



Over Thirty Years and Still Running Strong!

BOULDER CLUB RUNNING NEWS

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Men's Team Wins Gold in National Championship

On Sunday, the Boulder Road Runner's Men's 60+ team took a first place at the USATF Masters Mens' 10K Championship at Dedham, Massachusetts. The team, comprised of **Heath Hibbard, Doug Bell, Devin Croft, Mark Donelson, and Jan Frisby**, won with a total time of 1:59:32 or an average finisher time of 39:51. Even more rewarding was their win over the strong rival teams from Ann Arbor, Atlanta, and Genesee Valley. Second place was the Shore Athletic Club (2:01:50), Greater Lowell Road Runners (2:01:51) just one second apart! We believe that this win will move the Boulder Road Runners into the lead of the USATF Master's Series. The next race is the USATF Masters Half Marathon Championship in San Diego on June 5th.



Photo from Bruce Kirschner

As a side note, **Edie Stevenson** won the Women's 70 to 74 division in 45:08. Her time earned an age graded performance of 93.73, a world class performance! Edie is from Boulder and is internationally known.

Don Janicki Selected for Hall of Fame

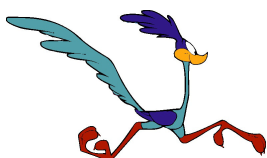
Long standing Boulder Road Runner, Don Janicki, has been officially inducted into the Colorado Running Hall of Fame.

Don Janicki was a very prominent figure on the American and international professional road racing scene from the early 1980s through the mid-1990s. He was born April 23, 1960 in Sacramento, California. His father, Bill, was a uniformed career Air Force employee, so the family moved about once a year until they settled in Mesa, Arizona when Don was in the fourth grade. Janicki's earliest memory of being motivated to run fast was when

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Running is not a spectator sport



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he was about 9 years old. A neighbor would reward with firecrackers those children who ran the fastest around the street block.

But the elder Janicki served as the greatest inspiration for his son. Bill Janicki

had started running in boot camp, began competitive racing in military-sponsored track events, and eventually progressed to the marathon distance. The younger Janicki remembers watching video footage of his father running through the streets of Da Nang during the Vietnam War and understood how important running was to his dad. When Don was 13 years



Photo by C. Gail Hunter

old he began to follow his father to the track to train.

Once in high school Janicki realized he was too small to excel in football but able to run around the goalposts quicker than anyone else. He joined the Mesa High School track team his freshman year and began to show promise by his junior year. At age 17 Don finished his first marathon in fifth place at the Deseret News Marathon in Salt Lake City with a time of 2:37. With continued hard work and focus he broke the Arizona high school state record for the mile (4:09.9) and the two mile (8:58.2) events his senior year in 1978. Janicki was named high school Track and Field All-American the same year.

He accepted a full ride track scholarship to Weber State College in Ogden, Utah for his freshman year, but returned to Arizona the next year to run for Mesa Community College. Don entered the University of Arizona with a track scholarship his junior year, where he was an NCAA Cross Country All-American in 1981 and 1982.

After college graduation Janicki turned professional. He was already known in the running community by his distinctive running style: a short and choppy stride while running so erect and straight he seemed "to have pole up his back", as one observer wryly noted.

His career bests on the track included 3:46 for 1,500 meters, 13:44 for 5,000 meters, and 28:27 for 10,000 meters. He dominated the American road racing circuit in the 1980s. He had road racing personal bests of 27:58 for 10,000 meters (Deseret News 1986) and 1:03:16 for the half marathon (Citrus Bowl 1985).

Janicki's racing focus shifted to the marathon, winning the San Diego Marathon in 1987. This was followed by a string of victories, including the Twin Cities Marathon (1989) and the Cleveland Revco Marathon (1993 and 1994). He was a member of the U.S. World Championship Track and Field teams in 1987 and 1996 and a three time U.S. Olympic Marathon Trials competitor. Track & Field News ranked him among America's top 10 men's marathoners for 10 years, being in the No. 2 spot in 1986. His career best for the marathon was 2:11:16 at the 1985 America's Marathon in Chicago.

Janicki moved to Colorado with his family in 1989. In 2006 was a founder of the Superior Downhill Mile, which produced the first ever sub-4 minute mile in Colorado. Since 2007 he has served as the Boulder Boulder Pro Athlete Coordinator. He serves on the board of directors of the Boulder Road Runners as Vice President. He is currently a banking industry consultant, has three grown children and lives in Louisville, Colorado.

Janicki was inducted into the Colorado Running Hall of Fame on April 20, 2016.

Read more in [Competitor Magazine](#).

Mountain Lion Track Program Needs Help This Weekend

This weekend, Saturday from 9:00 to 11:00 am, the Mountain Lions Track Program for elementary kids in Boulder area schools need help at Fairview High School Track. Help is needed in timing, officiating, recording results and coordinating the kids. If you can help, please send an email to jenell@fleetfeetboulder.com. They need you there at 8:30 am.

I had the pleasure of working this event last year with John Bridges and others. It was great fun and certainly worth your time! Dan Pierce and I will be there. Thank you for your help.

President's Column



Finally, we can run more comfortably without the cold and snow that seem to linger longer each year. Spring is the best time to run and train in Boulder, and there is no lack for opportunities.

The largest event is the Bolder-Boulder 10K, a race that attracts 50,000+ runners/walkers and uses many volunteers. A

good percentage of these volunteers are from the Boulder Road Runners. There are too many to list here, but we do want to identify all Road Runners after the event so that we can know our impact. Expect a survey via email.

Also on the horizon is the Boulder Road Runners Summer Track Series organized by Dan Pierce from the club and USATF. This series welcomes runners of all ages; it draws from all over the state; it is USATF certified so that performance times are recorded and recognized. National records have been set during the summer series! We especially enjoy the National Olympic Day celebration on June 16th. Deb Conley from our board of directors coordinates that day. Plan to run, volunteer, or both on June 2, 16, July 7, 21, August 4 and 18. All meets start at 5:30 pm and are held at Potts Field (if we receive a final OK from CU).

Our board of directors is meeting monthly in the board room at Avery Brewing (thanks Larry) and planning for the future of the club. A group has been appointed to recommend new swag for club volunteers. Fleet Feet Sports and Lee Troop gave us a start by donating 117 running hats which we now need to personalize for the club. Shirts, jackets, and other gear will be coming. The board is also beginning a long range planning project with a SWOT (Strengths, Weaknesses, Opportunities, and Threats) analysis to help establish our goals and directions.

Finally, I want you to know how very impressed that I have been with the work of Connie Harmon, our admin-

istrative staff, and Amie Durden, who is invaluable when it comes to technology and bringing the club up to the 21st century. Amie with Connie and Benji were responsible for recently making on-line club membership happen. Already our membership is increasing, and a recruitment campaign has not begun. Thanks to David and Stacey Apple, who were are very first on-line new members.

One more item. You have seen the marvelous photographs that Gail Hunter takes. She has agree to serve as our official club photographer. She insists that Johnny Chapin is the real master and hopes that he will assist her especially at our track meets.

Yours,

Bill Buffum, President (bill@boulderroadrunners.org)

SAVE THE DATES

Don Janicki Tribute Run

On May 8th (Yes Mother's Day), the Sunday Social Run will be in recognition of the achievements of Don Janicki. The run will begin at the First National Bank parking lot at 30th and Diagonal at 9:00 a.m. and follow the usual run/walk courses of 4.5 to 8 miles. At the finish back at the bank, we will have a celebration with burritos and beer (maybe some water too).

Bring your friends and family!

The Annual Pre-BolderBoulder Pot Luck Breakfast—May 29th Sunday

Once again, the Boulder Road Runners will prepare for the BolderBoulder with a pot luck breakfast and a short warm-up run to prepare for 10K on Memorial Day. The location is still being discussed, but the run usually begins at 8:00 am so that no one starves while waiting for breakfast. Watch for details in the near future.

Mimosas? Of Course!



Calendar of Running and Fitness Events

Date - Time	Event	Location	Sponsorship
Recurring Events			
1st Mondays - 5:30 pm	BRR Club Social	Avery Brewing	BRR
3rd Thursdays -- 5:30 pm	BRR Board Meeting	Avery Brewing	BRR
Sundays - 9:00 am (8 am June - Sept.)	BRR Social Run	30th and Iris/Diagonal	BRR
Special Events			
June 2, 2016 - 6:00 pm	Open Track & Field	Potts Field	BRR
June 16, 2016 - 6:00 pm	Open Track & Field	Potts Field	BRR (Olympic Day)
July 7, 2016 - 6:00 pm	Open Track & Field	Potts Field	BRR
July 21, 2016 - 6:00 pm	Open Track & Field	Potts Field	BRR
August 4, 2016 - 6:00 pm	Open Track & Field	Potts Field	BRR
August 18, 2016 - 6:00 pm	Open Track & Field	Potts Field	BRR
Club Races			
July 4, 2016 Monday - 8:00 am	Avery's Four-on-the-Fourth		Avery's
November 24, 2016 - 8:00 am	BRR Turkey Trot		BRR
Co-Operative Races/Events			
Saturday, April 30, 2016	Mountain Lion's Youth Track Meet	Fairview High School Track	Boulder Track Club
Friday, May 13, 2016	St. Vrain Invitational Track & Field	Everly Montgomery Field	Flatirons Running
Saturday, May 21, 2016	Mountain Lion's Youth Track Meet	Fairview High School Track	Boulder Track Club
May 30, 2016 - 7:00 am - 12:00 pm	BolderBoulder 10K	Boulder - 30th Street	BolderBoulder
Thursday, July 21, 2016	West End 4K	11th & Walnut	Flatirons Running
Wednesday, August 10, 2016	Pearl Street Mile	Pearl Street	Flatirons Running
Sunday, September 25, 2016	Back Roads Marathon/1/2 Mar/10K	Boulder Res	Flatirons Running
Saturday, October 01, 2016	Rocky Mountain Shoot Out	CU Cross Country Course	CU
Saturday, December 03, 2016	ColderBoulder	CU Campus - Field House	Bolder Boulder
USATF Championship Races			
Sunday, April 24, 2016	10K Master's National Championship	Debham, MA	USATF
Sunday, June 05, 2016	Masters National Half Marathon	San Diego, CA	USATF
Sunday, November 06, 2016	Master's 5K Cross-Country Championships	Tallahassee, FL	USATF
Saturday, December 10, 2016	Club Cross-Country Championships	Tallahassee, FL	USATF
<p>Note: These events are only those in which the Boulder Road Runners has significant participation.</p>			

Road Runners watch (or run as in the case of Benji) the Boston Marathon at Flatirons Running. Thanks Henry Guzman.



Memories of Winter Running



First Monday: A Boulder Road Runner Tradition

Every first Monday of the month, the Boulder Road Runners gather upstairs at Avery Brewing. Larry Avery is a long-standing runner in Boulder and a loyal member of the Road Runners. His way of recognizing us and the contributions that we make to the community is to allow us to meet at his beautiful new brewery and enjoy a selection of his favorite beers. Food is available from the menu at cost, but the beverages are free. Thanks Larry!

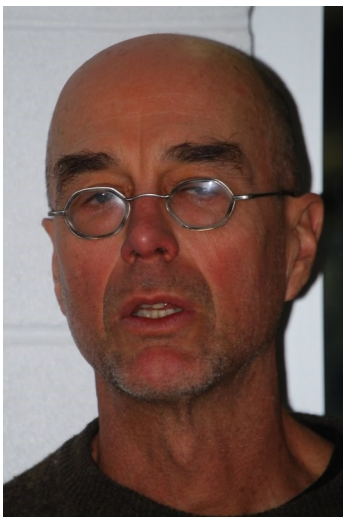
Monday, May 1st (that's next Monday!)

5:30 pm—7:00 pm

Free to all Road Runners and would-be Road Runners. Come, drink, and join!



One World Running



Last month at First Monday, Michael Sandrock came to talk with us about his work with One World Running.

We all know Mike from his great articles about running in the Daily Camera. Many of us know Mike as an outstanding area age-group runner. But few know that he started the now well-known organization, **One World Running**.

One World Running is an international program promoting an awareness of health, fitness and nutrition by providing running shoes to those in need in the United States and around the world. We also put on 5K walk/runs to foster an environment of exercise and to increase understanding and goodwill between people. A simple idea, but the vision has resulted in major inroads around the world, including Cuba, Belize, Honduras, Nepal, and Colorado where running shoes were gathered for family members of survivors of the Sand Creek Massacre. There

is much more, of course. Contribute your used running shoes to One World Running at all area running stores. Shoes in good condition are appreciated, but old shoes are recycled by Nike to become running tracks and playgrounds.

What's most amazing is that the work of One World Running is done entirely by volunteers.

As one can imagine, the greatest challenge is shipping, which can be expensive. Your cash contributions are welcome. Please go to their website to contribute:

<http://oneworldrunning.com/about/>

Off and Running: Race Day Child Care Made Easy

When runners and triathletes have kids, how can they keep up with racing when it's difficult to juggle child care? Now parents can bring their children along with them and drop them off conveniently on site with PRKids. The kids are entertained at the PRKids mini-camp with plenty of engaging games and activities, and parents have peace of mind that their children are in good hands. Amazingly, it's the first time this service has been offered in Colorado – or anywhere in the nation.

In addition to a fun environment, safety is a top priority. All staff are carefully screened and background checked as well as CPR/First Aid trained, and the tent is located near the race medical team. When weather conditions are too severe for even a heated tent, the operation moves indoors when possible.

PRKids will be offering child care at Boulder's world-renowned BolderBOULDER race. They will be located in a conference room at the Boulder Marriott Hotel between the start and finish lines, and will care for children ages three to 12. Says Owner, "Chief Entertainment Officer," and avid runner Michelle Kalinski, "I feel strongly about offering entertaining, educational activities in safe environment because that is what I'd want for my kids."

Learn more about PRKids on The Boulder Source community news website: <http://bouldersource.com/2016/04/running-start-race-day-child-care/>

The Details

Website: www.prkidsusa.com

Answers to your questions: <http://www.prkidsusa.com/faqs.html>

BolderBOULDER registration: <http://www.prkidsusa.com/bolderboulder-info.html>

Upcoming Races: <http://www.prkidsusa.com/events.html>



BolderBoulder Needs Our Help NOW!!

FROM CARL MOHR - We're still in need of a key volunteer for Bolder to supervise an Aid Station. Here's an outline of duties:

- Attend 2 meetings at Bolder HQ (55th/Central) on Sunday, May 1st at 6:00 pm; and Sunday, May 22nd at 6:00 pm. Food/beverages provided. Plan on loading up 50# of supplies at the May 22 meeting.
- Race Day is Monday, May 30th. On the Saturday or Sunday before, the Supervisor oversees the loading of the truck with all supplies (at race HQ) for the Aid Station at 19th and Forest. They will take that truck home with them and drive it to the location on Monday morning where they will coordinate the set-up after attending a meeting at 5:00 am to get last minute items like donuts, radios, etc.
- After the race is over (1:00 pm), they will return the truck to Race HQ and will be done for the day.

Bob D'Allesandro has been Aid 3 supervisor for the past 5+ years and will be there all Race day to mentor the new person. It is expected that this new person will be taking it over -- hopefully for at least a few years.

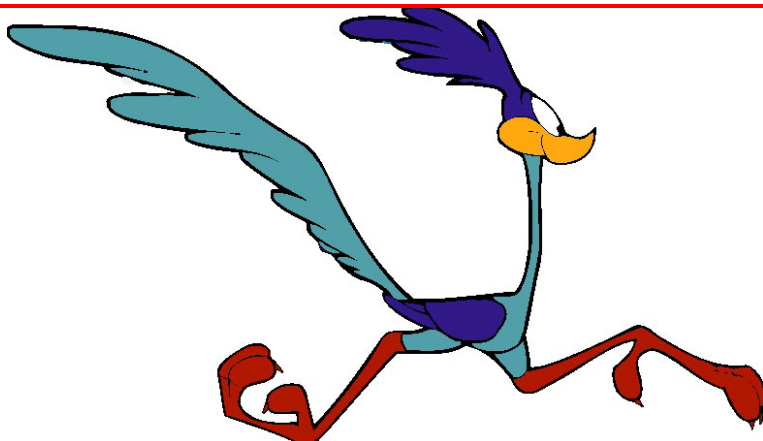
Volunteer groups (who populate the water stop) are recruited by the Race and last year's group was a good one. We are fairly certain they will be returning.

The new person will also have to meet with Mike Prentice who works for Bolder. Mike will bring the person up to speed on how the station is set up and what the procedures for handing out liquids will be.

From the Editor - *This is a very important position that does require a person who is both physically and mentally capable, and with leadership abilities. It is an opportunity to be a running community leader and other doors may open for you. Don't be shy; we MUST fill this position IMMEDIATELY.*

Thanks for your consideration.

Carl Mohr: carlgmohr@gmail.com



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spectator sport**