

President's Message



What's in a name?

If you are a runner and you hear the name Frank Shorter, you probably think about his Gold Medal at the 1972 Munich Olympics. If you are a triathlete and you hear the name Dave Scott

or Mark Allen, you probably think about their wins at the Hawaii Ironman World Championships.

In most of the country if you are involved in either of these sports and you hear the name Boulder it probably brings up thoughts of elite athletes and a training mecca.

Locally, if you hear the name Boulder Road Runners what images are brought to mind? If you are a race director of local races like Bolder Boulder and other events you probably think of volunteers.

If you are interested in track and field then you probably think about our Summer Track Series or the events at CU, like the ones recently held.

If you are searching for training and run across our free training for the Bolder Boulder, then that would be all you would know.

As a member of BRR when you think of the club do you think about the First Monday meeting? Do you think about the Sunday Social Run? Do you think about the times you have volunteered for an event?

We have many talented runners in the club and we now have a M60+ team, a F60+ team, and a M70+ team that have already had some great success, but outside of the

club does anyone in Boulder know that?

In the club Bylaws it states:

The prime object of this association shall be the promotion and encouragement of long distance running, including the fostering of national and international amateur competition and the education of the community on the benefits of physical fitness and sport.

Are we accomplishing this goal? In some areas I say yes, but in others I think we have fallen far short.

As I have gotten to know more of the long-time members of the club I hear stories of 50-60 people showing up for a social run or a meeting, of the races that were organized by the club, and the other activities that members were involved in. Times have changed. We are now in competition with numerous and various training groups, so unless we can offer something to those participants that they don't get from that association we are going to struggle to remain a voice in Boulder.

John Bridges just updated the membership as of this week and we now have a total of 206 members. The new board of directors met on January 29th to discuss where the club is and ideas about what we can do to maintain and improve the club. We need input from members about their thoughts and ideas.

The year 2019 ended with a deficit of several thousand dollars, this is not acceptable. If we are to maintain the competitive teams, the summer track series, the Bolder Boulder Training Program and any other

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DON'T MISS IT!

**First Monday
@ Avery Brewing
March 2nd @ 5:30 pm**

Boulder Road Runners

PO Box 1866
Boulder, CO 80306
www.boulderroadrunners.org



President's Message, *continued*

What does the name “Boulder Road Runners” mean to you?

programs as stated in the objective of the club in the bylaws then we need to develop revenue streams to support the current and future activities.

So I return to my original question, What's in a name? In the future when people hear the name “Boulder Road Runners” I want them to know about all

that we do and excite them to become involved. We need to develop a vision of what we want the club to be, set goals, develop strategies, and once that is done, develop a Social Media Program to let everyone in Colorado know what the Boulder Road Runners are doing.

—Will Dillard, President

Board of Directors News

At the elections held on January 13th the board held an impromptu meeting and decided that we wanted to have some advisors to the board, especially a female advisor since our two previous female board members went out of office.

We are pleased to announce that Lorraine Green has agreed to serve in this position.

We are also pleased to announce that Mike Wien, who has a huge background in marketing, has also agreed to serve as a board advisor.

With their help the board feels that we have a great team to move the club forward.

—Will Dillard, President

Add This Resolution

Into the New Year and, as usual, winter means something of a lull in running events but (even if you didn't include it in your list of resolutions) a good time to reflect on past events and to look forward to the busier seasons ahead. That is true if you are training to race, of course, but also true if you are simply thinking about the value of being part of this running community. **Every event depends on volunteers**, whether in the role of course marshal, registration clerk, swag handout, finish area worker, timer at BRR summer track meets, etc. – and the list is actually much longer.

Every event you run, every event you watch as spectator or monitor via print media or social media needs unpaid workers (well, maybe a shirt, a mug, a beer, or a share of post-race refreshments) **aka volunteers**. As members of BRR, we care about runners and the community, and we value the reputation of the Boulder Road Runners. This is an organization keeping alive the area's tradition of healthy lifestyle and support of runners and running events.

So here's an add-on resolution to consider: volunteer for one more running event in 2020 than you did in 2019. Keep growing the tradition.

—Ken Thurow, Volunteer Coordinator



Boulder Road Runners, Inc.
Officers and Contact Information
2020

ELECTED OFFICERS

Will Dillard, President
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Don Janicki, Vice President
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Todd Straka, Secretary
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Lee Troop, At-Large
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APPOINTED POSITIONS

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This is
your new
board.

Bill Buffum Receives Leadership Award

And it's well-deserved too!

Due to inclement weather there was a small group at the First Monday meeting where Bill was recognized for his four years of leadership of the BRR as President. Next time you see Bill be sure to congratulate him and thank him for his service to the club and the running community.



US National Snowshoe Championships

from Pat Tolleson and Bill Faulkner

February 28–March 1, 2020,
Colorado Mountain College,
901 US. Route 24, Leadville, CO 80461

Test your mettle in the rare air at 10,152 feet. The ultimate challenge from the United States Snowshoe Association, this race will put you on top of the world! Held at Colorado Mountain College's Leadville campus, this course takes you through lush lodgepole pine forests with unparalleled views. Colorado's highest peak, Mt. Elbert (14,443'), and the second highest, Mt. Massive (14,421'), tower to the west. You can see them easily from downtown and portions of the race course.

This event celebrates the 20th anniversary for the annual U.S. National Snowshoe Championships. Events will include a 5K, 10K, half marathon, and marathon. Athletes of all ages are encouraged to attend. Stay tuned for registration!

Contact for more info: Mark Elmore
ussasnowshoeguy@gmail.com
www.snowshoeracing.com

Like what you see? Subscribe to our Free newsletter. It's a great way to get the latest snowshoeing news delivered directly to your inbox. Don't forget to like us on Facebook as well for exclusive updates. Thanks again for visiting!

More details: www.snowshoemag.com/events/united-states-national-snowshoe-championships-2020/



RACE REPORT

Mission Accomplished in Mission Bay!

USATF National XC Championships, January 18, San Diego, CA

from Jeff Dumas

The course in Mission Bay, San Diego was familiar—very familiar. And the weather was good—too good, actually: sunny with a light breeze and a temperature at the gun of about 60 degrees. If the USATF was on the ball, they would have provided snow-making machines along the course. Actually, the USATF put on a superb show—even laying down a rubber mat so that we could spike our way across a road (crossing four times, on this 8K course).

Each of the five members of the BRR Men's 70+ team was familiar with the Mission Bay course. Dave Dooley and I ran there way back in 2008 and 2011; and Rick Katz, Jim Reynolds, and Jan Frisby ran there just this past fall. Although Mission Bay is a rather flat venue, it was deceptively hard. The wet, almost spongy, grass was guaranteed to suck the energy out of runners. This unique running surface was also guaranteed to affect some runners differently than others—largely based on their personal running style and training surfaces.

The BRR Men's 70+ team went to Mission Bay with an eye on the team medal—and nothing more. Individual medals, if any, were going to be just a bonus. To win this one, with five competing teams sporting some of the top age-group runners in the nation, every member of the team was going to have to make his presence felt—particularly by inserting themselves between the second and third scoring runners of our top competitors. And, this is exactly what we did!

First on our team to cross the finish line was Rick Katz with a time of 38:19—which was also good for an individual age-group 3rd place medal. Rick was followed by myself with a time of 39:27—which time surprised no one at this meet more than yours truly! (Hey, maybe Dan Spale and I should try to remember the brand of coffee



70+ team members in Mission Bay (left to right): Rick Katz, Jan Frisby, Jim Reynolds, Dave Dooley, and Jeff Dumas, with Nancy Dooley in the foreground.

that came with our room's coffee maker the morning of the race!) Then, in very quick succession came Dave Dooley and Jim Reynolds finishing in 41:57 and 41:58, respectively—which lockstep pairing is always a successful component of running as a team. Jan Frisby then crossed the line in 44:16—which also entitled him to an individual age-group 3rd place medal (in spite of still being on the mend from the flu).

The final team standings were BRR in 1st place with a team score of 10 points. We were followed by the San Diego Striders in 2nd place and the Atlanta Track Club in 3rd place—both of those teams having tied in the point scoring, with 21 points each.

As has been long anticipated, it looks like

the proverbial “stars are aligning” for the BRR Men's 70+ Team in 2020. We have depth. And, when we can field five strong runners at any Grand Prix event, we will do well. There is strength in numbers!

Next up: the James Joyce Ramble, a 10K road race in Dedham, Massachusetts on April 26th...Stay tuned.

PS: It was great fun sharing dinner, rooms, and the starting box with the youngsters on the BRR Men's 60+ team. They performed very well—and with the addition of one soon-to-be teammate (who also ran with us as a BRR independent in the 50–59 age-group), they would have, and will in the future, stand at the top of the podium!

Running: How Much is Enough and How Much is TOO Much?

from Coach Will Dillard

When you began running you read articles or were advised by running friends to start out slow and gradually add more running as you progressed. But once you had achieved a certain level of fitness you were bombarded by the “Schedule of the Month” in *Runner's World* and similar running magazines about this or that elite runner's training program and how it had worked for them.

Your friend who was training for a marathon was adamant that you HAD to walk during your runs if you wanted to succeed and not get injured, but your other friend swore that if you did you would never be able to qualify for Boston or run a PR if that was your goal.

They were both right and wrong—no wonder you were confused about what to do. Hopefully I can help you to answer the question that is the title of this article.

The first question that needs to be answered is what is your “running age”? Not your chronological age, but how many years have you been running? There are a multitude of stories about runners who did not begin running until they were 50, 60, or even 70 and have had unbelievable success, but these are the rare occasion. For most of us beyond the age of 30, “chronological age” and “running age” begin to affect our ability to train and race for extended distances and time.

So, how much is enough? That varies according to your genetics and biomechanics. I have trained athletes who only raced short distances but trained to the same total mileage as some of the elite



Coach Will running the 2016 Snowman Stampede in Littleton.

marathoners I have also coached. It is not the higher mileage that necessarily causes injuries, but too much speed for too long a period of time. Everyone is an experiment of one and you have to “test the waters” to find the level of “sustained” running you can complete without excessive fatigue and without constant muscle soreness.

If your goal is to be a recreational runner who runs a few 5Ks and 10Ks and is not planning to race for awards, you can get by on 20–30 miles a week and long runs of 4–5 miles for 5K and 6–8 miles for 10K. But if you want to compete for awards you will need to run higher mileage and add some speedwork to your training.

Speedwork doesn't necessarily mean trackwork, speedwork can be done on the road with pick-ups, tempo runs, and fartlek runs.

So, how do you determine how much is too much? For my athletes this is where a heart monitor becomes a valuable tool. If you know your morning resting pulse (MRP) and your predicted max heart rate (MHR) you will be able to set zones of training and monitor your fatigue level by checking your MRP each day to determine how your body is adapting to your training. With proper distance, pace, and recovery you will see your MRP decrease as your fitness level increases.

To maximize your training you have to allow for adequate recovery and this will not happen if you are constantly training and racing. You need to pick certain races as “A” races and certain races as “B” races and work them into your schedule. You can train through a “B” race to prepare for an “A” race, but if you

attempt to “race” every event you enter and not allow adequate time for recovery, you will have only mediocre success in all of the events.

We are both blessed and cursed that there are literally dozens of events to choose from during the year, but we need to monitor our gluttony if we want to have many years of happy and injury free running.

See you at the races,
Coach Will

“To give anything less than your best is to sacrifice the gift.”

—Steve Prefontaine

Sticking It to 65

Chicago Marathon, October 13, 2019

from Sara Cohen

In August, 2019 I became a senior citizen. I wanted to embrace this new phase of life but how? How to turn 65? How to turn 65 well? I decided I'd train for my first marathon. But after dealing with chronic mono for 16 years could I really do it?

I got into Chicago with 5% confidence that I could pull it off. And that's why I signed up; that, and to stick it in the eye of turning 65.

Over the summer, as my mileage increased, everything I did, ate, or (annoyingly) talked about became race and training-centric. I loved it, even when I didn't love it. I felt fit and proud or exhausted and discouraged. I felt alive and grateful for the bonding that comes from sharing miles with friends.

One day, I was waiting in the parking lot at 6 am on an already blistering hot Saturday and wondering why I wasn't in bed like normal people. But then my training

buddies showed up with salt tabs and orange slices and suddenly, life was good again. Together, we were going to crush this run.

I actually began to feel sorry for people sleeping off their Friday night. They were missing a beautiful morning whereas I was with my posse and we were going to finish solving the world's ills. And share tips on gear, nutrition, stretches, and all manner of geekiness no one else cares about.

During the race, it was about focusing on my race plan, remembering my affirmations (trust my legs, thank a volunteer), staying warm by picking up discards in the chutes, then staying cool and hydrated. It was about the raucous crowd energy as well as bananas at mile 19—and it was also about buffeting crosswinds blowing me off my line. Then at mile 22, a blister (more like a painful marble) suddenly erupted on the inside of my big toe. What the what?! Ignore

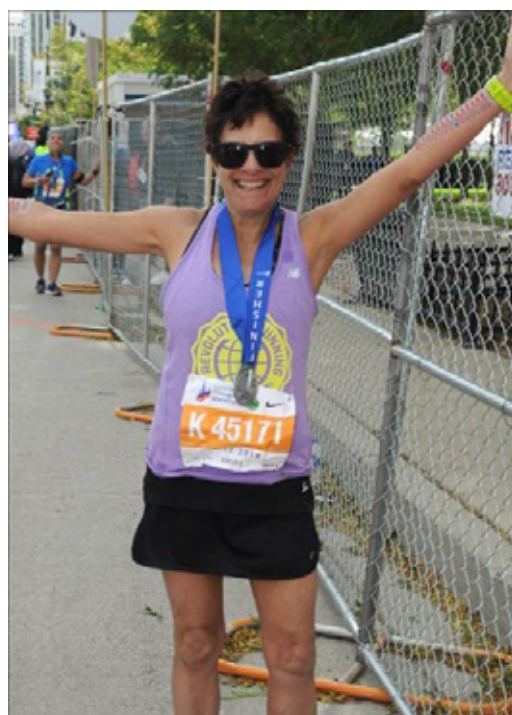
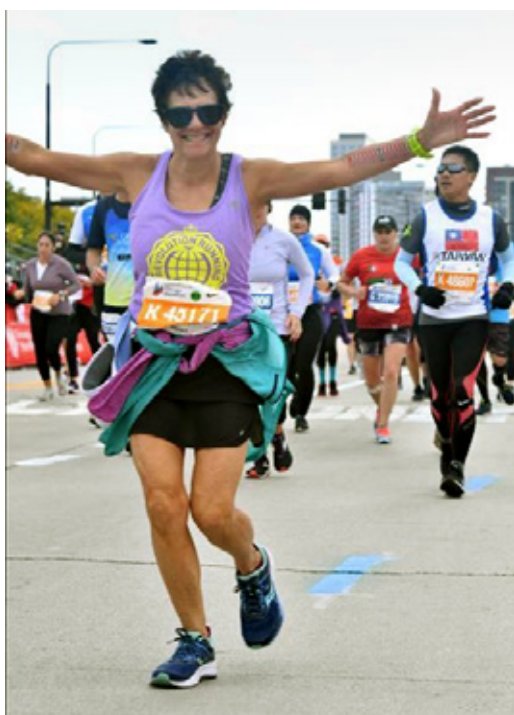
it, keep moving, where's the finish line?

I never considered seeking aid or DNF'ing. All I could think of was how close I was and how proud I'd be when I finished.

One thing I've learned from being 65 and living with a chronic condition is to fall down seven times and to get back up eight. Sure the final 10K took me longer than I'd hoped but I've adjusted to posting slower times.

I did it, setbacks be damned. I was thrilled. Running for distance, not time, was a whole new, cool experience. I never would have been OK with that in the early phases of my running life.

It was pretty funny when I asked the gate agent for extra time to board my flight home. I was quite a sight with my medal and my limp. Welcome 2020; I just signed up for my next marathon. Sixty-five is looking pretty darn good, thank you very much.



Left, Sara feeling good pre-blister. Right, feeling even better as a Chicago Marathon finisher.

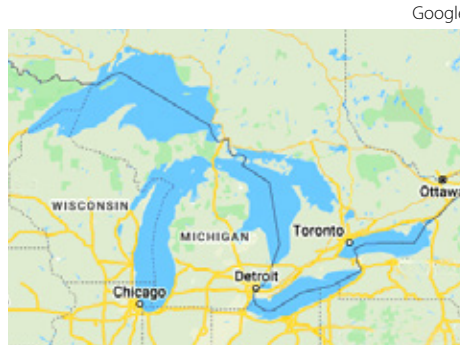
Challenging Your Brain During Exercise May Help to Prevent Dementia

Mnemonics anyone?

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, January 6, 2020

This month's *Scientific American* has a fascinating article that explains why you should exercise your brain while you exercise your body (January 2020;322(1):26-31). Almost 50 percent of North Americans over 85 and 13 percent of those over 65 suffer from loss of brain function called dementia (*Alzheimer's Assoc Facts and Figures*, 2018). We know that you lose brain cells as you age, and scientists used to think that you could not make new brain cells. However, aging causes memory loss by reducing blood flow and nourishment to brain cells (*Neurology*, December 05, 2017; 89 (23). You may be able to improve some aspects of brain function with aging by exercising (*Nat Rev Neurosci*, 2008 Jan;9(1):58-65) and there is evidence that you may be able to make new brain cells as you age by exercising your skeletal muscles and brain at the same time (*Cell Stem Cell*, April 5, 2018;22(4):589-599).

Several studies show that exercise increases blood flow to the brain to improve mental function in older people with mild cognitive impairment (MCI) that often precedes dementia (*Journal of Alzheimer's Disease*, Feb 1, 2019;67(2):671-684). Furthermore, exercise can improve thinking skills in people of all ages (*Neurology*, January 30, 2019). A regular exercise program and higher level of fitness help to preserve the size of an animal's brain (*Brain Imaging and Behavior*, published on line June 17, 2019) by causing the body to produce increased amounts of a hormone called BDNF (*Eur J Neurosci*, Nov 2004;20(10):2580-90). The same improvements in brain function with aging were reported with exercise increasing levels of BDNF in humans (*Curr Op in Behav Sci*, 2015, 4:27-32).



Think about HOMES while running?

Our Ancestors Improved Brain Function by Using Their Brains During Exercise

Researchers David Raichlen and Gene Alexander explain why your ancestors may have given you the ability to improve brain function by performing memory tasks while you exercise (*Trends Neurosci*, July 2017;40(7):408-421; May 2014;37(5):247-255). More than six million years ago, our ancestors split from other primates such as chimpanzees and bonobos by going from moving on all four extremities to walking upright on their hind legs, and going from primarily sitting around eating fruit to a hunter-gatherer life of actively walking and running, chasing animals and searching for edible plants over many miles a day. This forced the brains of hunter-gatherers to work much harder to:

- balance their bodies on two limbs instead of four
- exercise far more to chase and catch animals
- recognize and memorize new surroundings
- use their eyes and ears to find elusive animals
- work out ways to use teamwork to find and capture wild animals

- develop tools and hunting strategies to outsmart their fast-moving prey

Then about 10,000 years ago, our ancestors developed agriculture which meant that they needed less physical energy to find enough food to survive, and could use their more highly-developed brains to figure out ways to feed large communities, where every member did not need to spend all of his or her time looking for food. It is less physically taxing to farm land than to chase wild animals, and now we use our muscles even less. We ride cars instead of walking, we have abundant food available while barely moving to get it and we can watch television without having to think for many hours each day. Researchers believe that within the next 10 years, 50 percent of North Americans adults will be morbidly obese, which means that their excess weight will make them sick and increase their risk for cancers, heart attacks, and premature death (*N Engl J Med*, Dec 19, 2019;381:2440-2450). Our sedentary lifestyles have made us fatter and at the same time, the incidence of dementia is increasing.

Both Physical Exercise and Problem-Solving Help Your Brain

Animals who had to use their brains thinking about earning rewards during exercise preserved their brain cells more than if they just exercised without distraction (*Front Neurosci*, Nov 10, 2009;3:50). In human studies, people who suffered from Mild Cognitive Impairment, which usually precedes dementia, had improvement in memory and complicated tasks requiring memory when they exercised while playing a mentally demanding video game (*J Clin Med*, Sept 2018;7(9):249). The authors of this study have shown that exercising

continued on next page

Dr. Mirkin, *continued*

Do the math—while you're running.

while playing video games increases blood levels of the hormone BDNF, which helps to grow new brain cells, more than just exercising without mental tasks (*Am J Prev Med*, Feb 2012;42(2):109-19).

Try Using Mnemonics While You Exercise

Mnemonics are learning techniques that help you to remember or retrieve information that you have studied. For example, it is far easier to remember the words in a song than in a poem because your brain is helped by the association of words with music. Think of all the lists and memory tricks you have learned in your lifetime, such as:

- Thirty days hath September, April, June, and November, all the rest have 31 except February
- Spring forward, fall back: to set your clock at standard and daylight time changes
- Righty-tighty, Lefty-loosey: to turn a nut on a bolt or a handle on a spigot
- Every Good Boy Does Fine: the lines of a treble music bar, and FACE: the spaces of a treble music bar
- Never Eat Sour Watermelon: directions on a compass
- I before E except after C: how to use “ie” and “ei” to spell correctly
- HOMES: names of each of the Great Lakes

If you have worked in a scientific or technical field you have probably learned mnemonics that only your peers would understand. As you age, you can use this store of knowledge to challenge your brain and to invent new mnemonic devices for yourself. Try to do these during physical exercise:

- Plan what you are going to do the rest of

the day and then compose a mnemonic that puts your tasks in proper order

- Make a grocery list, and create a mnemonic for that list
- Do math problems in your head
- Try to memorize a few words in a foreign language just before you exercise, make up a mnemonic for these 5 to 10 words, and repeat the mnemonic and its meaning many times while you exercise
- Learn the words of a new song just before you exercise and repeat that song as you exercise
- Learn to do a new kind of exercise that requires you to concentrate on developing skills and coordination in new ways—such as line dancing or water aerobics.

My Recommendations

Loss of brain function is a frightening result of aging. Your brain is like your skeletal muscles: you have to use them both to keep them. Exercising your muscles causes cells to produce BDNF, a hormone that can cause new brain cells to grow, so you may be able to help retain your memory even better by exercising your brain and skeletal muscles at the same time.

Try to work up to being able to exercise for 30 minutes every day while using your brain—either to pay attention during a challenging exercise activity (such as riding a bicycle outdoors), or by playing mind games, solving problems, and practicing new mnemonics related to your current activities and interests.

“Why Your Brain Needs Exercise,” *Scientific American*, January 2020

Reprinted courtesy of Dr. Gabe Mirkin. More of his articles can be found on his website, www.drmirkin.com/.

Femmer Timing Is Looking for a Few Good People

Do you enjoy track and field?

Are you interested in learning about meet management and electronic timing?

Would you like to earn money while watching the action from a front row seat and being integrally involved with the conduct of meets?

I am looking for interested individuals to help with the timing and meet management for track meets. To efficiently provide accurate and timely results, I run a crew of 3–4 people for each meet. This requires having a pool of reliable helpers to draw from. As I am losing several of my best people, I am seeking to develop additional qualified assistants.

To learn more about Femmer Timing, visit my web site: Femmertiming.com

If you are interested in pursuing this opportunity, please contact me:

Terry@FemmerTiming.com
(720) 498-3654

Jesse Mayes Joins the Team

from Bruce Kirschner

Bruce Kirschner emailed a series of questions to the team's newest members. Here are Jesse Mayes' responses.

- *Where were you born and where did you grow up?*

We moved around a lot. I was born in Florida, learned to walk and talk in Boston, and went to elementary school in France and Charleston, SC. Then high school in Georgia where I fell in love with running.

- *What brought you to Colorado?*

I loved vacationing in Colorado. I was spending my spare time training to climb mountains when I could and when a job opportunity opened up in Boulder I jumped on it. We've been here about 10 years now.

- *Where do you live now?*

Living in Lafayette. This past year we started building a vacation cabin in South Carolina on a lot I bought back in college so we'll probably be spending some time there too.

- *What do you do for a living/ professionally?*

I retired a couple of years ago from the healthcare industry. I started out as a Medical Technologist and worked for a company that wrote the first laboratory computer system.

- *Tell us a little about your immediate family.*

It's just Denise, me, and our 12-year-old Labrador Retriever. Denise is the distance runner in the family. I think she's run something like seven marathons. Watching her head out the door sometimes at 4 a.m.



Jesse is pretty sure this is him winning the Street Skedaddle road race in Augusta, Georgia, circa 1978.

has led me to have so much respect for what it takes to run distance.

- *Tell us about your running career. When did you start running and why?*

Funny story. I was supposed to be a basketball player as a kid. I was pretty much the same height and weight back in junior high school that I am now (6'1", 140 lbs.) and my father was a basketball official. The problem was, I was really bad at it. So my coach would make me run laps if I did something wrong, which was most of the time. An outside coach was watching us practice and asked me what event I ran in track. Track? No, I was a basketball player! He convinced me to go out with him and work out on the cinder track. I've never played basketball since. I set some

records and walked on at the University of Georgia where I "ran" a couple of years before transferring to the Medical College of Georgia. I moved to Texas and ran with a post-collegiate team (made up mostly of elite women—you might remember Francie Larrieu) for several years before getting a job in Atlanta and focusing on that.

- *What do you consider your favorite race? Why?*

My favorite race was a 1500 meters in Eugene, OR. What a magical place it is to run at Hayward Field. There is just a special energy there.

- *What is your favorite race distance? What is your personal record (PR) at that distance?*

I love running the 800 meters and to a lesser extent the 1500 meters. I still remember watching Dave Wottle's closing lap in the 1972 Olympics (race officials still don't like it when I wear a hat like his). As for me, I was always the guy finishing in the middle of the pack in the middle heat: my PRs were 1:56 and 4:02. I still have some work to do on my 60+ PRs but that's what makes this so much fun.

- *What are some future running/racing goals?*

Right now I'm focusing on keeping healthy and competing in the Masters World Championships (800m/1500m) in Toronto this summer.

- *What are your thoughts about being a new M60+ team member?*

I'm so excited to be joining the team. Selfishly I know that just riding in the wake of the talent we have will make me a better runner, but I hope to be able to contribute in some small way to the team's successes along the way.

How to Keep Your Mental Game Fresh, and Build Resistance to Mental Fatigue

from Terry Chiplin and activacuity



Denis Barthel

Mental fatigue has been getting some press coverage recently, check out this feature in *Outside* online magazine from 2018 (Click [HERE](#)).

The feature includes information on research in 2018 from the University of Canberra, whose hypothesis suggested that mental fatigue results from the accumulation of a brain chemical called adenosine.

“In this picture, sustained cognitive activity burns up glucose, particularly in certain regions of the brain associated with “effortful mental processes,” such as the anterior cingulate cortex. This temporary and localized fuel shortage triggers a rise in adenosine levels, which in turn blocks the release of neurotransmitters like dopamine. The result is a rise in perception of effort and a decrease in motivation—in other words, a feeling of mental fatigue.”

For us endurance runners, this likely means that having a ton of adenosine running around in our brain makes everything feel harder. This could make sustained running a battle against cumulative amounts of adenosine that attempt to make you feel like you want to quit!

Eliud Kipchoge (pictured above) and his coach make mental freshness a key part of his training program. It's no coincidence that he became the first runner to break two hours for a marathon distance, and successfully lowered the world record in 2018 to 2:01:39. In that race he ran negative splits, meaning he ran the second half of the race faster than the first half. He ran the last 11 miles solo, having dropped his pacers. What incredible focus and amazing levels of mental freshness he brings to the sport.

Although the research on how to practically reduce adenosine levels is very limited, the researchers in the University of Canberra study make the clear connection that successfully lowering levels of



adenosine accumulation in your brain has the potential to improve your endurance performance.

One suggestion is to go through a “mental taper,” similar to the established physiological taper that has been shown to be a highly effective mechanism for maximizing endurance performance potential.

Another suggestion is to train your brain to resist mental fatigue. “Such brain training might also increase the amount of fuel your brain is able to store, just as exercise leads to an increase in how much glycogen your muscles can store. Both mechanisms would help keep your brain adequately fueled, and in turn reduce the build-up of adenosine.”

Lastly, a final suggestion is that physiological endurance training also includes an element of brain training as well. One caveat to this from my perspective is that we tend to follow established, comfortable patterns of brain activity, that do not necessarily have a positive impact on our ability to reduce levels of adenosine.

Here are three suggestions to help you train your brain, potentially reduce adenosine levels, and keep that mental

freshness and reduce the battle with feelings of fatigue:

- 1. Mental taper** – start to reduce cognitively challenging activities before a race or competition. Aim to start 21–25 days ahead of the race date. Keep any cognitive challenges during this period ones that are positively refreshing, rather than leave you feeling fatigued. More on this one in a future newsletter!
- 2. Brain training** – in one of the studies on mental fatigue, researchers used mental fatigue-inducing computer games as a form of “brain endurance training,” with promising results. (I tried it myself for a few months, and can't say it was a lot of fun.) Instead of using games that aren't fun, consider using the #1 brain training app, Lumosity—this app includes daily workouts and adaptive games that mean you are constantly challenged, and also have some fun on the way!
- 3. Keep your physical training fresh** – make sure to include sessions within your training plan that are fun, engaging, different, and that you will enjoy! This will help to keep your mind fresher, and focused away from fatigue, and on fun and new challenges that stimulate and reward.

We trust that these key tips will resonate with you, and may help you find mental freshness and empower you to be a stronger athlete in the inevitable battle with fatigue.

One of the services we can provide is an interview to highlight the myriad ways that you can find to keep your mind fresh and take your running to new highs, new experiences, and to make a difference in your life. Contact us to find out more. Visit www.activacuity.com, or contact Terry Chiplin at terry@activacuity.com.

Train this year for the 2020 Bolder Boulder— FREE
Now for our 3rd Year the Boulder Road Runners
invites you to come and train with us.
Certified Coach developed training plans.

FREE 10 Week Beginner & Intermediate Training Program
To help YOU get ready to walk/run-walk/or run the 6.2 mile
Bolder Boulder 10K

- > FREE to anyone age 12 and over (under 18 requires parent or guardian presence at training sessions)
- > FREE to anyone wishing to complete the Bolder Boulder by walking or running at your own selected pace.
- > FREE to persons with physical limitations and requiring special assistance.
- > Training begins Tuesday March 17th ~ 6:00-7:00PM
At East Boulder Rec Center 5660 Sioux Dr. Boulder

Boulder Road Runners, Inc. is a local non-profit organization that is committed to the health and well-being of our community. The program is FREE because it furthers our goals of building a healthy place to live.

REGISTER !!



REGISTER !!

1. Send an email message to Coach Will Dillard
coachwill@coachwillsathletes.com
2. Attend one informational/registration meeting at
East Boulder Rec Center
 - Saturday, Feb. 22nd at 2:00PM
 - Thursday, March 5th at 6:30PM
 - Saturday, March 14th at 2:00 PM

Free, Open, Weekly Runs in Boulder County

For those who need more!

Day	Time	Event Title	Location	Description
Monday	6:00 PM	T.E.A.M. Avery Run Club	Avery Brewing Company 4910 Nautilus Ct. N, Boulder	Join us for a 3–5 mile FREE fun run from Avery. If you are a new participant, be there at 5:30 pm to sign in.
Tuesday	6:00 AM	Coffee Club Trail Run	Precision Pours Coffee House 1030 E. South Boulder Road, Louisville	Open, casual, social run to start your day.
Tuesday	Noon	Twisted Tuesday	InMotion Running 1880 B, 30th Street, Boulder	5k on Boulder Creek Path, start at InMotion Running, finish at Twisted Pine Brewery
Tuesday	6:15 PM	Tuesday Rogue Run	Oskar Blues Boulder Taproom 921 Pearl Street	Generally 5k on Boulder Creek Path. All abilities welcome. Regroup after for beer and food at Oskar Blues.
Wednesday	5:45 PM	Runners Roost, Louisville	Runners Roost 459 S. McCaslin Blvd. Louisville	We have first-time runners, walkers, and competitive athletes who show up, run, and enjoy great conversations, some snacks, and maybe a beer after.
Wednesday	6:00 PM	Runners Roost, Boulder	Runners Roost 629 S. Broadway, Boulder	Choose your distance from 5k to 10 miles on the paths in South Boulder. Also a trail-running option. Free pizza and beer at finish.
Wednesday	6:00 PM	Gunbarrel Wednesday Beer Run	Gunbarrel Brewing 7088 Winchester Circle Boulder	Join us every week for our free, fun, social runs hosted by our partner Revolution Running and starting and ending at Gunbarrel Brewing Company. 3- and 5-mile routes on trail.
Wednesday	6:00 PM	Weekly Group Run	Boulder Running Co. 2775 Pearl Street , Boulder	Join us outside the store for a fun run, it's the longest-running fun run in Colorado! This run starts from our flagship Boulder location and is open to all experience levels.
Wednesday	6:30 PM	Pearl Street Runners, Boulder	Various locations in Boulder County	5k social runs at area breweries. For details contact Lindsay Delahunty, Delahunty.lindsay@gmail.com
Thursday	6:00 PM	In Motion Running	1880 B, 30th Street, Boulder	Choose Short Course of 5k, or Long Course of 10k. Then after the run, join us for a beer (21 or older) and pizza.
Thursday	6:00 PM	Crystal Springs Meet-Up Run	657 S. Taylor Avenue Unit E, Louisville CTC	Great brewery! New location at 600 Main St., Louisville. Runs still start at their Taylor Avenue location.
Thursday	6:00 PM	Shoes and Brews, Longmont	Shoes & Brews 63 S. Pratt Parkway, Unit B, Longmont	Social out-and-back run, walk, on the St. Vrain River, so everyone can choose their distance. After your run or walk, enjoy half-price pints. Store discounts.
Saturday	8:00 AM	Revolution Running Long Training Runs	Various locations around Boulder	While not an open run, RevRun welcomes guests who want to get a sense of what the group is like. Contact Ewen North at Ewen@revolution-running.com.
Saturday	9:00 AM	parkrun (8:00 am June-Sept.)	East Boulder Rec. Center, 5660 Sioux Dr, Boulder	5k timed course on South Boulder Creek Trail, need free registration to be timed.
Sunday	8:00 AM	In Motion Running	1880 30th Street, Suite B, Boulder	Head out to the Cottonwood Trail and back, up to 9 miles. FREE and open to runners of all ability levels.

*If you are aware of other free and open running meet-ups, please let us know so that this listing can be updated. Thanks!
Email updates to the editor at lyle@his.com.*

2020 Calendar of Running and Fitness Events

Note: Events listed are only those in which the Boulder Road Runners has significant participation.

Date, Time	Event	Location	Sponsorship
Recurring Club Events			
1st Mondays, 5:30 pm	BRR Club Social	Avery Brewing	BRR, FREE
3rd Wednesdays, 5:30 pm	BRR Board Meeting	For location contact president@boulderroadrunners.org	BRR
Sundays, 9:00 am (8:00 am June-Sept.)	BRR Social Run	Bolder Boulder Offices, 5500 Central at 55th, Boulder	BRR, FREE/OPEN
Tuesdays & Thursdays, 7:45 am	Group Training Run/Walk	Colorado Athletic Club, 505 Thunderbird Drive, Boulder	BRR, FREE/OPEN
Saturdays, 7:45 am	Group Run (location depends on weather)	Eagle Trailhead or Left Hand Canyon Trailhead	BRR, FREE/OPEN
Club Races			
November 26, 2020	Boulder Thanksgiving Day 5K	Flatiron Park, Boulder	TEAM, BRR
USATF Championship Races (For more information, contact Bruce Kirschner, bhkirsch@comcast.net)			
April 26, 2020	USATF Masters 10 km Championships	Dedham, MA	USATF
August 22, 2020	USATF Masters 1 Mile Championship	Flint, MI	USATF
September 27, 2020	USATF 12 km Championships	Highlands, NJ	USATF
October 18, 2020	USATF Masters 5 km XC Championship	Boston, MA	USATF

For a calendar of Boulder County running events for the whole of 2020, click [HERE](#).

**Has your Boulder Road Runners
membership expired?
Please renew today!
<http://boulderroadrunners.org>**

**Why not renew right now?
JUST CLICK THIS BOX.**

As Always, Thanks to Our Associates and Sponsors!

