I would like to thank all of the individuals that have made the Boulder Road Runners a club unique in our community. The intentions when we started this group was to have fun and enjoy all the facets of this wonderful sport we call running. In the beginning we didn’t have some grand scheme to put on the first marathon in Boulder, create the biggest race the city had ever seen or to win any special awards but along the way all those things happened. We have runners that experienced our early years return decades later and be amazed that we still have a Sunday Group Run every week.

Runners in the area are very thankful they can enter a no frills track race for $2 during the summer and special interest groups like the Boulder Humane Society, Earth Day and the Run Boulder Series know they can secure responsible and knowledgeable volunteers for their running events because of the BRR. The CU Track and Field Program has benefited from our support and we in turn had the opportunity of watching the runners from that program blossom at the national and international level because of our assistance.

My running career has truly been blessed, having first tasted the sport as a 10 year old growing up in a community that produced a double Olympic Champion, a man that would become the first face on a box of Wheaties. Track & Field was fun from the beginning because it was a great equalizer. Size didn’t matter it was just you and clock. It was a sport for everyone and you didn’t need a lot of fancy equipment. Moving into my high school years I began training in the fall of 1961 and never regretted my decision. Fifty years later I am still trying to repay the sport. Thanks for the great times Rich.

The USATF Club National Cross Country Championships will be held on Saturday December 10th in Seattle, WA. Always a fun trip and Colorado is well represented on an annual basis. The Boulder Running Co./Adidas Teams have captured the open division in the recent past and figure to be very competitive once again. The BRR will send strong age group teams in several divisions and the men’s 60-69 has high hopes of defending the team title they won last year. If you are interested in being on age group team please contact ASAP so we can put you in contact with your designated team leader. www.http://www.usatf.org/events/2011/USATFCulXCChampionships/index.asp
CU @ Turley’s Turkey Trot

Thanksgiving Day 11/24/11
A benefit for

Community Food Share is the Feeding America food bank for all of Boulder and Broomfield counties. Please bring a canned food item or monetary donation to the race!

Remember $1 = 4 Meals

Race Information
Date: Thursday November 24, 2011
Events: 5k start time 10:00 AM Chip Timing

Place: CU Potts Field
Entry fee: $15 Race day fee: $20

Walk-in registration ends Noon WED 11/23/11
Turley’s Gift certificate to all finishers. Free Kids 12 & under track races. Weather permitting following the 5k. No registration required. Start/Finish Area
Located in the CU Research Park, north side of Colorado Ave. between 30th Street & Foothills. Follow the signs for Free Parking at the CU Research Park. Age group awards 13 & under to 80+

BIB Number

No Dogs or Strollers

OFFICIAL ENTRY FORM
Print Clearly. One entry per form.

NAME: ____________________________
PHONE: ____________________________
E-mail: ______________________________

Circle One: (MALE) (FEMALE) Age on race day: ___

REGISTRATION LOCATIONS
Boulder Running Co. 28th & Pearl St. 303-786-9255
Fleet Feet, 2624 Broadway, 303-939-8000

Make checks payable to the Boulder Road Runners. Walk in registration ends NOON Nov. 24
MAIL IN REGISTRATION ends Nov. 18
Turley’s Turkey Trot
654 Tantra Dr.
Boulder, Colorado 80305

ON LINE REGISTRATION: www.active.com

RACE DAY REGISTRATION & PACKET PICK UP:
 Begins at 9 AM CU Potts Field, located in the CU Research Park. Info: Rich Castro/Race Director
303-449-8650, Richard.Castro@colorado.edu
BRR website: www.boulderrunners.org

Registration & Finish Area: CU Outdoor Track.
Waiver (please read and sign)
In consideration of acceptance of this entry form, 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 liability arising from illness, injury and/or damages I may suffer as a result of my participation in this running event. No dogs or strollers are allowed for safety reasons.

Signature: ______________________________

Parent’s signature if under 18
Want to get involved with the 2011 CU @ Turley’s Turkey Trot 5k? Since it serves as a benefit for Community Food Share it does draw a fair number of individuals looking to assist if the event. Here are a few things you can do in conjunction with the event before race day and on race day. Volunteers are needed at the following times: **Packet Pick Up & race day registration** 8:00 am please see Amie Durden; **set up** 8 am please check in with Rich Castro; **course marshals**, 8:45 am, check in with Dave Hardwick (303-499-9205) and **help with collecting donated items and clean up** (all morning). We are establishing 2 collection sites for canned food items this year with race sponsor Turley’s Restaurant offering special deals on Facebook and The Flatiron Athletic Club. **If you would like to volunteer for any of those race day activities please contact via e-mail, Richard.Castro@colorado.edu or phone 303-449-6650. Food items that are collected in advance of the race should be delivered to CFS, 6363 Horizon Lane, Longmont, CO. Contact Sue Ericson when you deliver your items to credit the BRR. 303-652-3663.** To learn more about CFS and the most needed items go to their website. $1 = 4 Meals.
BRR FIRST MONDAY SOCIALS
AVERY BREWING CO.

The next First Monday of the Month BRR Social will take place at the Avery Brewing Co. 5:30 to 7:00 PM on December 5 and it will serve as the transition from my administration of the club to our new officers. Interim President John Bridges, Vice President Dan Pierce, Treasurer Connie Harmon, Board Members Amie & Benji Durden and Ron Harmon. We will also be celebrating Louise Adams 90th birthday.

There is a mission statement attached to our homepage so you can see the areas that are being discussed. The Turkey Trot represents the last race I will organize on behalf of the BRR and my official duties will conclude with the USATF National Club XC Championships in Seattle, WA on December 10, 2011. If you wish to have a voice in the next evolution of the club I urge you to attend the next social and visit with our new officers and board members about your ideas, opinions and interests.

A very special thanks to the Avery Brewing Co. and Larry Avery for hosting us the last few months.

A few words from outgoing Vice President Carl Mohr

My first encounter with the Boulder Road Runners was back in 1985 at the Sunday "Fun" Runs. At that time the group met at the Boulder Library where, after a modest 20 minute warm-up, they became all-out races. For two years I did my very best to hang on to their speedy leader, an animated fellow called Rich Castro. Around 1988 he began to acknowledge my presence and a year later even addressed me by name.

By 1990, I had matured as a runner. I became less self-centered about my performances and began to develop, thanks to Rich, a desire to give back to the running community. I volunteered as a race marshal, deployed barricades, recruited volunteers for the Bolder Boulder, and, at every year's end, would write a check to the Club along with my other annual contributions. I believed, as I do now, that the Boulder Road Runners probably does more good for a broader range of people than any other non-profit in Boulder County. Whether you are a young runner experiencing a track meet for the first time, a seasoned veteran knowing that the course will remain safely closed until you finish, or a scholarship athlete getting a chance to compete in Europe -- BRR is there for YOU!

We promote physical well-being and mental happiness through self-fulfillment. We reach out to every demographic and age group. We promote local businesses and work to sustain a vibrant community by the events that we organize and support. Our efforts extend to other non-profits. The Humane Society, the Center for Resource Conservation, Downtown Boulder, and the Uni-Hill Improvement District are but a few examples. Finally, as Rich often points out, we are the only non-profit in the area that actually donates to OTHER groups; Community Food Share being the most visible recipient.

It has been my honor and pleasure to stand beside Rich as his Vice-President for the past 20 years. Although it has been a time of mind-boggling change, the mission of our organization has remained constant and pure: to unselfishly promote and sustain the sport that we love; right here in the most amazing place on this planet.

Thanks for letting me serve. I'll see you on the trails. -Carl
Carl Mohr BRR Vice President