



VOLUME 2 ISSUE 2



BOULDER ROAD RUNNERS

FEBRUARY 2010



Sunday Group Run
at 9:00 AM

JOIN US FOR OUR FIRST MONDAY SOCIAL

What's inside.

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SPECIAL POINTS OF INTEREST:

- **What are Boulder's best runners are up too. Meet Billy Nelson page 13-15.**
- **Time for a road trip?**
- **USA XC National Championships**

The Sunday Group Run continues to meet at the First National Bank of Colorado (3033 Iris Ave, rear parking lot) and we have PowerBar recovery drinks, muffins, cookies and cinnamon rolls from the Great Harvest Bread Co. If you would like to help out the BRR and take a turn picking up our bakery goods get in touch with me, Rich Castro, or speak to Bill Allen at one of our functions. Please invite fellow runners to join us for a go-as-you-please social run any Sunday. The run travels east to the Cottonwood Trails and allows runners to choose their own routes, by doing an out and back after reaching Jay Road or the Diagonal Highway or going through Waterstone Subdivision and taking 51st Street back toward Boulder. I would love to have more runners join us, so let's encourage runners of all abilities to join us for one of our runs or functions in 2010.

As we head into 2010 I have been fielding questions about my personal running schedule and what my plans are for racing and for the club in the future. I am traveling to Spokane, Washington for the USA XC Nationals because they hold a special place in my heart. I love watching the younger generation trying to make their first US national team and enthusiasm they hold for their sport. I would like to turn back the clock and remember what it felt like to be at the top of my game, be in good form and ready to race. Now I am content to be part of a very competitive 60-69 BRR Team and have the opportunity to be part of something bigger than myself. I do have personal goals as well but I am moving toward the shorter distances. My first real test will

be the Carlsbad 5000 on April 11th. I will try and make the mile and maybe the 800m at a couple of our BRR Summer Track Series events and then hopefully feel fit enough to go to the USA Master's Outdoor Track & Field Championships in Sacramento, July 22-25. I will do our Pearl St. Mile and aim for ending the year at the USA Road 5k Championships in Syracuse, NY on Oct. 3rd. A year from that date I will celebrate my Golden Anniversary of racing God willing. As for the club I plan on continuing as the President through XC Club Nationals in 2011, which happens to be in Seattle, WA. After that I plan to retire and hope that someone with younger legs and fresh ideas will step forward to fill the spot.

FIRST MONDAY BRR SOCIAL AT THE NUT

The February 1, 2010 First Monday BRR Social at the Walnut Brewery will be hosted by James R. Christoph, P.C. So please join us between 5:30 and 7:00 PM at 1123 Walnut Street for some complimentary adult beverages and great company. Jim will be celebrating moving into his new offices, so join us in celebrating his

success. To learn more about Jim and his background check out his story on pages 2-4.



Getting to know BRR Member Jim Christoph.

Q. Jim as a long time BRR member what has kept you involved with the club?

A. I always enjoy coming to the Sunday fun runs whenever I am in town. It is a great opportunity to catch up with old friends in a casual setting. I am typically not a morning runner, but it is much easier to get up and get the run out of the way on these Sundays when I am running with the Road Runners. The First Mondays have been a welcome addition to club activities which is another great time to catch up with friends in the running community in an informal social setting. Finally, participating on some of the 50 and over national championship cross country teams has been a lot of fun.

Q. How has the club changed for you and in the community in your opinion?

A. With myself excluded of course, the membership seems to be getting older. For me the Club has become more of a time to run with the focus being just as much about socializing as running. In the early days it was more of a vehicle to run with runners who would help push and inspire me to be a better runner. At 56 years old I am not as interested in attempting to slay dragons. As to the community angle, the Club has become much more involved in the Boulder community than it was in the late 70's and early 80's. The best example is the Thanksgiving Turkey Trot race where, thanks to the BRR, Community Food Share has received tons of food as well and has provided significant sums money to help those in the Boulder community who are in need. BRR's contributions to the CU track restoration as well as the recent assistance given to Jenny Barringer are additional examples of BRR efforts that demonstrate how much more BRR is involved in community outreach than it was during the early years.

Q. With so much personal history with the BRR what are some of your memories that stand out?

A. My first memory that stands out was sitting at the charter meeting of the BRR. I believe it took place at the Boulder Public Library. I remember the late Pearl Mehl conducted the meeting and it was kind of funny how important it was to her to make sure the meeting was run pursuant to the Roberts Rules of Order. It was very formal and proper. Other memories that stand out include the runners "retreat" we did at the Devils Thumb cross country ski resort, the Sunday Fun Runs when they were originally on Folsom North of Iris and then at the Boulder Public Library, breakfasts together after the Library Fun Runs at JJ McCabe's (where the Boulder Chop house is now) and traveling out of town for the USATF National Cross Country Championships. You simply can't beat Indianapolis in February. Receiving the Boulder Road Runners Road Runner of the Year award for 1984 was a huge honor and big memory for me. I still display the Certificate and the beautiful hand made blown glass "Homer Award" trophy that I received with this honor in my office.

Q. Running is obviously a strong theme in your life. How did you get started in the sport?

A. During my grade school years in Rochester, York John F. Kennedy was President. His administration was pushing physical fitness for school kids. My school organized a program where if you ran a mile (about 26 laps in the gym) you would get a star after your name. I got about 28 stars when I was a second grader. I also found I was close to dead last in the sprints we did in physical education, but would come in second or third in the "long" 600 yard run. That was what pulled me toward long distance running. What *pushed* me toward long distance running was the fact that I was and still am a disaster in any sport that has to do with handling a ball in some fashion.

I moved to Akron Ohio in 4th Grade. I ran track in Junior High where I ran the longest event which was the 880 yard run. In high school I ran cross country in the fall and track in the spring where I ran the 2 mile. In between I was on the swim team. I was fairly successful in running in that I won several races, lettered every year and was a Captain of both the cross country and track teams. College was during the Vietnam War and at that time my interests were much more political. I was pretty active in opposing and protesting that War. I did my best to eschew the "jock" image.

After college in Ohio I moved to Colorado. I first lived in Glenwood Springs and then the next year I moved to Boulder. I fell in love with Boulder and decided that this was where I wanted to spend the rest of my life if at all possible. At that time I was getting out of shape and was even an off and on smoker. I was becoming increasingly unhappy with that part of my life. Then I decided to do something about it by quitting smoking and starting to swim laps at the North Boulder Rec. Center. One day while walking on Pearl Street, I stumbled into the Frank Shorter Sports running store. Pablo (then Charlie) Vigil was working at the store and sold me a pair of Nike Waffle trainers. The blue ones with the yellow swoosh. I also learned about the races that were held at the South Boulder Rec. Center and decided to enter one. They were organized for the most part by Dick Kiefer. They were free informal affairs where you received a pop-sicle stick at the finish with your numbered place on it. I was amazed to see these "old" guys running so fast and kicking my butt. That inspired me even more to get better and race a lot. I started training seriously in February 1977 and ran my first Marathon at Sloan's Lake in October that same year. I ran 2:57 and qualified for Boston. I then ran Boston in April 1978 and clocked a 2:38:40. After that race, in the Mecca of road racing, there was no turning back. I was totally hooked!

Q. Being in Boulder for over 30 years you've seen the running scene really explode. Tell us about your running exploits back in the day.

A. Running exploits? Well I guess you must mean races that I feel good about. It is kind of humbling to live in Boulder where for as long as I have been running there have always been TONS of world class runners. Given how skinny they all are, that is a helluva a lot of people! Having said that I have been fortunate to have a number of running successes over the years as long as the likes of Frank Shorter, Ric Rojas, Herb Lindsay etc. didn't show up. Rather than recite my wins and times which would be a bit boring, I'll mention a few memorable events that come to mind. Going from 2:57 for my first Marathon to 2:38 at Boston for my second was a true emotional high for me. I was literally crying during the last mile when I realized how much faster I was running compared to that first Marathon.

When I was in college at Ohio University during the early 70's the town held the Athens Marathon which is the oldest Marathon in Ohio. When I read about this race in the local paper, as a know it all college student, I thought these runners were nuts! "Why would anybody be so stupid as to run for that long!" I thought. About 13 years later in 1988 I won the Steamboat Springs Marathon which first place awarded a round trip ticket to anywhere in the United States. I decided to use the ticket to fly to Ohio and run the Athens Marathon that next April. I had an old friend from college named Bruce Mitchell who stayed in Athens after graduation and started a newspaper there called the Athens News. It is very similar to the Boulder Weekly and continues to publish since its founding 33 years ago. Bruce came and watched the race. I came in second that year and he was so inspired watching me run that he sponsored me to run the next three Athens Marathons his newspaper became the major sponsor of the race. I won next 2 of those Marathons and came in second on my last attempt. In one of those races, I was behind the leader by about 3 minutes with about 2 miles to go. The leader was a recent Ohio U. grad who had been a long distance running star on the Ohio University track team. It wasn't pretty and I was feeling like crap. My buddy was yelling that the leader was slowing way down and that I still had a shot of catching him. That jazzed me up and I managed to pull something out of myself in order to catch up to him with about 200 yards to go in the race. I then passed him and beat him by about 25 yards. It was one of the most fulfilling and exciting races I have ever run. It really amuses me how ironic it is that over 35 years ago I thought marathoners running this race were so crazy and then 15 years later I became part of the history of this race. What a long strange trip it has been!

Q. You host the February club social at the Walnut Brewery. Why support that facet of club and what's in it for you?

A. This is the second time I have been a sponsor of the First Monday at the Walnut Brewery. I support this facet of the club because I really enjoy supporting the Club's activities and I appreciate the fact that the BRR doesn't have the budget to financially support it every month. For me it is a way of giving back to the club for all of the wonderful club experiences and great people that have become my friends over the past 30 years. It is also a way for members to learn a little more about what I do as a trial lawyer and mediator. Hopefully fellow BRR members will think of me if they are wrongfully injured due to someone's negligence and need legal help. I have been representing injured people for over 27 years who have been victims of car crashes, unsafe premises, car-bicycle and car-pedestrian collisions.

Q. You've had your share of injuries as of late. What advice can you give the average runner to help them avoid those pitfalls?

A. Besides not getting older, the most important is not to do more than your body can handle. But that also means you need to listen to what your body is telling you and heed its warnings. Rest, especially with us aging runners, is just as important as the training part. In addition to stretching both before and, more importantly, after the run, I have started using a foam roller to work on my ITB bands, calves and thighs. This has helped with recovery and keeping the muscles, tendons and fascia more loose and supple. If and when you do get injured, rest and ice really helps as do anti-inflammatories such as Advil or Aleve if you can handle them. (I like to use bags of frozen peas as an ice pack) If an injury persists get professional help. Finally if you are going to do speed work, be really careful and ease into it. Although it can be very effective, this is a form of training that is fraught with peril. Make sure you have a good endurance base before you even start. I analogize speed work to the sharpening the blade of a knife. If the steel in the knife is not well tempered (not having a good endurance base) then sharpening the knife (interval training/speed work) will not be effective. Similarly, speed work is essentially worthless if you have not developed a solid endurance base first.

Interview continued on page 4, along with some photos on Jim in action.

We are still on the web at
www.boulderroadrunners.org

Q. Give us a little personal insight into your life and what challenges you face in trying to balance life, family and running.

A. Counting Law School and law practice, I have been in the legal profession more than 30 years. I have been happily married to my wife Maura for 23 years. We have two children Gretchen 17 and Nicholas 13. Ah the teenage years! I really didn't appreciate what stress was until I went to C.U. Law School. During my first semester, I felt really insecure and fearful that I would flunk out. I had never been around so many really smart people before much less had to compete against them. For a few weeks I decided studying was my priority and that I really didn't have the time to run. All I did was study, eat and sleep. It didn't take long before my stress levels went up. Because my stress levels were increasing, I wasn't studying as effectively which caused me to become even more stressed out and on and on. This became a classic "negative feedback loop."

After about 3 weeks of this I couldn't take it anymore, I put down my law books and went for a run. It was like getting a shot of morphine! I realized then that there was no way I was going to be able to handle this ongoing stress and get through law school unless I took the time to run. So I made that time and scheduled a run every day with another Boulder Road Runner friend during that first year and managed to survive that first year. That Spring of my first year I ran the Denver Post Marathon and came in 5th place. The fall of my second year I ran the New York City Marathon in 2:25:25 and while studying for the Bar exam, I ran the San Francisco Marathon in 2:24:26. This bad experience during the early part of my first year of law school was a huge life lesson for me. I have never taken running for granted since that time.

Running has really been a form of therapy in my life. There is a saying that if you want to get something done quickly, then ask a busy person. If you can stay organized and make time for the important things then the rest will usually fall into place most of the time even though you are busy. There are always adjustments that need to be made but running is the one thing that actually provides that needed balance in my life. I watch very little TV. I am not a big fan sports such as football or basketball either. That lack of interest in watching major sports frees up a lot of time for running, family, and other life interests and passions such as scuba diving in Mexico with Carl Mohr. Here's to running and the BRR, may it be around another 30 years!



Using this month's column, you can unearth your true investment nature. Although we may curse the market conditions of the last two years, we have had a tremendous opportunity to determine how your investing behavior endures extreme stress.

Whether you're an Ostrich, Alarmist or Machine can be the difference between an easy retirement and scrimping for years. The [Dalbar study of investment behavior](#) examined the 20 year period ending in 2008. The average investor during this period earned 1.87 percent a year in equities. How did this compare with the S&P 500? It was up 8.35 percent a year. Those who rebalanced regularly would most likely have had superior performance.

So how much a difference does this make? If you were the average equity investor and started with \$100,000, you would end up with \$144,853 after 20 years. If you simply invested in the S&P 500, your final result would be \$497,254. It's truly a monstrous difference. The average bond investor also performed horribly when compared to the indexes.

How could we be so collectively stupid? I blame the [amygdala](#) – the part of our brain that's the most primitive. It's our fight or flight response. When you combine this with absurdly high investment fees and other performance drags, you get the results of the Dalbar study.

My other columns dealt with [the most important financial number](#) and [year-end tax strategy](#).

One big item of news is that my office is moving as of February 1st to a more comfortable space about 2 blocks away in Boulder to [1728 16th Street in Suite 204](#). Parking will be much improved, which clients should appreciate. Phone numbers and email will remain the same.

The Ostrich, the Alarmist and the Machine by Dave Gardner, CFP

BOULDER, Colo. — Over the last two years, you have had the opportunity of a lifetime to see how you respond to a market crisis and a robust recovery. History shows us that very little about investor behavior is logical. You have lived through a time when credible people were questioning the survival of the global financial market.

Studies by Dalbar and others demonstrate that investors consistently underperform market indices by several percentage points a year. Investors can be their own worst enemy costing them hundreds of thousands over a lifetime.

Try to remember how you felt last March in the worst of the market crash. The S&P 500 reached the abysmal number of 666, down more than 57 percent from its high. This was no mere bear market, but one of historic proportions that brought to mind the panic of the Great Depression.

It was a tremendous test of your will and behavior as an investor. When you reflect upon your actions during this time, think about which of these types best describe you.

The Alarmist

The state of the Alarmist a year ago was one of wide-eyed panic. The stock market and the economy dominated the news, and you were rapt with attention. You checked your 401(k) and investment balances at least weekly and perhaps many times a day. You found it hard to sleep while imagining your hard-fought retirement dollars disappearing into the ether.

You adjusted your new investments to be entirely in cash or ultra-safe bonds. When the crash was at its worst, you may have cashed out and sold a significant percentage of your equities. You may have returned to the market by now, but missed out on much of the 70 percent recovery from market lows.

The Ostrich

Concerned with the market plunge, you didn't know how to respond. You watched your retirement plan balance crater and felt powerless. You may have made some tweaks in your investments, but didn't react with drastic portfolio changes such as selling all equities.

More than anything, the market plummet left you frozen and unable to take any action at all. You may have resigned yourself to lowering your standard of living, transitioned from a "hard" retirement to a "soft" retirement or postponed it all together.

ARTICLE IS CONTINUED ON PAGE 7

Looking for a low key group to train with throughout the year? 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 is 10 minutes away. You do not have to be a member of the Flatiron Athletic Club to join us. On Saturdays there is a scheduled long 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 8 AM through February. 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.



If you ever wonder why we live in Boulder on the left runners at the recent Fast & Flurry-ous 4 Mile XC Race held at Harlow Platts Park (South Boulder Rec) on Sunday January 24th. Compliments of Brad Clayton. More photos on page 7. Everyone from the early leaders to our club administrator Connie Harmon in the blue wind breaker.

ROAD TRIP...THINK CLUB XC NATIONALS 2010, Charlotte, NC, Dec. 11

The 2010 USA Cross Country Championships are in Spokane, WA on Saturday February 13th, at Plantes Ferry Recreation Park. The BRR will be fielding 5 teams in the 60-69, 70-79 and 80-89 categories. The meet is held on an annual basis to select our US representatives for the IAAF World XC Championships in the open and junior categories but also has a master's component attached to it as well. It's great time to test yourself against your fellow age group competitors and watch our country's best in action on the same day. The University of Colorado junior athletes and a slew of former Buffaloes are usually on hand to give the race a strong Colorado connection. For more information on the meet go to: <http://www.usatf.org/events/2010/USAXCChampionships>

Summer Track Series 2010

(tentative dates, first & third Thursdays)

June 3 & 17

July 1 & 15

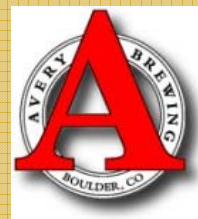
August 5 & 19

Meet starts at 6:00 PM, registration at 5:30 PM. Frank Potts Field located in the CU Research Park near the corner of 30th St. and Colorado Ave. Entry fee is \$2 per event for Boulder Road Runner members, \$4 for Non-members. Volunteers are always welcome. Contact Meet Director: Dan Pierce, 303-931-4690 or dptrack@aceweb.com Meet schedule will be posted on website in April 2010

Summer road races 2010

Uni-Hill 2k, June 10

4k on the 4th of July



West End 3k, July 22

Pearl Street Mile, August 12

CU Kickoff Classic 5k, September 6



FINANCIAL ADVICE FROM DAVE GARDNER, CONTINUED.

The Machine

You were certainly rattled by the market's rapid tumble, but did not descend into thinking that the future of the modern economy was in doubt. You had enough in cash and secure interest-earning investments that you never feared for your family's immediate financial well-being.

You had an investment policy in place based on your net worth, risk tolerance, goals, spending and age. Your policy statement detailed target percentages of your investible assets for domestic equities, international equities and bonds.

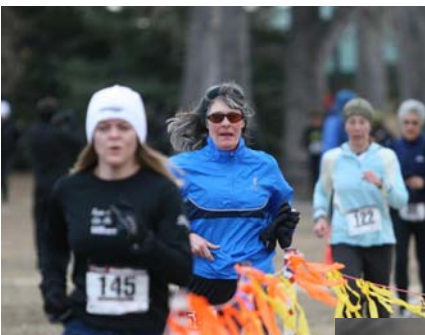
With the market's dizzying drop, at your predetermined rebalancing date you sold bonds and purchased equities taking care to minimize taxable gains. While you didn't time the precise bottom, with your moves, you've seen tremendous appreciation.

So what are the key differences among the Alarmist, the Ostrich, and the Machine?

Certainly temperament comes into play as do knowledge and experience. But most can only achieve the peace of mind and superior returns of the Machine with a plan in place and the discipline to execute it.

Draw up an investment policy statement with target ranges for diversified asset classes with a rebalancing timetable. Incorporate a secure asset parachute. These are the first steps toward avoiding the pitfalls of the Alarmist and building the Machine.

Dave Gardner is a certified financial planner with a practice in Boulder. He can be reached at dave@yellowstonefinancial.com.



Gregg Hemphill, Vice President of Sales & Marketing /Skins

Q. A little over a year ago I was introduced to Skins technology and wrote an article on compression apparel for our club newsletter. What kind of success have you had with the running community?

A. Our penetration in running continues to grow monthly. Runners are learning the benefits of gradient compression for training, racing and recovery. Every race I see more and more people in compression socks. Everyone trains so hard, so why not take advantage of the benefits of wearing the proper equipment.

Q. It appears that more and more athletes are buying into the idea of utilizing compression technology in their training routines. What sports do you think are still untapped?

A. Tennis for sure. For starters, the sleeves are great for tennis elbow. And the lower body in tennis takes a pretty good pounding, so the half tights and calf sleeves are perfect. And every athlete benefits from the recovery tights so they can get out on the court sooner or feel better the next time out. The other sport that sees huge benefits, but only on the recovery side is swimming. It is such an overall body workout that the top and bottom really make sense. And for swimmers at meets that swim multiple races per day, putting them on between races helps to flush the lactic acid out and deliver the recovery nutrients to the muscles quicker, so they are fresher for the next race.

Q. The concept of compression technology is not new, but how has it evolved in the past couple of years?

A. If you say compression to the average person, they think of tight fit like Under Armor. What we deliver is gradient compression which offers a lot more benefits and is designed to increase blood flow to deliver more oxygen to your muscles and flush the lactic acid out to improve recovery and performance. Traditional "tight fit" does not offer these benefits.

Q. Skins once had an office in Boulder but has since closed that operation and relocated to Carlsbad, California. What prompted that move? Is Boulder no longer considered a sports Mecca?

A. Boulder is still a sports Mecca, especially in the endurance community. Just look at all the Olympic and elite athletes that live and train there. SKINS moved to Carlsbad because we are a new company that is distributing the brand in the US, and that is where we are located. And, it isn't a bad place to train either.

Q. Are you working with any grassroots programs to introduce the Skins compression technology to the "average" runner or athlete?

A. One of our big initiatives is to grow the brand at the grassroots level. It isn't just for the elite athlete. The "average" runner sees the same benefits. We are all out there trying our best and giving it our all, so we all hurt at the end and want to try and go faster. Once they see the benefits that they gain with SKINS gradient compression, they are hooked. It is a very viral product. Once a person tries it, we see them telling all of their friends about how well they work.

Q. What on the horizon for compression technology?

A. We have a new series coming out, called the 400 series, which launches with a new recovery product in March. The science of the compression values the product delivers doesn't change, but the way we deliver it does. We have added new yarns called MX yarns in specific areas to help with comfort and fit. And the 400 name comes from the fact we took 400 athletes of all levels and did full body scans and picked 400 points of measurement to improve our fit even better. What we found out from that is that there is still only one body type for men, but women have two different body types on both the top and bottom. And to ensure the proper compression values to deliver maximum blood flow, the fit needs to be right. So there will be more comfort and while delivering the same fantastic results. This is the first of many new 400 series products that will be introduced in the future.

Q. Compression swimsuits have now been regulated by the International Swimming Federation. Any chance that might happen with runners in international competition?

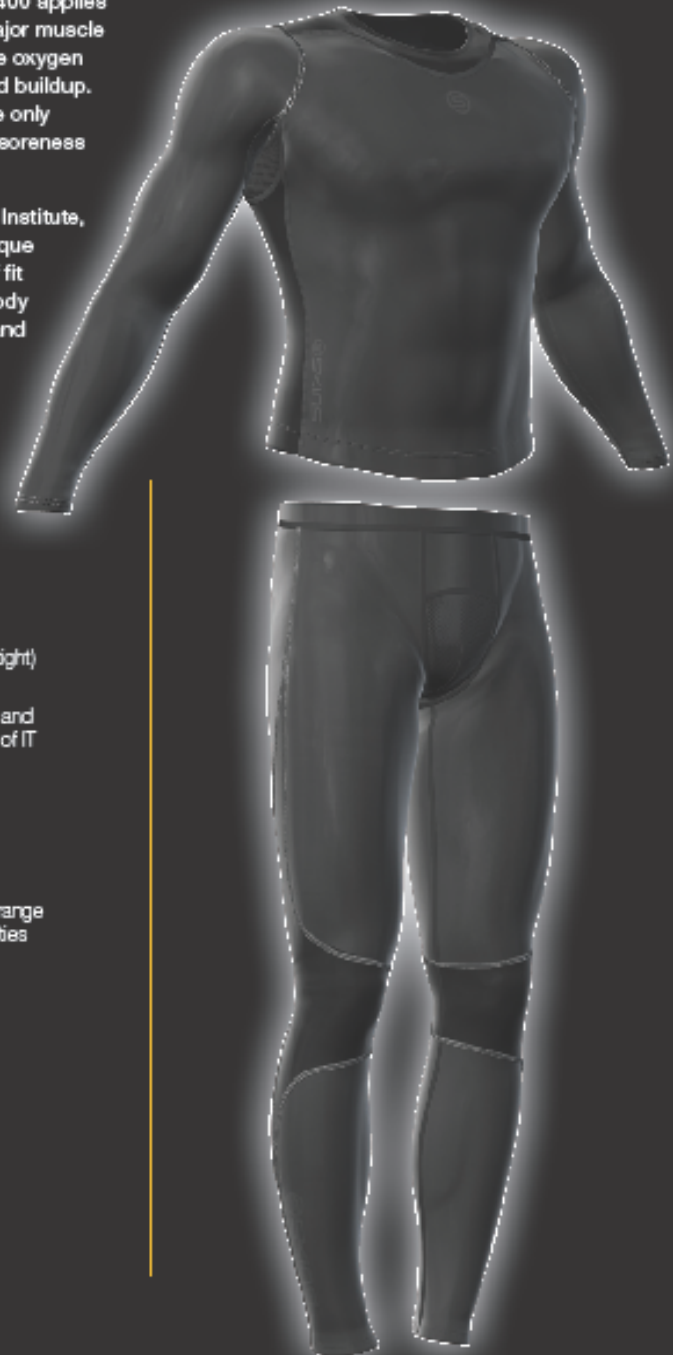
A. There is always a chance, but I don't see that. The swimsuit was a bit different because it drastically changed the body shape and buoyancy of the swimmer. This offers the runner benefits, but not to the same level. And the active use is only half the equation. Don't forget the benefits of the recovery aspects that allow the runner to train more or harder. This is just a piece of the equation to good results.



Recover Quicker, Perform Better...

SKINS RY400 is the world's first and only compression apparel designed specifically to allow you to recover quicker and perform better. Featuring SKINS patented engineered gradient compression technology and a proprietary sizing system utilizing 400 distinct points of fit, RY400 applies specific and controlled levels of compression to the body's major muscle groups to trigger an acceleration of blood flow, delivering more oxygen to working muscles and assisting in the reduction of lactic acid buildup. Backed by independent medical research, SKINS RY400 is the only compression apparel proven to reduce delayed onset muscle soreness (D.O.M.S.) by up to 80% when worn after activity.

Through thousands of hours of testing at the SKINS Research Institute, SKINS has developed a new sizing technology based on a unique 3D body scanning and mapping system defining 400 points of fit across the human body. Combined with SKINS proprietary body mass function algorithm, 400 series sizing ensures a precise and defined fit and reliable performance.



RY400

- Memory MX panels surrounding the knee and obliques enhance mobility and allow for complete range of motion
- Comfort-stitch seaming pattern prevents pressure points over extended periods of wear
- Double mesh front panel with fly opening (men's long tight)
- Specifically placed Memory MX panels reduce friction and pressure over the IT Band, preventing the occurrence of IT Band Friction Syndrome (ITBFS)
- Anatomical cut on waist and sleeves enhances overall garment comfort and ensures proper fit
- Stretch airflow mesh in arm gussets allows increased range of motion and improves temperature regulation properties



Break Records Legally...



RY400 product range

MALE

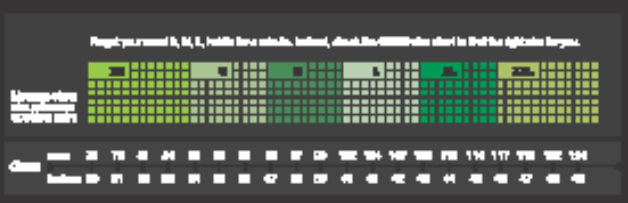


LONG SLEEVE TOP
Product code: B43039005
black with grey stitching



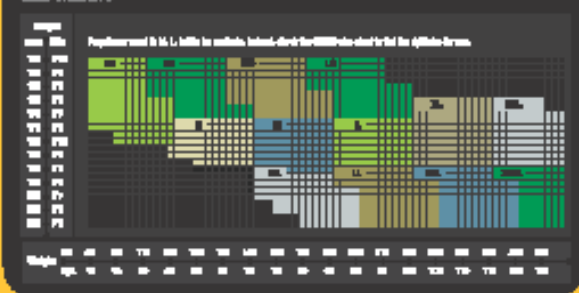
LONG SLEEVE TOP
Product code: B43005005
white with grey stitching

Size Matters



LONG TIGHTS
Product code: B43039001
black with grey stitching

Size Matters



FEMALE



LONG SLEEVE TOP
Product code: B48039005
black with grey stitching



LONG SLEEVE TOP
Product code: B48006005
white with grey stitching

The right size matters

Proper fit is essential to performance. The right fit is essential to your recovery. The right fit is essential to your health. The right fit is essential to your success.

1. Measure your body to determine your size. Use the chart below to determine your size.



2. Determine your body shape. Use the chart below to determine your body shape.

- 1. Measure your body to determine your size. Use the chart below to determine your size.
- 2. Determine your body shape. Use the chart below to determine your body shape.



3. All body shapes are made to fit. The right fit is essential to your recovery. The right fit is essential to your health. The right fit is essential to your success.

Tops: A Shape

4" or more difference
If there is a difference of 4" or more between the circumference measurements of the Bust and Low Hip (fuller point over buttocks) you are an A shape.

Tights: A Shape

8.5" or more difference
If there is a difference of 8.5" or more between the circumference measurements of the natural Waist (narrowest point) and Low Hip (fuller point over buttocks) you are an A shape.

Tops: H Shape

0-4" difference
If there is a difference of between 0-4" in the circumference measurements of the Bust and Low Hip (fuller point over buttocks) you are an H shape.

Tights: H Shape

1-3.5" difference
If there is a difference of between 0-3.5" in the circumference measurements of the natural Waist (narrowest point) and Low Hip (fuller point over buttocks) you are an H shape.

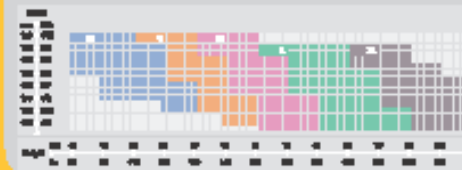


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1. Measure your body to determine your size. Use the chart below to determine your size.



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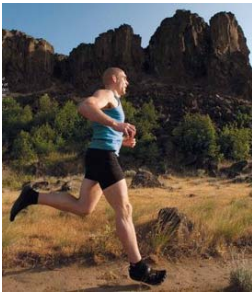
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Barefoot Running

Barefoot running seems to be the latest rage. The idea of running barefoot certainly sounds appealing but given that we are surrounded by a concrete jungle I was very hesitant to do much research into the subject, much less try it out. Well I was given a pair of the Vibram Five Fingers and began to experiment with wearing them around the house and then cross training in them. I always had my regular shoes handy just in case they started giving me problems. Well to my surprise my feet feel great, my range of motion and particularly my foot flexion has increased. The ones I am wearing look like the pair in the picture and after a few weeks of trying them out I also purchased a pair of FiveFingers KSO TREK model (much the same but a beefier sole). So the experiment continues and hope that it helps me regain some of the speed I had in my younger days. I can tell you that it's not for everyone and I will be very cautious about racing any distance on a hard surface, unlike my friend Mike Sandroock who is scheduled to run a half marathon in Miami on January 31 in a pair. I will confine my training to the grass which I love and believe is very good for our natural running action.



Runners World Senior Editor and friend Amby Burfoot jumped in with his take on the subject of barefoot running and local running superstar turned P.T., Mark Plaatjes added his two cents on the subject as well on the Boulder Running Co. website. Mark was kind enough to allow me to reprint the article so it follows this introduction. If you Google the subject you will discover a ton of videos and blogs as everyone from Time to U Tube has something to add. Go to: <http://www.runnersworld.com> and click on Barefoot Debate Plods On for more information.

My name is Mark Plaatjes and I am a physical therapist and co-founder of the Boulder Running Company in Boulder, Colorado. Originally I am from South Africa and competed in the Zola Budd era. In my practice I treat athletes ranging from five hour marathoners to many Olympic athletes and gold medalists. Personally I have won thirty eight marathons worldwide including the 1993 IAAF World Championships with a personal best of 2:08.58.

I have been observing the minimalist and barefoot running trend over the last two years and I feel it might be time to clarify some issues relating to barefoot and minimalist footwear. The mere fact alone that ninety five percent of runners train and race on asphalt, pavement, concrete, and trails; could close the debate over barefoot running. However, listed below are the obvious and relevant facts about barefoot and minimalist running.

1. Running barefoot/minimalist strengthens the intrinsic or postural muscles in the feet and lower leg.
2. Running barefoot/minimalist increases proprioceptive awareness and balance.
3. Running barefoot/minimalist forces a change in mechanics to adapt to the forces of on the feet.
4. There are no clinical trials that show an effect of barefoot/minimalist running for a prolonged period of time.
5. There are no research studies that prove that wearing traditional running shoes increases injuries or thatbare

BAREFOOT RUNNING CONTINUED FROM PAGE 11

barefoot/minimalist running reduces injuries.

No one, including myself, contest the above facts. If a runner has exclusive training on soft trails and/or grass, then by all means eschew running shoes as long as mechanics and gait allow for it.

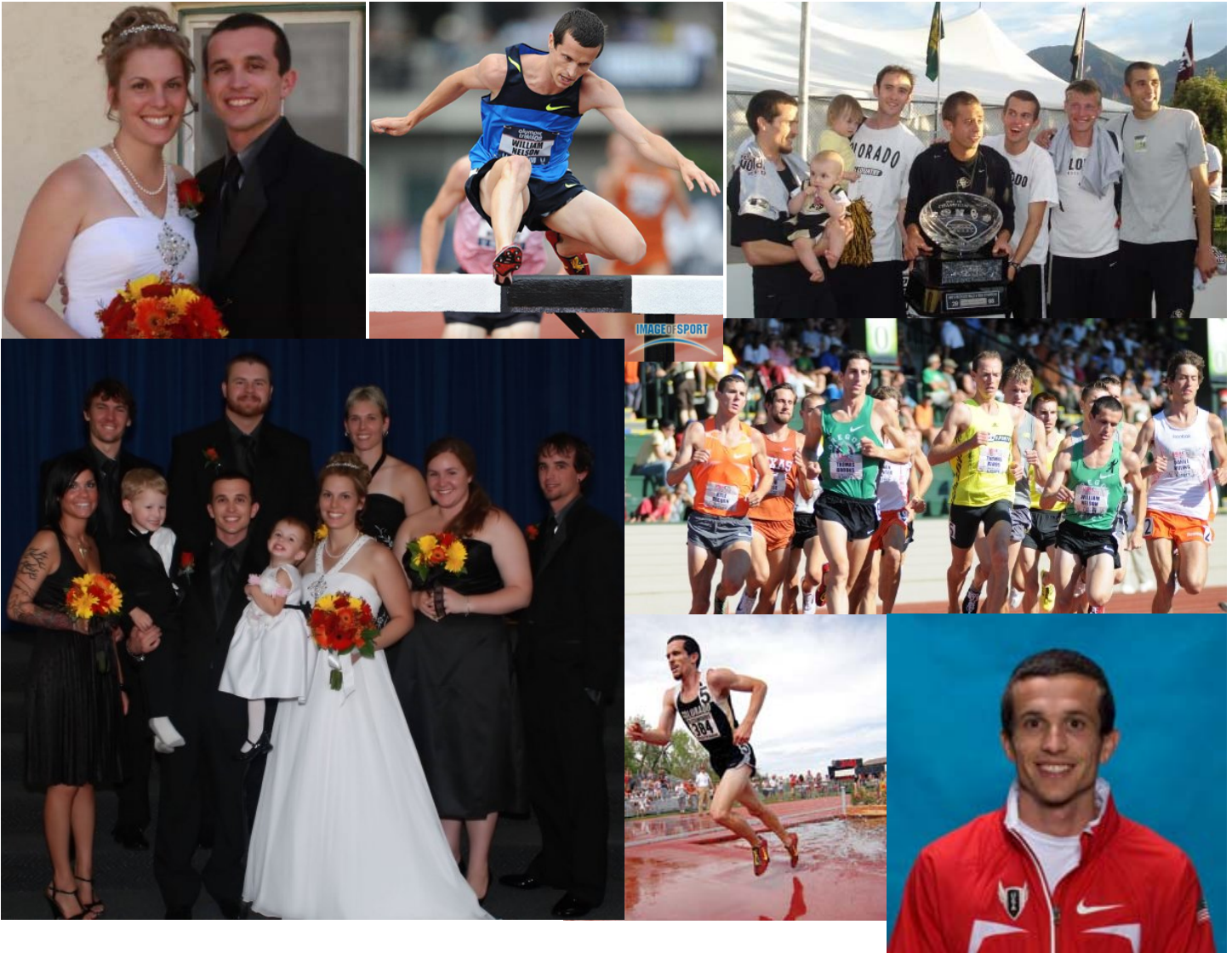
There is also the issue of gait and the best way to run. The majority of people walk and run by landing on the heel and toeing off on the big toe. The anatomy of the foot reinforces this technique because the calcaneus is the largest bone in the foot with the largest fat pad in the foot underneath it. The metatarsals are small bones and have much less fat pad protection when compared to the calcaneus. These small bones are not designed to accept three times the weight of the body. The real issue we have to address is mechanics. Far too many people over stride and land with their center of gravity behind the foot strike, which leads to a braking effect and impact up the chain of the body. This type of running is also commonly mislabeled as heel-strike running. Correct heel strike running occurs by shortening the stride, increasing the cadence, and landing with the center of gravity over the feet. This greatly reduces the impact forces and enhances forward propulsion. This type of running is heel-strike running, but the contact point is not at the back of the heel but rather directly underneath the fat pad. Many people are trying to achieve this type of gait by modifying footwear instead of teaching runners the proper mechanics.

At In Motion Rehabilitation and at the Boulder Running Company, we see hundreds of runners each week. People come to us not to buy a pair of shoes, but to help them find a tool that will help and allow them to run with the least risk of injury. At this point it is important to point out the major distinction between the people that are able to run barefoot or wear minimalist shoes and the people who are not. Due to ligamentous laxity and/or biomechanical inefficiencies, sixty-five to seventy-five percent of people are not able to run bare foot/minimalist.

When a customer/patient walks into the store or clinic we ask them to take off their shoes and weight bear one foot at a time. If the longitudinal arch collapses and the navicular bone on the inside of the foot becomes prominent and moves medially toward the ground, no amount of strengthening is ever going to lift that navicular bone. The ligaments cannot support the bones in the normal alignment anymore. It would be irresponsible for me or any of the staff to recommend barefoot/minimalist shoes to these customers. We do have customers who have great mechanics and good foot structure and we certainly place them in the appropriate neutral/minimalist footwear. Our goal is to place the customer in the appropriate footwear and to correct any gait inefficiencies that they may have as well as not to fit them to a shoe that changes their gait.

At the Boulder Running Company and In Motion Rehabilitation, we certainly do not always get it right and we try to learn from our mistakes. For over fourteen years we have helped thousands of runners and walkers continue to do what makes them happy and to achieve their goals. We want runners to consult with their doctors, physical therapist, and podiatrists about their particular mechanics, gait, and foot structure before embarking on the barefoot/minimalist route. In the end, Boulder Running Company is a retailer, and whether we sell a motion control shoe or a minimalist shoe, it makes no difference to us. Our main interest is keeping our customers walking and running with the least amount of problems possible.

Walking and running barefoot certainly can serve as a useful adjust to strengthening muscles and increasing proprioceptive awareness. It should be done gradually and with the guidance of a professional to analyze if a person's mechanics will allow for the transition.



“Running with the Buffaloes, meet: William (Billy) Nelson

Event: 3,000m steeplechase
Height: 5-6
Weight: 145
PR: 8: 21.47 (2008)
Born: September 11, 1984 in Bakersfield, Calif.
Current Residence: Longmont, Colo.
High School: Taft Union (Calif.) HS '02
College: Colorado '07

Club: Nike, Oregon Track Club Elite **Career Highlights:** Runner-up at 2008 Olympic Trials; 2003 USA Junior 5,000m champion; 2007 & 2008 Big 12 Conference 3,000m steeplechase champion; 2008 NCAA Outdoor Champs runner-up. Nelson entered the men’s 3,000m steeplechase final at the 2008 U.S. Olympic Trials needing to finish in the top three and better the Olympic “A” standard of 8:24 to make the U.S. team for Beijing. He did exactly that in racing to a personal record of 8 minutes 21.47 seconds, bettering his former career best by more than five seconds. The 2003 U.S. Junior 5,00m champion and 2007 Big 12 Conference steeple champ, Nelson was a standout at Taft Union HS in California, where he graduated with school records in the 3,200-meter (8:54), the mile (4:15) and the 3,000-meter (9:35). As a high school senior he finished third at the FootLocker Regional meet before a ninth-place finish at Nationals. Following his prep campaign he finished third and earned a bid on the national team at the 2002 USA Cross Country Championships in Vancouver, Wash. That March he finished 33rd (the second American) in the 8 km men’s junior race at the World Championships in Dublin, Ireland.

L-R: Alisa Crane Nelson & Billy on wedding day, US Olympic Trials, Celebrating Big 12 T&F 2008 Championship with CU teammates. Wedding Day with 2 year old Arabella Nelson. Racing for Oregon Track Club Elite. On his way to 2008 Big 12 Steeplechase title and US Olympic Team Member 2008.



Interview with William (Billy) Nelson

Q. It's been a couple of years since graduating from CU. Catch us up on your transition to professional running.

A. Well I moved to Springfield/Eugene, OR and training has been great. Last outdoor season didn't go as well as planned, but this year my training has been very good. I think moving to a different area, changing coaches, atmosphere, etc. contributed to a down year, but I am looking forward to a great season this year and be back at the top of the list.

Q. In 2008 you made the US Olympic Team in the Steeplechase. CU actually had two athletes in that event in Beijing, with Jenny Barringer running for the Women's team. What is the special connection between the steeplechase and CU that made that happen?

A. I just think that Coach Wetmore has found a way to translate our strength of Cross Country into the event. He understands the event very well and has a way of helping the athletes understand it.

Q. Talk about some of your career highlights.

A. While at CU I was a multi-time All American. A Cross Country Team National Champion member. Big 12 Champion Individual and Team (Cross Country and Outdoor Track). 2 time world cross country team member. 2008 Olympian. 2 time Jr. National Champion. HS State Champion and Footlocker Finalist.

Q. You are scheduled to run at the USA XC Championships in February. How does XC fit into your overall training program?

A. It fits really well. That is my main focus right now until outdoor season starts. I like training for and racing the cross country meets because it helps build my strength by building a solid base that will carry on throughout the summer.

Q. Oregon has become a common theme for CU athletes. Talk about the other runners and how often you come in contact with each other?

A. Stephen and Laura Pifer, Bret and Kendall Schoolmeester, Adam and Kara Goucher, Dathan and Kalin Ritzenhein, as well as myself have all moved to Oregon to continue our training. I don't really run with any of them except Stephen. We run everyday together.

Q. Being a full time athlete, father and husband can be a challenging experience, but it seems that several of your former teammates are doing the same thing. Speak to your approach to the whole experience.

A. I think having the responsibilities that one has when they have a family and children mimics their work ethic and helps them strive to achieve their goals because they have the love and support of their family behind them. The sense of doing it alone diminishes and you have that support and that extra motivation to succeed.

Q. How has your training changed since you left CU? Is your focus still on the steeplechase?

A. My focus is still the steeplechase and this year I will run more of the 5k as well. The training itself is very similar with long runs, tempos, long and short repeats, as well as thresholds. I am doing more weight room and core workouts, as well.

Q. This being an off year, no Olympics or World Championships on the schedule what are your racing plans and yearly goals?

A. My plans are to try and improve my times in the steeple as well as the 5k and go to Europe this summer and compete on the international scene again. Just because there isn't a championship doesn't mean we stop that competitive drive.

Q. What advice can you offer the average runner in their personal quest to improve?

A. Just keep your heart and mind into it. It is tough and there are times where you want to quit or push it aside because you don't see results as fast as you like. But, "Rome wasn't built in a day" and neither are PR's. Keep at it and most important have fun doing it.

Q. Outside of running what are your other interests?

A. I am a huge movie buff. I love watching and analyzing them. Alisa says "over-analyze" lol. I also love spending time with Bella and watching her grow into her own person.

