

President's Message



To state that this has been a challenging year as President would be a monumental understatement. Trying to protect the members while keeping the business of the club proceeding could not have been

accomplished without the support and participation of the Board of Directors.

Lee Troop had to leave the board in July due to business and family obligations but before the shutdown he and I had a long working lunch where we began planning activities and events that would raise funds for the BRR to help support our racing teams. When we get past this virus we will put some of those activities in place.

When I agreed to run for the BRR board I stated that I had one goal, to put plans in place to assure the financial stability of the club and to prevent future losses. With the revised Financial Policies and Procedures, proposed by the board and voted on and accepted by the members, any future board of directors now have directions about how to deal with budgets for the racing teams and for any other programs developed by the BRR. John Caldwell and Colleen Murphy have been diligent in overseeing the financials of the BRR. The club is in a stable financial position as I noted in my email to members on November 27th.

The other major accomplishment of the Board of Directors was to revise the by-laws of the BRR, that had not been revised since 2003, and put in place new by-laws that were in line with the current

makeup of the club. This was very important to be sure that we did all that was required to keep our 501c3 non-profit status. These proposed revisions were also voted on and accepted by the members.

The revisions to the by-laws made changes to the Management of the club to assure that each position would be held by an individual that sought that specific office and that the board must have a minimum of one male and one female member in a voting position.

This is the current list of nominees as I stated in my email to members on November 27th:

President – Open

Vice-President – Don Janicki

Treasurer – Don Tubbs

Secretary – Todd Straka

Membership Chair – John Bridges

Board Member At-Large – Lorraine Green

Advisor (non-voting position) – Open

The current Advisors to the Board, Lorraine Green and Mike Wien, have been instrumental in discussions about the Financial Policies and Procedures and the by-laws revisions, and have been outspoken representatives of the BRR members. We could not have accomplished what we did without their input.

During the most recent months, as the restrictions lessened, some members have been able to gather in small groups, following all protocols, and do some runs. I have

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Boulder Road Runners

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President's Message, *continued*

sought to connect with members through several Zoom meetings. I thank all of those who attended—it brightened my day to see some smiling faces that I have missed for far too long, and some faces I hadn't seen before.

I will leave office disappointed that I wasn't able to accomplish more, but I assure you, that as I stated in the minutes from the last virtual board meeting, I will put together training programs for the Bolder Boulder and other training programs when we can get back to meeting in person again.

In regards to the First Monday Monthly Meeting, I am not optimistic that we will be able to meet at Avery's at any time in the next several months, only time will tell.

I stress again the importance of holding the elections to transition the financial matters of the club to a new treasurer since John Caldwell will be stepping down and to have the club continue to function as normally as possible while making plans for when activities can resume.

We will be sending out a link to the ballot for voting soon and there will be an option to write-in a candidate for any position of the board.

As I have stated on many occasions, this is your club, take an interest and get involved to assure the future success of the most historic running organization in Boulder.

—Will Dillard, President



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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John Caldwell, Treasurer
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Todd Straka, Secretary
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APPOINTED POSITIONS

Lorraine Green, Advisor to the Board
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Mike Wien, Advisor to the Board
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"Running is Resilience."

from Coach Will Dillard

from rvanews.com



As I began thinking about the coach column this month and what all of us have been dealing with the last few months, and will be dealing with for the next several months, the word that came to my mind was "resilience." I don't really believe in Karma but when I checked my email this morning before I started working on this column I received an email from Zoë Romano, a young women who I have been following since 2013

on her blog.

The title of her latest blog? You guessed it, "Running is Resilience." I couldn't believe what I read. I read her blog and she makes many of the points that I had planned to make in this "From da' Coach" column. If you are interested in reading her latest blog here is the link: [Running is Resilience – Zoë Romano, wordpress.com](#).

I started following her because I heard that in 2013 she was running the entire route of the Tour de France, a distance of over 2000 miles, and planned to finish in Paris before the peloton. She ran using a running baby stroller to carry her gear, running ~30 miles a day, climbed over 100,000 feet of elevation in nine weeks, took only eight rest days, and finished in Paris the day before the finish of the TDF. Talk about resilience!!! Each of her daily blogs read like an adventure story.



Zoë during her run across the US.

After I started following her blog I discovered that her run of the TDF course was not her first ultradistance, epic journey. In 2011, also using a running baby stroller to carry her gear, she left L.A. planning to run across the U.S. bound for Charleston, SC, 2,867 miles away! She completed her run in 119 days, running ~30 miles a day.

In 2013 she did a TEDx talk about these events and how it changed her life and the uncertainty of taking on these challenges. This is the link to the TED talk: [Zoë Romano at TEDxRVA 2013, YouTube](#).

If you are interested in any other information about her and the philanthropic work that she has done here is the link to Wikipedia: [Zoe Romano, Wikipedia](#).

Aside from the fact that I received the email with resilience in the title I do believe that resilience is what we will need to continue to cope with all the challenges that this virus has added to our lives.

Some members have had their jobs affected, some of our members have

become home schoolers for their children, some members have had to deal with isolation and loneliness, and almost all of us have had our "normal" running routines destroyed by the head-on collision of COVID-19 and our lives.

Almost every member of the BRR during their running career has had setbacks that they have had to deal with, especially if they competed in races. When these things occurred, you didn't stop, you didn't give up, you didn't lose your conviction that things would get better and you would do what it takes to get through this rough patch and come out the other side stronger and more committed as ever. As runners this is built into our running DNA.

On the near horizon the sun WILL come up again, we WILL beat this virus, we WILL come back stronger and with a greater sense of purpose to care more, give more, love more, and be resilient in the fight ahead.

Blood Pressure During and After Exercise

Exercise helps to lower your blood pressure.

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, November 22, 2020

High blood pressure puts you at increased risk for suffering a heart attack or stroke and damaging every organ in your body. Lowering high blood pressure helps to protect you from these complications (*JAMA*, 1970;213:1143-52). Blood pressure is usually at its lowest at bedtime. Your resting blood pressure is too high if it is:

- above 120/80 when you are lying in bed before you go to sleep at night or before you get up in the morning, or
- above 140/100 at other times.

Research more than 60 years ago showed that regular exercise helps to protect you from heart disease and premature death (*Lancet*, 1953;2:1111-20), and the more regularly you exercise, the greater the protection (*N Engl J Med*, 1984;311:874-7). Regular exercisers have significantly lower blood pressures than non-exercisers (*Am J Hypertens*, 1989;2:60), and those who do not exercise regularly are at much higher risk for developing high blood pressure in the future (*JAMA*, 1984;252:487-90).

Blood Pressure During Exercise

Your systolic (top number) blood pressure usually rises as soon as you start to exercise and drops a little bit while you exercise at the same intensity (*J Appl Physiol*, 1997;82(4):1237-1243). It is normal for systolic blood pressure to rise to between 160 and 200, but as you continue to increase the intensity of exercise, your blood pressure can rise much higher (*Hypertension*, Dec 18;2018;71:229-236). When you run at a comfortable pace, your blood pressure can normally rise to 200/70. When a regular weightlifter performs a maximum-effort leg press, his blood pressure can rise as high as 480/350 (*J Appl Physiol*, Mar 1985;58(3):785-90). A general rule of thumb is that having a



systolic blood pressure greater than 200 during casual exercise can sometimes be abnormal and should be checked by your doctor.

Warning Signs During and After Exercise

Check with your doctor if you suffer the following symptoms during or after exercise, or independent of exercise:

- chest pain
- irregular heartbeats
- abnormal thumping in your chest
- dizziness
- blurred vision
- nausea

Other warning signs include:

- systolic blood pressure greater than 220 with casual exercise or greater than 150 a few minutes after you stop exercising
- a drop in blood pressure during exercise
- your blood pressure does not rise during exercise

Blood Pressure After Exercise

Blood pressure for people both with and without high blood pressure usually drops a little for up to an hour after they finish exercising and then blood pressure returns to its previous level after that (*Hypertension*, 1991;18:211-215). The fitter you are, the faster your blood pressure returns to

its resting level. Having a systolic blood pressure that does not drop after you stop exercising puts you at increased risk for heart disease (*Am Fam Physician*, Oct 1, 1998;58(5):1126-1130). Doctors use a ratio of systolic blood pressure three minutes into the recovery phase of a treadmill exercise test divided by systolic blood pressure at peak exercise. A ratio above 0.9 means that you are at increased risk. On the other hand, having a blood pressure after exercise below 90/60 is usually abnormal. In general, your blood pressure should return to normal within several hours of a workout. Even then, you might notice that your blood pressure doesn't return to exactly what it was before exercise. That is because it is normal for blood pressure to drop slightly within a few hours of exercise.

Exercise for People Who Have High Blood Pressure

Exercise is often prescribed as part of the treatment for high blood pressure and it is usually safe for people with high blood pressure to exercise. However, many people who have high blood pressure already have heart disease and do not know it. People who have high blood pressure should check with their doctors, particularly if they are starting or increasing an exercise program.

Points to Remember

- High blood pressure puts you at increased risk for heart disease.
- Exercise helps to lower high blood pressure and to prevent heart disease.
- Blood pressure generally rises after you start to exercise and drops when you stop exercising.
- An hour after you stop exercising, blood pressure drops to its pre-exercise level.
- Having blood pressure that does not drop after you stop exercising puts you at increased risk for high blood pressure and heart disease.

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

MEMBER PROFILE

DOUG BELL

USATF-NE

Doug Bell Ages Up

from Bruce Kirschner

Bruce emailed a series of questions to Doug. Below are Doug's responses.

Perhaps no one on the BRR Men's 60+ racing team has enjoyed as much long-term notoriety as Greeley's Doug Bell. He just turned 70 years old on November 20 and entered a new age group as well. Doug is well known nationally as one of America's very best competitive age group runners. The Men's 60+ team will certainly miss him and his great spirit, but we now wish him the best on the BRR Men's 70+ team. USA Track & Field national class 70-74 competitors, watch out!

Where were you born and where did you grow up?

I was born in Mankato, Minnesota and spent my first 22 years living there.

When did you start running and why?

I ran some in 7th and 8th grade. I set the junior high school record for the 600-yard run/walk. I also did the 500-yard run in junior high track and was quite successful. By 9th grade, I focused on football, basketball, and baseball, and that continued through high school. My return to running came after being cut from the college basketball team and after getting tired of the lousy refereeing in college intramural sports. A friend asked me to be on his college intramural track team. I finished right behind a red-shirted cross-country runner in the mile. I figured, "If that guy can run college cross-country, so can I!" I went out for the Mankato State cross-country team that next fall and my long running career began.

What brought you to Colorado and how did you end up in Greeley?

Right after college, I moved to California so I could spend a winter where it wasn't 30 degrees below zero. I got fired from a CPA firm and by that time I also realized I was too far



USATF 10K Men's 60+ National Champions, April 2017, in Dedham, MA.

Left to right: Kyle Hubbard, Doug Bell, Dan Spale, and George Braun.

from Minnesota. So I was off to Colorado, came to Greeley to study at the University of Northern Colorado (UNC), and become a teacher/coach.

What did you do for a living?

I had a very short career as an accountant. I was an office manager and jack-of-all-trades at a health club in Greeley for seven and a half years. Then, for the last 30 years I owned a running store in Greeley, which I sold in 2015.

Who have you coached?

I've coached kids off and on at Greeley Central High School and UNC for about 35 years. The period from 1985 through 1991 was my longest steady stretch at Greeley Central. Even this winter I'm running with and coaching six to

eight Central boys. My biggest highlight was coaching Pat Dolan, who won state cross-country in 1987.

What is your favorite race?

The Carlsbad 5000 in Carlsbad, California. My first year there in 1991 I won the Master's race. It's like the Bolder Boulder in terms of organization and elite runners. The elites run last, so you get to watch them. It's a fast course with a gorgeous ocean view. What's not to like?

I was returning as the defending Masters champ my second year at Carlsbad. Now at age 41, I was actually running better than the year before. So the plan was to win again there in

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1992. The day before the race I heard that Henry Rono and Wilson Waigwa, the great Kenyan runners, were also going to be racing. I had just raced Henry in the Tulsa 5K and he beat me by about 30 seconds. Wilson is my exact age and the previous year at Carlsbad, at age 40, he had run 13:56 in the elite race. My plan to win again wasn't looking too promising. I decided to go out hard and hang with those guys as long as possible. Hopefully, they would help me run a super fast 5K time. I hit the first mile in 4:35 and to my surprise I was in the lead. Running like a scared rabbit I hit two miles in 9:28 and was still in the lead. I then won my second Carlsbad 5000 masters in a row. It was awesome! The newspaper write-up the next day was perfect. The author wrote that he originally didn't think Doug Bell was even good enough to carry Henry's and Wilson's bags, less beat them in a race. I went home a very happy man.

What is your favorite distance and times?

The 5000 meters (3.1 miles) has always been my favorite distance. I was never fast enough for the mile and since I weighed 150–155 pounds at my peak in running, maybe I was just a little heavy for the 10K and up? At one time I held the national 5K Master's record at 14:36 and the 25K national Master's record at 1:21:55. The Fontana 5000 in California is another one of my favorite races. It's point-to-point and has a slight downhill. I ran 13:56 on that course in 1992.

What are your thoughts about serving on the BRR Men's 60–69 team?

Joining the BRR team has been incredible! Trying to win as a team with wonderful teammates, who I only wanted to beat in past years, has been fabulous. Competing against teams like the Atlanta Track Club has brought me new enthusiasm and excitement. Traveling to some excellent races that I would have never thought about going to is terrific. Racing and winning mostly with Kyle Hubbard, Dan Spale, and George Braun in 2017 make up some of my best memories.

What are your thoughts about joining the BRR 70–79 team?

I'm very excited to race with a new group of guys, but I'm concerned that the USATF Grand



Back at Dedham in 2018, this time in the rain, Doug Bell works to hold off John Barbour of Greater Lowell, while heading for the finish line.

Prix is on shaky ground. I hope they can pull things together in 2021.

What are some of your running goals now?

My back gives me a little trouble, so shorter races like the mile need to be my focus. The American road mile record is 5:43. I'm very capable of running that fast. The track record is 5:35. That could be out of my reach(?). I love doing track intervals. My goal for the last 30 years has been to just run fast times and have fun doing it. That will continue!

What's it like working with the homeless?

I sold my store in 2015, but I can't find the word "retire" in the Bible. So with that I work with a small group that feeds people two to three days a week. We get about 40 people at each meal. My job is to take attendance and talk with the guests. They don't want me cooking! I get to know the homeless people. They aren't much different than any other group of people. Many have come from terrible family situations. Many

have gotten addicted to alcohol. A few of their addictions are even worse. I love what I do! I try to give people hope and encourage them that they can change. In doing this, God has given me an amazing peace and joy.

What's it like to be in the Master's Hall of Fame with USATF and the Colorado Hall of Fame?

In 1986 I won the Denver Marathon. I was on TV that night and on the front page of the newspapers the next morning, I was mobbed by people at the health club in Greeley. It was crazy for the first two days. By Day Four the insane attention was over and I was out doing a 10-mile run. My thought was: "That didn't last that long." My next thought was: "I sure do love to run" and I picked up the pace. That's how I feel about the Hall of Fame honors. They are a short moment in time. I am very honored, but if they didn't happen it wouldn't make any difference. I just love to run!

MEMBER PROFILE

ELLIOTT HENRY

From West Coast to Western Slope

from Jeff Dumas

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

Where were you born and where did you grow up?

I was born in Spokane, WA in 1946. It was a great area to grow up in with lots of lakes, rivers, and forests to enjoy. NE Washington and Northern Idaho have good fishing and lots of lakes for water sports. Some of my high school friends had parents with boats and we would spend many weekends camping and water skiing. Lake Coeur d'Alene, east of Spokane, was only a 30-minute drive and we would sometimes water ski on the Spokane River only ten minutes away.

I have one brother (two years older) and he still lives in Spokane and I pay him and family a visit every couple of years. My dad worked at Armour's & Co. meat packing plant for 35 years and he was in charge of time keeping (keeping track of hours worked for the employees). Four of my summers were spent as a worker at Armour's while going to college. It was a great job at the time since I earned enough during the summers to put myself through college. I had good enough grades in high school to get a scholarship to WSU (Washington State University) in Pullman, WA (about 90 miles south of Spokane). I majored in Mathematics and minored in Physics and Computer Science.

[Note from Jeff: Yep, sounds like a very light academic load for an undergraduate Cougar!]

When did you start running? Was it in high school, college or later?

I started running in high school (John Rogers HS) in my freshman year. I was on the cross-country team in the Fall and the track team in the Spring. We had a good freshman cross-country team and won over half of our dual meets. For my sophomore year we had a couple of good runners join our team from one



The 1963 WSU cross-country team, with Gerry Lindgren on the far left, and Elliott on the far right.

of the junior high schools. One of those runners was Gerry Lindgren, who went on to run the 10K in the 1964 Tokyo Olympics. As our team "aged up" through the years we became more competitive and eventually won the Spokane high school cross-country championships and went on to win the state championships in Seattle in 1963.

[Note from Jeff: In 1964 Lindgren set a high school record in the 5K that stood for 40 years. Lindgren went on to win the Olympic Trials for the 10K in 1964 and was favored to win the gold medal in Tokyo, but a sprained ankle just before the finals caused him to finish in ninth place. At Wazzu, Lindgren won 11 NCAA Championships. He was one of only two people to ever defeat Steve Prefontaine in an NCAA Championship. Lindgren won the 1969 NCAA XC Championship in which Mike Ryan, of the Air Force Academy and the previous year's champion, finished second and Prefontaine, Oregon, was third.]

Another member of our cross-country team, Len Long, went on to become cross-country coach at North Central High School in Spokane. His teams have won 13 State Championships and they also won the Nike Cross National Championship in 2008.

[Note from Jeff: At the awards ceremony following the 2008 USATF Club XC Championships in Spokane, the national champion North Central High School XC team was introduced on stage. Although the mighty BRR Men's 60+ Team (comprised of Rich Castro, Bob Cooper, Dave Dooley, Rick Katz, and myself) won the gold, we were all inspired by those amazing youngsters!]

What sort of a career path did you follow and how in the world did you end up living high up in the Rocky Mountains?

When I graduated from WSU in 1968, I was offered a Civil Service job at the AFMDC (Air Force Missile Development Center) in

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MEMBER PROFILE: ELLIOTT HENRY

Alamogordo, NM (White Sands Missile Range) doing computer programming. I accepted the job, and it also provided a draft deferment from the Army at the time. I spent two years at AFMDC until the government started cutting back on Civil Service jobs around 1970 and I lost my deferment. I ended up in the Army from 1970–1972 stationed at Ft. Ord in CA. Due to my job experience at AFMDC I was classified as a Data Analyst and worked at processing data from War Gaming experiments at Hunter Liggett Military Reservation south of Ft. Ord.

[Note from Jeff: Elliott was following in my footsteps. In the spring of 1969, I trained on the Ft. Ord obstacle course with an Annapolis classmate who was going to try out for UDT/SEALS. Lots of fun. I should hope that Elliott took full advantage of this opportunity too! Incidentally, getting into Ft. Ord in those days meant shooting a gauntlet of dozens of semi-permanent Vietnam War protesters at the main gate. Elliott probably didn't notice because he was putting in 20-hour days playing war games—which we all know can become an addiction!]

After my stint in the Army, I went to graduate school in Santa Barbara taking Applied Math courses for two semesters. After two semesters and having very little money left, I accepted a job in Redondo Beach, CA at TRW, a major aerospace company. My job was primarily software engineering and development and in 1979 I was offered an assignment with TRW Systems International in Bremen, Germany working on the European Spacelab project. The Spacelab contract provided a set of modules that would travel in the cargo bay of the Space Shuttle and conduct experiments while in orbit with the shuttle (32 missions). I spent 18 months in Bremen and had a great time traveling and sightseeing all over Europe on the weekends.

I returned to TRW in Redondo Beach in 1980 and two years later was offered a chance to work on a proposal in Colorado Springs, bidding on a contract for AF Space Command called Space Development Operations Center (SPADOC) and used in Cheyenne Mountain to track all satellites and space debris. TRW continued to win contracts with AF Space Command, one of them called CCPDSR was the upgrade to



At the 2011 Garden of the Gods 10 Mile race Elliott presented Jeff with his age-group award. Jeff says that he would not have received this award had Elliott been racing, rather than working as the acting race director.

the missile warning system used in Cheyenne Mountain. After my 28 years working for TRW, they announced that they were being acquired by Northrop Grumman. I decided to do an early retirement from TRW in 2001.

[Note from Jeff: Elliott says he could tell us more about what goes on in Cheyenne Mountain, but then, of course, he'd have to kill us!]

Around that time a coworker at TRW formed his own company to bid on contracts that involved document imaging. We bid on a contract with a major Credit Union in Utah to process their check images and make them available to their customers via their website. We won that contract and I decided that I did not need to work in Colorado Springs, so I started looking for a place to live in Summit County. I found a townhome in Frisco on the creek that was perfect for me, so I moved up to Frisco but kept my townhome in the Springs. That is when I switched primarily to trail running.

[Note from Jeff: And, altitude training!]

We've had a couple of really bad winters for the past two years up where you live. How has that affected your running?

I live only a couple of blocks from some of the major trails around Frisco. Over the years these trails have been loved to death and in some cases are now more roots and rocks to negotiate. Both Frisco and Breckenridge sponsor a summer trail running series. Frisco puts on a 4-race series on the peninsula and Breck does a 6-race series on nearby Breck trails. I started participating in these races in 2007 and they always have a good turnout. As I get older I have to be more careful on the trails since I have been tripped up many times by trail obstacles and have the scars to show it.

[Note from Jeff: Is it more roots and rocks, or is it that we just aren't lifting our feet as high off the ground as we used to? In any event, I know for a fact that roots do grow—and probably rocks too. Nowadays, I stay off of that rough stuff.]

There is always a transition period in the fall and spring for running on the trails in Summit County. When we start getting snow the trails can be a mixture of packed snow, icy patches, slushy snow and mud, depending on whether they are in the shade or sun. This makes

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MEMBER PROFILE: ELLIOTT HENRY

running on the trails a bit of a challenge. Once the trails get enough snow and get packed down, they are more runnable than in summer since you don't have to worry about tripping over all the rocks and roots. I use Yak Trax for running once the snow is packed and have better running conditions than some of the trails during the summer.

I know from participating in races along the Front Range that you have played a leading role in organizing and administering many of Colorado's most popular road and trail races. Could you please tell us how you got involved in these races and what you did while making them as popular and successful as they have become?

I first started my involvement with the Pikes Peak Road Runners (PPRR) organization back in 1998. A coworker of mine asked if I would help him do a website for the PPRR. We showed up at one of the monthly meetings and we offered to build a website that would contain a lot of the information from the monthly newsletter (e.g., results, calendar of events, volunteer information, etc.). A few members were hesitant about doing this since they were worried about people not joining the PPRR and just using the website instead. We convinced them to give it a try and had a website up and running within a month. We were able to shorten the time of getting race results out from up to a month for the newsletter to 2–3 hours for the website. I continued doing the website until around 2010 and then turned it over to Dave Sorenson (website: pprun.org).

[Note from Jeff: Hmmm, maybe Lyle Rosbotham should recruit Elliott to be his backup on the BRR newsletter!]

About the same time we started the PPRR website I was asked to setup a site for the Triple Crown of Running (Summer Roundup, Garden of the Gods, and Pikes Peak Ascent/Marathon races). I agreed to setup the initial site and then turned it over to the race director Dave Zehr. Dave was replaced by Ron Ilgen around 2001 and I took over maintenance of the website (pikespeakmarathon.org). I maintained the site through 2006 when Matt Carpenter became a member of the Board and it made sense



in the 2018 Shamrock 8K in Virginia Beach, BRR Men's 70+ team still finished second despite the loss of Bill Dunn at the start. *Left to right:* Elliott, Ray Eck, and Richard Kutzner.

for him to support race registration and also do the website maintenance. I continued doing the results booklet for the 3 races from 2004 to 2012 when I retired from doing race publications.

The third website I was involved with was the American Trail Running Association (ATRA). Nancy Hobbs, Executive Director of ATRA, needed a website manager to replace the existing person. I took over the website in 1998 (trailrunner.com) and continued maintenance until around 2013. We maintained an extensive trail running calendar as well as a list of favorite trails that people would send in and we would post to the website.

[Note from Jeff: For us Boulderites, the ATRA Rogers Grove Trail 10K in Longmont is one of the best trail races in the area.]

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

In November 2015 I received an email from Jeff Dumas asking if I would be interested in joining a 70+ team to compete in USATF races. I told him that I was interested but unfortunately, I was 69 years old at the time. In 2017

I received another request from Jeff asking if I was interested in competing in the USATF Club XC championships in Lexington, KY in December. I was a bit hesitant since I had cut back on my running and was not in the best of shape but agreed to give it a try. This was also the first time I had done a XC race since high school.

[Note from Jeff: I'm not sure that I was able to persuade Elliott to spring for a pair of spikes. But, running a very cold (22 degrees), windy and snowy XC race should have made Elliott feel right at home. He did fine!]

After the Lexington race our team signed up to do the USATF 8K race in Virginia Beach in February 2018. Getting in shape in February in Frisco is always a bit iffy due to the snow but I was able to get in some good training and was in much better shape than the Lexington race. We had a 4-person team and I managed to come in second place for our team. The bad news was that our fourth person (Bill Dunn) got knocked down at the start and ended up with a broken hip.

[Note from Jeff: At the time, this would have been Bill's 723rd road race. He was pegged to be his age group winner. Per Bill's bio in the May issue of

MEMBER PROFILE: ELLIOTT HENRY

this newsletter, we expect to see Bill sporting the orange BRR singlet at USATF events in 2021.]

Our third race of the year was the James Joyce 10K in Dedham, MA in April 2018. We had a team of three. Our third person (Richard Kutzner) was having some issues with back problems so we were a bit worried about having enough people for the team. Richard accompanied us to Dedham hoping that he would be able to run but the day before the race decided it wasn't going to happen. Ray Eck and myself both had good times with Ray finishing 4th and me finishing 9th.

[Note from Jeff: This is why we always try to front a full five-man contingent at USATF events. With the Men's 70+ team roster looking strong next year, we should be able to send a full squad to every event we choose to compete in during the 2021 Grand Prix.]

What are some of your favorite races, both in Colorado and nationally? And, how about sharing a few of your best finish times!

Two of my favorite races in Colorado Springs have been the Sailin Shoes 10K in June (1993–2015) and the Rescue Run 10K on New Year's morning (1997–2019). The Sailin Shoes race took place in downtown Colorado Springs and was usually the same time as Springspre, a big downtown event with vendors. The main sponsor was Concept Restaurants but around 2014 they pulled out and the race ended a year later. The Rescue Run is put on by El Paso County Search & Rescue and is run on the roads and trails of Palmer Park.

One of my best 10K times was the Sailin Shoes race in 1997 with a time of 39:40. Some of my other notable events and times have been the Pikes Peak Marathon in 2003 when I won my age group (5:28:01), and won my age group in the Triple Crown of Running (3 races) in 2010. I have also managed to win my age group in the Bolder Boulder from 2008 through 2018, but for some reason I seem to be slowing down. Not sure how to fix that. Thank goodness I don't have to compete against Dave Dooley who is in a younger age group.

[Note from Jeff: Hey, Elliott is in MY EXACT age group for the Bolder Boulder. Because of Elliott, I have a whole bucket full of second place key chains!]

One of the more scenic races I have done is the Jungfrau Marathon in 2007 in Switzerland. It starts in Interlaken on the road, transitions to trail to the Lauterbrunnen Valley and then climbs up along a glacial moraine to finish at the base of the Eiger.

How has your training progressed during the current COVID-19 pandemic and what are your racing goals for the future?

This past summer I have been able to get out on the trails and avoid some of the crowds on the more popular trails by sticking to the less traveled trails. Frisco and Breckenridge were able to put on their trail running series but used a virtual race format. Entrants used their GPS watches to time themselves and upload their results to Strava. I did five of the ten races during the summer and was able to pick a time in the morning where there were very few runners on the trails.

My training has slowed down with the recent snow and cold and I am now spending more time at the Silverthorne Rec Center. It is not quite the same thing as being outdoors since you are required to wear a mask while training. Running on a treadmill at almost 9,000 feet wearing a mask can get challenging. With the current COVID-19 pandemic I am just going month to month and my only goal is to stay healthy.

[Note from Jeff: Yes, let's all stay healthy—so that the BRR Men's 70+ team can win the Grand Prix in 2021!]

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