

Boulder Road Runners

May 2013

Since 1979 and still running!

Hot off the Presses

Boulder Road Runners will have a club team in the "A" wave of the Boulder Boulder.

Alasdair Russell came from England just to run for the BRR. His 32:30 last year was impressive, but he is training hard to improve that time.

Also running are a couple dark horses; Ted (Not that Kennedy) Kennedy and Mike (the Rock) Sandrock. Still time for others to join the team and give Al some much needed HELP!

Bill Faulkner Sets Record

(See page 2 for details)



Dear Boulder Road Runners,

We are now entering our busy season:

1. Pre Boulder Boulder Social, Sunday May 26, on the patio of the Millennium House. The Run/walk begins at 9 a.m. The potluck breakfast is at 10 a.m. Bring something to share. Annual club photo shoot, wear your finest BRR gear. Bring friends and family.
2. Time change for the Sunday run is June 2. We will begin our summer hours and meet at 8 a.m.
3. West End 3K is coming on Wednesday, June 5, 11th and Pearl St; we will be marshaling the course. Dave Hardwick will be coordinating the volunteers. To volunteer contact Dave: ladave64@gmail.com Volunteers get a \$10 downtown Boulder coupon, courtesy of Downtown Boulder Inc. Tentatively we will meet at Walnut Brewery for a post event social.
4. First track meet of the season is June 6, at Potts Field. Track volunteers please try to arrive early. First event is run at 6 p.m. Please wear your BRR track volunteer polo shirt. If you haven't already done so, send me your shirt size. **Women's polo's are fitted.** Ladies, do you need to send me a different size?

Best Regards,



Earth Day 5K

Thanks for all the people who helped out with this event:

Genevieve and Nicolas Jacobi, Bill Buffum, Tom O'Banion, Anne Bartuszevige, Verne Carlson, Chuck Lowrie, Tom and Joyce LeMire, Judy Smythe, Jeff Dumas, Sharon and Austin Connolly, Jerry Greenwald, Roger Wittner, Rick Nistico, Don Price, Betty and Richard Valent, Sue and Steve Carlson, Vinny Juliano, Scott Hooten, and Donna

BILL BUFFUM IN BOSTON

Bill qualified for Boston by finishing last year's Houston Marathon in 4:10. This year he ran his 20th Houston Marathon, in cold rain, to receive a Veteran's Club shirt. (What some people won't do for a shirt.) Bill has run about 40 marathons, and had run Boston once before, in 2003. The temperature that year was 90° F, and he had a bad day. This was to be the year he would make up for the slow time in 2003. It wasn't to be. His training went well, but he had suffered a fall on the pedestrian overpass in January, when he may have cracked or fractured a rib. It appeared to have healed by the time he finished his training for Boston.

Bill and his wife Valerie stayed at an ecumenical retreat on the rail line. It was convenient to the race, but did not have the Internet or television so that they could be informed of what was happening in Boston after the bombing. Until mile 17, Bill's race was going well. The course was wonderful, and Bill found it to be quite fast. He was well under nine minute miles when pain in his chest forced him to stop. Other than the chest pain, he felt good. He wasn't very tired, and he had no sore muscles. He started toward the finish via the transit system, but that was soon shut down. He hadn't been running with his phone. It was in his bag at the finish line, so when the bombs went off, he had no means of communicating with anyone. At the finish, the runners were not allowed access to their gear bags, so they had no warm clothes, no phones, no money, and no car keys. Eventually, he was able to borrow a phone and contact Valerie. He and the other runners were able to retrieve their possessions the day after the race.

The highlight of the trip for Bill and Valerie was a visit to Connie Eppich and her husband Rob, who live on several acres outside of Portsmouth, New Hampshire. Their visit included a trip to Maine and was perfect for relaxing after the race and the stress of the bombing.

(Nancy Antos was also at Boston-editor)

BILL FAULKNER SETS RECORD AT COLLEGIATE PEAKS

Bill Faulkner and Pat Tolleson have been running ultra races since 2000, when they ran the Sunmart 50k in Huntsville State Park near Houston, Texas. They didn't make the cutoff that year, so they returned the next year and succeeded. They have tackled a number of ultras, including the Leadville Trail Marathon, where they managed to run 50 miles. They are known for "doubling" at Pike's Peak, running the Ascent on Saturday and the marathon on Sunday.

This winter, Pat and Bill focused on snowshoe racing, aiming to qualify for the national championships. They were successful and won their respective age divisions in the nationals, with Pat coming in 31st out of 42 women. Snowshoe racing is a power sport, so this may have helped them when they tackled the 25 miles of the Collegiate Peaks Trail run on May 4th. They also have been working out differently, doing weights and swimming as well as running. They did the Platte River Half Marathon in preparation, but they hadn't done any really long runs, so Bill didn't think he was ready for a 25-mile mountain race. A view of the website shows the course, circling around the hills and mountains east of Buena Vista, with elevations ranging from the start-finish, at a little over 7900', to one peak over 9200' in elevation to another at almost 9400'. In between those two peaks, the course plummets almost 1000'.

JEAN NISTICO – IN TRAINING FOR THE BOLDER BOULDER

Jean is a relative newcomer to running, having begun when she was 55. A friend suggested that they run a 5k race that went across an abandoned bridge to Pigeon Key in Florida. Jean wasn't a runner, but the idea sounded fun. At the halfway point she began cramping. She didn't like being passed, so she pushed on and finished in about 33 minutes. That led her to begin running regularly for half an hour at a time. In her second 5k race, she finished in under 30 minutes and won her age division. The prize was a ribbon and an extra large cookie. She began racing more regularly and now has two scrapbooks containing her bibs and race times. She considers herself a "fair weather runner"; this year is the first time she has trained through a Colorado winter.

Jean is happy to be with the Boulder Road Runners and to have Rich as her coach. She said that she could never have run the time she did in last year's Bolder Boulder without that training. This year, her training paid off with an age division win in the crowded Cherry Creek Sneak on April 28th. Jean has missed a lot of training due to injuries and the problems and travel involved with her mother's deteriorating health. Her training is going well now, and she is hoping for a miracle or two in the Bolder Boulder.



Cherry Creek Sneak Runners Helping Runners

Deb Conley - BRR, Lending Sight
 Tom O'Banion - guide from BRR
 Colby Harmon - guide from Fast Forward
 Andrea Hill - guide from Athletics Boulder
 Lori Roch - guide from Instep's Real Women Real Fast
 Tyger Roch - guide from Monarch High School
 Suzanne Guzman - guide from Boulder's Heart and Sole Runners
 Caitlin Davis - guide from CU Boulder
 Annette Kissinger - guide from Boulder EXPAND and Boulder Ignite Ski Program
 Stephanie Crosby - guide from BRR
 Visually Impaired Athletes: Amelia Dickerson CU Boulder Grad Student, Bill Casson CU Boulder Grad Student, Ethan Johnston - Former CU Student, Paula Kissinger - Boulder Student, Randall Crosby - BRR, Gerry Leary - Owner of Boulder's Unseen Bean, Tevis Morrow - BRR

In the news

Jenny Simpson has returned to University of Colorado as an assistant track coach and to train with Mark Wetmore.

Select Results

Boulder Distance Classic

5K

Uta Pippig 1st 45-49
22:44

Connie Harmon 8th 55-59
29:00

Rich Holston 3rd 60-64
23:17

Nancy Antos 4th 60-64
26:24

Judy Moir 1st 70-74
29:22

Joyce Lemire 4th 70-74
50:30

Judy Smythe 1st 75-79
33:16

Don Hayes 1st 80+
34:54

Ken Wright 2nd 80+
50:16

15K

Colleen De Reuck 1st 45-49
57:42

Ron Harmon 1st 55-59
1:05:57

Dave Dooley 1st 65-69
1:06:23

Chuck Lowrie 2nd 65-69
1:13:27

Gail Hunter 2nd 65-69
1:59:17

Dave Hardwick 1st 70-74
1:40:11

Verne Carlson 1st 80+
1:37:15



Frank Shafer gets third in the 50+ age division at the recent Boulder Prix 5K with a 23:28
(File Photo)

Calendar for the Month

- May 26- Run and Pot Luck Breakfast, Millennium Harvest House,
- May 27- Boulder Boulder, Team Competition, Opportunity to Volunteer
- June 2- Sunday Run, Time moves to 8 a.m.
- June 3- First Monday, Avery Brewing
- June 5- West End 5K, Team competitors, Opportunity to Volunteer
- June 6- Summer Track Meet, Potts Field, 6 p.m., Team Competitors, Opportunity to Volunteer
- June 9- Fleet Feet Sunday run and Shopping Day, 20 % Discount BRR Members
- June 20- Summer Track Meet, Potts Field, 6 p.m., Team Competitors, Opportunity to Volunteer

The Colorado Division of Criminal Justice's Office for Victim Programs would like to contact Colorado runners who participated in the Boston Marathon of 2013 to offer resources. Help, including counseling, for runners and their families or friends watching at home or in Boston, can be facilitated for any marathon participants who call 303) 239-5719 to inquire.

USATF Masters Track and Field Championships Olathe Kansas July 11-14 2013

Eligibility- be at least 30 years of age by March 22, 2013 You must be a member of USATF

Proof of birth date must be submitted with entry.
(If not already on file)

<http://www.usatf.org/Masters-Outdoor TF>



Community Food Share

...a little giving goes a long way