

President's Message



Hope all of you and your families are safe and well. As has been said hundreds of times by hundreds of people, we have never had to deal with anything like this. We are still facing unknowns every day.

Since the Stay At Home order from Governor Polis changed to a Safer At Home order on April 27th I have seen many more people out and about.

The effort to get out and exercise safely is hard because so many more people are on the streets and trails, but this is a good thing since maybe it will be a pattern they will continue and become healthier.

I mentioned in the last newsletter that we should set the date of May 3rd to all meet at the BRR Sunday Social Run and celebrate, but that will not be possible, so the Sunday runs will continue to be on hold until some future date.

Because of the shutdown of Avery until further notice and the social distancing and group size restrictions, the May 4th First Monday meeting is canceled and it might be several months before we can gather together as a group.

We received notice from CU recently that they were closing all their athletic fields until the end of July. That information and the ongoing concern for safety has caused us to cancel the June and July track sessions. The board is hoping to be able to stage some form of track events during August or September, but that will have to be determined at a future date.

Although we are all sequestered at home your Board of Directors held a Zoom board meeting on Monday and discussed many issues facing the club.

One of the major topics of discussion was the financial status of the club and the revenue streams that the club normally uses to fund the club's activities, like the competitive teams, the summer track series, club apparel, and other activities.

We are waiting to see if the Ironman Boulder 70.3 Triathlon will be allowed to take place on August 1st, and we have some potential for compensation if we provide volunteers to work the race.

Before the shutdown I spoke with Cliff Bosley of the Boulder Boulder and confirmed that if the event does take place on September 7th, we have the opportunity to provide volunteers again like we do each year and will receive some financial compensation.

Some other possible revenue streams that the board had been discussing will have to wait until we get past the COVID-19 situation.

I want to thank all the members who took the time to fill out the online questionnaire. The results are posted on the next page of this newsletter. This has given the board some input for discussion about how we move forward as a club during and after these challenging times.

As I mentioned in my column last month, humans, and especially runners, are social animals and we need social interaction.

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Boulder Road Runners

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President's Message, continued

Stay strong!

This shutdown and isolation can be mentally draining, but run or walk when you can, call friends or family, stay safe, protect yourself, and stay healthy, because I look forward to seeing all of you when we can meet again.

Stay strong, and remember:

Strength does not come from physical capacity. It comes from an indomitable will.

—Mahatma Gandhi

BRR Membership Questionnaire

Tabulated Results—top vote counts are bold.

1. When you think about BRR which of the following is the top thought in your mind?

- Monthly meeting - 12
- Competitive teams - 16
- Summer Track series - **21**
- Volunteer - 5
- Sunday Social Run - 15

2. If you attend the monthly meeting what is the main incentive?

- Social gathering - **41**
- Option of food purchase - 1
- Free beer - 7
- Announcements of club activities and racing teams - 9

3. How likely would you attend a monthly meeting that offered a quiet location for potential speakers and programs?

- Not Likely - 9
- Somewhat likely - **23**
- Likely - 17
- Very Likely - 19

4. How likely would you attend a monthly meeting that didn't offer free beer but had food options?

- Not Likely - 11
- Somewhat likely - **20**
- Likely - **20**
- Very Likely - 15

5. How important is it to BRR to have competitive teams?

- Not Important - 7
- Somewhat Important - 21
- Important - **27**
- Very Important - 14

6. If BRR has racing teams and provides some reimbursement to participants how should this be funded?

- Paid from General Operating funds - 5
- Paid from a revenue stream developed for racing teams - 18
- Outside sponsorship - 18
- From a budget developed by the board of directors and approved by the BRR members - **27**

7. How important to BRR is the exposure of the club at National Championships?

- Not Important - 9
- Somewhat Important - 18
- Important - **24**
- Very Important - 18

8. Should members of racing teams be required to participate or volunteer at local Boulder races to provide exposure for BRR?

- Yes - **27**
- No - 19
- Maybe - 23

9. How important to BRR is the Summer Track Series?

- Not Important - 3
- Somewhat Important - 11
- Important - 24
- Very Important - **32**

10. How important to BRR is providing volunteers for local events without compensation?

- Not Important - 8
- Somewhat Important - 16
- Important - **31**
- Very Important - 14



Boulder Road Runners, Inc.
Officers and Contact Information
2020

ELECTED OFFICERS

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CURRENT MEMBERS: 206

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BRR Membership Questionnaire, *continued*

11. Should BRR pursue compensation to the club for providing volunteers for events as a revenue stream to support other BRR programs?

- Yes - **37**
- No - 7
- Maybe - 25

12. How important to the BRR is the Sunday Social Run?

- Not Important - 7
- Somewhat Important - **26**
- Important - **26**
- Very Important - 8

13. Should the overall financial stability of the club and the support of its programs take precedent over charitable contributions and philanthropic contributions?

- Yes - **51**
- No - 5
- Maybe - 13

14. Should the BRR develop specific revenue streams to support each BRR program?

- Yes - 19
- No - 15
- Maybe - **35**

15. Should the BRR Board of Directors have authority to create or eliminate financial support for various BRR programs based on the financial stability of the club without a quorum of members present at a meeting?

- Yes - **42**
- No - 27

Comments From Members

Really appreciate Bolder Boulder training program.comment entry.

Dues can be increased. I think there is sufficient room to move the price up.

Membership chair & treasurer should have voting privileges.

The board of directors is elected with a charge to make difficult decisions, especially those that

are urgent. Member input is important, and should be sought whenever plausible.

A vision and goals are critical for the club, not just financial stability. Financial resources are a means not an end.

The members are aging and the running population is changing. In general, more newbies get into running for fitness, not competition. Personally, I miss the Sunday runs that I have been unable to participate in the last 8 years. For most of my long history with the club, it was the high point of "fun time" of the week. That was because my friends also ran. When my age group started having children, they slowly stopped joining the group. And at the same time, little reach out for new members and the start up of other clubs. I would like to see the track series continue. I know it will not happen this Summer. Maybe not until a vaccine is in mass distribution for COVID-19.

As you might imagine, I think the BRR teams are an important element of the club's history and future. However, the teams should serve "the cause" -- and one such purpose would be to help drive the membership rolls. In that regard, more publicity would certainly be useful. At the same time, they should not be a severe financial drain on the club. They should seek outside sponsorships and limit reimbursements to those in need -- with a set maximum per race. At the same time, all USATF team winnings (they are basically trivial) should be turned over to the club. But, the club should still provide the singlets, free of charge, to team members -- as is pretty much the universal case. Extra singlets could be sold to members at a slight markup to aid in publicity. To that end, short and long sleeved t-shirts could also be sold -- basically at cost. Bottom line, the finances must be rendered sustainable!

And, to the Board and Officers of the BRR, keep up the great work! You are doing a great job in very difficult times!!

I'm not sure as a member of a BRR Racing Team (70-79) that I personally need to be reimbursed for going to Championship Races. I'd rather see that money go elsewhere.

I'll admit to being a bit prejudiced, but for me, the summer track series is one of the most important functions of our club. If there was a way to increase the revenue stream from that it would help. I'm not convinced the costs associated with sponsoring racing teams are a good return on investment. Perhaps a shoe company could be a sponsor for them?

Missing the Sunday Run. Hope this pandemic goes away ASAP.

The elite USATF national championship teams are central to promoting the success of BRR in the running world. But the success of these teams needs to be well communicated to the Colorado media so the general public is aware. This could greatly contribute to the growth in membership at all, particularly young, age groups.

Beyond matching uniforms, reasonable entry fees and gear for the year, teams should not be compensated.- Only in the rarest of circumstances should the Club commit to providing volunteer services, lend its name or offer to insure anyone else's Event without beneficial compensation.

Being a member of the club should provide a way for me to be a better person. These are unusual times and we need to find ways to support each other and the community around us.

Item 15- due the advanced age of a number of BRR members, I'd use an on-line voting platform

continued on next page

BRR Membership Questionnaire, *continued*

(SurveyMonkey, etc) to discuss and vote. Ideally, the Board represents a representative cross-section of views, but that's not guaranteed. What do the by-laws say?

The financial stability of the club is more complicated than this survey shows. For decades the BRR was financially pretty stable. It made sure expenses could be covered before incurring them. We can't go back to the good old days, but instead of spending money on fancier programs (traveling teams, Olympic day, mile high miles) we could go back to basic programs

that don't cost as much. When the Summer Track Series was 6 basic track meets a summer it was raising \$3000 to \$5000 a summer, after expenses.

Directors should oversee Programs and make adjustments as allowed by Bylaws and with Program Chairs. Eliminate or create needs to be with membership approval/input. Need Bylaws to address?

Our competitive teams should be people from our immediate community. Having a

competitive BBR team with runners from all over the State and beyond does nothing positive for the club.

#3 - work with Avery to provide space or sound barrier. Love being there.

#6 & #8 - if funds, some "payback."

#10 & #11 - definite yes for Ironman, 70.3.

#13 & #14 - need info, explanation.

Why You Should Exercise During the COVID-19 Pandemic

Exercise, but don't overdo it.

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, April 12, 2020

Committed exercisers should try to continue to exercise during this COVID-19 pandemic, but they should realize that both too much exercise and exercising while sick increase risk for medical complications, such as irregular heartbeats, and death (*Brit J of Sports Med*, Sep 4, 2009;43(9):722-725). We have strong evidence that even a single workout improves your immune system (*Med Sci Sports Exerc*, 2004;36(8):1321-7), which will help you fight off COVID-19, as long as you don't exercise too much (*Brain Behav Immun*, Sept 2005;19(5):377-80), or increase your risk for exposure to a COVID-19 infection by going to a gym used by other people, exercising too close to people, breathing air breathed out by infected people, or touching equipment used by others. Remember to wash your hands before and after you exercise, don't

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exercise near anyone else (particularly one who is sneezing or coughing), and rub

an alcohol wipe over exercise equipment before and after use. Skip your workout completely if you feel sick.

Don't Exercise If You Feel Sick

COVID-19 can be a very dangerous virus that starts in your mouth and nose and then can travel down into your lungs with potentially severe consequences, so it is not a good idea to exercise if you have symptoms of a COVID-19 infection, particularly any evidence of lung involvement such as coughing, wheezing, or shortness of breath. With this virus and most other upper respiratory infections, you may be able to exercise when you have a stuffy nose or sneezing, but it is very risky to exercise when the infection has passed down into your lungs. If you try to exercise and don't feel better in 5 to 10 minutes, you should take the day off. Whatever

Dr. Mirkin, continued

Even a single workout improves your immune system.

you do, when you are sick, you should not exercise intensely. Take off if you have any of the following: feeling sick or weak, coughing, being short of breath, having muscle aches and pains, having a fever higher than 98.6°F or 37°C, nausea, diarrhea, vomiting, or stomach cramping.

Evidence that Exercise Benefits Your Immune System

As long as you are healthy and are not experiencing symptoms of a possible infection, any form of exercise will be beneficial.

- Working out regularly has been shown to decrease the risk of many chronic diseases (*Compr Physiol.*, Apr, 2012;2(2):1143–1211) such as diabetes (*Diabetes Care*, Dec 2010;33(12)) or cancer (*Exerc Immunol Rev*, 2013;19:120-43).
- Elite marathon runners report fewer days lost from work than non-exercisers (*J Sports Sci Med*, 2014 Dec 1;13(4):929-33).
- A study of 25,000 Chinese who died during the 1998 Hong Kong flu epidemic found that those who exercised moderately three times a week were far less likely to die (*Exercise Immunology Review*, December 2019;26:8-22; PLoS ONE, 2008;3(5):e2108).
- Rats that ran moderately on a treadmill for 30 minutes a day for several weeks were far more likely than non-exercising rats to survive rat influenza (*Brain Behav Immun*, Sept 2005;19(5):377-80).
- Exercise-trained mice injected with germs immediately after running on a treadmill are less likely to become sick and die than those who do not exercise, because vigorous exercise causes immune cells to surround and attack invading germs, rather than having their immune cells scattered throughout their bodies and not attacking the invading germ (*Eur*

J Physiol, May 20, 2020;472:235–244).

- Mice that exercised regularly for three months prior to an induced infection suffered significantly less severity and duration of illness and lower blood virus levels than non-exercising mice (*J of Infect Dis*, Oct 2009;200(9):1434–1442). The same results occurred for both obese and normal weight mice.

Don't Exercise Too Much

A large increase in exercise intensity or duration can reduce your immunity (*Exerc Sport Sci Rev*, Oct 2009;37(4):157–164) and increase risk for severity and death when you have respiratory disease (*Scand J Med Sci Sports*, 2006;16(4):287–93).

Exercising improves your immune system, but too much exercise increases risk for infections. For example, over a five-month period, people who did not exercise suffered twice the rate of upper respiratory infections suffered by recreational exercisers, but elite athletes training near their maximum suffered the most upper respiratory infections of all—three times the rate of upper respiratory infections that recreational exercisers did (*Med Sci Sports Exerc*, Apr 2007;39(4):577-86). You may be stressing your immune system when you take workouts that:

- last longer than 90 minutes, especially without taking food and fluids,
- are of very high intensity, greater than 85 percent of your maximum effort, and
- fail to allow adequate recovery periods between intense workouts (*Journal of Applied Physiology*, Aug 1, 2007;103(2)).

How Fast Will I Lose My Fitness If I Don't Exercise?

Within two weeks after healthy, young people reduced their walking steps from more than 10,000 steps a day to fewer than

2,000 steps, they had higher blood sugar levels and cholesterol levels, and lower insulin sensitivity (*Diabetologia*, 2018 Jun;61(6):1282-1294). Four weeks after marathon runners reduced their mileage after a marathon, they had lower blood volume and reduced ability of their hearts to pump blood, which markedly slowed their ability to run fast on a treadmill (*J of Appl Physio*, April 1, 2018;124(4)). On the other hand, after just six weeks of running up and down stairs for 20 seconds three times a day, people increased their aerobic fitness by about five percent (*Appl Physiol Nutr and Metab*, Jan 16, 2019;44(6):681-684).

My Recommendations

Most healthy people, particularly those who exercise regularly, should try to exercise during stay-at-home periods of the current pandemic. You can exercise in your home or yard, and most of these orders allow for outdoor exercise as long as you maintain the required distances from other exercisers. You should not:

- exercise within six feet of other people
- exercise in a gym used by other people
- share exercise equipment with people other than those in your household
- use any exercise equipment without first cleaning it off with alcohol wipes
- share drinks or eating utensils
- overdrink fluids (it is not possible to “flush out toxins”)
- exercise to exhaustion
- exercise when you have flu-like or other symptoms of illness (described above).

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

FROM DA' COACH

One of the Girls

from Coach Will Dillard

Since we are dealing with so much stress during this time, I want to share a happy story about the time I became “One of the Girls.”

In 1995 I was one of the coach/mentors for the Leukemia Society’s Team in Training program which was just getting started in Georgia. We had a booth set-up at the Peachtree Road Race Expo in July where we were soliciting runners to join TNT. As I was working the booth three young women stopped by and spoke to the other person manning the booth with me and she introduced them to me. I asked if they would be attending the group run on Saturday and they said yes so I told them I would look for them then.

On the group runs I would usually start at the front then work my way back into the group talking with the runners and answering any questions or giving encouragement to new runners who might be struggling. On that Saturday as I worked my way back in the group I came across the three young women I had met the week before. I talked with them a minute then moved on.

Part of the training program involved a mid-week run of medium distance and on one particular Wednesday as I was running on a section of road popular with local runners close to where I lived I saw this group of three young ladies running together. We stopped and talked and I continued my run with them. At the next Saturday group run I saw them again and they asked me if I would come and run with them the next Wednesday and I said I would. This pattern continued for the remainder of their training.

After we had run together for several weeks the conversation between them changed from questions about training to conversations between them about work,



Marine Corps Marathon, October 22, 1995

clothes, and other interests outside of running. I knew that I had become one of the “girls” the day the conversation changed to dating, men, and other very personal issues.

When it came time for them to go and run the Marine Corps Marathon they were upset that I wasn’t planning to go and run with them. After some excited conversation and near tears comments I agreed that

I would go and run the race with them. In the photo above one of the young women can be seen on my right shoulder and another just over that shoulder, but sadly the other young woman was on my left and the photographer did not capture her.

It was great being “one of the girls” and helping each of these young women to run their first marathon.

MASTERS OF SPEED

News from Boulder Road Runners' Elite Racing Teams

MEN'S 60+ TEAM

Mark Tatum Joins the Team

from Bruce Kirschner

Bruce emailed a series of questions to the team's newest members. Here are Mark Tatum's responses.

Where were you born and where did you grow up?

I was born in Grants, New Mexico (elev. 6460). My family moved a few times as I was growing up: California, Ohio, Missouri, and finally Texas, where I went to high school.

What brought you to Colorado?

My wife Cyndy and I had been living in Los Angeles, but when we began having children realized that wasn't where we wanted to be. I was able to find a job here in Colorado Springs and we moved in 1991.

Where do you live now?

Colorado Springs.

What do you do for a living/professionally?

I have spent most of the past 25 years helping companies with their online strategy and presence, or working on one of my own online endeavors.

Tell us a little about your immediate family.

My wife is an elementary school teacher and we have three sons who have grown and left home and currently live in Washington D.C., Denver, and Amsterdam.

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

Running has always been important to me. Growing up I used it as a connection to the outdoors, and even if I wasn't competitive I would still use running as an excuse to be outside.

In high school I ran the 400m in track. My small college didn't have a track or XC team but I ran the occasional road race through my 20s. When I moved to Colorado I discovered mountain



Mark competing in last year's Dipsea. The 2020 edition has been cancelled.

biking and was very serious about that and raced competitively in my 30s. Mountain biking is similar in many ways to trail running with the close connection to mountains and trails. When I turned 50 I decided to enter the Pikes Peak Ascent for the first time, and that motivated me to start training as a runner again. I run and race almost exclusively on trails.

What really changed my running and my life was hiring David Roche (Team SWAP) as my coach in 2015. He taught me how to take running less seriously and to be a better runner and person.

What do you consider your favorite race? Why?

My favorite race is The Dipsea Race in Marin County, California. It is the oldest trail race in the US (1905) and has an interesting history. It has always been a handicapped race and competitors are given head starts based on age and gender. The first person to the finish wins.

It might be the most competitive trail race in the country and always attracts top age-group runners.

I like it because it is run up and down hills and stairs and through redwood forests on a beautiful trail that finishes at the Pacific Ocean. It is only 7 miles, but so much happens, including taking shortcuts, constantly passing people who started ahead of you, and trying to stay ahead of those who started behind. They have refined the head starts so well over the years that you never know who is going to catch you until the finish, so you have to push hard all the way.

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

I like running shorter distance trail races 10k to 30k. I especially like races with both climbing and descending. The steeper the better!

I don't really have any PRs that are comparable because I have mostly raced on trails. But for reference I have run the Pikes Peak Ascent in 2:57:40 (2016) and the Manitou Incline in 23:48 (2019).

9) What are some future running/racing goals?

The main goal is to continue to enjoy running and racing. Every day on the trails is a blessing and I am thankful to be able to run well at this age. I would like to run some faster road races the next two years just to set some comparable times. I love to run fast!

I am planning to compete in most of the USATF Masters [Grand Prix] series races this year, as well as Dipsea, Pikes Peak Ascent, and the Masters World Mountain Running Championship in Austria.

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

I am looking forward to making new friends and sharing experiences with others who get as much enjoyment from running as I do!

MEN'S 60+ TEAM

Team Update

From Bruce Kirschner

The coronavirus pandemic has wreaked global havoc as everyone knows by now. The world running community has not been unscathed with road, cross country, and track events canceled or at best tentatively postponed. These unprecedented developments have directly affected BRR's national championship teams and their participation in the USATF Masters Grand Prix national championship race series. As Mary Rosado, Chair of the USATF Masters Long Distance Running Committee recently stated in an e-mail, "The Corona Virus pandemic has turned our running world upside down. As you

all know, there have been no races for a month, with no end yet in sight....In the meantime, the Masters LDR Committee is focused on laying the groundwork that will enable us to start up USATF Masters Championships again as soon as possible, once the pandemic is under control.... The Committee is monitoring the situation as it evolves. Once it becomes clearer when road races can resume, the Committee will announce if there are any [changes to the] 2020 Grand Prix...due to the corona virus impact."

In the meantime, M60+ team members are staying fit, keeping in touch, and supporting each other. Fifteen team members engaged in an online Zoom videoconference on April 16. Several ideas were discussed for keeping motivated to race/train during these challenging times. The team is planning to hold a series of

"virtual" races to compete against other M60+ national team. Team member Roger Sayre had been involved in discussions with Atlanta Track Club team members Michael Anderson and Ken Youngers earlier in the year about having their M60+ team compete against the BRR at the Boulder Boulder and the Peachtree Road Race in Atlanta. That discussion has morphed into conceptual discussions about holding a virtual 5K and/or 10K during the Memorial Day Weekend and July 4th Weekends. The BRR M60+ team plans to resume their every other month group long runs at Barr Lake State Park and stay social distanced. Everyone's goal is to be safe, remain very fit, and continue to be calmly patient until the world of competitive racing returns to some semblance of normality. When the going gets tough, the tough get running!

MEN'S 70+ TEAM

Bill Dunn Returns

from Jeff Dumas

Jeff emailed a series of questions to Bill. Here are Bill's responses.

Where were you born and where did you grow up?

I was born in Plainfield, New Jersey in August of 1947. Spent my first 12 years living there before moving to Bristol, New Hampshire. In Plainfield, as a kid I was a pretty fast one but there always seemed in PE class to be someone faster. I wasn't going to be a sprinter. Then along came the Presidential Fitness Challenge in grade school and I did really well in the high jump. But I went to the AAU Junior Olympics and didn't make the finals. So I wasn't going to be a high jumper either. Just before we moved to New Hampshire my dad and I were fooling around in the back yard when I took off running and it took him two+ blocks to catch me. He was breathing pretty hard and I wasn't. Right then I knew I might be better with a little distance! When I was 18 we moved to the Bay Area in California.

When did you start running? Was it in high school or even earlier?



I started running on my 30th birthday which was in 1977. In high school I ran cross country one year and played soccer another. Neither of the teams were very good and were coached by teachers who volunteered with very little experience. I got used to losing. I did make the top five on the cross country team in high school so I could go to the state meet but learned there what real training looked like and finished way back. When I went to New Hampshire Technical Institute classwork was hard enough that I didn't have time to play sports.

I understand that you served in the Army in Vietnam and were twice wounded. That could have ended your running career before it even started. Could you tell us about that?

In 1967 during my studies in college the draft was in full swing. So much so that they were taking men straight out of college who were not maintaining a C average or better. With my lack of superior math skills, I could not meet that level and got my draft notice in my third semester. Off I went with so many other young men to train and then eventually ship off to Vietnam. Being of

good health, I was put into an infantry unit and ended up being an infantry squad leader within the 4th Infantry Division. At the time there was probably no more dangerous job on the planet. On March 26, 1969 I got hit in the stomach with a piece of shrapnel from an enemy mortar on Hill 467. It wasn't that big a deal but if the Doc had to fix you up it ended up being a Purple Heart. On May 25, 1969 while walking point, I stepped into a punji stick booby trap. It went almost through my shin and calf. That one hurt like no tomorrow. Took three months to heal from that "in-country." Second Purple Heart. The leg healed up 100% over time and all I have now to remind me are two scars, front and back.

After getting out of the Army what did you do for a living?

My Mom had a job ready for me when I got home in the silk screening field. Worked there for four years before going to the gaming company Atari silk screening their game consoles and cabinets. I eventually got a job at the Post Office in Los Gatos, California where I worked for 30 years before retiring. *(Note from Jeff: for 20 of those 30 years, Bill and I were running the same trails in the foothills above Los Gatos!)*

Could you please tell us about your long racing career, particularly about USATF competition?

I ran my first race on December 11, 1977. It was a 6-miler (they hadn't started metric yet). I ran my last race to date on February 2, 2020. In between those two were 721 starting lines. Most memorable of these were a National Championship at 15K in Tulsa at age 50 and

a National Championship on the 4x800 relay team at San Jose, also at age 50. Running a 2:12.6 800-meter relay leg really was a surprise as I didn't really train for that distance. I went back to Tulsa for a second to Jan Frisby and a third the next year. I was second to Dave Dooley at the National Master's Half Marathon Championships in Las Vegas in 1997. I was third at the 10K National Championships for Masters at Paso Robles, California. Oh, I also competed in the World Masters Games in Brisbane, Australia in 1994—finishing 4th in the 5k on the track and 4th in the half marathon. I managed a 15:40 5K, a 32:42 10K, a 53:34 10-mile and a 1:11:04 half marathon along the way. Never really ran what I considered a great marathon, but my best was 2:41:08. *(Note from Jeff: I'll take that time—it would better my PR by more than 20 minutes!)*

Could you please tell us about your unfortunate USATF Race at the Shamrock 8K, in Virginia Beach on March 17, 2018?

I went out to Virginia Beach, Virginia for the 8K Championships with the expectations of winning my second road National Championship. My training had gone great after placing second to Dave Glass at the Tulsa 15k Championship a few months earlier. That morning the conditions were great and I felt good warming up. But the organizers did not have a separate start for the Masters Race. We were packed in tightly with the open runners. 20 meters out from the start someone hit me hard on my right side and sent me airborne onto my left hip which, upon making contact with the hard pavement, broke. I was unable to get up and

that created a pile up over me. Several other Masters Runners ended up being hurt also. I was in the hospital for four days before coming home. Could not run for a year while recovering, spending another year plus getting back to where I am now. I now run with a half inch added to my left shoe sole due to the operation. *(Note from Jeff: As a result of that disastrous start, all USATF runners are now given at least a five minute head start—before the start of the rest of the field.)*

Please describe where you and Brenda live, your current running regimen and your future racing goals.

My wife Brenda and I live out in Byers, Colorado. It's mostly horse and cattle country. It's rolling terrain perfect for running. Dirt roads with little traffic, wide open spaces. We have 35 acres with three horses, eight chickens, two dogs, and a cat. I'm running every other day with 5k walks on the days in between. I run a tempo once a week and am working up to longer runs. I'll start hill repeats and some speed work when I feel ready. Plan on running for the club at the National Master's Club Cross Country Championships in San Francisco, December 12th of this year. The course there is my old stomping grounds. *(Note from Jeff: This team championship xc race will be the opener for the 2021 USATF Grand Prix series—and 2021 will be the year the BRR dominates the series!)*

I've never enjoyed running more than I do right now having had it taken away from me for so long. Thank God it wasn't permanently!

USATF 2020 Masters Grand Prix Championship Races

August 22, 2020	USATF Masters 1 Mile Championship	Flint, MI	HAP Crim Festival of Races
September 27, 2020	USATF 12 km Championships	Highlands, NJ	By Hook or by Crook 12K
October 18, 2020	USATF Masters 5 km XC Championship	Boston, MA	
Nov 8, 2020	USATF Masters Half Marathon Championships	Syracuse, NY	Syracuse Half Marathon

Men's 60+ Team Coordinator: Bruce Kirschner, bhkirsch@comcast.net
Women's 60+ Team Coordinator: Virginia Schultz, Virginia.Schultz@Colorado.edu
Men's 70+ Team Coordinator: Jeff Dumas, jeff.dumas@comcast.net

Why running isn't always a stress reliever

from Terry Chiplin and activacuity



Matt Brown, FlickrCC

"The greatest weapon against stress is the ability to choose one thought over another."

—William James

I was recently reminded of a good running friend who came to see my wife for a massage a few days before a major city marathon a few years ago. As I let her in, I asked her how she was doing, as something didn't seem quite right.

She shared that she was struggling with not feeling well, her chest was tight, she was wondering if she needed to go and see a doctor, and she seemed pretty anxious and overwhelmed.

This big city marathon was hopefully going to be a potential PR for her, and she had been training diligently and in a determined fashion, doing her best to set herself up for what could be the race of her life. As we were talking about how she was feeling, and how her training had been going, something struck me.

I asked her when was the last time she had enjoyed a training run, and she burst into tears. This was a good sign for me, as tears are a natural way for us to release emotions that have become stored and bottled up. I knew I was on the right track. After allowing her to cry, I followed up with some further active, open questions, and she began to see things differently. She shared that she had built up so much pressure linked to her performance goals, that she had lost connection with why she loves to run.

To help get her reconnected, I asked her to use her imagination to recall a memory of a run that made her happy. She came up with a place on a run down in the valley that had grain silo that someone had painted a huge flower on the side of. Later that day, she went to that place, and took



This is NOT the prescription!

a picture of that silo in the field, and then took that picture with her to her marathon to remind her of why she loves running.

The end result? Her chest pains disappeared, she no longer felt anxious, she enjoyed a wonderful massage from my wife, and traveled to her marathon with a renewed sense of why she loves to run, and a different perspective on her race goals.

What happened in her race? Well, it was a hot day come race day, so a marathon PR was not a realistic goal. She had a fabulous race though, and enjoyed every step of the way without the high levels of stress and anxiety that she had been experiencing just a few days before.

We have probably all been in this kind of situation at some point in our running lives. Here are six tips on how to avoid

increased stress levels when you're heading for a big goal event:

1. Awareness

In your training log, make sure to record not only your time, pace, elevation gain, etc. Also remember to include how you're feeling, as this can often give you clues on your stress level. Sometimes you can be so caught up in your life that you're not aware of how much stress you have been carrying. Adding information on how you're feeling gives you a valuable insight into what is going on with your stress levels.

2. Breathe

A great mechanism to reduce the physical effects of stress is to breathe. Take several deep breaths, and then repeat again until stress levels reduce.

continued on next page

Running and Stress, continued

Log your feelings as well as your miles.

3. Flexibility

Just a few weeks ago I was due for a long run and parked my car in RMNP and got myself ready. In hindsight, I should have known that I wasn't feeling my usual self. As I got out of the car I realized the wind had picked up, and it suddenly hit me that I had a bunch of miles to do, much of which was going to be into a headwind. I had enjoyed battling with headwinds for several weeks in our beloved mountains; however today my perspective was different. I completely caved, and got back into the car, and decided to go back home and treat myself. I made some favorite food, put on some inspiring music, and played with our doggie, Coco. Canning that run didn't effect my training schedule, in fact it had a hugely positive impact on me. I also realized, once I was aware of what was happening, that I had not accounted for other additional factors that I had loaded into my life that had topped my stress balance. Following my training plan religiously could have left me even more stressed, depleted, and with a feeling of being out of control.

4. Sustainability

The runner I mentioned above knew that her approach to her training had not been sustainable. In order to progress and develop as an athlete, any training plan needs to be sustainable. Training is only successful if it's being productive, and so it makes sense to be flexible with your training to ensure that productivity is factored in.

5. Perspective

A big race that you have been dreaming of for years can become a heavy anchor that you are carrying around that literally weighs you down. Instead of being an exciting opportunity to find out how productive your training has been, it can be the exact opposite, just as for the runner above. Taking a different perspective can be really helpful in being able to see the reality of the situation you are faced with.

6. Share with someone

Just like the runner in this feature, it can be a life saver to share how you're thinking and feeling with someone else. Make sure it's someone that will be helpful and supportive, and won't just try to make you feel better. Most people are naturally helpful, and it can be a gift to be able to help someone else out of a situation where they feel stuck.

Running is a very natural stress reliever. We hope you found these concepts and tips useful, and wish you and your loved ones and friends good health in these uncertain times.

One of the services we can provide is an interview to highlight how you could benefit from reviewing what stress factors you are carrying that could be having a negative impact on the productivity of your training. This can make a huge difference in your life, and literally take a weight off your shoulders. Contact us to find out more: Visit www.activacuity.com, or contact Terry Chiplin at terry@activacuity.com.

Stay Home

I will wait here in the fields
to see how well the rain
brings on the grass.
In the labor of the fields
longer than a man's life
I am at home. Don't come with me.
You stay home too.

I will be standing in the woods
where the old trees
move only with the wind
and then with gravity.
In the stillness of the trees
I am at home. Don't come with me.
You stay home too.

—*The Collected Poems of Wendell Berry*,
Counterpoint Press, 1998

(Suggested by Virginia Schultz)



RACE REPORT

Monument Valley Ultra, February 29, 2020

from Rima Lurie

Stillness; iconic Monument Valley formations emerge in first light of dawn; runners gather around piñon-scented warmup fires, then are blessed by Navajo prayers, chanting, drumming, and, following ancient tradition, go east: Sunrise!



Runners are privileged to traverse varied, single-track trails off of the Monument Valley Scenic Drive (the only tourist access). Mitchell Mesa, offering a breathtaking (!) panorama of Monument Valley, is the high point of the 50-miler and the 55K, and is a 1,500-foot climb in less than a mile:



There is a spirit of camaraderie...run/walk/run... (deep sand can be humbling), and, for those of us who are drawn to return repeatedly, a sense of family reunion! With moving on this earth being experienced as gift, numbers and “time” may not be of utmost importance; however, being the oldest person (M or F) in the 55K, not being last was appreciated (23 more runners still to come, over the next several hours)! It’s fun being an inspiration, and having “youngsters” say, “You’re my hero,” and “then there’s hope that I can still be out here for years to come!”

Humbly and gratefully offered, I highly recommend the Monument Valley races, and any in the Navajo Parks Race Series (<http://navajoyes.org/category/navajo-parks-race-series/>).

Blessings, Rima

(P.S. While often written as MV Ultra 50K, GPS watches said 34 miles, so I used 55K.)



*In beauty I run.
With beauty before me I run.
With beauty behind me I run.
With beauty beneath me I run.
With beauty above me I run.
With beauty all around me I run.
It is finished in beauty.*

—Navajo Blessing Way prayer

2020 Calendar of Running and Fitness Events

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

ALL RECURRING CLUB EVENTS ARE CANCELLED UNTIL FURTHER NOTICE.

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	Boulder Insurance Office 800 Jefferson Ave., Louisville	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

Free, Open, Weekly Runs in Boulder County

This list will return when we can again run together in groups.



As Always, Thanks to Our Associates and Sponsors!

