



# BOULDER ROAD RUNNERS

MARCH 2010

Sunday Group Run

at 9 AM

DAYLIGHT SAVINGS

BEGINS MARCH 14

## BOULDER RUNNERS SHINE AT USA XC

### What's inside.

<b>FIRST MONDAY AT THE NUT 5:30 MONDAY 3/1</b>	<b>1</b>
<b>MEET BOB AND SANDY CRANNY</b>	<b>2-3</b>
<b>FINANCIAL ADVICE FROM DAVID GARDNER</b>	<b>5</b>
<b>RUNNING WITH THE BUFFALOES: RENEE METIVIER-BAILLIE</b>	<b>6-7</b>
<b>BRR MEMBER KEN MASARIE IN CONCERT</b>	<b>8</b>
<b>2010 USA XC PHOTOS</b>	<b>9</b>
<b>RECOVERY BLANKET UP-DATE</b>	<b>10</b>

### SPECIAL POINTS OF INTEREST:

- Articles needed for on line newsletter.
- Earth Day 5k, 4/25
- Boulder Distance Carnival, April 25
- Upcoming Races & Summer Track Series page 11

The 2010 USA National Cross Country Championships in Spokane, WA on February 13<sup>th</sup> turned out to be a Boulder running fest. Runners with Boulder connections dominated the individual and team competition. **Dathan Ritzenhein** was content to let **Patrick Smyth** (Minneapolis, Minn.) and **Scott Bauhs** (Chico, Calif.) take the pace for the first four laps of the six lap course before making his move at 9-kilometers. Ritz's lead grew to 18 seconds at the finish and proved he was ready to improve on his 2009 stellar season. Shalane Flanagan who was born in Boulder had Sister Maggie (who attended CU and worked for Rich Castro at the Intramural Office) on hand to cheer her start to finish victory. Mother Cheryl also was present snapping photos of her daughter as well as those of BRR members and other Boulder runners. Photos on her website: [www.prettysporty.com/racesindex.html](http://www.prettysporty.com/racesindex.html) Flanagan took control of the open women's 8 km from the gun with two-time USA Women's 10 km Champion **Molly Huddle** (Providence, R.I.) the only one that tried to keep pace. By the end of the first 2-kilometer loop, Flanagan held a five second lead over Huddle. Over the final six kilometers Flanagan extended her lead to go to a 51-second victory. Huddle held off a late charge by **Amy Hastings** (Flagstaff, Ariz.) to hold on for second, running 26:01. Hastings was timed in 26:09 while **Magdalena Lewy Boulet** took fourth in 26:09. **Renee Metivier Baillie** (Boulder, see her interview on pages 6-7) and **Sara Hall** (Mammoth Lakes, Calif.) rounded

out the Team USA qualifiers, finishing fifth and sixth in 26:26 and 26:37 respectively. In the junior women's division, Laura Tremblay a CU frosh from Loveland grabbed one of the spots on the US team with her 5<sup>th</sup> place finish and 20:46/6km effort.

In the master's divisions Boulder teams dominated the scoring and **Colleen De Reuck** won the individual women's 8km title and led the Running Republic of Boulder team to the silver medal. She was quoted after race "Knowing what my fitness was, I just wanted to go out hard. I think I started out a little bit hard for my fitness. It was great out there, and it was perfect running weather--the sun is shining, the grass is green!" The team title was Boulder Fleet Feet Team, "Real Women, Real Fast" comprised of Laura Haefeli, Jennifer Cubillas and Lisa Goldsmith, who finish 2-3-4 behind Colleen. Also running out of Boulder on the Running Republic Team were Laura Bruess and Lydia Dissly. Colleen also captured the overall age graded title for masters with 94.17% performance. **The BRR women's 60-69** team of Gail Hunter, Joyce LeMire and Betty Valent and the women's 70-79 team of Lois Calhoun, Vici De Haan and Judy Smythe captured the team titles and swept the individual places as well.

In the **master's men's divisions** Andy Ames took the individual silver medal in the 45-49 division. Also capturing an individual silver medal was Bob Cooper as he led the BRR "A" Team to silver medal finish. The A team was comprised of Rich Castro, Jeff Dumas and Tom LeMire and the BRR "B" took home a bronze team medal. The B team featured Chuck Lowrie, Roger Wittner, Dick Valent and Bruce Zimmerman. The BRR captured one other title and swept the 80-89 individual and team medals as Bill Turley, Rod Smythe and Ken Wright became the first scoring team in USA XC history outside of Boulder. For results go to [www.usatf.org/events/2010/USAXCChampionships](http://www.usatf.org/events/2010/USAXCChampionships)

Next monthly club social will take place at the Walnut Brewery, 1123 Walnut St. in Boulder from **5:30 to 7:00 PM on Monday March 1st**. 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 Bob & Sandy Cranny and Altitude Physical Therapy. So save the date and plan on joining us for a fun evening.

## Q. What brought the two of you to Boulder?

A. Sandy and I met in Long Beach, California in 1988. We were both working as physical therapists at Rancho Los Amigos Medical Center. We were married in 1994 and knew that the Los Angeles area was not for us if we wanted to raise a family. Boulder seemed like an interesting place for us to continue our education (CU) and continue our running and triathlon adventures.

## Q. Tell us a little about your athletic backgrounds and where did you two meet?

A. Our first meeting was when Sandy saw me riding my bike to and from the hospital. She knew that we both lived in Long Beach and asked if she could ride with me. We began riding to work several times a week and followed up to meet for lunch and eventually began signing up and attending running races and triathlons together.

Sandy has been participating in triathlons since 1982 but her real love is running. She was a successful cross country runner in High School and continued her success with beer drinking and beer pong in college.

Bob played soccer in high school and participated in club soccer at Marquette University. His passion for triathlons and running came in 1986 after graduating from Physical Therapy school weighing 200lbs. Lots of studying and drinking Milwaukee's finest - not much running. Bob did his first triathlon in 1987 and his training continued.

## Q. Both of you are active triathletes on top of being parents to 3 daughters and running a successful business. First, what are your personal goals in the sport? How do you balance this 3 ring circus?

A. Sandy and I used to have very specific goals related to marathon times, 10K times and triathlon finishes. Now days because of the ages of our kids and our busy schedules our goals are simple "participate and do our best". Every couple of years we participate in an Ironman event in hopes of qualifying for the Hawaiian Ironman (good excuse for a vacation) but we realize how difficult this can be. We are not overly disappointed if it does not work out. Secretly, Bob has a goal of beating Rich Castro's marathon PR of 2:42. He was 12 seconds short in Chicago in 2002. Rich was kind enough to remind Bob of this upon his return to Boulder after the race.

## Q. How does Altitude Physical Therapy fit into your current and future lifestyle?

A. Altitude Physical Therapy has been a tremendous fit for our current lifestyle. It combines our passion for sport and activity with the philosophy of maintaining an active, healthy and balanced lifestyle. Our kids get to see us manage our time and work hard to be successful in our professional life, personal life, and sporting life. It is also very rewarding to be in a profession that helps others, of all levels, achieve their goals. We also hope to be good role models for others who say "I just can't fit it all in" or "I just don't have the time".

Our lifestyle will change based on the growth, development and activity level of our girls. As our kids continue in their active lifestyle (with the goal of beating all to the Castro boys running personal bests) we see Altitude Physical Therapy being there to make sure they, and their teammates stay healthy.

## Q. Does your business have a mission within this community?

A. The mission of Altitude Physical Therapy is to promote a healthy and active lifestyle for all in the community. In order for this to happen, people need to be healthy and injury free. With this in mind, Altitude Physical Therapy purchased a Sport Van equipped with the latest physical therapy tools to provide free on-site injury screens at local events - triathlons, 10Ks and charity walks/bike rides. The program performed over 250 screens in the first year of participation.

## Q. Being active individuals, how do you blend your enthusiasm for sports into parenting?

A. Being active in sports requires, discipline, focus, hard work and dedication. With it comes success, disappointment and plenty of unknowns. These are tremendous experiences that closely apply to our daily lives. Our children see this, experience it and are a big part of these events and happenings. We feel it is a tremendous learning opportunity as they experience their own personal and professional successes and failures.

## Q. Both of you have been longtime members of the BRR. What's in it for Altitude P.T. to support the club and these monthly socials?

A. We have been members of BRR since our arrival to Boulder in 1994. This group was our first social contact with the community and we could not have felt more welcomed. Carl and Rich were inspiring and motivating to both of us and the consistency of their running and the group was nothing short of incredible. Supporting the club is the least that we can do. BRR has done so much for our family and the Boulder community as a whole. Truth be told, Sandy and I have reached many running PRs thanks to Rich's coaching, Carl's consistent pacing and the group's inspiration.

**Q. You probably see a lot of runners in your practice. What types of injuries and running related problems do you see most often? How about some free advice here; how do we aging baby boomers avoid these situations?**

A. Sorry to admit, Altitude Physical Therapy sees a great deal of running injuries every year. The most common injuries include; Iliotibial Band syndrome, Plantar Fasciitis, Achilles tendinitis and knee cartilage damage

Most of these injuries are caused by training errors: increasing distance too quickly, increasing or initiating speed work too quickly or not knowing when to rest. Many runners find themselves running in a group and decide to "bump up" to the next level of runners simply because they feel good that day. Bad idea - most overuse injuries give you no symptoms during the run but come up to "bite you" the next day or two. Be disciplined and follow your training plan closely- do not get caught up in running with people that are too fast or more experienced.

If you noticing some pain or tenderness - apply ice immediately (for 20 minutes) and repeat several times a day. Ibuprofen is an excellent anti-inflammatory medication that can speed healing and help you to be on the road again quickly.

**Q. Any parting shots at the club president or comments you would like to close with?**

A. Our participation in BRR means a great deal to Sandy, myself and our family. We have made great friends and we have been inspired and motivated by many of its past and present members. During our early years of involvement, the club made us feel welcome and included us in many events and race travels. We were able to run for the club on many occasions and hopefully did the BRR proud with some of our performances. It also gives us great pleasure in keeping the Castro Family ego afloat by failing to bring down a Castro running record at any distance. Special thanks to Rich for reminding me of this every chance he gets.

**PHOTOS BELOW L-R.** Elise, Emily & Lauren, Bob & Sandy at Ironman Arizona, Bob running the CU Turkey Trot, eldest daughter Elise and Bob.



## SUNDAY GROUP RUNS MEET AT 9:00 AM

The Sunday Group runs continue 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 or bringing the water coolers 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 High-

way or going through Waterstone Subdivision and taking 51<sup>st</sup> Street back toward Boulder. I would love to have more runners join us, but whatever reasons are keeping them away, we need to reach out to new runners in area and encourage them to give us a try and see if we fit their needs. **Daylight Savings Time begins Sunday March 14h. Spring forward one hour.**



# 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](http://www.DistanceCarnival.com)

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

## Mutual Fund Star Worship Can Lead You Astray

Dave Gardner, CFP

Designing your investment portfolio for many is seen as easy as coloring by number. Just take some highly rated funds in diverse hues to compose an artful investment strategy.

When asked about your portfolio, you can claim your adviser only puts you in the highest-rated funds. However, once you learn what the fund ratings actually mean, you may have second thoughts on letting the stars be your investment muse.

When people think of fund ratings they generally think of Morningstar, the behemoth in the financial analysis industry. Using a scale of one to five stars, Morningstar's mutual fund ratings take into account a fund's performance against its peers over three-, five-, and 10-year periods.

Mutual fund companies realize that we as investors pay attention to these elusive stars. One study examined ads that cited Morningstar ratings and concluded all of them feature either four- or five-star funds, which only comprise about one-third of the total number.

A fund rating can make the difference between a mutual fund thriving and being liquidated.

Taking this star worship to another level, some companies have been accused of being mutual fund factories. Imagine a fund company introduces five new funds with slightly different strategies. After a few years, one or two of those funds have distinguished themselves with a four- or five-star rating simply by the laws of averages.

The fund companies then close down the funds that have been rated with one or two stars, while their four- and five-star rated brethren are heavily advertised in the financial press. The portfolio managers are made available on CNBC, where viewers are rapt with attention for insights from the stock-picking genius.

Investors might see these aggressive marketing practices as relatively benign. The fund company markets their successful funds, resulting in more people investing in superior funds. What's the harm in that?

Unfortunately, just because it's a four- or five-star fund doesn't mean it will have higher performance in the future. In Morningstar's defense, they claim the star ratings are just one tool you can use to screen funds.

They are careful to avoid claims that the ratings have any predictive value at all. Nor does Morningstar advocate that you rely solely on their ratings for fund screening and selection.

Morningstar has been so scrupulously honest that they have

published critical studies about the efficacy of using their own star ratings for fund selection. In their look at 2007 fund returns, they reported that the performance of one-star versus five-star funds was statistically indistinguishable in domestic equities. For balanced and bond funds, five-star funds performed *worse* than one-star funds, according to Morningstar's research.

Of course the mutual fund companies visiting your local financial adviser are passing out brochures that prominently feature four- and five-star ratings and encouraging advisers to place clients into their funds. Advisers then get to bask in the glow of these stars by pointing out the highly rated investments in client portfolios.

Morningstar reports are replete with useful information, such as whether a fund is tilted toward value or growth, invests in small cap or large cap stocks, its international and domestic mix, its annual turnover, and fund expenses and loads. These are all critical measurements in determining whether a fund is right for you.

But when it comes to the stars, the conclusion we should reach is clear. If you're using Morningstar ratings as your primary guide to mutual fund selection, apparently it would be a lot cheaper, easier, and similarly effective to pick investments by throwing darts at the business pages.

*Dave Gardner is a certified financial planner with a practice in Boulder. He can be reached through his Web site at [yellowstonefinancial.com](http://yellowstonefinancial.com).*

**PLEASE NOTE NEW ADDRESS BELOW EFFECTIVE FEB 1ST**

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## RUNNING WITH THE BUFFALOES: RENEE METIVIER-BAILLIE

**Q. You've had a successful start to 2010 with a solid half marathon in Houston and making your 5<sup>th</sup> USA National XC Team. Is everything going to plan at this point?**

A. I have had my first injury-free fall in over four years, so we are pleased in how my training has progressed. I am the fittest I have ever been at this point in the year. So far things have gone to plan, and I'm thrilled to have made my 5th USA National XC Team, but I am still waiting for my "break through" race.

**Q. You are back in Boulder and training with Jay Johnson, is that correct? What goals have the two of you set for the remainder of the year?**

A. Yes, that is correct. I am so happy to be back in Boulder and to be working with Jay. We have an awesome group of athletes with amazing synergy. Our small group consists of Brent and Sara Vaughn, James Hatch, and me, and we are fortunate to have the assistance of chiropractor Dr. Richey Hansen. Last year was about getting me consistent and healthy so that this year we could hit my training hard to reach higher levels in my races. Next on my plate is the USATF Indoor Championships where I will be racing the 3000m, followed by the Gate River 15k Championships and the World XC Championships. We are going to have me race more this year than in years past, and I will finally debut in the 10000m on the track this spring.

**Q. Tell me a little about your running career and your time at CU. How has training evolved for you over the years?**

A. I am thankful for my time at CU, and I wouldn't be where I am today if I had not transferred there. I had many successes as a Buff, culminating in my 2005 NCAA 3000m Indoor Championship. But since I graduated, the type of Spartan training we did took its toll, and I had been riddled with injuries and minor setbacks for four years. Now that I am with Coach Jay, my training deviates somewhat from the traditional, involving a lot of general strength, drills, flexibility, and dynamic workouts. This training style takes more time, but it keeps me healthy and strong. You can see some of what we do on Jay's website at [www.coachjayjohnson.com](http://www.coachjayjohnson.com). Along with the change in my training regimen, I have also enlisted the help of local sports psychologist Dr. Stephen Walker to help prepare myself for the mental challenges that go hand-in-hand with racing and long distance training. Although this mental component is often overlooked by athletes, it has been key in helping me regain my confidence after all the setbacks I experienced since I finished college.

**Q. You are married to a runner, Austin Baillie. Is this key to keeping things rolling in your career at this point? How does he complement your running and racing?**

A. My husband, Austin, is certainly my biggest supporter and motivator. He frequently paces me in my workouts, and we do most of our easy runs together. He is also a massage therapist, for which I am very lucky. He works on me about two to three times a week, and this has also been integral in keeping me healthy and recovered day-to-day (you can reach him at [austin.baillie@hotmail.com](mailto:austin.baillie@hotmail.com)). He is definitely key to any and all of my successes.


**Q. Is your future on the roads or on the track? What events or distances?**

A. Both! I am still a newbie at the roads, but I have already developed a passion for it. However, track is my first love, and I still have unfinished business there. I will most likely focus on the 5000m and 10000m in the future, but I will race distances anywhere from the 1500m to the half-marathon. (continued on page 7)

## 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 8:00 AM this winter. 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](mailto:Richard.Castro@colorado.edu).



**FLATIRON ATHLETIC CLUB**  
Invites YOU to take the challenge!

Join now and we'll **REFUND** your enrollment fee if you work out 24 times over a two month period!

\*Offer good for New Members only who join between February 1st—March 30th.

“The premier workout facility in the World's fittest city.”—Outside Magazine

FLATIRON ATHLETIC CLUB  
BOULDER, COLORADO

**BOULDER**  
ROAD RUNNERS

**Q. What other activities do you spend your time on other than running?**

A. I read quite a lot, averaging about 4 books per week. I enjoy reading anything from the classics to science fiction. We have two adorable cats, so I spend a lot of time playing with them. I also enjoy cooking with my husband every night. My not-so-guilty pleasure is going out for Indian food every week after a hard workout.

**Q. Give us a few running & racing highlights that stand out in your mind?**

A. Like I mentioned earlier, winning a NCAA title would be at the top of the list. I had placed second twice before that, so that moment felt like I had broken through a major barrier. Another memorable moment for me is when I PR'ed by 25 seconds in the 5000m running 15:15 in my first season as a professional athlete. It was my first time on the European track circuit, and the atmosphere there was like nothing I had ever experienced. That race gave me a new level of confidence in my abilities as a runner.

**Q. You seem to do well in XC, especially at the national level. Any secret to your preparation you would care to share?**

A. Cross country is where I really feel at home. I think because of my shorter and more muscular physique, I am well-suited for rough conditions and terrain. I also really enjoy XC, and I think that carries over into my performances. I don't really have any special preparation. I believe XC is more about grittiness and toughness than about any specificity of training. I always approach these races excited to compete and with confidence in my abilities; I think XC brings me back to why I love running and racing to begin with.

**Q. What type of diet if any do you follow? Does it change during your racing season?**

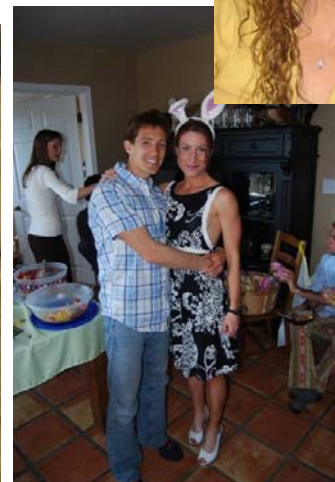
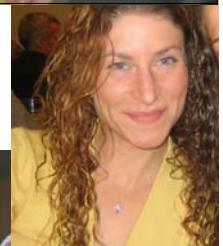
A. I don't have any specific foods or regimen that I follow, but I eat all-natural and avoid processed foods. I go for nutrient-dense options, and keep a lot of variety in my diet. We use the slow cooker a lot!

**Q. With your degree in hand, married and a professional runner. Where do you see yourselves in the next 4 years? How about long term goals, family, post-athletic career, etc.?**

A. I do have degrees in mathematics and economics, but those are currently busy collecting dust. I would like to continue "chasing the dream" with my running career for as long as I can. I want to be on our next Olympic team. An even longer term goal is to take a crack at the marathon at some point in the future, but we'll have to wait on that one! As for family, I do picture kids somewhere along the way, but not any time soon. Post-athletically, I envision myself using the mathematical side of my brain to trade currencies on the foreign exchange market, which is something my husband and I are starting to dabble in. I love this sport, and I would like to be a part of it for a long time. I can see myself as an old lady still toeing the line at road races for the fun of it.

**Q. You seem to do a great job of enjoying the sport. What do you enjoy most about it?**

A. Thanks! I think it's important to keep enjoying the sport in order to be able to perform your best day in and day out. I would say I enjoy racing the most, because I love competing and testing myself against others. And more simply, running just makes me a happier person. I love the camaraderie among fellow runners and the feeling of accomplishment after a hard day's run.



# 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



2010 USA National XC Championships in Spokane, WA Feb. 13th. Every BRR member & team won medals. Photos by Ruth Wright.



## Volunteer

People are needed to staff water and food stations, work registration, hand out information about tuberculosis, provide entertainment and more.

To volunteer, call Kerri at (303) 692-2638 or Teresa at (303) 602-7240.

Volunteers MUST arrive at Washington Park, March 21, 2010 by 7:00 am for a mandatory meeting.

All volunteers will receive a free shirt.

## To Donate

If you are unable to participate and you would still like to help.....

**Donations to TB Patient Assistance Fund**  
The Denver Health Foundation is a 501(c)3 non-profit foundation. Your donations are tax-deductible to the fullest extent of the law.

Please make checks payable to:  
Denver Health Foundation / "Stop TB" Trot  
655 Broadway, Ste. 750  
Denver, CO 80203

Or to donate online go to: <http://denverhealth.org/portal/Services/PublicHealth/TuberculosisTBClinic/UpcomingEvents.aspx>

and click on:  
[TB Patient Assistance Fund Donation 2010](#)

## Directions

**Parking** is available at South High School, across the street from Washington Park

**Driving from the South**  
North on I-25. Take the University Boulevard south exit (Exit #205). Turn left on University. Merge right onto Buchtel Boulevard. Turn right on Franklin Street and enter parking lot at South High School.

**Driving from the North**  
South on I-25. Take the Emerson Street/Washington Street south exit (Exit #204). Proceed south on the exit ramp to Buchtel Boulevard. Travel south on Buchtel Boulevard. Turn right on Franklin and enter parking lot at South High School.

Or  
South on I-25. Take the University Boulevard south exit (Exit #205). Merge right onto Buchtel Boulevard. Turn Right on Franklin Street and enter the parking lot at South High School.



Sign up, get some exercise, have fun and help Stop TB in the community!



Colorado Coalition Against TB

## "STOP TB" Trot

Benefiting Colorado's underserved tuberculosis patients

Sunday March 21, 2010  
Washington Park, Denver, CO

### Events:

Race day registration (8:00 - 9:00 am)  
All packet pickup (8:00 - 9:00 am)  
5K race start time (9:30 am)

Presented by



Our Born to Knit group has completed their project, a "Recovery" blanket to be donated to Safe-house here in Boulder. The blanket is a composite of knitted squares completed by various members in the BRR. The final trim was completed by Sally Mohr and the BRR initials were knitted by Gail Hunter. The project was the brainchild of Patti Castro who had the group meet at her house while the club president was off playing poker. Other individuals who contributed to the project included; Sharon Connolly, Pat Tolleson, Nancy Peters, Loraine Gruber, Cara Harmon, Louise Adams, Martha Buttner, and Jan Hughes



## TB and Colorado

Help us celebrate the 2nd Annual "Stop TB" Trot – a 5K run / walk to promote awareness of tuberculosis infection and disease in Colorado and around the world. TB is still one of the world's deadliest diseases.

- About 1/3 of the world's population, and an estimated 9 million to 14 million persons in the United States are infected with tuberculosis.
- Each year, nearly 9 million people around the world become sick with TB.
- There are almost 2 million TB-related deaths worldwide annually.
- On average, without treatment, about 5-10 percent of infected persons will develop active TB disease at some point in their lives.
- Drug resistance poses a serious threat to our ability to treat and control TB, both in the United States and abroad.
- Drug-resistant TB is extremely difficult and costly to treat. Persons with drug-resistant TB are more likely to die of TB than persons with drug-susceptible TB.
- In Colorado the average number of active TB cases is approximately 114 per year.

TB treatment lasts 6 to 24 months and patients may be unable to work and care for their families for several months. This event is a fundraiser to help underserved patients in the state area by providing such things as temporary housing, food and transportation while they are on treatment.

## About "Stop TB" Trot

This event will be open to competitive and recreational runners and walkers. You may use your race time to qualify for the first 21 waves of the Dick's Sporting Goods BoulderBOULDER. The course circles through Washington Park. If needed, the course will be plowed. If there is a large amount of snow the night before and you are not doing the race for a qualifying time then bring your snowshoes. Prizes will be awarded to top finishers.

### Race Times:

All packet pickup (8:00 - 9:00 am)  
All Runners and Walkers - 5K start time (9:30 am)

### Registration Options:

Online registration at <http://www.active.com/running/denver-co/colorado-coalition-against-tb-stop-tb-trot-5k-2010> (thru 3/19/10 @ 5:00 pm)  
OR

Mail-in registration (must be postmarked by 3/15/10). Mail registration forms and checks to:  
Denver Health "Stop TB" Trot  
805 Bannock Street,  
MC 2600 Denver, CO 80204

Please make registration checks payable to:  
Denver Health / "Stop TB" Trot

### Your Entry includes:

A spot in the race line-up  
USATF certified course #C008005DCR  
Use of a timing chip  
Post race refreshments and raffle entry

### \*Strollers and Pets:

In the interest of safety, we ask that strollers go at the end of the community run/walk wave and please leave your pets at home.

For more information go to: <http://denverhealth.org/portal/Services/PublicHealth/TuberculosisTBclinic/UpcomingEvents.aspx>

## Registration

Bib/CHIP Number \_\_\_\_\_ (For official use only)

Until 3/15/10 After 3/15/10 Race day

Individuals 15 -65 yrs  \$25.00  \$30.00  \$35.00

Individuals 6 -14 yrs and 66 & over  \$15.00  \$20.00  \$25.00

Age on Race Day \_\_\_\_\_ Sex:  M  F

Teams of 5 or more will receive a \$5 discount per individual. Please subtract \$5 from your entry fee.

Team Name \_\_\_\_\_

Dry-wicking athletic long-sleeve shirt: \$20.00  
(Shirts not included in race fee)

Adult sizes:  XS  S  M  L  XL  XXL

\*Mail-in & Same-Day Registration Cash or Check only please.

Last name \_\_\_\_\_ First name \_\_\_\_\_

Home address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (cell) \_\_\_\_\_

In consideration of acceptance of this entry form in the Stop TB Trot, I hereby declare that I am physically able and properly prepared to participate in this running event. I also intend to be legally bound for myself, my heirs, executors, and administrators, and do hereby, release and discharge any and all sponsors and officials of this event from any and all potential liability arising from personal injury or harm to property, including claims, demands, suits, judgments, losses, liabilities, damages or expenses of any nature, including attorney's fees, costs of litigation or consultant fees in any way related, either directly or indirectly to my participation in the event. I also understand and agree that a race sponsor may subsequently use for publicity and promotional purposes my name or pictures of me participating in this event without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature below. I also understand that the entry fee I pay is non-refundable. Denver Health and Denver Public Health hereby provide notice to event participants that commercial vendors may provide services during the event. Denver Health and Denver Public Health make no guarantees or warranties of any kind about these products or services and will not be liable for any harm that results from your interactions with them.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Summer Track Series & other upcoming local road races.

April 11 Buffs Forever 5k, CU Campus

April 25, Earth Day 5k, CU Research Park

April 25, Boulder Distance Carnival, 5 & 15k @ the RES

May 31, The Bolder Boulder 10km

Summer Track Series, First & Third Thursdays of June, July & August



March 1st, First Monday at the Nut





## 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](http://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

## “Cross-Country Film Production comes to Boulder”

Production for my film “XC” begins principle photography at the Boulder Reservoir on March 15, and we need some help from the Boulder Road Runners! The film surrounds a high school state cross-country meet in which two young women are competing for a scholarship to run for Coach Wetmore at C.U. We’d love to make our film a part of the Boulder running community to make it as authentic as possible. I grew up in Boulder as a runner for Fairview and I’ve been competing in the Boulder for 14 years. I know that the sport is an integral part of the town’s community and my hope is that this film can capture that spirit.

Since we’re attempting to stage a large-scale race, all sorts of props and extras and assistance are needed. Any help with finding timing stands, school uniforms, tents, flags, water jugs, etc. would be immensely appreciated. You name it, we could use it. We’re also looking for volunteers to play fans and extra runners.

Feel free to contact either me or Jen Graham, the film’s producer, about participating. It should turn out to be a really run time.

Thanks,

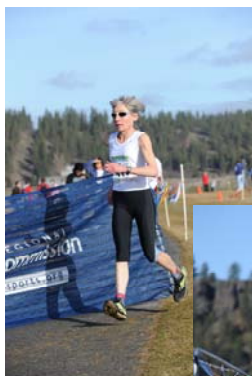
Sam Osborn: 303-859-9384 or [sdo230@nyu.edu](mailto:sdo230@nyu.edu)

Jen Graham: 720-254-8251 or [jen\\_g1221@comcast.net](mailto:jen_g1221@comcast.net)

## FROM THE BACK OF THE PACK Terry Ryan

*My running companion, Tom, dropped a nugget of wisdom during a winter morning run. I had decided to try and keep up with the big boys and girls, the fast runners in our group. At about 30:00 into the run, they all were running easily and I felt like I was going all out. At that moment, Tom came running up alongside me. I said, "I don't know that I can keep up much longer with these guys." Tom answered, "Don't let doubt weigh you down. It can become like a great weight around your shoulders and just slow you down." Tom was correct. I could not let go of the doubt. Within 5:00 I began to slow down and the group gapped me. Doubt had won out.*

*Whenever I try to push myself to keep up with faster people, it is not just the physical pain that must be overcome. There is also the mental weight that can slow us down long before the physical pain becomes too much. Is it not that way in life? We never can become all that we are meant to be, if we let doubt rule our efforts. Thanks Tom. =*



Photos by Cheryl Treworgy, former Boulder resident and the mother of Shalane Flanagan. L-R, Rich Castro & Don Kardong, Gail Hunter, Bill Turley, Lois Calhoun, Chuck Lowrie & Bruce Zimmerman and Betty Valent. Cheryl is a professional photojournalist. More photos of the USA XC Meet: [www.prettysporty.com/racesindex.html](http://www.prettysporty.com/racesindex.html)