

President's Message



It seems that almost every day we keep getting discouraging news about races. The most recent casualties are the New City Marathon and the Ironman Boulder 70.3 Triathlon. Ironman Boulder was a potential revenue

stream for the club.

With most races being cancelled, Bruce Kirschner and help from other 60+ team members have put together a Virtual Race Series for both men and women teams that also includes teams from other clubs around the US, including my old club the Atlanta Track Club. You can read about this series later in the newsletter in Bruce's article.

On June first we had a Virtual Beer and Conversation meeting and several members of the club signed in and we were able to catch up and talk about what we had been doing to cope with the isolation. It was nice to see a few of the smiling faces I had been missing. I might plan another one for the first part of July and will send a link to the meeting when it is scheduled.

At this point we still don't have any direction about when we might be able to have our First Monday club meeting. The space at Avery limits us to how many could gather and the last word from Avery was

that nothing could be considered until at least August, but that depends on the status of the Covid-19 pandemic.

Even though we aren't having club meetings right now your board of directors are still handling club business and keeping an eye on the club's financial status. Since the racing teams are not travelling to events and we don't have a very large monthly expense, the club's financials are in good shape right now.

I hope that all members and your families are all safe and even though you have heard it hundreds of times, "Wear a mask, wash your hands, and social distance" to keep you and your family safe.

Like last month I will leave you with some inspiring and humorous quotes:

- *My basic philosophy can be summed up by an expression we use in Norwegian: hurry slowly. Get there, but be patient.*
—Grete Waitz

- *All that running and exercise can do for you is make you healthy.*
—Denny McClain

- *If the hill has its own name, then it's probably a pretty tough hill.*
—Marty Stern

And finally,

- *If you run every day until you're 90 years old, I guarantee that you'll live a long life.*
—Bill Rodgers

Contents

President's message	1
From da' Coach:	
Stories that inspire	3
Brooklyn Mile in Boulder	4
Bill's favorite races	5
Avoid the arthroscope!	6
BRR racing teams news:	
Men's 70+, Dave Dooley profile	7
Men's 60+, Memorial Day virtual race results	8
George Braun has virtual fun	9
BRR event calendar	10

Boulder Road Runners

PO Box 1866
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www.boulderroadrunners.org



This year the East End 3K and Kids' 1K will be turned into a virtual race with 100% of all race registrations donated to support the Downtown Boulder Employee Assistance Fund.

EAST END 3K VIRTUAL RUN

WEDNESDAY, JULY 8 – THURSDAY, JULY 23

Join us from Wednesday, July 8th through Thursday, July 23rd for Race 2 of the Downtown Boulder Triple Crown Virtual Race Series: the East End 3K.

In early March, there were nearly 10,000 employees working in Downtown Boulder. Now, because of the COVID-19 pandemic, many of these workers are unexpectedly and heart-breakingly unemployed. The Downtown Boulder Foundation (DBF), has created a Downtown Boulder Employee Assistance Fund to support individual employees of Downtown Boulder businesses who are experiencing immediate and unforeseen financial hardships due to COVID-19. The East End 3K (and Kids' 1K) will donate **100%** of all race registrations to the Downtown Boulder Employee Assistance Fund.

TO REGISTER:

Register **HERE** for the East End 3K Virtual Race.

Registrations will be taken up until Thursday, July 23rd and 100% of all race registrations will be donated to the Downtown Boulder Employee Assistance Fund. For more information on the Downtown Boulder Employee Assistance Fund OR to donate directly, please go **HERE**.

Registration cost per person includes your time uploaded in overall race results, a downloadable finisher's certificate and a Downtown Boulder East End participation medal.

Kids 1K – 12 years and under: \$10.00

3K – 17 years and under/50 and over: \$15.00

3K - Open: \$20.00

Extra optional costs include a 2020 Downtown Boulder Triple Crown Race Series T-Shirt (\$10.00) and shipping your Downtown Boulder East End medal (and shirt if you purchase one) to anywhere outside Boulder and Boulder County (\$4.00).

TO RACE:

Run anywhere you like over 3K (Kids, 1K) between Wednesday, July 8th and Thursday, July 23rd and then upload your time on your Enmotive registration page.



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CURRENT MEMBERS: 206

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Stories that Inspire

from Coach Will Dillard

In my column last month I told you of some favorite and epic races I have run to inspire me as I look forward to hopefully racing again in the future. This month I will tell you of some people I have met or know of their stories that have given me inspiration.

Unthinkable

Scott Rigsby is a friend and an athlete I have coached for several Ironman events and several Boston Marathons. At the age of 18 he was knocked off the back of a pickup truck and fell under an equipment trailer it was towing and was dragged for over 324 feet before being pinned under the trailer.

At the hospital they amputated his right leg. Over the next twelve years he underwent twenty-six surgeries in an attempt to save his other leg but ultimately had that leg amputated as well.

Doctors weren't sure that he would ever be able to run again but nine years later he

did the unthinkable and on October 13, 2007 he became the first double-leg amputee using prosthetics to ever complete the Hawaii Ironman World Championships.

I recommend you read his book *Unthinkable* for the inspiring story of his journey.

In a Single Bound

Sarah Reinertsen was born with a congenital birth defect. At the age of 7 her leg was amputated. At the age of 13 she broke the 100 meter world record for a female above-the-knee amputee. At the age of 30 she became the first female leg amputee to complete the Hawaii Ironman World Championship.

I had an opportunity to meet and talk with Sarah during my involvement with Paralympic athletes. Her story is one of grit and determination. Goal setting, never turning from a challenge, and always moving forward.

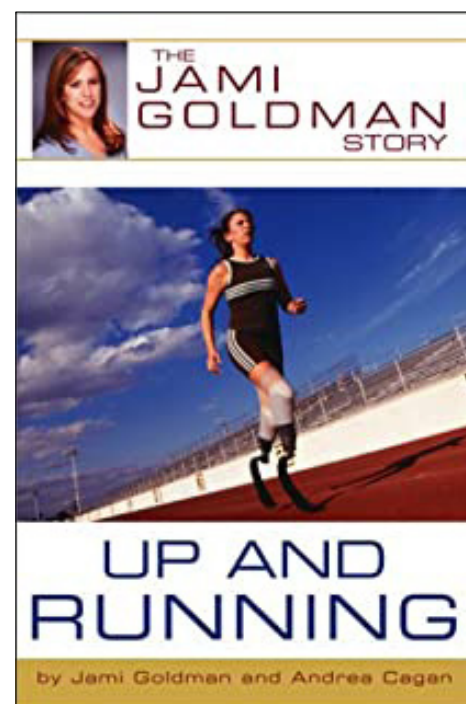
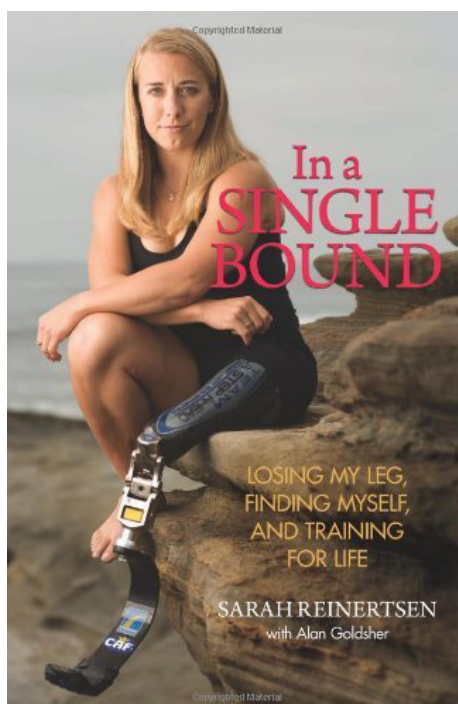
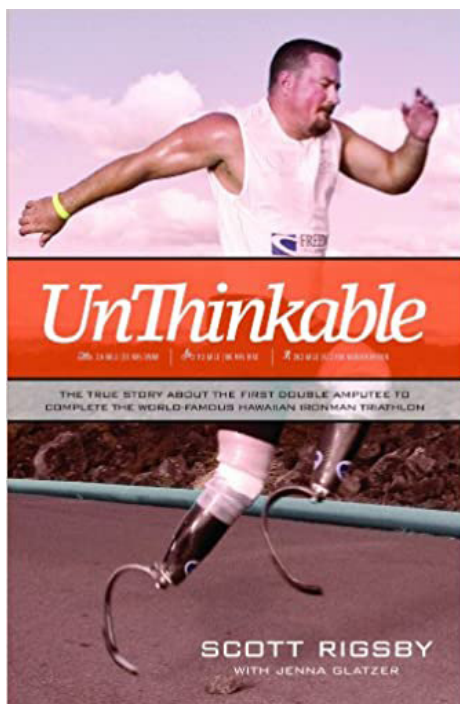
I recommend her book *In a Single Bound*.

Up and Running

On December 23, 1987 Jami Goldman and her friend headed home from a ski trip in Purgatory, CO. They took a wrong turn on an Arizona backroad and spent eleven days snowbound before they were discovered and rescued. As a result of the freezing temperatures she lost both of her legs below the knees. Her book *Up and Running* reads like an adventure novel. It follows her multi-year path from double amputee to elite para-athlete and motivational speaker.

Dave Mackey

Many of us here in Boulder have heard or know the story of local ultra-distance runner Dave Mackey and his fall running off of Bear Peak when a rock dislodged and sent him tumbling for 20 to 30 feet, bouncing off rocks and finally coming to a



Stories that Inspire, *continued*

Those physically challenged athletes were focused and dedicated and took their challenges in stride.

stop with the dislodged boulder resting on his shattered leg.

After a multi-hour rescue and hours at the hospital the doctors stitched together his shattered leg and hoped that it could be saved. After several surgeries in an attempt to save the leg it just wasn't healing, so in November 2016 his left leg was amputated below the knee.

After two years of hard training and learning how to race with a prosthetic leg, in June of 2018, Dave Mackey completed the Leadman series in Leadville, CO. "Leadman" means completing five of the six races in the Leadville Race Series over

two months: Leadville Trail Marathon, Silver Rush 50 MTB, Leadville Trail 100 MTB, Leadville 10K, and Leadville Trail 100 mile.

There have been many articles written about Dave, his accident and his recovery that you can find through Google. This is the link to Dave's Wikipedia entry: https://en.wikipedia.org/wiki/Dave_Mackey.

To some these might seem like tragic stories, and they are, but they are also inspirational and motivating. The challenges faced by these individuals seem monumental, but the challenges gave them a determination to move forward, and in

some cases to pursue goals they had never thought possible. After the Paralympics in Atlanta in 1996 I became a track and field coach for Blaze Sports, a new organization that was an offshoot of the Paralympics. Working with those physically challenged athletes made my training issues seem minor. They were focused and dedicated and took their challenges in stride.

As we are all trying to figure out what is next in our lives and running, I believe you will get the same inspiration from the books that I have featured in this column, and since we all seem to have a lot of time for reading.

Brooklyn, Boulder, and Beyond

Boulder Men's 60+ Teams Dominate the Brooklyn (Virtual) Mile

from Bruce Kirschner

Members of Boulder's two Men's 60–69 teams, the Boulder Road Runners and Athletics Boulder (AB), produced impressive results in New York's recent Virtual Brooklyn Mile, which was held June 19–21. The event had 659 participants from eight countries. Scoring of athletes was based on both absolute performance, i.e., finishing time, and VDOT O2 levels, which measures aerobic effort on a scale of one to ten.

In the Men's 60–64 age group, BRR M60+ team member Roger Sayre was third overall with a 5:26 altitude-adjusted clocking. Top scorer in the age group was AB's 61-year old Dan King with a time of 4:57 (4:52 with altitude adjustment) in a Boulder road mile on June 20. King also had the entire race's top VDOT O2 performance and the only Level 10 "gold" mark. AB's Rick Bruess was 6th (5:50) and

Jay Littlepage was 7th (5:51) in the 60–64 age group.

In the Men's 65–69 age group, BRR M60+ team member Jack Pottle was second overall with a 5:47 altitude-adjusted time. Top scorer in the age group was AB's Martin Lascelles with a time of 5:44.

Go Boulder! It should be noted that Dan King's next target is the Music City Distance Carnival meet in Nashville on August 15. According to Dan, "The American record is 4:53.01, and the world record is 4:51.85. My altitude-adjusted Brooklyn Mile time was 4:52, so it seems like a possibility to get both records if I have seven great weeks of preparation. That's the goal anyway." Good luck, Dan!

Bruce Kirschner



FAVORITE RACES

From Hot and Humid to Hot and Dry

from Bill Buffum

Seven Mile Bridge Run

There are two races that stand out in my racing career. One is the Seven Mile Bridge Run, which begins at Marathon in the Florida Keys and ends about 7 miles (6.8) further to the west across the Seven Mile Bridge. We used to joke about the race ending “about” seven miles west because the course was not officially measured in typical Florida Keys style. Exact distance is not important in the Keys! This is a gorgeous race that is limited to 1,500 entrants. Residents of the Keys are given priority, and everyone else has maybe one hour to register online before the race is full.



This race is special because it is a destination run for almost everyone. Coming from Miami, it takes 2 hours and 25 minutes to drive to Marathon, not something that you can easily do on the morning of the race. Also, the after party is in Key West, and it does get wild. You won't want to leave.

I have had the pleasure of placing first in my age group twice, thereby winning the coveted Black Coral 7. This race is also a



Runners on the course in Monument Valley.

favorite of Rick and Jeanie Nistico, BRR members who once lived in the Keys.

Monument Valley Ultras

The other race that was special to me was the 2020 Monument Valley Ultras. This is a series of races that was highlighted in the last May issue of the *Running Club News* by my fellow runner, BRR's Rima Lurie. Unlike Rima, who ran the 50K race, I settled for the half marathon route, finishing first in my age group and “the first oldest runner.” This race course is entirely on trails on the Navajo Nation's land. As the photo shows, the color is orange and spectacularly beautiful. I did not say it was an easy course. There is considerable elevation gain and drop, plus soft beach-like sand everywhere.

This is a spiritual run. There is time to stop to take photos, which I did. You can walk and talk with acquaintances, which I did. It really is not a race; it's an experience. Now that COVID-19 has closed the Navajo lands and the native people have suffered



so greatly as a result, I understand much more about the spirit and culture of these great people.

I thank Rima for bringing me to this place. I hope that I can return again some day.

Arthroscopic Knee Surgery

Go with the placebo!

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, May 3, 2020

I have said repeatedly that surgery to trim attached cartilage in the knee is usually worthless. I have seen many patients who have had cartilage removed by surgeons for an average charge of \$5000, and then they must have a knee replacement several years later. The surgeons must know about the harm they are doing because they have to see the patients for follow-up. The American Academy of Orthopedic Surgeons does not recommend routine arthroscopic treatment for patients with arthritis, yet more than two million arthroscopic procedures are performed world-wide each year, at a cost in the United States of more than \$3 billion per year.

The Procedure

In arthroscopic knee surgery, physicians make several small incisions around the joint and insert a tiny camera that allows them to see inside the knee as well as to insert small instruments to correct problems they identify. Often the surgery is performed to remove part of a damaged meniscus, a disc of cartilage that helps cushion the knee. Meniscal tears are common and are unlikely to be the cause of knee pain, aching or stiffness.

The knee is just bones held together by four bands called ligaments. Bones are soft, so the ends of bones are covered with a hard gristle called cartilage. Cartilage serves as padding to protect the ends of the bones. Once cartilage is broken, it can never heal. When you break a small amount of cartilage in your knee, your knee cartilage can never again fit together properly, and when you put force on the knee, you break off more cartilage. When surgeons remove cartilage, they leave less cartilage than you had before the surgery. Eventually the knee joint runs out of

cartilage and when bone rubs on bone, it hurts all the time and a person must have a knee replacement just to be able to sleep at night. Surgery to "smooth" or remove cartilage just hastens knee replacement.

Helpful Knee Surgeries

Some people have knee pain caused by loose pieces of cartilage. If you have sudden locking of the knee when you walk or you cannot fully straighten or bend your knee, you may be helped by surgery to remove the loose piece that is blocking the movement of the joint. If your injury is caused by a torn ligament, doctors can also repair or replace the ligament, which can stabilize the knee joint. However, if your ligaments are not injured and you do not have loose pieces of cartilage, arthroscopic surgery is not likely to help you.

The Evidence

Almost 20 years ago, the headline from Baylor Medical School was "Study Finds Common Knee Surgery No Better Than Placebo" (*NEJM*, July 11, 2002;347:81-88). Patients with osteoarthritis of the knee who underwent placebo arthroscopic surgery were just as likely to report pain relief as those who received the real procedure. The researchers said that their results challenge the usefulness of one of the most common surgical procedures performed for osteoarthritis of the knee. In the study, 180 patients with knee pain were randomized into three groups. One group received debridement, in which worn, torn, or loose cartilage was cut away and removed with the aid of an arthroscope. The second group underwent arthroscopic lavage, in which loose cartilage was flushed out. The third group underwent simulated arthroscopic surgery; small incisions were made, but no instruments were inserted

and no cartilage removed. The people who did not have surgery on their cartilage did better than the people who had some of their cartilage removed. Lead investigator Dr. Elda P. Way stated, "The fact that the effectiveness of arthroscopic lavage or debridement in patients with osteoarthritis of the knee is no greater than that of placebo surgery makes us question whether the one billion plus dollars spent on these procedures might not be put to better use."

A review of 13 studies involving nearly 1,700 patients found that arthroscopic surgery did not provide lasting pain relief or improve function for most of the patients (*BMJ*, May 10, 2017). Those studies compared the surgery with a variety of options, including physical therapy, exercise and even placebo surgery. Less than 15 percent of patients felt an improvement in pain and function three months after the procedure, and those effects disappeared after one year, the review found. In addition, the surgery exposed patients to possible knee infections. Researchers in Denmark showed that arthroscopic repair of the meniscus for middle-aged people was not much better than exercise in relieving pain and carried a risk of rare but debilitating side effects (*BMJ*, June 16, 2015;350:h2747). Another study of 156 patients in the US Military Health system showed that knee pain is treated more effectively by physical therapy than steroid injections into the knee (*JAMA*, June 23, 2020;323(24):2453).

My Recommendations

Based on these many studies and my own observations, I recommend that you do not get knee surgery unless you have a torn ligament that needs to be repaired or you have sudden locking of the knee during walking or you cannot fully straighten or bend you knee. Otherwise, surgery is likely to hasten your need for another surgery, knee replacement.

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

MASTERS OF SPEED

News from Boulder Road Runners' Elite Racing Teams

MEN'S 70+ TEAM

Dave Dooley Can Still Fly

from Jeff Dumas

Where were you born and where did you grow up? When did you start running?

I was born in Boise, Idaho. My dad sold insurance then and flew his own plane to his clients. I guess that's where I got the flying bug. We moved to northern Michigan when I was two. I always liked running and would quite often run to my friend's house about a mile away. There weren't any organized road races there at that time. I did run track a little in junior high, but really sucked at it. My best, or I should say least bad, event was the hurdles since I could make up for the speed with a little technique. I didn't run in college, but did do gymnastics while attending Northern Michigan U. I majored in Physics but soon realized that engineering would be a little more lucrative. I tried to get into the University of Michigan, but applied too late, so ended up at the University of Wyoming in their aerospace engineering department. No gymnastics program there, so I was away from any sports, including running, for a few years.

When did you begin your current running career?

I didn't start running and training on a regular basis until about 1982, at age 35, when working at Ball Aerospace in Boulder. They had a very active group of runners. I remember when I first started running with them, I was just hanging on to keep up on every run. The Corporate Cup Relays were a big thing then and we competed against other companies both local and national. *[Note from Jeff: Bill Faulkner and I ran on the StorageTek team during that period. I wonder if we were able to beat the Boys from Ball?]*

Interesting...How did you end up working at Ball Aerospace?

After getting my masters in 1978, I worked for the physics department at the University of Wyoming. The department had a contract with



Dave gets airborne—and sometimes in an airplane too.

Ball Aerospace in Boulder to build an instrument that ended up flying on the Apollo-Soyuz Test Program. I worked with some of the engineers at Ball and that's how I got my foot in their door. That was somewhat lucky, since aerospace engineering jobs were still hard to get then, since the Apollo program was winding down. *[Note from Jeff: While I was at Boeing (1978–82), I too worked on the Apollo-Soyuz project!]*

Could you please tell us something about your long racing career? How about describing a couple of your most memorable BRR USATF events? [Hint: how about Spokane in 2008?]

I've been very lucky with injuries. Except for a bout of plantar fasciitis, I've been pretty much injury free. I've run every Bolder Boulder since 1983. I've got numerous age wins (32) and, I think, the age 55 record—although I'm sure it won't be long before that's broken. It helps that there are few competitive runners my exact age. I've run many USATF cross-countries, both

club and national. I've also run USATF 10Ks and marathons, winning my age at a 10K at Paso Robles, CA and at the Twin Cities Marathon. I guess the USATF club cross-country and nationals were the most fun, given the team aspect. *[Note from Jeff: The USATF Club XC Championships in Spokane in 2008 had to be Dave's most memorable. We ran in snow, in a 30-mph wind and in sub-20 degree temperatures. But, of course, we won the gold!]*

Please describe a couple of your most memorable non-USATF races.

It's hard to come up with a most memorable race having run so many. Boston sticks out because it's, you know, Boston. It was the 101st in 1997 I ran around a 2:46 and, I think, 5th in my age group. Welcome to Boston. Races where you have a very tough goal and achieve it are memorable. One like that was the 2008 Colorado Marathon half marathon. I needed a sub-1:24 to qualify for the Bolder Boulder A wave and ran 1:23:37 at age 61. I had lots of other memorable races, some good and some not so good.

Please tell us where you and Nancy live and your current running regimen (including mention of running partners).

My wife Nancy Clair and I live on a private airpark just north of Erie. Not any running trails close by, but some options starting in Erie. Pre-pandemic, I would do a track workout with Jim Reynolds and Rick Katz. They are a bit faster so good for me. On Saturdays I would run the Purple Runner cross-country (except in summers, when the series takes a break) for hard sustained effort. *[Note from Jeff: Tom LeMire and I have been chasing Dave at these Saturday Purple Runs for well over ten years now—and, alas, we've never yet come close to catching him. Only our teammate Rick Katz, who is also a regular at these races, can keep Dave honest!]*

I do my longer runs on Sunday usually by myself, but sometimes with Jim Reynolds on

MASTERS OF SPEED

the Rock Creek or Coal Creek trails. Most of the running between workouts by myself are pretty slow. One of my favorite workouts is to run hard for three minutes, easy for one, eight times. It's a good one if you are not fully recovered and not concerned about your pace. The only strength training I do are push-ups, chin-ups, and sit-ups and occasional hill repeats. [Note from Jeff: "only" chin-ups??? I challenge any of our Men's 70+ team-mates to do any chin-ups!]

And, what are your racing goals for the future?

I really don't have any near term racing goals. I'm just trying to maintain some level of fitness

given the current environment. I would like to run another half marathon, but don't have one picked. No Bolder Boulder to train for this year—but, in the past, I never specifically trained for it anyway.

Oh, yeah, I have been told many stories about your home-built "experimental" aircraft. How in the world did you get interested in building your own plane?

As mentioned before, I've always had an interest in flying and airplanes. It's my other passion besides running. I built a lot of model airplanes as a kid. I tried to build an airplane a couple of times while working at Ball but it didn't work

out. Didn't seem like enough time to build and fly and work and run. I retired in 2006 and building an airplane was a good way to keep myself busy. It took me five years (I was working part-time for some of that period). I do have another airplane that I've had since 1988 and have flown it on many trips. The experimental is a motorglider that can soar if the weather provides the thermals. Nancy and I did fly it to Oshkosh, Wisconsin for the big fly-in a few years ago, but I usually just fly it locally. [Note from Jeff: Hey, I taught soaring at the Air Academy. Isn't a "motorglider" an oxymoron?]

MEN'S AND WOMEN'S 60+ TEAMS

BRR M & F 60+ Memorial Day Week Virtual Race Event

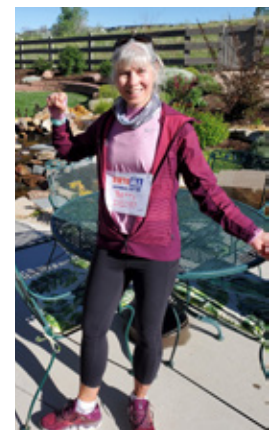
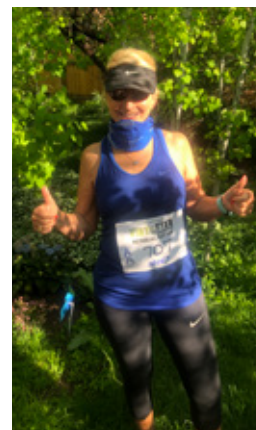
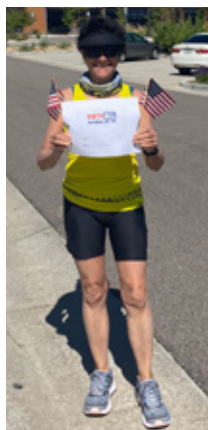
from Bruce Kirschner

The Boulder Road Runners Men's 60–69 team kicked off the first event in its three-race virtual race series during Memorial Day Week. Other Men's and Women's 60–69 USATF Masters Grand Prix national championship teams from across the U.S. were invited to participate.

Participants had a choice of either the 5K or 10K distances. Scoring was based on USATF age grading standards. Races could be run on any surface, including a track. Courses could also have some variability, but the drop in elevation had to be less than 50 feet for 5K and 100 feet for 10K. There are no registration fees or other participant costs associated with these virtual races. But the team's race organizers recommended that participants consider making a donation to an organization of their choice in light of the on-going global pandemic.

Other national teams, including BRR M60+ arch nemesis Atlanta Track Club, jumped on the opportunity to virtually race with other teams across the country. A total of five men's teams (36 participants) and three women's teams (13 participants) competed, including BRR's very own BRR W60+ team. Here are the Men's 60+ team results based on average age grade:

1) Atlanta Track Club	88.00%
2) Boulder Road Runners	83.22%



Women's 60+ Team, left to right: Sara Cohen, Lynn Hermanson, Nancy Antos, and Betty Aga.

3) Greater Lowell Road Runners	82.42%
4) Shore Athletic Club	81.42%
5) Athletics Boulder	78.98%

Here are the Women's 60+ team results based on average age grade:

1) Shore Athletic Club	79.84%
2) Greater Lowell Road Runners	78.23%
3) Boulder Road Runners	73.90%

Doug Bell, George Braun, Benji Durden, Adam Feerst, Paul Nicolaides, Jack Pottle, and Roger Sayre served on the BRR team for the first event in the 3-event series. Doug Bell was the team's top age graded scorer at 84.86%. The BRR W60+ team was composed of Nancy Antos, Lynn Hermanson, Sara Cohen, and Betty Aga. Lynn Hermanson was the team's top age

grade scorer at 79.54%. A big thanks to two team members: Jesse Mayes for stepping up to serve as the BRR Team Representative as well as helping with all men/women overall results, and Adam Feerst for setting up the course on the Sand Creek Greenway that several men's team members used.

Complete results available at: boulderroadrunners.org/masters-teams-2020-virtual-race-series/.

The next BRR M/W 60+ virtual racing event is set for the Fourth of July week. The racing period for either a 5K or 10K has been set for July 3 through July 12. A third virtual race will be held around the Labor Day weekend period. Details about this third event will be released in August. Additional virtual races may be planned for the balance of 2020.

Getting Through the Pandemic

from George Braun as told to Bruce Kirschner

While many people were enduring tragic losses of loved ones in horrific circumstances, others (the lucky ones) tried to adapt to life in quarantine. Personal connections had been severed and we all tried to figure out how to get through this time of uncertainty and isolation. George Braun, a member of BRR's M60+ USATF national championship team, participated in a series of challenges presented by his Boston-based running club, the HFC (Hurting For Certain) Striders. Their Social Distance Series (SDS) was established to lift members out of the funk caused by cancellation of road races and organized group workouts. The intent was to bring club members out of the slump by

as well as stay socially connected during the pandemic. According to George, "Being one of the only HFC Striders club members who is retired, I didn't have work to keep me occupied. Running, or more specifically racing, is my job. So when all races got cancelled, I struggled to stay motivated. Without any specific races to look to for direction I was lost, without focus, and finding it hard to get out the door for a run. Having this series was a perfect way to get back on track with specific goals to accomplish. It got me grounded."

Thirty-four club members participated in the HFC Striders' SDS. George's 430 total points was good enough for first place male overall. Second and third place were significantly behind, tied with 350 points. Some of George's SDS

fountains as my 'template.' Then I tried to match the size of that circle template to create each of the 'grapes.' It was tricky because there were already steps in the snow from people walking their dogs or whatever, so it was a challenge to follow it correctly. I think anyone watching me must have thought, 'This guy must be having a seizure or suffers some form of mental illness!'"

During quarantine, many people's alcohol consumption went up (well, at least at home, since Avery's was closed after all), so another challenging task was to create a sculpture using bottle or can empties. George's artistic masterpiece was a replica of the olive wreath awarded to male and female Boston Marathon winners and was created during the actual week the race was originally scheduled to happen (see photo).

One HFC Strider was stuck in quarantine lockdown in Barcelona. Unable to leave his property during the pandemic stay-at-home order in Spain, he became a crazy neighbor running around his house. The SDS challenge series helped many other club members get through some challenging times, remain engaged, and stay in touch with friends... if only virtually.

To sum up, George observed, "Being retired with lots of time on my hands, I possessed the competitive advantage. It is also advantageous to live in Denver for

the alphabet street challenge (run on streets that begin with every letter of the alphabet) and the 'most streets on a single run' challenge. I was even able to do that in alphabetical order! On the other hand, I was disadvantaged due to running at altitude vs. everyone else in the club being at sea level. Finally, I was the oldest member who participated, although many of the running events were scored with age grading. So, in conclusion, I think it was a fair fight!"



motivating running and enhancing club spirit and team work. The series began on April 13 and ran for 7 weeks. Challenges ranged from virtual racing events, such as a mile or 5k; most miles run in 24 hours; virtual relay team races (including a marathon team relay on the Boston Marathon's originally scheduled April 20th date); running streaks; alphabet street runs; trivia contests, virtual hiking; virtual planking; virtual social hours; etc. The series provided great motivation for club members to run

accomplishments were: running 50.02 miles in 24 hours; most streets on a single run (112); and most miles in a week (105). Another challenge was to "draw" a piece of fruit during a run using GPS tracking. George managed to create a cluster of grapes (see photo). He managed to create this running art form while there was still some snow on the ground in Denver's City Park, located very close to his home. According to George, "First I created a 'stem' at the top. Next I used the circle around one of the park's

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Men's 70+ Team Coordinator: Jeff Dumas, jeff.dumas@comcast.net

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!

