

Boulder Road Runners

Training Group



Members of the BRR training group, pause for a picture, prior to a run. This group was recently featured in a Denver Post article. They meet Tuesdays and Thursdays at the Flatirons Athletic Club (7 a.m.) for their weekday workouts. On Saturday, they meet at various trailheads. Richard Castro

coaches the group, contact him for more information: : Richard.Castro@Colorado.edu

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Upcoming Events



June 20th, Thursday, BRR Summer Track Series @ Potts. Featuring Colo. Junior Olympic finals in the Steeple Chase, Hammer and Javelin



July 1, First Monday, Avery Brewing, 5:30-7 p.m.



FLEET FEET
Sports

2624 Broadway, Boulder, CO 80304

(303) 939-8000

www.FleetFeetBoulder.com

Bolder Boulder 2013

Women

F-11 Kate Hooten 50:24.22 5th age div.
 F-41 Corey Hooten 50:24.22 19th age div.
 F-48 Kristen Kindt 49:24.77 9th age div.
 F-55 Ellen Hart 42:11.77 1st age div.
 F-60 Sue Butcher 51:36.29 1st age div.
 F-62 Lynn Kidder 58:14.52 6th age div.
 F-62 Jan Hughes 49:39.37 2nd age div.
 F-63 Nancy Antos 55:05.18 3rd age div.
 F-64 Pat Tolleson 1:00:03.82 7th age div.
 F-65 Rima Lurie 52:41.78 2nd age div.
 F-66 Jean Nistico 57:39.70 3rd age div.
 F-73 Betty Valent 1:02:41.39 2nd age div.
 F-75 Judy Smythe 1:15:23.84 1st age div.
 F-76 Marlis Thurow 1:39:46.1 5th age div.

Men

M-13 Alex Hooten 47:44.60
 M-19 Jackson Friesth 31:53.30 13th O.A.
 M-19 Kirk Webb 36:02.50 129th O.A. BRR Club Team
 M-19 Jacob Micklin 39:55.40 230th O.A. BRR Club Team
 M-25 Alasdair Russell 32:11.49 17th O.A. BRR Club Team
 M-41 Gentleman Scott Hooten 50:25.80
 M-55 Mike Sandrock 41:44.00 3rd age div. BRR Club Team
 M-56 Ted Kennedy 42:18.47 4th age div. BRR Club Team
 M-59 Rich Sandoval 44:07.80 4th age div.
 M-60 Chuck Smith 46:41.10 3rd age div.
 M-60 Rich Holston 48:09.30 9th age div.
 M-60 Rick Nistico 58:56.40

M-61 Don Price 47:25.40 2nd age div.
 M-66 Dave Dooley 42:42.90 1st age div.
 M-66 Chuck Lowrie 46:27.20 2nd age div.
 M-66 Tony Salazar 59:19.28
 M-69 Tom LeMire 48:12.20 1st age div.
 M-69 Roger Wittner 57:08.76
 M-71 Bill Faulkner 53:56.20 3rd age div.
 M-72 Larry Avery 1:01:58.00
 M-76 Paul Turley 1:01:14.31 2nd age div.
 M-80 Verne Carlson 1:02:33.00 1st age div.
 M-83 Rod Smythe 1:15:58.75 1st age div.
 M-84 Ken Wright 1:48:29.42 6th age div.



Community Food Share

...a little giving goes a long way

A blue banner featuring a photo of solar panels on a house. To the right, it says "CENTER FOR ReSource CONSERVATION" and "CONSERVATION STARTS HERE." Below the photo, it reads: "Welcome to the CRC! We are an environmental nonprofit with the mission to empower our community to conserve natural resources. We implement programs for the community through three divisions - Water, Energy, and Waste."



Images from the West End 3K



Calendar

June 20- Summer Track Meet, Potts Field, 6 p.m., Team Competitors, Opportunity to Volunteer

July 4-Summer Track Meet, Potts Field, 6 p.m., Team Competitors, Opportunity to Volunteer

July 18-Summer Track Meet, Potts Field, 6 p.m., Team Competitors, Opportunity to Volunteer

August 1-Summer Track Meet, Potts Field, 6 p.m., Team Competitors, Opportunity to Volunteer

August 5- First Monday Social

August 10- East End 2K, Team Competition, Opportunity to Volunteer

August 15-Summer Track Meet, Potts Field, 6 p.m., Team Competitors, Opportunity to Volunteer

August 25- Heart and Sole Half Marathon, BRR water station, Opportunity to Volunteer

August 31- CU Cross Country Time Trials, Buffalo Ranch, Team Competitors, Opportunity to Volunteer

September 2- First Monday, Avery Brewing

September 8- Fleet Feet Sunday Run and Shopping Day, 20 % Discount BRR Members

September 27- Pat Patten X-C Meet, Viele Lake, 3:15 p.m., Opportunity to Volunteer

September 28- Rocky Mt. Shootout, Buffalo Ranch

October 7- First Monday, Avery Brewing

October 20-Rock & Roll Marathon Water Stop, Denver, Team Competitors, Opportunity to Volunteer

November 2- PAC 12 Cross X-C Championships, Coal Creek G. C., Louisville, Opportunity to Volunteer

November 4- First Monday, Avery Brewing

December 2- First Monday, Avery Brewing, Members Nights, Election of Officers for 2014

December 8- USATF Club Cross Country Championships, Bend, OR.



Gail Hunter, in recovery from her recent knee surgery, makes an appearance at our Fleet Feet Sunday run. (Photo by Bill Buffum.)