



# BOULDER ROAD RUNNERS

MAY 2010

VOLUME 2 ISSUE 5



## MAY IS BOLDER BOULDER MONTH

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If you've lived in Boulder for any length of time you come to realize that the Bolder Boulder is a huge event and it brings so many facets of our community together in a way no other event can. The race takes place this year on May 31st, the last possible date, since it is held on Memorial Day and fixed on the last Monday in May. Having run the very first edition of the race I have enjoyed being part of every single running. In this newsletter you'll see the 10 Most Memorable Moments for Cliff Bosley and if you've been around for a few you'll have your own I'm sure. I am always amazed at how the race takes shape, explodes into waves of humanity on race and then I've witnessed the stadium where thousands gather and then only a short time later it is cleaned as if no one was ever there and all you see is the skeleton of the finish line...amazing! Meet Cliff and some of his staff at our social on Monday May 3rd at the Walnut Brewery. At the bottom

of this page you'll see the logo for Marv's Towing, which is an integral part of race day and their whole staff gets into the event as if it were their own. The BRR grew up right along side of the Bolder Boulder and consider ourselves the backbone of the event. So many of our members become involved it is impossible to delineate all the areas we touch. We should all take pride in the fact that in 2009 The Bolder Boulder was named the BEST 10Km in the US. Cliff and I strongly agree about one moment and that is the Memorial Day Tribute. In 1998 I was the coach for Team USA made up of members of the US Army's World Class Athlete Program. Their introduction and reception was one incredibly moving and emotional moment for me personally. Hope you'll be part of the event this year so you can create your own moments. Here is a message from our VP Carl Mohr.

### Bolder Boulder Volunteers Needed.

Whenever you grab a cookie after the Sunday run, participate in a \$5 timed race, or enjoy a free pint at a First Monday gathering, do you ever wonder where the money comes from to make it happen? Well, a large chunk of it is due to the unselfish efforts of the Boulder Road Runner volunteers who turn the streets of Boulder into the best 10K Course in the world on Memorial Day. In gratitude, Cliff Bosley makes a generous donation to our Club. Every year it is imperative that our Mile Chiefs have the best volunteers out there on the Course to guide the runners and keep them safe from intruding vehicles. To that end, we ask you to assist in filling out the roster of Race Day Course Marshals.

If you personally are NOT running the race, if you KNOW someone who would enjoy helping out, if a CO-WORKER owes you a favor, if you have out of town VISITORS who are looking for an exciting experience, then, by all means check out this link:

<http://www.doitsports.com/volunteer2/jobs-by-date.tcl?>

Next monthly club social will take place Monday May 3rd 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.

**Marv's**  
QUALITY TOWING INC.  
4790 Pearl / Boulder, CO 80301      303.442.1858  
FAX: 303.449.9872

Ewen North, Bolder Boulder Training Programs Director

**Q. Fill us in on your background and you arrived in Boulder at this time and place. (should I use the info on the BB homepage?)**

A. I accepted a scholarship to run at Oklahoma State after completing my bachelors in the UK. That got me to the States. The plan was to be there for two years but after one year, due to my age and time I had already been in school, my eligibility at DI ran out. After I was told it may be possible for me to get more eligibility at a DII program, my academic adviser at OSU, who had previously been head Athletic Trainer at Adams State told me I should go there if I wanted to run. I then spent a year competing in green for ASC before completing my Masters in 2004. I then had stints working for my great friends Gary and Linda Staines at Runners Roost in Colorado Springs and assistant coaching at the University of Nebraska prior to coming to Boulder. A friend told me that the BolderBOULDER was searching for a new coach to lead their Training Program. After returning to the Boulder/Denver area in 2005, my then girlfriend and now wife, Heather, gave me a push to go up and introduce myself. After sitting down with Cliff for an informal interview, he invited me back to talk to the other BB employees. The day after that, they hired me and two days later I was thrown in at the deep end as the Summer/Fall Training program started that same week. I guess it was a real case of right time, right place, right person. I hope the BolderBOULDER feels that way too!?

**Q. You are in a unique position having run the International Team Challenge for England and coaching and mentoring local runners. Does that give you some instant credibility?**

A. Well I probably had no business really being in such a quality field and it's hard for someone who works the race to also run to the best of their ability on race day but I certainly think it helped on the credibility front. It seems that coaches are a dime a dozen here in Boulder so I think having been at a high level helps legitimize what I do compared to lot of so called coaches out there, although you don't necessarily have to be fast to be a good coach.

More than anything, I think it is cool for runners that I look after to see me compete in a world class field, even if I am at the back. It's fun for them to see that their coach practices what he preaches and to personally know someone who's competing in the ITC. I think it also brings to light how fast those guys really are, since they think I'm fast and yet I'm getting killed!.

**Q. You are a serious national class athlete competing in everything from the Canyonlands Half Marathon which you won to the Mile High Mile. What are your personal running goals?**

A. To run as fast as I can. All of us as runners want to run faster than we already have but I think in my case I truly believe there is more to come and I have still to uncover some of my potential. This year is about running a 5K best, to get that monkey off my back. Then I plan to spend a couple years getting my half marathon time down and taking on the full marathon for the first time. I am very interested to see what I can do for the marathon because it's an event where only moderately talented runners like myself can train hard and compete with more naturally talented guys. I'll give it a few more years. I've been competing since age 7 so I would like to do something other than running before I'm too old.

**Q. As a coach and program coordinator for a big event like the Bolder Boulder what are some of your career goals?**

A. Well in all honesty I hit my dream job almost straight away after finishing Grad school, here at the BolderBOULDER. My career goal was to work in the Sports Marketing industry, preferable for a big event. I didn't really know that much about the BB before I worked here because I'd never ran it before but it is a perfect fit for me. I would like to continue working here and I am interested in all sides of the race from marketing and sponsorship to the International Team challenge and obviously running the Training Program. I would be happy to be involved where I can and where my skill set is well suited. I'm lucky to be in this position and I guess in a way, I'm here a little ahead of my time. I didn't expect to be doing this kind of thing until the age I am now so I am very grateful that Cliff took a chance on a young English guy who burst into the BolderBOULDER offices a few years ago.

**Q. When you talk to a new group about running the BB, what is most important thing you want to leave them with?**

A. I would say to have fun and enjoy the experience. If you can't do that then what's the point in racing in the first place. The other main goal of the Training program is to try to create life long runners. If we give our participants a good experience, train them up well to run the BB and then they have a great experience at the race, we have done our job. It is our hope that this leads to a life long love affair with running that also promotes a healthy and active lifestyle choice.

**Q. Do you consider the BB course a tough and challenging course compared to other events you've raced in yourself? How do you prepare newcomers for the challenge?**

A. Yes, I think the BB is quite a tough course. I've yet to master it. The altitude plus some good rolling hills makes it a real honest challenge. For these reasons, we prepare runners with lots of hill repeats to build strength, combined with speed and endurance. Typically newbies shy away from hills so this really helps to get them both mentally and physically ready for the BB course. We also have a good mix of aerobic base work, followed by longer 1K and 1 mile repeats to get them ready, along with two 5K races throughout the program. This helps with race preparation and strategy and makes sure they are ready to push themselves on race day.

**Q. Which is tougher running the criterium course once used for the International Team Challenge or the point to point course currently in use for both events?**

A. I would say the criterium course is probably mentally tougher because you are out there all exposed every lap for everyone to see how much you are getting your butt whooped (in my case). The point to point is probably just as physically demanding though and I

probably prefer it because I know it better and I have now figured out how to run it for the best performance possible.

**Q. What is the most satisfying part of your job as the program coordinator? The most challenging?**

A. Easily the most satisfying part of my job is watching people who don't think of themselves as "runners" go from struggling to run for more than a mile, to completing a 10K, in a fairly respectable time too. Some of these people also go on to complete half and full marathons and I think seeing the changes in their lifestyle, accompanied with increased happiness gives me great sense of achievement. This is also probably one of the biggest challenges too - trying to encourage folks who are not sure they can complete two miles, let alone 6.2.

One of the great challenges with running a program such as this is also trying to coordinate a very diverse set of people, from all kinds of different backgrounds and trying to relate to them on some kind of personal level that is appealing to each individual. This is tough for one man to do but fortunately I have a fantastic coaching staff to help me.

**Q. How do you balance your own training with the needs of the runners you are training?**

A. During our busy spring season, this can be tough because my big focus is on making sure our participants receive a great experience of our training program. This means being at workouts up to twice a day, 3 times per week at the ideal times when I should be training myself. You have to get inventive and seek alternative options such as training at lunch time or before or after group workouts. No matter what, I always manage to keep my training going and like most of us runners, the daily workout is a top priority and you make it happen. My number one priority is to the runners though and if this means I have to leave a planned workout until another day then that's just how it is.

**Q. What's your race day check list look like?**

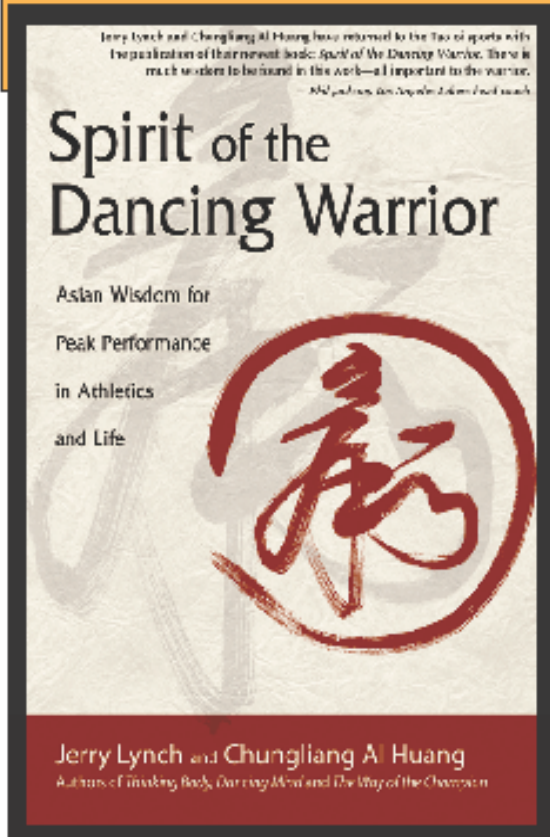
A. I've been doing this too long to have a check list. It's ingrained in my head. I did forget my shorts at a track race as a youth once though and I learned from that experience that having shorts on underneath your warm ups is a must for race day. My basic check is: shorts, racing flats, race singlet, drink, and wallet. Anything else is just fluff but that's just my opinion.



Above: Heather & Ewen. Ewen in action in the International Team Challenge, running for Great Britain and on the right after his 2010 win at Canyonlands Half.

# Meet the Author

Dr. Jerry Lynch at Boulder Bookstore  
Tuesday May 11th 7:30pm



There is a profound connection between your physical activity and our spiritual growth awareness and development of this connection will improve your performance in life as well as in sports. In this remarkable book, authors Lynch and Huang present practical methods for everyday spiritual training. Using a meditation program based on 52 warrior virtues, this book offers a soulful path to motivation, inspiration, and wisdom for athletics, fitness, and life.

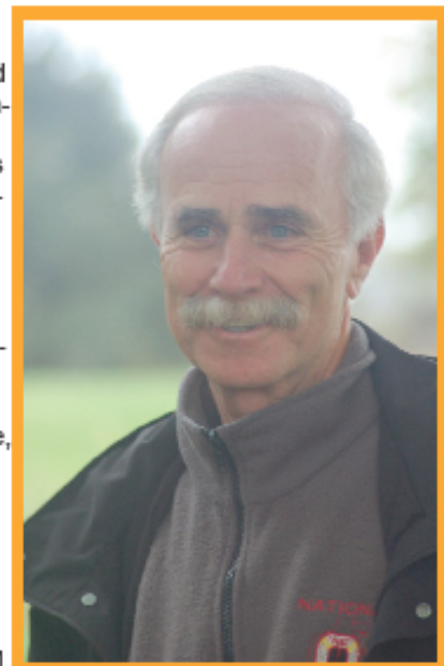
In *Spirit of the Dancing Warrior*, Lynch and Huang have combined a lifetime of experience and expertise to inspire us all to become dancing warriors, those who exhibit in everyday life the best qualities of our endless potential. In this magical book, the authors have brought the wisdom of the East down from the lofty clouds by distilling it into 52 warrior virtues that will inspire and guide you to evolve your life experience from ordinary to extraordinary. — Ken Dychtwald, PhD Psychologist, Gerontologist, author of *BodyMind*, *Age Wave*, *The Power Years*, *Glendon's Dream* and *A New Purpose*

Amber Lotus Publishing  
www.amberlotus.com  
\$16.95 / \$18.95 Canada



**Jerry Lynch, PhD** is an internationally and nationally recognized Sports Psychologist, Life Coach, speaker, and national-class athlete. Over the past 25 years, he has worked with professional teams, athletes and coaches in the NBA, NFL, NLL, and PGA as well as 33 national championship teams and athletes at universities such as Maryland, Duke, Stanford, North Carolina, Oregon State, Columbia, Colorado, Ohio State, Arkansas, Missouri and UC Santa Cruz. He is the author of 10 books and father of four amazing athletic children. Dr. Lynch is available for speaking engagements and consultations. Dr. LYNCH received his doctorate in psychology from PENN STATE UNIVERSITY, and has done extensive post-doctoral work in the area of philosophy and performance enhancement. He has been a national class athlete, having been a member of a national championship team and, to this day, continues to train and compete in running and cycling. He has coached at the high school level as well as AAU sports. Dr. Lynch currently resides in Boulder, CO with his wife of over 30 years, Jan.

His web site is [www.wayofchampions.com](http://www.wayofchampions.com)



Boulder Bookstore 1107 Pearl St. Boulder CO 80302 303-447-2074

## CLEAN UP YOUR FINANCIAL ATTIC

By David Gardner, Certified Financial Planner

As we throw open our doors to the warming air of spring, many of us start the annual process of giving our homes a thorough scrub. We just don't get around to the deep cleaning throughout the year, so the spring ritual helps keep our homes in order. If only most investors followed the same practice.

Most of us have a financial home in disarray. Think of the dilapidated, stately house that George Bailey renovated in "It's a Wonderful Life" -- our portfolios are full of promise and have good bones built by careful saving, but are nonetheless woefully neglected.

Fortunately mutual funds and Treasury bonds do not fall into disrepair as physical structures do. But although the cracks may not be visible, investment portfolios degrade over time without mindful maintenance.

In fact, your disorganized portfolio may be costing you thousands in fees, taxes and gains a year. So how do you know whether your investments require a good spring cleaning? If you haven't looked at your entire portfolio in the last year or two, that's a good sign. Here are some other symptoms of your investments needing care.

**Multiple 401(k) and pension plans.** Here in Boulder and Broomfield counties, we have a tech-driven economy with employers such as Level 3, Ball, Amgen, Oracle and IBM. Those who have worked in tech understand that people do not tend to stay with one company as long as they would in more traditional industries.

Often couples come in with a portfolio that reads like their resumes. I call it an equal opportunity portfolio. Every ex-employer is represented with their pension plans leaving tracks long after employees have handed in their laptops.

So what's wrong with holding on to old pension plans? First the logistics of rebalancing your overall portfolio across several accounts can be daunting. Also, holding investments in multiple plans means that you must stay abreast of the new investment options introduced with each plan.

In addition, most plans have high expenses that can total 3 percent annually of your investment balance. Finally, if you're thinking about going through a Roth conversion, it may be quicker to do so from a traditional IRA rather than a 401(k) plan.

Of course there are some cases in which keeping a pension plan alive makes sense. You may have an outstanding loan against a 401(k) balance. Also some pension plans, such as the federal government's Thrift Savings Program, have outstanding investment options that are not generally available. These plans, unfortunately, are in the very small minority as most are loaded with high fees.

**Multiple brokerage accounts.** Another sign of a disordered financial house is holding investments with multiple brokerage firms. You may have good reasons for having accounts with Schwab, Merrill, and Morgan Stanley, but most likely it's not the result of a coherent investment strategy.

Fortunately you can clean up your portfolio usually without significant tax consequences. Your 401(k) and 403(b) retirement accounts can usually be rolled over to an IRA. Even with taxable and retirement investment accounts you can consolidate without cutting a big check to the IRS. Without liquidating your investments, you can usually make an in-kind transfer in which your investments are directly moved from one account to another.

Of course if you have taxable investments in the red, selling them could generate some useful tax losses and then the proceeds can be used to fund a new account.

So do yourself a favor this spring and take stock of all of your investments accounts. It may be that the results of decisions made over a lifetime of investing are no longer help to keep your financial house in top shape.

*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).*

The  
Boulder  
Wine  
Merchant

[www.boulderwine.com](http://www.boulderwine.com)  
303.443.6761  
2690 Broadway  
Boulder, CO 80304

# TEN SPECIAL MOMENTS WITH CLIFF BOSLEY

- First BB 1979...Sunday, 3:00 p.m. start time, finishing at North Boulder park, race between Ric Rojas and Frank Shorter, classic.
- Frank Shorter winning the BolderBOULDER 1981 and 1997 celebration of Frank Shorter 25<sup>th</sup> anniversary of winning Gold Medal in Munich
- Stadium Finish... finishing at the University of Colorado Folsom Field, beginning in 1981
- The Wave start in 1983...
- 1995 Course records: Josephat Machuka 27:52 and Dellilah Asiago 32:13
- 1980 BB finishing at BHS, long course 6.375 miles...fun day
- 2007 BB ... RFID timing introduced at BB
- 1988 BB 10<sup>th</sup> running of the BB, first recognition of those who have run every BB since it started...initially called the *Perfect 10*, then the *Dirty Dozen*, the *Lucky 13*, and now the BolderBOULDER's Boldest! This year there are 74 BBB's
- December, 2009 RW names BB America's Best All-Time 10K.
- Course entertainment including belly dancers (Ms. Tu Tu) at mile 3...

The Memorial Day Tribute (all of them)...

## 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](http://www.withoutlimits.com) & [www.myentryfee.com](http://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!

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

Checks Payable to: WITHOUT LIMITS PRODUCTIONS.

For race updates & information, call 303-882-8304 or email [Tony@withoutlimits.com](mailto: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 is 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.)

# 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

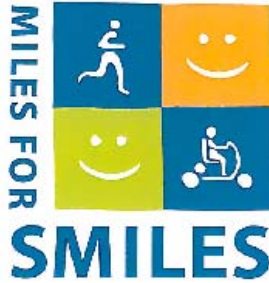


WEEKLY AND SERIES PRIZES

[WWW.WITHOUTLIMITS.COM](http://WWW.WITHOUTLIMITS.COM)



### 5K Run/Walk 2010



Benefiting the Two Angels Foundation

Broomfield Commons Park  
Sunday, May 23, 2010  
9 a.m.

#### STARTING TIMES

- 7:30 am Registration and packet pick-up
- 8:45 am Kids Fun Run
- 9:00 am 5K Run/Walk
- 10:00 am 50 Yard Adaptive Dash
- 11:00 am Awards Ceremony

Two Angels Foundation  
1701 E. 10th Street  
Aurora, CO 80014-0149



In the summer of 2005, the Two Angels Foundation was formed in the memory of Allyson and Rachel Mohatt. They were two sisters who were both diagnosed with Nemaline Myopathy, a rare form of Muscular Dystrophy. While the Mohatt girls fought courageously, the disease ultimately took its toll and both Allyson and Rachel died between their 5<sup>th</sup> and 6<sup>th</sup> birthdays.

To learn more about the Two Angels Foundation, please visit our website [www.twoangelsfoundation.org](http://www.twoangelsfoundation.org).

#### Helping bring smiles to children with special needs

The money raised by the Two Angels Foundation goes toward providing recreational adaptive equipment to children with physical challenges living in Colorado. Many of these kids cannot enjoy a trip to the playground or a walk in the park without expensive adaptive equipment, such as specialized walkers, bikes, and swings.

#### ADAPTIVE DASH

Walk, roll, or ride your way to the finish line. After the 5K, bring out your adaptive equipment (tricycle, wheelchair, etc.) for the 50 yard adaptive dash.

**COURSE:** The course is located at the new Broomfield Commons Park and is mostly on open space trails. The open space area has two reservoirs, Tom Frost and Le Cault, and has a beautiful view of the mountains. The race starts and finishes in the middle of the Broomfield Commons at the all purpose turf field.

**LOCATION:** Broomfield Commons Park. Access the park off Sherman Blvd, between 128th and 136th Ave, or through the Paul Derda Recreation Center parking lot, (13201 Lowell Blvd, Broomfield, CO 80020 off of Lowell Blvd, between 128th and 136th).

**REGISTRATION:** Pre-registration is \$25 for adults and \$15 for children 12 and under. Children age 4 and under are free. Pre-registration closes at midnight on May 21, 2010.

**ONLINE:** at [www.active.com](http://www.active.com)

**BY MAIL:** mail registration form and check made payable to the Two Angels Foundation to:  
Two Angels Foundation  
654 Tantra Drive  
Boulder, CO 80305

**EVENT DAY REGISTRATION:** opens at 7:30 a.m. at Broomfield Commons Park; \$30 for adults and \$20 for children under 12.

**T-SHIRTS:** all registered participants receive a short sleeve Miles for Smiles t-shirt that can be picked up with the race packet the day of the race.

**KIDS FUN RUN:** Fun Run free for ages 10 and under. Race Starts at 8:45 a.m.

**AWARDS:** Top 3 male and female runners in age groups 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over will receive awards, as well as the top male and female runner.

## THANK YOU Race Sponsors!



Jump in Inflatables



It's Who I Am.



### Registration Form

Miles for Smiles 5K run/walk  
Broomfield Commons Park  
Sunday, May 23, 2010 9 a.m.

Please print legibly.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

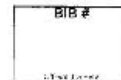
Male  Female

Age on day of race \_\_\_\_\_

Mail-in Postmark deadline May 17, 2010

Make checks payable and mail to:

Two Angels Foundation  
654 Tantra Drive  
Boulder, CO 80305



Adult Entry fee \$25

Child entry fee 12 & Under \$15

Phone and 55 Y registering the day of the race.

shirt size (circle) **XXL** **XL** **L** **M** **S**

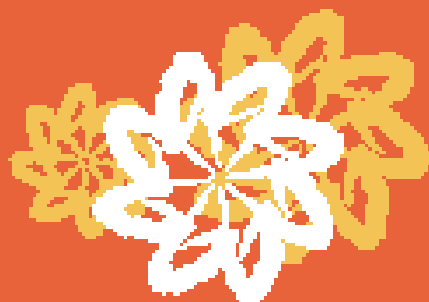
**Waiver/Release - Signature Required**  
I acknowledge that, according to my entry in Miles for Smiles, I understand the potential risks of participating in this event, including but not limited to, injury, illness, and death. I understand that I am participating in this event at my own risk. I understand that I am waiving my right to sue or to bring a lawsuit against the organizers of this event, the Two Angels Foundation, and any other person or entity involved in this event, for any and all claims, damages, or expenses, including reasonable attorney's fees, that may be incurred by me or my heirs, assigns, or legal representatives, in connection with my participation in this event. I understand that I am releasing the organizers of this event from any and all claims, damages, or expenses, including reasonable attorney's fees, that may be incurred by me or my heirs, assigns, or legal representatives, in connection with my participation in this event. I understand that I am releasing the organizers of this event from any and all claims, damages, or expenses, including reasonable attorney's fees, that may be incurred by me or my heirs, assigns, or legal representatives, in connection with my participation in this event.

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

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](http://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](http://www.titlenine.com/t9k)

# 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*	* = All dates
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



## THANK YOU SPONSORS!

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WESTMINSTER

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A better way to go!

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**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://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://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://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

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](mailto:Richard.Castro@colorado.edu) for more detailed information.

**Uni Hill 2k**, Thursday June 10 Sharon & Austin Connolly, [sconpub@aol.com](mailto:sconpub@aol.com)

**West End 3k**, July 22, John Bridges, 303-464-0147, [bouldergalloway@bridgesclassicalimports.com](mailto:bouldergalloway@bridgesclassicalimports.com)

**Pearl Street Mile**, August 12, Dave Hardwick, 303-499-9205, [ladave64@gmail.com](mailto:ladave64@gmail.com)

**Summer Track Series**, Dan Pierce, 303-931-4690, [dptrack@aceweb.com](mailto:dptrack@aceweb.com) (see page 10)

**Bolder Boulder**, May 31, Carl Mohr, 303-499-2804, [carlmohr@comcast.net](mailto: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







**JULY 30<sup>TH</sup> – AUGUST 1<sup>ST</sup>,  
2010**

The State Games concept was developed in New York in 1978 with the Empire State Games. Annually, more than 400,000 athletes compete in State Games nationwide. State Games feature various sports from the Olympic and Pan American Games programs as well as sports with regional popularity in each state.

*The Rocky Mountain State Games is a statewide multi-sport event open to:*

- All residents of Colorado
- All ages and competitive abilities

**Sports (35) for the 2010 Rocky Mountain State Games include:**

- |                  |                 |                 |
|------------------|-----------------|-----------------|
| • 5K Run/Walk    | • Flag Football | • Shooting      |
| • Archery        | • Golf          | • Soccer        |
| • Badminton      | • Gymnastics    | • Softball      |
| • Basketball     | • Inline Hockey | • Swimming      |
| • Billiards      | • Judo          | • Table Tennis  |
| • BMX            | • Karate        | • Tennis        |
| • Bowling        | • Lacrosse      | • Track & Field |
| • Cycling        | • Powerlifting  | • Triathlon     |
| • Diving         | • Racquetball   | • Volleyball    |
| • Field Hockey   | • Rock Climbing | • Weightlifting |
| • Figure Skating | • Rugby         | • Wrestling     |

**COME OUT AND PLAY!!!**

For more information, contact us at 719.634.7333 (x1000) or email [info@thesportscorp.org](mailto:info@thesportscorp.org).

Organized and managed by the Colorado Springs Sports Corporation, the 2010 RMSG will offer competition in 35 sports. Competition will take place along the Front Range with venues including: U.S. Olympic Training Center, U.S. Air Force Academy, Memorial Park, Fort Carson, Colorado College and other venues in Colorado Springs.

The Rocky Mountain State Games (RMSG) is a multi-sport festival for Colorado citizens of all ages and athletic abilities including physically disabled, visually impaired and Paralympic athletes. Recognized by the National Congress of State Games, a member of the United States Olympic Committee, the 2010 Rocky Mountain State Games will be held July 30 - August 1, in Colorado Springs.

**JULY 30<sup>TH</sup> – AUGUST 1<sup>ST</sup>, 2010**

**[www.coloradospringsssports.org](http://www.coloradospringsssports.org)**

ROCKY MOUNTAIN STATE GAMES – STATEWIDE SPORTS FESTIVAL  
COLORADO SPRINGS, CO

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- *All residents of Colorado*
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**JULY 30<sup>TH</sup> – AUGUST 1<sup>ST</sup>, 2010**

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