

M A R C H 2 0 1 3

Boulder Road Runners

Since 1979 and Still Running!

First Monday

Many people have remarked that they would enjoy a run prior to our First Monday social. How many people think they would participate, even occasionally, in a half hour run from Avery's prior to First Monday? Please send comments to:



Mother Nature Adds Ambiance To Tea Party

Despite the weather on Sunday, February 24th, a dozen intrepid runners enjoyed the tea party. Hot tea hit the spot with the temperature below freezing. In addition to the warming tea, we had homemade treats made by Donna Bridges, which included cranberry scones and cucumber sandwiches. Teatulia Tea donated the press pot and black tea. Visit them at:

www.Teatulia.com

Coordinator Needed:
Marshal coordinator for Earth Day 5K
Contact: john@boulderroadrunners.org



Volunteers
Needed
Race4Kids
April 14,

Volunteers
Needed
Earth Day 5K
April 21, 8 a.m.
Course Marshals

Next Business
Meeting:
April 25, 6 p.m.
Avery Brewing



Steve Jones Sets Record!

After some miscommunication, last month, Steve Jones made it to the March First Monday Social. With him, came many of his training group members. Their presence set a record for the number of people, at a recent First Monday, who were under forty years old!

Steve showed a copy of the television coverage of the 1985 Chicago Marathon, where he set the world record and added a colorful commentary as well as answering questions.



Bill Buffum Steps UP!

Every Sunday we have water and PowerBar recovery drink. They don't appear on their own. It takes volunteers to bring them. Bill has stepped up to help ensure the Sunday run will always have recovery drink. Bill will be backing up Tom Lemire. Richard and Betty Valent and Anne Bartuszevige provide weekly post-run water. Gail Hunter religiously picks up the baked goods from Great Harvest with Verne Carlson helping out. Gail also regularly contributes to the newsletter.

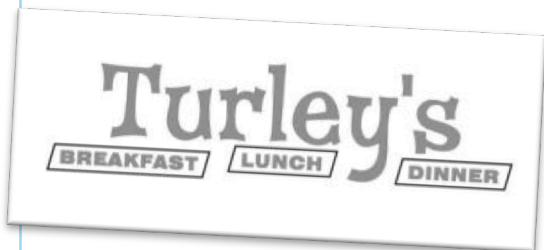


Lindsey Buffum (center green top) with the Pearl St. Runners in front of Conor O'Neill's.

Business Meeting March 7th

The last meeting was held at Avery Brewing. In attendance were: Don Janicki, Connie Harmon, Stan Trier, Tom O'Banion, and Anne Bartuszevige and John Bridges. Those present divided up the new membership applications for distribution to local running stores. Some of the topics discussed: creating on-line registration, on line BRR store and directory. We also discussed to what level the club should be involved with x-c championships. Lastly, how should club gear be distributed. A points system for volunteering was suggested. Points could be applied to the purchase of gear from a BRR store. People with enough points could, potentially earn the gear at no cost.

Next business meeting is at Avery's, on April 25 from 6 to 7:30.



Looking for New Running Routes and Running Mates Try These Training Groups

Training Opportunities

Sunday: BRR Sunday Run, 3033 Iris, 9a.m. Info. John@boulderroadrunners.org

Monday: Fleet Feet, 2624 Broadway, 6 p.m. Info. Lilly@fleetfeetboulder.com

Tuesday: Flatiron Athletic Club, 7 a.m. Info. richardcastro@colorado.edu

Tuesday: Westminster Rec., 10455 Sheridan, 6:15 p.m. Info. faulknerbill@Q.com

Wednesday: X-Training Group, Various Times/locations Info. bldrnrr@comcast.net

Wednesday: Pearl St. Runners at Connor O'Neill, 1922 13th St., 6 p.m., Info. Lindsay.buffum@gmail.com

Thursday: Flatiron Athletic Club, 7 a.m.

Info. Richard.Castro@Colorado.EDU

Thursday: Westminster Rec., 10455 Sheridan, 6:15 p.m. Info. faulknerbill@Q.com

Saturday: BRR Saturday Run, various locations, 7 a.m. Info. richardcastro@colorado.edu

To get your training group listed contact: john@boulderroadrunners.org

Congratulations Dave Albo!

He achieved his All American Masters ranking in the 400m at the recent Jerry Quiller Classic Track Meet at Potts Field. He ran a 61:51. Not bad for 57.



USATF X-C Championships

Flatirons Golf Course
Boulder 2014 and 2015?

BRR Men's 60+ ties for fourth in the USATF Championships Grand Prix.

April 7, at the Rez. is the Colorado Association USATF 5

Recently Dan Pierce, Don Janicki, Tom O'Banion, Brent Friesth, and John Bridges met with Sean Nesbitt John Supsic and Chester Kurtz to discuss the recently submitted bid for the x-c championships. The immediate goal of this group is to organize sponsorships to fund the championships.

Jerry Greenwald's Favorite Song is Stair Way to Heaven

March 2nd, the American Lung Cancer Society held a fundraiser at Stratosphere Tower in Las Vegas. Participants raised money for the privilege of running up 108 floors, which were almost 1500 steps. Jerry completed the climb in 11:47.

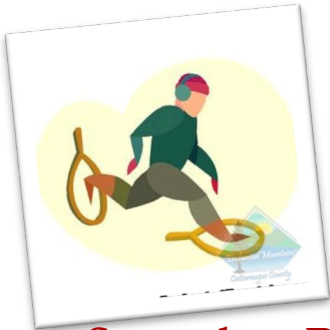
Jerry shared that his personal time goal came up short, but he was long in his fundraising efforts, thanks in part to Boulder Road Runners.

Jerry raised \$1,160 for the Colorado Chapter of the American Lung Association. Individual Boulder Road Runners donated ten percent of the total raised. The Colorado travel team, that Jerry was a part of, placed fourth in the team division out of 37 teams that finished.



Sunday Run at Fleet Feet a Success

Tom Lemire takes his marks ready to shop for great deals at Fleet Feet. The run gave BRR members a chance to run some different routes and share the roads with Fleet Feet's regular Sunday morning run group. Our regular club refreshments were augmented by Lilly, with bagels, cream cheese and coffee. Our next run at Fleet Feet will be June 9th.



Snowshoe Racing- Plan Ahead for Next Season

Bill Faulkner and Pat Tolleson are avid snowshoe racers. Prepare to join them for next year's racing season by visiting:

www.snowshoemag.com

www.facebook.com/snowshoemag

Congratulations to Bill on Pat on their recent national championships.



Oldest Continuous Road Run in CO

Interesting road trip opportunity: The Cog Run, in Hayden, CO is, according to them, the oldest continuous road run in Colorado. The May 11th run is a 8.4 K out and back on Routt County. Road 76. The 5K is run on a rolling course south of Hayden. Participation in last year's event was fewer than 100 people. The scenery in the Yampa Valley is fantastic. Must be a beautiful run.

http://www.runningseries.com/races/hayden_cog_run.php



MEET BETTY AND RICHARD VALENT by Gail Hunter

Betty and Dick began training with the Boulder Road Runners several years ago. Their closeness as a couple is wonderful. Their backgrounds as runners and athletes are very different. They are best introduced together.

Betty grew up in Denver, near Washington Park, where she remembers that as a child she never saw runners. She was not particularly active, although she liked to climb trees. She did not participate in sports in high school; at the time there was nothing available. She attended C.U. after she was married, and her first child was born while she was in college. She began running in 1971, after her third child was born. She had tried when she was pregnant, but was laughed at by children and decided to wait until she wasn't wearing maternity clothes. On her first attempt, she ran two blocks and couldn't breathe. She went back home and tried to refigure how to run. She persisted and would run for twenty minutes in the mornings when her husband could watch the kids before he went to work. She soon joined the Rocky Mountain Road Runners, who held group runs in which the slowest persons started first and the faster ones started later. The slower runners tried to reach the finish line before being overtaken by the faster ones. Bob Welk, the organizer, kept a meticulous spreadsheet to determine the starting times for the individual runners for each week's run. Her first race was in Vail in 1972. The Vail race did not have a division for women, so eventually the women organized a 5k race for themselves. Betty then ran both races.

Betty (then Betty O'Lear) became an avid racer, racing in Vail annually and joining the throngs of the Boulder Boulder in the early 1980's. She usually won her age division in the races in which she competed. She has run two marathons, both in Denver. In 1979 she ran a 3:45 and thought she could do better. In 1980 she ran 3:30 and set a record that lasted for three years. She found the recovery from marathons took too much time, and she decided to stick to shorter distances.

Dick grew up in Pueblo. His father was a steelworker who discouraged the idea of Dick's participation in sports. His father took Dick fishing, hunting, and searching for arrowheads. Other than out of necessity, Dick doesn't recall running very much as a child. He and Betty both attended Catholic schools, and there was no emphasis on sports. In college and graduate school at C.U., where he obtained a PhD in mathematics, Dick fished and hiked 14'ers. He also did some technical climbing with his friends, enjoying the outdoors but not involved in competitive sports.

Betty and Dick began dating in 1997, after each had been divorced. Dick says he remembers meeting Betty in 1975, and that they knew each other from both church and their common employment at NCAR, where Betty, worked as an administrator for various people, including Walter Orr Roberts, and Richard was a software engineer in the Scientific Computing Division. They began running together after they started dating. It took a couple of years before Richard began liking to run. He knew he liked Betty. Betty

recalls that they would be running, and that he would become slower and slower. Dick would have mentally drifted off, working on solving a math problem.

Dick now enjoys running, but he is more a social runner. He really enjoys running with people and listening to them. As to racing, he enjoys both 5k and 10k races, but finds the 5k harder. Betty is more of a competitor. Her favorite race is the Vail trail run. The route changes slightly from year to year, so there is no stress of comparing one year's time to another. Still, she keeps winning her age division, acquiring a new pair of La Sportiva trail shoes each year. As to Dick, he has been known to state after the finish that he really enjoyed the race, and in 2011, he placed 3rd in his age division.

Growing up in an environment where exercise and sport were not valued, Dick wrestled for years with the question of how to remain healthy as he aged. Men in his father's generation would pass away as soon as they retired. His father didn't smoke or drink and lived to be almost 100 years old, but Dick has never felt that his father's experience was a guarantee of a long and healthy life. His problem was solved when he met Betty and began running.

For Dick good health is a motivation for running. For Betty, it is almost the reverse. Running has been such a large part of her life for so long that she thinks about whether she will be able to be at peace when she is unable to run. Dick is a talkative runner. Betty is quiet.

When not running or working, Dick is a serious organic gardener who cares strongly about the environment. He has recently planted lettuce and spinach seedlings outdoors, having started them indoors. He grows herbs at home and grows vegetables at a large garden in north Boulder that is owned by a long-time friend.

Betty has played tennis since 1973, and enjoys both doubles and singles, although she prefers singles. She plays three times a week with guys in her neighborhood. They play outdoors in warm (22° has been considered warm) weather, shoveling snow off the courts if necessary.

Together, Betty and Dick run trails and annually hike the Pike's Peak marathon route. Dick was the motivator for their joining the BRR training group, as he noticed that their Boulder times were becoming slower. Their times have improved, and they both enjoy training with the group. Dick notes that no matter how you're feeling, there is someone with whom to walk or run. Dick appreciates Rich's guidance and his encouraging all of us to set goals, and the running group has become an important part of his life.

As runners and as a couple, Betty and Dick are an inspiration.

Club Calendar- Opportunities to Compete and/or Volunteer

Sunday Social Run, unless noted, is at 3033 Iris, north parking lot, summer- 8 a.m., winter- 9 a.m.

March 9- Boulder H.S. Invite Track Meet, Fairview H.S. Opportunity to Volunteer

March 10- Fleet Feet Sunday run and shopping day 9 a.m., 20 % Discount BRR Members

March 14- Adventure Run, Road Runner Sports, Westminster, 5 p.m.

March 14 & 15- Quiller Classic Track Meet, Potts Field

March 21- Boulder H.S. Track Meet, 2:15 p.m., Opportunity to Volunteer

April 1- First Monday, Avery Brewing, 5:30 - 7

April 7- Carlsbad 5K, Carlsbad, CA, Opportunity to Compete

April 11- Adventure Run, Road Runner Sports, Westminster, 5 p.m., Club Tent/info. Booth

April 12 & 13- CU Invitational, Potts Field

April 14-Frank Shorter, Race4Kids, Club Information Booth and collection point for OWR, Opportunity to Volunteer

April 20-Boulder Country High School Track Championships, Broomfield H.S. Track, Opportunity to Volunteer

April 21- Earth Day 5K, BRR is managing the course, Opportunity to Compete and/or Volunteer

April 22- USATF New Officials Certification, location: TBA, Tentative Date

May 9- Adventure Run, Road Runner Sports, Westminster, 5 p.m., Club Tent/info. Booth, Opportunity to Volunteer

May 10- Nederland H.S Track Invite, Opportunity to Volunteer

May 26- Run and Pot Luck Breakfast, Millennium Harvest House

May 27-Bolder Boulder, Opportunity to Compete and/or Volunteer

June 2- Sunday Run Time moves to 8 a.m.

June 3-First Monday, Avery Brewing, 5:30 - 7

June 5-West End 5K, Opportunity to Compete and/or Volunteer

June 6- Summer Track Meet, Potts Field, 6 p.m., Opportunity to Compete and/or Volunteer

June 9- Fleet Feet Sunday Run and Shopping Day, 20 % Discount BRR Members

June 20- Summer Track Meet, Potts Field, 6 p.m., Opportunity to Compete and/or Volunteer

July 4-Summer Track Meet, Potts Field, 6 p.m., Opportunity to Compete and/or Volunteer

July 4- Avery 4 on the 4th, Opportunity to Compete and/or Volunteer

July 8- First Monday, Avery Brewing, 5:30 – 7

July 18-Summer Track Meet, Potts Field, 6 p.m., Opportunity to Compete and/or Volunteer

August 1-Summer Track Meet, Potts Field, 6 p.m., Opportunity to Compete and/or Volunteer

August 5- First Monday, Avery Brewing, 5:30 – 7

August 10- East End 2K, Opportunity to Compete and/or Volunteer

August 15-Summer Track Meet, Potts Field, 6 p.m., Opportunity to Compete and/or Volunteer

August 31- CU Cross Country Time Trials, Buffalo Ranch

September 2- First Monday, Avery Brewing, 5:30 - 7

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

TBA- Heart and Sole Half Marathon, Opportunity to Compete and/or Volunteer

September 28- CU Rocky Mountain Shoot Out, Buffalo Ranch

October 7- First Monday, Avery Brewing, 5:30 - 7

October 27-Rock and Roll Marathon Water Station, Denver, Opportunity to Volunteer

November 2- PAC 12 Cross Country Championships, Coal Creek Golf Course, Louisville, Opportunity to Volunteer

November 4- First Monday, Avery Brewing, 5:30 – 7

November 21- Turkey Trot, Potts Field, Opportunity to Compete and Volunteer

December 2- First Monday, Avery Brewing, 5:30 -7, Member's Night, Election of Officers for 2014

December 8-USATF Club Cross Country Championships, Bend, OR, Team Competition