilitation while on active duty and their eventual transition to civilian life.

Dash & Dine 5K Series

Name _____

Address _____

City _____ ST _____ Zip _____

Phone (_____) _____

Email _____

Male Female Age on race day _____ Birth Date ____/____/____

Emergency Contact _____ Phone Number _____

Register for 4 Pack - \$65 _____ 6 Pack (entire series) \$90 (at first race) _____

Register for Individual races

Please put an "X" by the races you are registering for. Thank you!

		Pre Race	Day of
April 13 _____	Bib # _____	\$17	\$20
April 20 _____	Bib # _____	\$17	\$20
April 27 _____	Bib # _____	\$17	\$20
May 11 _____	Bib # _____	\$17	\$20
May 18 _____	Bib # _____	\$17	\$20
May 25 _____	Bib # _____	\$17	\$20

Checks Payable to: **WITHOUT LIMITS PRODUCTIONS.**

For race updates & information, call 303-882-8304 or email Tony@withoutlimits.com

All Entrants Please Sign Waiver

In consideration of the acceptance of this entry in the Dash & Dine 5K Series, I release the race director, sponsors, and affiliated organizations for all actions, claims and demand of any kind and nature that may arise from or in connection with my participation or propped participation in any aspect of the races accepting the risks involved including but not limited to those risks involved with road/trail racing, and waiving all rights of any kind that might otherwise exist. In addition, I waive any claims I might have in connection with cancellation of the races for whatever reason. I represent that my physical condition to the best of my knowledge in adequate to compete safely in this race. I sign on behalf of myself and my heirs, personal representatives and assigns.

Signature _____ Date _____
(If under 18 years of age, must be signed by parent or guardian.)

LOOKING FOR A LOW KEY, SUPPORTIVE GROUP TO TRAIN WITH??

Looking for a little help in getting out of bed on those cold winter mornings or someone to pull you through that tough workout? Come join us for a weekday Tues/Thurs session or on weekends Sat/Sun. I lead and coach a group that meets Tuesdays/Thursday at Flatiron Athletic Club at 7:00 AM. FAC does offer BRR members a nice discounted rate to join as well. They have great facilities and the trails are only 3 kilometers away from the CU track and the South Boulder Creek Trail. You do not have to be a member of the Flatiron Athletic Club to join us. On Saturdays there is a sched-

run from the Lefthand Trail Head parking area on Neva Rd. (one mile east of U.S. 36) and the entry road to Lake Valley Golf Course. The area offers country roads, open space trails and paved roads and plenty of hills. We are currently meeting at 7:30 AM this spring. Contact me if you have questions or want more information. You can call me at home at 303-449-6650 or e-mail Richard.Castro@colorado.edu.



FOUR MONTH MEMBERSHIPS AVAILABLE!

Call now to receive a **FREE TRIAL** for you and a friend!



FlatironAthleticClub.com
(303) 499-8590

Boulder's largest and best equipped facility since 1982.

BOULDER

ROAD RUNNERS

DASH & DINE 5K SERIES

TUES APRIL 13TH, 20TH, 27TH, MAY 11TH, 18TH, 25TH

BOLDER BOULDER QUALIFYING RACES



BACK IN 2010



FRIENDS AND FAMILY ATMOSPHERE

COOT LAKE



POST RACE COOKOUT

USTF CERTIFIED COURSE



BOLDER BOULDER QUALIFIER

6:30PM START



WEEKLY AND SERIES PRIZES

WWW.WITHOUTLIMITS.COM

An Evening of Music

with

Ken Masarie

and

Special Guest Artists

Saturday, April 17, 2010 @ 7:30 pm

The Rock 'N' Soul Café

5290 Arapahoe Ave. Suite I, Boulder, CO
(4 blocks east of Foothills Pkwy, south side)

(303) 443-5108; <http://www.rocknsoulcafe.com>

\$10 at the door, \$8 in advance (at Cafe)

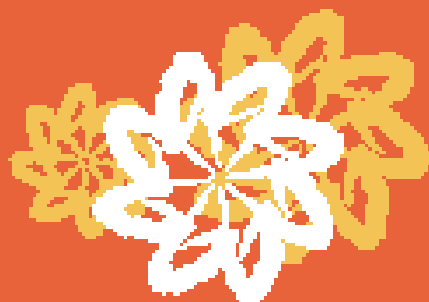
Local musician **Ken Masarie** will be featured at one of Boulder's finest intimate music venues, **The Rock 'N' Soul Café**. Besides the killer sound system and great atmosphere, The Rock 'N' Soul offers great food, beverages, and some of the nicest hosts around. On **Saturday, April 17, 2010**, Ken will share an evening of songs and stories filled with honesty, humility, and humor. Ken is an accomplished acoustic guitarist with a sweet and soothing voice that for a few hours will capture your heart and imagination. Ken's original tunes draw from experiences with family, career, and life. Covers include songs by Clapton, J, P, G and R, Petty, Simon & Garfunkel, JT, Sting, BNL and CSN. **Ken will be joined by some very special friends.**



Photo by Ben Miller

8TH ANNUAL
Mother's Day
TITLE 9K

**Mama said there would
be days like this...**



BOULDER, CO
MAY 9, 2010

It's a day to skip, hop, run or walk. It's a day to celebrate YOU!
Bring family and friends out to be a part of the celebration.

- Where?** Boulder, CO at the Boulder Reservoir
- When?** May 9th, 2010. Mother's Day!
- What?** A scenic 9k+ (that's 9.9k = 6 miles) run, jog, or walk on dirt roads and trails.
- Who?** YOU! First timers, repeaters, elite runners, joggers, walkers, skippers, strollers – yes! Moms with kids in tow are invited to enjoy this event.
- Full Scoop?** Go to www.titlenine.com/t9k or visit our Boulder, Cherry Creek, or Colorado Springs stores for all the details.

Register online at www.titlenine.com/t9k



Platte River Half Marathon & Buckhorn Exchange Relay

Dear Boulder Road Runner,

We are approximately 6 weeks from the [2010 Platte River Half Marathon and Buckhorn Exchange Relay](#). We appreciate the overwhelming response we have received so far regarding race entries. With over 85% of the field registered we encourage you to sign up soon to guarantee your place on the starting line in downtown Littleton on Sunday, April 11th. The half marathon will be limited to 1,500 runners and the relay will be limited to 100 teams. Come run and see why the race was named [Colorado Runner Magazine's](#) "Best Half Marathon in Colorado" for 2009.

The entry fee for the half marathon through April 4th is \$50 and \$105/team for the relay. This is one of the best values in Colorado distance running. Your entry fees includes a long sleeve Brooks technical shirt; lunch at the [Buckhorn Exchange](#); a fast, slightly downhill, USATF certified course and a pass on the RTD Light Rail from the Buckhorn Exchange Restaurant back to downtown Littleton.

There are numerous ways to register. Registration and other race details are available on our website at www.platteriverhalf.com In-store registrants can take advantage of a special offer from [Brooks](#), [Runners Roost](#) and Alamo Events on a [race and shoe package](#) that will save you a combined \$30 on the purchase of Brooks shoes or apparel and race entry. Details of this special offer are on the website on the "Registration" tab or at Denver area [Runners Roost](#) stores.

Thank you,

Alamo Events

Spotlight on Anne Bartuszevige BRR Member and Volunteer Extraordinaire.

Q. Anne let's have a little background of you first. Education, athletic interests, occupation, etc.

A. I grew up and went to school in Michigan. I got a Master's from Illinois State University and a Ph.D. from Miami University in Ohio.

Before I moved to Colorado, I was living in northeast Oregon and working for Oregon State University. I moved to Boulder a little over a year ago to take a job as the Conservation Science Director at a non-profit called Playa Lakes Joint Venture (PLJV). PLJV does bird habitat conservation in what is called the shortgrass prairie and the mixed-grass prairie regions. We work in six states: western Nebraska, Kansas and Oklahoma, Panhandle of Texas, and eastern New Mexico and Colorado.

I started running when I was getting my Ph.D. When I started I would joke that running was cheaper than drinking for dealing with stress.

True, but I really wanted to get healthy. I jumped in with both feet; my first race was a half-marathon. I can't run very fast but I don't mind running for a long time, so half-marathons and marathons are my favorite. Last summer, I did my first triathlon. I had lots of fun, so I'll do more of those.

Q. You sound like you have a fascinating job. What brought you to this point in your life?

A. I became interested in science and studying birds when I was in undergrad. I took several ecology classes in which we had outside labs and it dawned on me that people got paid to be outside and do cool things. In another class, we had a field trip on which we captured and banded birds, after that I was hooked. I learned about prairies when I was getting my MS degree in Illinois. I think they are so beautiful in the spring when they are green and full of flowers. During my PhD, I worked on invasive plants and seed dispersal by birds. I became interested in patterns at broad scales – instead of being interested in this one forest/grassland, trying to understand how the arrangements of all the forests/grasslands on the landscape impact bird populations. When I was in Oregon I became interested in doing conservation on what are termed “working landscapes” – agricultural areas, forests used for timber production. These working landscapes are some of the last remaining open areas available and there is incredible opportunity for doing conservation. They key is to find creative ways to include conservation on harvested lands.

At the PLJV our main tool for establishing more grassland is the Conservation Reserve Program (CRP). CRP – and its many variations – is a federal program described in the Farm Bill. The CRP pays farmers to remove land from production and replant with grasses. Originally, CRP was meant to take highly erodible land out of production to help meet clean water standards under the Clean Water Act. It turns out though, that CRP has many positive benefits for grassland wildlife. Now, CRP has multiple missions to reduce erosion and to provide habitat for wildlife. At PLJV we work with the federal agencies responsible for implementing the program to better target the acres so they do the most good for wildlife among other things.

CRP is just one way PLJV does conservation in the prairies.

Agriculture is just one industry that PLJV works with on the prairies.

We also have projects to help create guidelines for siting wind energy development in a wildlife friendly way. And we have a project in New Mexico to reclaim old oil and gas pads and restore them back to prairie.

Q. How much time do you actually get to spend in the field? Take us through an average day on the job.

A. I hate to disappoint, but I don't spend any time in the field anymore. I used to spend my summers hiking and collecting data but not now.

Q. Some of us don't really get to see some of the habitats and wetlands that are mentioned on your website. Why should we care about them other than they are beautiful scenes out in the plains?

A. Playas are important for water conservation. The High Plains Aquifer (a.k.a. the Ogallala Aquifer); one of the largest aquifers in the world, and the reason that agriculture can occur this far out on the plains, is being rapidly depleted. In some regions in Texas, the estimate is that there is about a generation of water left in the Aquifer. Natural recharge to the Aquifer happens mostly through the playas. And there is some evidence that

recharge happens faster through playas that are in grasslands compared to those in croplands.

When the playas are wet, they are vitally important for migrating birds. During the spring and fall migration millions of waterfowl (duck, geese) stop in the playas to refuel to continue their trip. In the spring the playas are especially important because the birds are heading to their breeding grounds, so it's important that the birds get to the breeding areas in the best condition possible so they can breed. In the winter, the playas of Texas host 300,000 Northern Pintails, hundreds of thousands of Mallards and 90% of the mid-continent population of Sandhill cranes (read: lots and lots) and many hundred thousands of other waterfowl. The playas, even though they don't look like much, are especially important for waterfowl and other water-dependent birds.

Q. How does running and especially all the volunteering you do for the club fit into your lifestyle? You are regular at our summer track series and help provide refreshments at the Sunday run. What's in it for you?

A. Originally, I volunteered at the summer track series because I've never lived in a place with an all-comers track series and I was curious. Now, I think its fun and an interesting way to spend an evening. I like volunteering at running/triathlon/biking events because there is a different kind of energy around volunteers at the events compared to the energy of participating in the race. Both are positive and lots of fun but in different ways. As a volunteer, its great fun to cheer on the athletes and, especially at road races, the athletes are so grateful that you're there helping out. I find that volunteering at a race can energize me for my next race or inspire me to register for a race. Also, the coach/organizer of the first running club I joined in Ohio talked about volunteering as a way to give back to the running community.

Want to learn more about Anne's work? www.pljv.org/

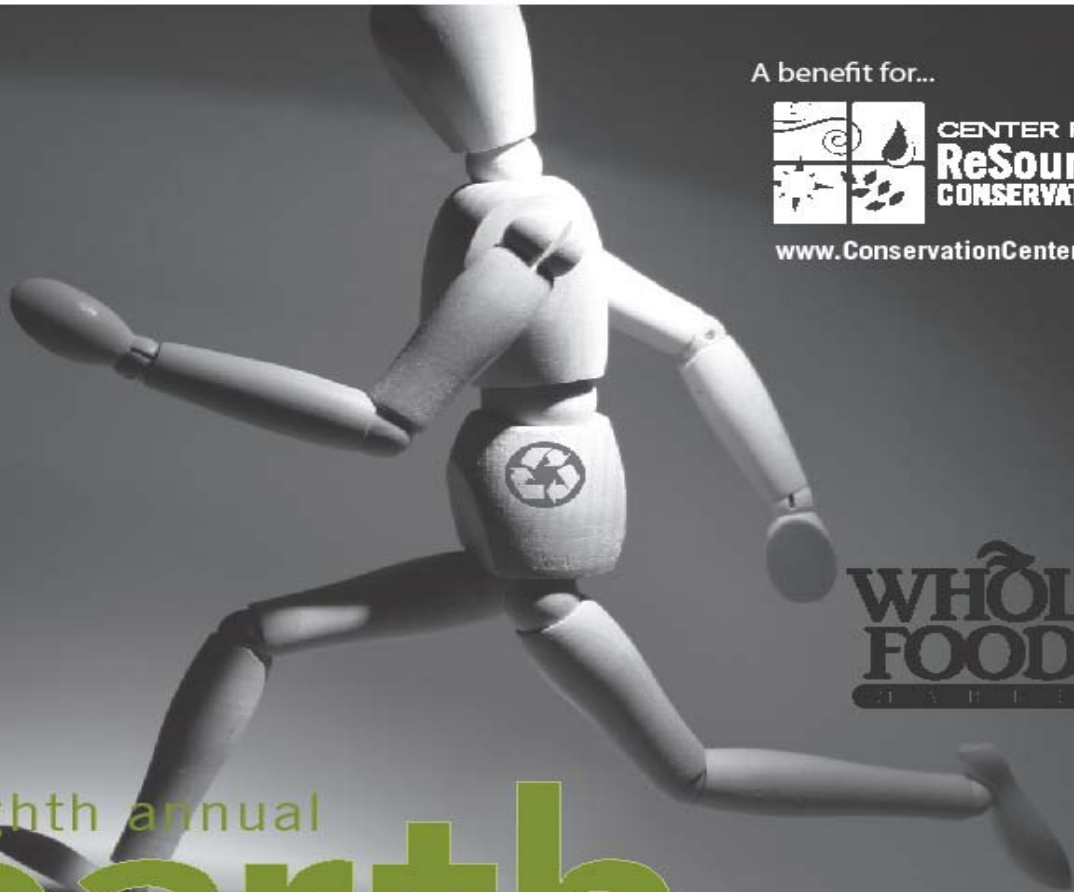


A benefit for...



CENTER FOR
ReSource
CONSERVATION

www.ConservationCenter.org



eighth annual
earth
day 5k

Sunday, April 25, 2010 10:00am
University of Colorado Research Park, Boulder

Register online at Active.com or ConservationCenter.org

The Center for ReSource Conservation (CRC) is an environmental nonprofit based in Boulder, Colorado. Each year, the CRC empowers over 30,000 local individuals to live a more sustainable life through programming in its renewable energy, water conservation, and waste diversion divisions.

You can support the CRC's mission by registering for the 8th Annual Earth Day 5k today!



bryanbowenarchitects



2010 Boulder Road Runner Summer All-Comers Presented by Saucony Tentative Track Meet Schedule

June 3 & 17

July 1 & 15

August 5 & 19

All ages and abilities welcome

CU's Frank Pott's Field, sign ups begin at 5:30 PM

North of Colorado Avenue between Foothills Parkway and 30th Street

CU Track in Boulder, Colorado

Entry fee \$2.00 per event for BRR members \$4 for non-members

High School, Open and Masters Divisions in each event

Volunteers always needed and appreciated

for more information call: Dan Pierce at 303 931-4690

Track Event Schedule:

6:00 PM	100 meter dash	
6:20	1500 meters	June 3, July 1 & Aug. 5
	Mile	June 17, July 15, Aug. 19
6:35	400 meter dash	
6:55	800 meter run	
7:10	200 meter dash	
7:30	100m/400m Hurdles	June 3, July 1 & Aug. 5
	3000m Steeplechase	June 17, July 15 & Aug. 19
7:50	400 meter relay	June 4, July 2 & August 6
	1600 meter relay	June 17, July 15 & Aug 19
8:00	3000 meter run	June 3 & July 1
	10000 meter run	Aug. 5
	5000 meter run	June 17, July 15 & Aug 19

Field Event Schedule:

6:00 PM	Long Jump, Shot Put & Pole Vault
6:30	High Jump & Hammer
7:15	Triple Jump (following Long Jump) & Discus



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Insurance
agency
Health Insurance Consultants



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CAR TOYS
A better way to go!

Qdoba
HANDMADE FOR REAL™



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North Hospital
Centura Health.

C.F.I.R.E.
Citizens for Fire Department
Improvement, Recognition
& Education

ABOUT THE CHARITY

Blazing Bullets Trail Run supports the **Westminster Public Safety Recognition Foundation (WPSRF)**, a non-profit charitable organization, was founded in 2002 with the goal of recognizing citizens, City of Westminster employees, businesses and police and fire personnel for heroism, bravery and acts of service in the name of public safety in Westminster.

The WPSRF Board of Directors is comprised of volunteer business people, community leaders, public safety officials and City of Westminster staff members. The Board & Directors have two objectives:

- Raise funds for and host an annual awards banquet to celebrate noted acts of public service
- Commission and raise funds for an enduring recognition of police and fire professionals

Artwork by artist Brian Hanlon has been selected for placement in front of the Westminster Public Safety Center; fundraising is now underway for placement.



SATURDAY
MAY 8, 2010
8 A.M.
WESTMINSTER
CITY PARK
Christopher Fields
5874 W. 104th Ave.
Westminster, CO



REGISTRATION

Register: Go to www.active.com (<http://tiny.cc/activebbtr>) or complete the form below and submit it with a check (payable to WPSRF).
Fee: \$40/person (no refunds)

By Mail:
Blazing Bullets Trail Run
P.O. Box 350244
Westminster, CO 80035-0244

Drop-off:
Westminster Fire Dept. Admin Offices
9110 Yates St.
Westminster, CO 80031

Tell us about yourself:

Name: _____ Race Type: 5K 10K

Address: _____ Runner Walker

City/ZIP: _____

Email: _____ Phone: _____

Age Group: 0-12 13-19 20-29 30-39 40-49 50-59 60+

Day of Birth: _____ Sex: M F T-shirt size: S M L XL XXL

I understand that my participation in the Blazing Bullets 5/10K trail run/walk involves risk due to its outdoor location and physical activity. I voluntarily participate, or allow the participation of my child, knowing these risks. In consideration of acceptance of my, or my child's, application to participate, I hereby release the Westminster Public Safety Recognition Foundation and City of Westminster, its officials, employees, volunteers, and event sponsors of any and all liability for loss, damage or injury, including any loss or claim I may have arising out of my or my child's participation, whether caused by my negligence or of any other cause.

Signature of participant: _____

Signature of parent/guardian if entrant under age 18: _____

Date: _____

For race staff only:

Bib #: _____

Age division: _____

Check #: _____ Date paid: _____

INAUGURAL

Blazing Boulders

5/10K TRAIL RUN/WALK ♦ **SATURDAY, MAY 8, 2010**

Join us

Westminster Fire and Police join forces for this fun community run/walk, and you're invited! No worries, it's not a dodge-the-bullet-run-through-fire race, it's to raise funds for artwork dedicated to those that work towards public safety. C'mon out — you can run, walk or just cheer on others!

REGISTRATION

- There are three ways to register —
- On line at www.active.com (<http://tiny.cc/activebbtr>)
 - Mail in or drop off the form on the left
 - Sign up on race day (t-shirt not guaranteed)

Fees

Registration is \$40, all proceeds from the race support WPSRF, no refunds.

DOORS

3-7p.m. Fri 5/7 at Roadrunner (10436 Town Center Dr. Westminster) or 7-7:45a.m. race day in the start area.

Race Map

The 5K and 10K race routes are available on line:

- <http://tiny.cc/activebbtr> (active.com)
- www.cityofwestminster.us/fire/629.htm
- <http://tiny.cc/Qfw3z> (Google map)

NO PETS

Please, no pets in the race.
Like adult beverages? That's great, but not at the race!

RACE DAY SCHEDULE

7:00 a.m.	Registration/Packet pick up
8:00 a.m.	5K start
8:10 a.m.	10K start
9:30 a.m.	Awards presentation

Age groups and awards

Awards will be given to the overall male and female winners in both the 5K and 10K. There will also be 1st through 3rd place male and female awards for both the 5K and 10K in the following age divisions:

12 & Under	Age 13 - 19
Age 20-29	Age 30-39
Age 40-49	Age 50-59
Age 60+	

There will not be duplicate awards.

WHAT YOU GET

T-shirt, refreshments, goody bag and a good time running with cops & firefighters!
Your time will be available at the race and will later be posted on line.

It's Not Just a Race!

There will be door prizes, booths, music, food a free kids fun run and more at the race start/finish. Bring the family to cheer you on and have some fun!

BRR Volunteer Opportunities



Volunteers who become involved in 4 or more BRR sponsored activities will be eligible for Saucony shoes, running gear and merchandise. This includes our Saucony Summer Track Series, the three race downtown series and our annually sponsored events. You may get in touch directly with any of the listed volunteer coordinators or Club President Rich Castro at 303-449-6650, Richard.Castro@colorado.edu for more detailed information.

Earth Day 5k, Sunday April 25, Steve & Sue Carlson, s Carlson1@frii.com, 303-530-1345

Uni Hill 2k, Thursday June 10 Sharon & Austin Connolly, sconpub@aol.com

West End 3k, July 22, John Bridges, 303-464-0147, bouldergalloway@bridgesclassicalimports.com

Pearl Street Mile, August 12, Dave Hardwick, 303-499-9205, ladave64@gmail.com

Summer Track Series, Dan Pierce, 303-931-4690, dptrack@aceweb.com

Bolder Boulder, May 31, Carl Mohr, 303-499-2804, carlmohr@comcast.net

CU Kickoff Classic, Labor Day, Monday September 6, Rich Castro, 303-449-6650

CU @ Turley's Turkey Trot, Thanksgiving Day, Rich Castro

