

## President's Message



*"These are the times that try men's souls."*

—Thomas Paine

This is the first line of a quote about FREEDOM. This COVID-19 virus has limited our freedom to live our lives as we normally would. We have all endured

a couple of months of isolation from our fellow runners and have had to deal with the postponement or cancelling of races, the latest being the Boston Marathon and now the Bolder Boulder/Fortitude 10K that had been rescheduled for Sept. 7, 2020.

Over time, since I joined the Boulder Road Runners, I have met and got to know some of you. Attending the monthly meetings are where most of those contacts occurred. We have had to cancel the First Monday meetings for several months because Avery has been closed due to the virus. Avery has told us that they hope to be able to allow us to meet again there by August, but that will depend on the virus. Whenever we can safely meet again I hope to see new faces at the meetings and have the opportunity to meet more of you and find out more about your running.

In the meantime, as we begin the slow reopening of business and regain the ability to be outside more often, we might need something to give us a mental boost. In my "From da' Coach" column this month I talk about what I have done to help me through the isolation and to inspire me for the future of my running.

Each month Lyle Rosbotham puts together an exceptional newsletter to entertain, educate, and inform members of BRR. We have recently had articles written by the Team Captains of the racing teams about some of the team members in the new section "Masters of Speed." I have asked Lyle to add a new feature to the newsletter titled "My Most Memorable or Epic Races" and ask BRR members to emulate what I did this month in my coach column by writing an article about one or more of your experiences as a runner that have inspired you or is one of your memorable events. This will enable not only me, but other members of the BRR, to get to know you a little better.

I have tried to send some humor and inspiration to the members in my emails so I have included a few more below, I hope this makes you smile.

- T-shirt quote: *"In this life there are leaders and followers. Take note: You are reading the back of my shirt."*
- *"I'm the fast girl your Mother warned you about."*
- *"Lady you just passed it."* Spectator to Joan Benoit Samuelson when asked how far away was Heartbreak Hill.
- *"Running won't kill you, you'll pass out first."*

And finally:

- *"I go running when I have to. When the ice cream truck is doing sixty."*
- Wendy Liebman

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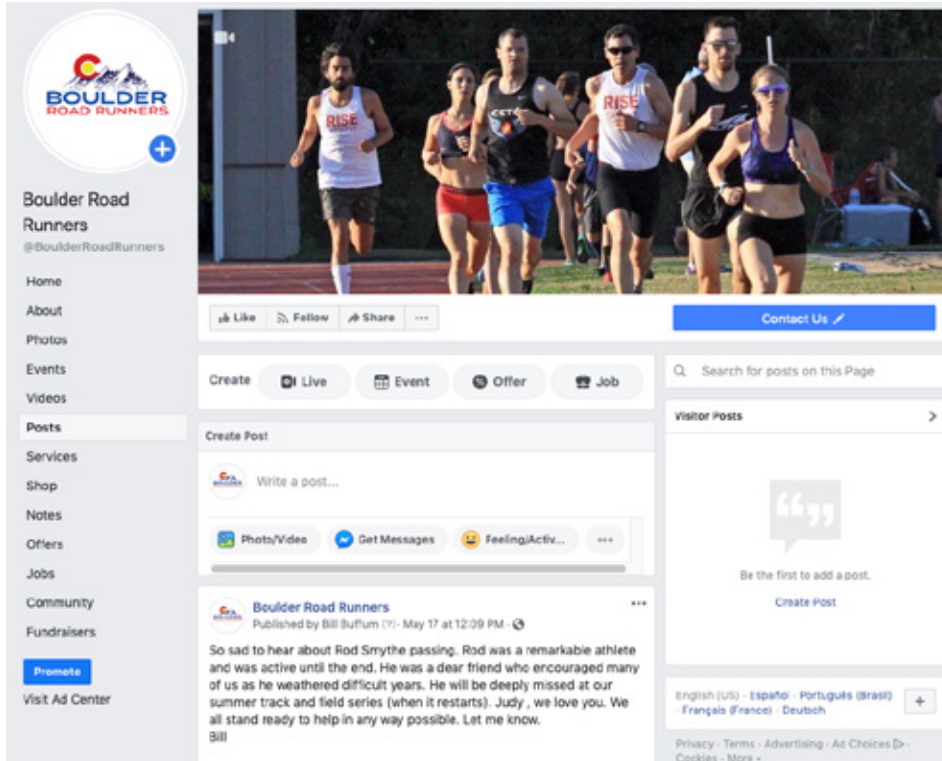
### Boulder Road Runners

PO Box 1866  
Boulder, CO 80306  
[www.boulderroadrunners.org](http://www.boulderroadrunners.org)



## Don't Forget About Our Facebook Page

It's always there for you.



### Boulder Road Runners, Inc. Officers and Contact Information 2020

#### ELECTED OFFICERS

Will Dillard, President  
president@boulderroadrunners.org

Don Janicki, Vice President  
djanicki@comcast.net

John Caldwell, Treasurer  
jdcinc1@prodigy.net

Todd Straka, Secretary  
toddstraka@gmail.com

Lee Troop, At-Large  
lee@teamboco.com

#### APPOINTED POSITIONS

Lorraine Green, Advisor to the Board  
toucanlorraine@gmail.com

Mike Wien, Advisor to the Board  
mike@specifiededge.com

John Bridges, Administrative Officer/  
Membership  
John@boulderroadrunners.org

Todd Straka, Meet Director,  
Summer Track & Field Series  
toddstraka@gmail.com

Lyle Rosbotham, Newsletter Editor  
lyle@his.com

Ken Thurow, Volunteer Coordinator  
kdthurow@aol.com

Tom Lemire, Historian  
Tom\_lemire@yahoo.com

Alastair Norcross, Club Photographer  
anorcross@mindspring.com

Lee Troop, T.E.A.M. Liaison  
lee@teamboco.com

Ewen North, Revolution Running Liaison  
ewen@revolution-running.com

**CURRENT MEMBERS: 206**

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## RUN THE WEST END 3K (& KIDS 1K) AND THE EAST END 3K (& KIDS 1K) VIRTUAL RACES FOR CHARITY

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 heartbreakingly 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 **West End 3K** (& Kids 1K) and **East End 3K** (& Kids 1K) races will now be Virtual events with **100%** of all race registrations being donated to the Downtown Boulder Employee Assistance Fund. For more information on the Downtown Boulder Employee Assistance Fund OR to donate directly, please click [here](#).

The **WEST END Virtual Run** will be held from **Wednesday, June 3rd to Thursday, June 18th**.

The **EAST END Virtual Run** will be held from **Wednesday, July 8th to Thursday, July 23rd**.

Registration cost per person includes your time uploaded in the overall race results, a downloadable finishers certificate and a Downtown Boulder Triple Crown Race Series participation medal.

- Kids 1K - 12 years and under: **\$10.00**
- 3K - 17 years and under/50 and over: **\$15.00**
- 3K - 18 years to 49 years: **\$20.00**

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

## TRIPLE CROWN RACE SERIES MEDAL

The West End 3K, East End 3K and Pearl Street Mile this year, will have 3 different medals to recognize the 3 different events. If you do all 3 races, the medals all combine together to make a Crown to symbolize the Downtown Boulder Triple Crown Race Series.



## SIGN UP TODAY TO BENEFIT THE DOWNTOWN BOULDER EMPLOYEE ASSISTANCE FUND



### WEST END 3K & KIDS 1K

**Wednesday, June 3rd to  
Thursday, June 18th**

[REGISTER HERE](#)

### EAST END 3K & KIDS 1K

**Wednesday, July 8th to  
Thursday, July 23rd**

[REGISTER HERE](#)



Troop Events Athlete Management will **NOT** be profiting from the West End and East End events.

Time and effort will be donated free of charge to the successful running of these 2 Virtual races and **100%** of

**ALL** race registrations **WILL** be donated to the Downtown Boulder Employee Assistance Fund.



## Looking Back, Preparing to Go Forward

from Coach Will Dillard

Because of the Stay at Home Order we have all been dealing with, if you are like me it has been hard to safely get out and run. With so much time at home it can become mentally draining. I have called family and friends on a regular basis. I have probably watched 100 old western movies and TV shows. I have spent way too much time surfing the internet. But I have also been planning my comeback from the lockdown.

One of the things I have done to move forward is I have looked back. To develop a plan for going forward I have been going through my old training logs and recalling some of my past races and memories. Below are some recollections.

### Peachtree Road Race 10K (GA)

I have run this race 26 times. Like the Boulder Boulder if you have a qualifying time from another event it allows you to start closer to the front. In Georgia this is a big goal for most competitive runners. You train hard and race hard for one of the front groups.

### Big Sur Marathon (CA)

I have run this event 3 times, the last time 20 years after the first time. This is one of the most beautiful and challenging marathon courses in the U.S. The winds can be a factor—like the time I ran it in 2015 when we had 70 mph gusts at the top of Hurricane Point and 40–45 mph sustained winds the rest of the time.

### Avenue of the Giants Marathon (CA)

Another unbelievably beautiful course. Running under the giant redwood trees really makes you feel small but also inspires you to appreciate the beauty.

*continued on next page*

Will Dillard



Part of the Big Sur course, including Bixby Bridge.

Will Dillard



The Avenue of the Giants.

## From Da' Coach, *continued*

Do you have favorites you are looking forward to running again?

### Hogpen Hill Climb (GA)

I ran this race 12 times. The elevation gain is more than 2,500 feet in 17K, with one 2-mile stretch (mile 7 to mile 9) at 10–12% grade.

### Mountain Ranger Run 15K (GA)

I ran this race 8 times. It takes place at the U.S. Army Ranger Training Camp and runs over the same course the rangers train on. Very hilly through the mountains and the last mile is uphill at 10–12% grade.

### Brasstown Bald Buster (GA)

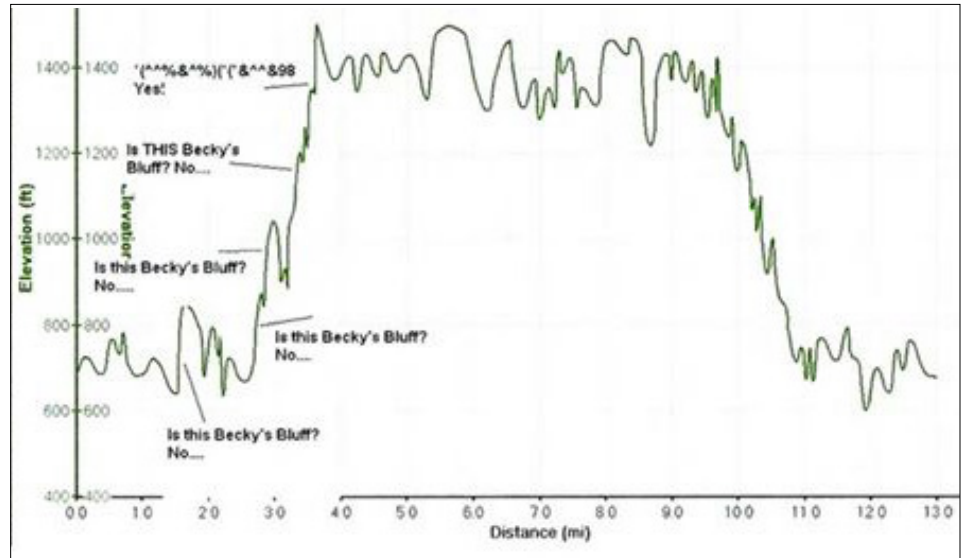
“A Little Ol’ 5K With Just One Hill” is how the race is advertised. It starts at the entrance to the state park and runs up to the top of the highest peak in GA. The last quarter-mile of the race is at 17% grade. I ran this race 7 times.

### Georgia Long Distance Relay (GA)

This is a 125 mile, 8-person team, relay race through the mountains of North Georgia. Each team member runs 3 legs of approximately 5 miles. Since I was a strong uphill runner the harder mountain legs were given to me. We placed first in the Mixed Masters Division (16:39:21).

### Twisted Ankle Half Marathon (GA)

I ran this race 3 times, two second place Age Group and one third place Age Group. This course runs around a lake then almost straight up the side of the mountain to the top of the ridge, then follows the ridgeline out and back then back down the side of the mountain to the finish. Brutal race but one of my favorites. (see profile above).



Twisted Ankle Half Marathon elevation profile—you get the idea.

### Pikes Peak Ascent (CO)

Ran this race in 2015. Most local runners know the stats, 7,815 feet of elevation gain in 13.32 miles.

### Bolder Boulder 10K (CO)

I have only run the race two times but had registered to run it this year. I will have to wait until next year to run it again.

### Monument Valley Half-Marathon (AZ)

A very spiritual place to run. Some of the most beautiful scenery you will ever see.

### Imogene Pass Run (CO)

I attempted this race in 2016 but missed the time cutoff for the summit. This is the only DNF (Did Not Finish) in over 325 races that I have run. Course is 5,300+ feet

of ascent in 10 miles to Imogene Pass at 13,114 ft, then 4,300 ft of descent to the finish at 17.1 miles.

I listed these because they are some of my favorite or most challenging races that I have run during my life, and with our current lockdown situation, they are inspiration to me to remember what I accomplished in the past and to inspire me to set big goals for the future.

Do you have some favorite or epic races that you have done in the past? Do you have some races that you are looking forward to in the future? Send me an email with your story and we might put some in the next newsletter.

Wishing you miles of smiles,  
Coach Will



# Don't Straighten Your Knees When Running or Biking

Runners who are most likely to be able to continue to run as they age are the ones who take shorter strides

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

Always try to keep at least a slight bend in your knee when you run or bike. When you run, you are supposed to land on each foot with a partially-bent knee. Otherwise you transmit the shock of your foot hitting the ground directly onto your knees, hips, and back. Straightening your knees when you pedal markedly increases risk for knee pain by increasing the force on your joints. In this week's article I explain about knee injuries from running, and next week I will discuss causes of knee pain in cycling.

## Running Injuries

I do not run anymore, and virtually all of the runners who ran with me in the 1940s through 1960s don't run either, mostly because of the very high rate of running injuries. Eighty percent of long-distance runners suffer injuries that force them to take time off from running each year (*Br J Sports Med*, Aug 2007;41(8):469-80). Most wear-and-tear running injuries are caused by the high impact of your foot hitting the ground, which is determined most by the length of person's natural stride (*Scan J Med & Sci in Sports*, May 30, 2018). Unnecessarily high impact is often caused by over-striding. Runners who are most likely to be able to continue to run as they age are the ones who take shorter strides (*Med Sci Sports Exerc*, Jan 2016;48(1):98-106), and you take shorter strides by never fully straightening your knees. Shorter strides help to reduce the tremendous ground foot-strike force that tears muscles and tendons, cracks bones, and injures joints. To convince yourself, place your hands on the huge quad muscles in the front of your upper leg while you run. Each time your foot strikes the ground, you will feel the muscles shake like jelly. This force is transmitted up your legs to your hips and back, and done repetitively, it can cause injuries (*Br J Sports*

www.scientificanimations.com/wiki-images/



*Med*, Apr 2016;50(8):450-7). Runners who are injured frequently are likely to benefit most by shortening their strides, which then coincidentally increases likelihood of their landing on the front part of their feet, rather than on their heels. Contrary to common belief, it is not important whether you land on the front of your foot or the heel. However, the more you overstride, the more likely you are to land on your heel. Landing on the front of your foot does not prevent injuries, it is only a marker that you are not overstriding. A study of the 2017 IAAF World Championships showed that 54 percent of the men and 67 percent of women landed on their heels (*Journal of Biomechanics*, May 22, 2019).

## Why Running Causes So Many Injuries

When you run, both feet are momentarily off the ground, and each foot strikes the ground with a force equal to three times body weight at six-minute-mile pace. The

faster you run, the greater the force of each foot strike. Walking is much safer because when you walk, you always have one foot on the ground, so the force of a walking-foot strike almost never exceeds your body weight. As runners start to feel tired, they naturally shorten their strides and this decreases the force of their foot striking the ground (*Med Sci Sports Exerc*, Dec 1999;31(12):1828-33). The bent-knee shorter stride lessens the force of their heel striking the ground and places it forward to the area behind the big toe. To compensate for the shorter stride, they move their legs at a faster cadence. Shortening your stride will help to protect you from injuries by shifting your foot strike force forward. You can keep your speed by moving your legs at a faster cadence.

Today's specially-cushioned running shoes were mistakenly thought at one time to increase risk for injuries (*Nature*, January 2010), but they increase injury rate only if you also overstride. Specially-padded heels encourage runners to straighten their knees, extend their strides, and land on their heels first. Hitting the ground with the heel first generates tremendous force because it stops the foot suddenly, while landing on the front of the foot allows the foot to keep on moving as the heel is lowered toward the ground to distribute the forces throughout the entire lower leg. You can demonstrate this by dropping a pen on its tip. The pen hits with great force because it stops suddenly when it hits the ground and then falls forward. However, if the pen is dropped at an angle, it hits the ground with much less force because after hitting on that end, the force is distributed as the pen falls backward to the other end. Whether you land on your heel or the front part of your foot is determined by your stride length, which is determined by

## Dr. Mirkin, continued

“Barefoot running is good for podiatrists, not for runners.”

whether you keep your knee bent or not. Runners get the same benefit just by never straightening their knees, which shortens their stride, without having to give up their comfortable shoes. The bent-knee, shortened stride reduces the injury-causing force of the foot hitting the ground and also causes the runner to land farther forward on his foot.

### Barefoot Running

The idea that landing on the front part of your foot reduces risk for injuries encouraged some people to try running barefoot. My son, podiatrist Dr. Gene Mirkin, says, “Barefoot running has done more to bring patients into my office for fasciitis, shin splints, and general pain . . . it is good for podiatrists, not for runners. We have evolved into shoe-wearing people.” Stones and broken glass can cause injuries, and most people have such thin skin on the bottom of their feet that they can’t possibly run barefoot.”

### Shorter Strides Help You to Run Faster

When most experienced runners go as fast as they can, they run at close to the same cadence. For example, a video at the New York City Marathon showed that all of the top 150 runners had the same cadence, taking 92 to 94 steps a minute. The difference between the top runners and the others is that the best runners are able to take longer strides without any special effort. Trying to extend your stride consciously slows you down and increases your chance of injuring yourself. When you try to take longer strides than what is natural for you, you lose energy and run more slowly.

Shorter strides help you to run faster because of stored energy. When your foot hits the ground, the tendons in your legs (particularly the Achilles tendon in the

back of your lower leg) absorb some of this energy and then the tendons contract forcibly so you regain about 60 to 75 percent of that stored energy. When you try to take a stride that is longer than your natural stride, you lose a great deal of this stored energy, tire much earlier and move your legs at a slower rate.

The key to running faster in races is to make your leg muscles stronger so you can contract them with greater force so they drive you forward with a longer stride. Competitive runners strengthen their legs by running very fast in practice two or three times a week, and by running up and down hills once or twice a week. If you want to be a faster runner, learn to take stride lengths that feel comfortable, do not try to extend your stride, and try to increase your cadence (*Sports Health*. 2014 May; 6(3): 210-217).

### Why Aging Shortens Strides

Your muscles weaken as you age, no matter how much you exercise. Since weaker muscles generate less force, older people will naturally shorten their strides as they age. Canadian researchers reported on biopsies of the leg muscles of 80- and 90-year-old world champion runners at the world masters track and field championships, and showed that, even though the muscles of the champion athletes were stronger, their muscle fibers contracted with the same speed and force as those of older non-athletes, and with less speed and force than what is generated by muscles of younger non-athletes (*American Journal of Physiology - Cell Physiology*, December 2015).

### How to Make Your Leg Muscles Stronger

The only safe way to increase your stride length is to strengthen your leg muscles to

help them contract with greater force. To make a muscle stronger, you have to damage the muscle fibers so they will be stronger when they heal. Competitive runners strengthen their legs so they have longer natural strides by:

- doing interval training (running very fast short bursts), two or three times a week
- running up and down hills once or twice a week

You can also strengthen your legs by using strength training machines, but you should do leg presses or knee and hip extensions only on the same days that you run fast. You cannot do strength training on recovery days because it will delay healing of your muscle fibers that were damaged from the previous day’s intense running. Most runners are better off not using strength machines on their legs because running very fast damages muscles and so does using strength machines. The combined load of running fast and using machines increases your risk for major injuries.

### My Recommendations

If you are a regular runner, realize that you can become stronger and faster, and gain more health benefits, if you try to pick up the pace during some of your runs. However, this can increase your chances of injuries. To help to protect yourself from injuries:

- Run at your most comfortable stride length and do not try to extend your stride length
- When your muscles are fatigued or sore, you may feel better if you shorten your stride length a small amount
- Run slowly on days when your muscles are sore from running fast on the previous days
- Stop your workout immediately if you feel localized pain that does not go away as soon as you slow down.

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Reprinted courtesy of Dr. Gabe Mirkin. More of his articles can be found on his website, [www.drmirkin.com/](http://www.drmirkin.com/).

# MASTERS OF SPEED

News from Boulder Road Runners' Elite Racing Teams

## MEN'S 70+ TEAM

### Tom LeMire Has Got Some History

from Jeff Dumas

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

Born quite chubby in Mercy Hospital, Chicago, May 28, 1943 setting the year-to-date birth-weight record of almost 13 pounds to a 100 pound Irish mother who was credited with the highest number of times anyone has screamed the hospital's name during delivery. Grew up in the burbs earning spare cash for a first bike and used car by mowing 14 lawns which paid \$5 per job if the roof gutters were also cleaned out and if the owners offered lunch. *[Note from Jeff: Don't take pity on Tom's wages. Five bucks in 1960 would be at least \$50 today!]*

#### **In your younger years, I understand that your father invented scuba diving, yes?**

Followed an adventurous father's wanderlust for living life on the edge by joining two brothers to pioneer the sport of underwater diving in the late 40's and throughout the 50's. What is now called SCUBA gear had to be largely home made from fire extinguisher tanks and a lawn mower engine to compress air. The taste of gasoline fumes, blood in our masks, chronic headaches, earaches and no diving tables were minor inconveniences when compared to a "game-over" accident at 214 feet down doing underwater salvage when Pop ran short of air. The bends put him in Groton Naval Hospital's recompression chamber for one week, while he learned how to walk again.

#### **I understand that you were invited to join the U.S. Army right after graduating from college. Instead you opted for a long vacation in the U.S. Air Force. How'd that happen?**

Immediately after earning a Bio. Sci. degree from Northwestern University in 1965, the Vietnam war draft was active. Recruits were chosen by a random drawing of 365 birthdates and the first 100 were on their way to Nam courtesy of



Tom holding his 2009 Boston Marathon 65–69 age group award, a very nice crystal glass bowl.

the U.S. Army. May 28th was the 42nd number to be selected. At that time, the Army recruiters offered a one week grace period to explore another military branch.

Long story short, the Air Force had no use for a degreed biologist who was pursuing a career in Public Health so they asked "Can you be an accountant?"

Accountancy at the now defunct Lowry AFB, Aurora, CO in 1966 meant preparing the base payroll using a very loud IBM card keypunch machine. When the office staff complained about too much keypunch noise, a tech sarge. hung army blankets around the machine leaving only the operator trapped within to deal with the nuisance. *[Note from Jeff: It's a wonder they didn't have a mutiny with Tom charged with making payroll!]*

The assigned eight-hour shift provided only enough work to be easily completed in two hours or less which opened up an opportunity to volunteer to serve on the highly polished Lowry Honor Guard. Sadly among the dozens of Vietnam fatalities that we honored at their family's chosen final Front Range resting places with rifle salutes, taps, and a triangular flag folded for

the family, the saddest burial was on a lonely windy hilltop outside of Franktown when no family or friends showed up to grieve.

After the Air Force, it took one week to land an Environmental Health position at Boulder County Health Department which provided decades of opportunities to work within 25 separate programs including a branch office at the University of Colorado as their Campus Health Officer during the torrid times of freewheeling student self-expression. *[Note from Jeff: Tom's first home in Boulder was in El Dorado Springs—where he learned to run trails and climb cliffs.]*

#### **When did you start running?**

By 1972 the Running Boom in Boulder was well underway at C.U. with the Colorado Track Club which put on The Watermelon Team race. One watermelon per team, no rules, but first melon to the top of Flagstaff Mountain wins.

The only other running club was The Rocky Mountain Roadrunners in Denver (club president for one year) which put on staggered start races at Wash Park and Barr Lake that were handicapped by your previous performances. Ideally, all runners would cross the finish line together.

Subsequently, with the chartering of the BRR, we could organize local races like our free Saturday morning Table Mesa family three mile, hand-timed with numbered popsicle sticks to track all finishers' places and with groceries as awards. *[Note from Jeff: That's why Tom is the official BRR "Historian"!]*

#### **What were some of your early running adventures?**

Some personal running highlights include the first of a lifetime total 51 marathons entered naively at Pike's Peak. Back then, early 70's, there were no aid stations but you could share a common cup to drink from Barr Creek. A hard choice for a Health Dept. guy to ponder which had more microbes, the creek water or the public cup. Most inspirational moment of that race was lining up at the chilly start in Manitou Springs next to Roger Strudrick who finished



the grueling trail run of 26 miles with thin air, rocks, and crevices while trying to balance on no feet or any prosthetics below his ankles, only leather stumps. No room for self-pity or self-doubt after seeing Roger through eyes that immediately teared up in disbelief and with full respect for his courage. *[Note from Jeff: Tom ran the marathon in 1971, I missed running with him by two years, running the ascent in 1973 and marathon in 1974. But, unlike Tom, Roger Strudrick was still running that hill when I went up!]*

**Could you please tell us about your long racing career, particularly about USATF events? In particular, could you tell us about your first place age-group finish in the Boston Marathon?**

Other memorable “Holy Grail” age-group marathon moments include two 50K Mojave Desert wins at the California Trail Championships (4:09), a \$300 first prize for the National Marathon Championships in Twin Cities and, at age 66, a first-in-age finish in 2009 at Boston with a 3:16—while chasing daughter Stacy, who got her lifetime best 3:05. *[Note from Jeff: I was with Tom at the start of that Boston Marathon. Tom beat me by a mere half-hour...]*

Running can benefit us with so much more than fitness. As a 50+ year lifetime hobby, it has become an amusing and motivating social life, an excuse to travel to new towns that are putting out the welcome mat for a great first impression: Honolulu; Bordeaux, France; Tampa; Cook Islands; Victoria, BC; Puerto Villarta; and many other new venues. *[Note from Jeff: Don't envy Tom that race in Bordeaux. Try sipping a glass of wine at aid stations when the temperature is over 100 degrees!]*

**You've worn the BRR orange singlet in many USATF championship events. The BRR is now encouraging BRR team members to volunteer at community running events. In this you set the gold standard. How have you been helping out?**

A short list of running related volunteer activities enjoyed include: Track & Field umpire for the BRR All-Comers' summer series at Potts Field, a USATF certified judge for the CU indoor and outdoor Track & Field invitationals, a U.S. anti-doping association official during the Bolder Boulder elite men's competition, and assisting Coach Will (BRR President) with the free 10-week spring training series leading up to the Bolder Boulder.

**You and your family had a huge turnout for Lee Troop's Thanksgiving Day 5K. Just how many runners have you motivated in your family, and how did you achieve that?**

And finally, running encourages volunteerism for community events and a perfect outlet while raising kids. With four children between us, Joyce came up with a clever way to pass on the gift of our lifetime running hobby. First, they spent their youth thinking that all kids their age went to running races on almost every weekend. Then, without too much obvious coercion, they were told “You don't have to run if you want to hold the coats”. None became coat racks. Erin ran state X-C for her high school and entered Junior Nationals in Nordic Skiing.

The two brothers, Jeff, 55, and Kyle, 47, are remotely challenging each other to daily runs and are logging in monthly mileage along with their sister and marathoner Stacy. All four have made us very proud that they continue to be their own healthy examples for our eight grandchildren.

It's been a good run and still is!

## MEN'S 60+ TEAM

### BRR M60+ National Virtual Race Series

*from Bruce Kirschner*

With the onset of the global coronavirus pandemic and the evaporation of public racing events the club's USATF Men's 60–69 racing team decided to step up and take things into their own hands. The original plan was for a series of virtual racing events for just the BRR team, but it has now been elevated to the national level.

First, a little background. 2019 World Champion and M60+ team member Roger Sayre cooked up the idea of having other members of the team run either a 5K or 10K virtual race on Memorial Day, July 4th, and Labor Day weekends. The concept was picked up by USATF journalist and “Running Professor” Paul Carlin, who promoted it with some other USATF-affiliated M60+ national championship teams.

It was determined that participants would need to be current members of both USA Track & Field (USATF) and an official USATF club sponsor. The other national teams, including the Atlanta Track Club, the Greater Lowell (MA) Road Runners (GLRR), and Shore Athletic Club (NJ) jumped on the opportunity. There are now a total of five men's teams and two women's teams (from GLRR and Shore), participating in the series.

The “Memorial Day Weekend Virtual Races” commenced on May 23 and ended on May 31. All races had to be completed during this period. These events are not associated with USATF in any way. Participants have a choice of either distance: 5K or 10K. Since age grade scoring is used, entrants may designate they are racing a 5K or 10K at the last minute. For example, a runner can take the first 5K split in their 10K and

submit that as their race. Runners may also try as many times as they want or do a 5K and 10K, but can only submit one time. Although virtual races are based on the honor system, each individual is requested to submit a screenshot of their GPS watch or provide a GPS link to their race course. Races can be run on any surface, including a track, although roads, bike paths, or gravel trails are recommended. Courses can have some variability, but the drop in elevation should be less than 50 feet for 5K and 100 feet for 10K. Scoring is based on USATF age grading standards. Team size is unlimited. For teams composed of five individuals the average of age grade scores for all finishers represents the team score. A second virtual race will be held around the July 4th period and a third race is planned for the Labor Day Weekend.

In light of the on-going pandemic, safe racing

## MASTERS OF SPEED

practices and local social distancing regulations are being followed to best avoid transmission of COVID-19. For example, real-time races having no more than ten participants, a staggered start of no less than 30 seconds between each runner, runners starting in a randomly selected order, and no pacing or drafting being allowed is recommended.

There are no registration fees or other costs for the virtual racing series. But race organizers request that participants consider making a donation to an organization of their choice.

*Right:* Some of the Men's 60+ team taking part in a virtual team race at Sand Creek Regional Greenway on Saturday, May 23.



Adam Feerst



Paul Nicolaides



Jack Pottle



George Braun

### ***Tentative 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](mailto:bhkirsch@comcast.net)

**Women's 60+ Team Coordinator:** Virginia Schultz, [Virginia.Schultz@Colorado.edu](mailto:Virginia.Schultz@Colorado.edu)

**Men's 70+ Team Coordinator:** Jeff Dumas, [jeff.dumas@comcast.net](mailto:jeff.dumas@comcast.net)

# Are you dragging around a dinosaur?

from Terry Chiplin and activacuity



Ymblanter, Wikimedia

*"We create our reality with the thoughts we think all the time and every day. Our thoughts dictate the decisions we make."*

—Joana dos Reis

At one of our summer training camps a few years back, a runner had said to me that she couldn't run faster than an 8-minute mile. Whenever runners say things like that to me, or I say things like that to myself, what follows is, how do you know that's true?

On one of the runs during the camp, I found myself on a trail with this same runner, and wondered if I could test out her theory on her max running speed.

We were running on an easy downhill section, that was soft gravel and a lot of fun to fly down! We were talking, and I deliberately gradually picked up the pace a little. I wasn't wearing anything that would indicate pace, however knew from my own experience that we were clipping along at faster than 8-minute/mile pace. I asked her how she was doing, as she seemed to be relaxed and easy with the current, faster pace. She said that she felt great, and that she was really enjoying this run!

Then she happened to glance at her Garmin, and realized how fast she was actually traveling! Within a few seconds she had slowed down, and then said that she felt physically sick. She did finish the run, at a much reduced pace, and was reacting like someone who was in shock after a trauma.

The reason I share this story is to illustrate an example of the kind of core beliefs that many of us carry around. Our core beliefs are made up of the thoughts we think to ourselves all the time, every day. Thoughts that play like a tape that is permanently stuck on play in the background of our minds. And we always, with very



Got one of these on your back? Dinosaur in Drumheller, Alberta, Canada.

little questioning, believe in whatever the belief is. The way I see this it is like we are dragging a dinosaur around with us all the time—although it's out of date we are constantly carrying this large, dead weight around with us hoping that no one will notice...and boy does it get to be a burden!

A core belief usually starts with "I," or "I am"...then followed by something that can be either positive or negative. For this feature, we will focus on those that are negative in nature, as those are the ones that will weigh us down, hold us back, and are not rooted in reality.

Running examples are:

"Everyone is faster than me." – "I'm too slow." – "I'm a failure." – "I knew I would be last." – "Everyone is laughing at me."

There are myriad ways we can create the words that affirm the way we feel about ourselves.

One way to pinpoint a core belief is to notice when something upsets you—when this happens, instead of just staying stuck and adding another layer to that old

negative belief, begin to question the reasons that are making you upset. You peel off the layers like unwrapping an onion, and then get to the crux of the belief message.

The next step is then to replace the core belief you have identified with a positive, realistic one instead. It also needs to be words that are right for you—it may feel a little, or a lot, uncomfortable for a while; after all you have been repeating and believing that old belief for many years now, so make sure to give yourself a chance to work with this. Perseverance reaps rewards! This is also a chance to play with different versions of a new positive belief, and find which one fits and works best for you.

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*One of the services we can provide is an interview to review with you any core beliefs that are holding you back, and work together to find realistic, positive replacements. 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](http://www.activacuity.com), or contact Terry Chiplin at [terry@activacuity.com](mailto:terry@activacuity.com).*



# 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
<b>Recurring Club Events</b>			
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
<b>Club Races</b>			
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!**

