

President's Message



Moving Forward

Since the new Board of Directors took office we have had two board meetings and have already put some actions in motion to support and maintain the Competitive Teams and the

Summer Track Series.

At the last board meeting we asked that the captains of the competitive teams attend so that we could discuss the current status of the teams and their needs going forward. I am happy to report that we have a pool of 48 athletes spread across the three teams.

We also asked that they attend so that we could discuss how we are going to support these teams in the coming year. In this newsletter you will see a flyer for the St. Patrick's Day Fun Run on March 15, 2020 at the Boulder Reservoir. Lee Troup proposed to the board a couple of weeks ago that he would be willing to share the profits from the Beer Garden with the club as a revenue stream for the competitive teams. The board agreed and we have partnered with Lee on this. We ask that you also support this effort by volunteering, as I have, or competing in the race and enjoy each beer afterwards knowing that it goes to support the competitive teams.

There was also discussion with the team captains about the status of the racing singlets. The current singlet in use by the men's team is no longer available at a wholesale cost. The board also feels that club members should have access to racing singlets for local races as this would help

with one of our goals to make the club more visible. Lee has taken the responsibility to research this and will report back to the board. We hope to have new singlets available to the competitive teams before the fall races. I have also been working on developing a revenue stream for the singlets and I have been in discussions with a potential sponsor for that.

Because we ended last year with a deficit, and I have stated that is not acceptable, we have been discussing other revenue streams to support the Competitive Teams, the Summer Track Series, and the club. I will keep you informed as we put some of these in motion.

Because this is a Leap Year we have an extra Thursday in the month of July. Our Summer Track Series dates are usually on the 1st and 3rd Thursday of June, July, and August, but this year with the extra Thursday in July we will have meets on June 4th and June 18th, July 2nd, July 16th, and July 30th, and August 13th. More information will be provided later because we are in discussions with Todd Straka about some potential changes to improve exposure for the club and increase participation in the events. I'm sure our group of talented officials and volunteers will step forward again. Look for emails from Ken Thurov, our volunteer coordinator, in the future.

One of the main areas of conversation among the board members is about the vision for the future of the Boulder Road Runners. We are in the process of putting together a questionnaire with a series

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DON'T MISS IT!

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

Boulder Road Runners

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



President's Message, continued

What's your vision for our club?

of questions that we will present to the members for their input. If you have a question that you think should be included send me an email at president@boulder-roadrunners.org and if we haven't already addressed that we will include it. This will be a short survey that you will be able to access and answer online.

I am very pleased with the energy and the participation of the members of this board—we all realize and agree that we work for YOU, and all of our actions and decisions will be based on what is good for the members and the financial stability of the club.

—Will Dillard, President

Volunteer? Yes You Can!

Boulder Road Runners has a tremendous tradition of volunteering. Boulder may have seen a race, meet, or some other running event with no BRR members at work, but I doubt it. The community would be poorer, and running events would suffer, without the great contributions YOU and your fellow members have made. But I ought not assume that all are familiar with what has become routine for many others; willing but uncertain. So, how do you do it?

How can I become a volunteer? Does it take training? Special equipment?

First: the people who plan and run the events have a clear idea of how many volunteers will be needed, and just where and when they are needed. Part of their responsibility is to get that information in the BRR newsletter or on the BRR Website.

Second: You are eligible. For most volunteer tasks, such as traffic control or keeping spectators off the course, no special training is needed.

Third: Equipment. In almost all cases, organizers have distinctive or reflective vests to loan to volunteers working the event (you don't have to own one). And DO BRING YOUR CELL PHONE—not to text your friends or listen to music, but to use in case of emergency. You know how to call 911; many events will also provide an emergency number to be called if an athlete or spectator needs medical assistance. Such occurrences are rare, but possible.

That is basically it. Specific duties will be assigned at the event (if not before).

—Ken Thurow, Volunteer Coordinator



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



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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Lee Troop, At-Large
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CURRENT MEMBERS: 206

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Heart Rate Training Zones: How to Determine, How to Use

from Coach Will Dillard



EVERYTHING in your life affects your training.

- Do you sit at a computer or are you on your feet all day? It can be hard to get in a good run at the end of the day if you have leg fatigue.
- Do you sit in rush hour traffic? The stress of dealing with traffic gridlock can not only be mentally straining, but can be physically draining as well.
- How many hours of sleep do you get each night? Your body doesn't distinguish between fatigue caused by lack of rest and fatigue from training, it only knows that fatigue is fatigue.
- Do you have young children at home that require your time for their activities, whether sports or school? If you are taking a child to a practice or game then not only are you on the road and dealing with traffic but in most instances your eating patterns are out of balance.
- Do you have a stressful job? Your body also makes no distinction between the different factors of stress, it only knows that stress is stress.

So how can you monitor your fatigue and stress levels to know when to push in training and when to back off? The answer is by listening to your heart. By knowing what your normal resting heart rate is you can monitor your Morning Resting Pulse (MRP) to access your fatigue and stress level and to monitor your body's adaptation to training.

We are given certain physical traits and abilities by genetics from our parents and we can't change what they gave us, but we can condition and train what we have. I have trained athletes with big hearts (low MRP) and I have trained athletes with small hearts (high MRP). The size of the pump determines the stroke volume and therefore the max heart rate. Knowing your max rate and training using Heart Rate Training Zones is the best and most efficient way to train and get maximum benefit from your workouts.

How do you calculate your Morning Resting Pulse (MRP)?

For several mornings in a row take your pulse before you get out of bed (when you get up your heart rate will increase 5 to 6 beats). Average these numbers and this will be your MRP.

How do you determine your Max Heart Rate (MHR)?

Finding your max heart rate is a little more difficult. The only ACCURATE way to determine your max heart rate is on a maximal treadmill stress test or a cycling ergometer. This would be performed and monitored by a cardiologist. There are many inaccurate formulas that have been around for years, 220 minus your age for unfit persons, 209 minus 70% of your age if under 40 and 205 minus 50% of your age if over 40 and for more fit and active individuals, but even these are not that accurate.

The easiest way to determine your approximate MHR without going to a cardiologist is to find a hill that you can run up hard for 2 minutes. At the top record your heart rate, jog back down and repeat. If your

heart rate is higher on the 2nd run record that and run a 3rd time. If the 3rd time is not higher than the 2nd then the 2nd number is close to your max heart rate. You can also go to a track and run several 800 meter repeats with no rest and the highest heart rate you record will be your max.

How do you determine your Heart Rate Training Zones?

The most accurate formula in use today is the Karvonen Formula which takes into account Heart Rate Reserve (HRR). The formula uses your resting heart rate in determining what your workout zones should be. You subtract your MRP (morning resting pulse) from your MHR (max heart rate) and this is your HRR (heart rate reserve). Multiply your workout percentage by your HRR then add back your MRP to determine what your Heart Rate needs to be for a particular zone, i.e. 70%, 75%, etc.

Knowing what your heart rate should be for different workouts will give you the knowledge to always get maximum benefit from your workouts. The other advantage of checking your pulse each morning is that if you see an elevated heart rate it is telling you that your fatigue and stress levels are high and you should do an easier workout of shorter distance or less intensity or you should take the day off.

See you at the races,

Coach Will

"We do not rise to the level of our expectations, we fall to the level of our training."

—Archilochus (Greek Soldier – 650 BC)

The Placebo Effect and Sports Supplements

Here, try this pill.

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, February 23, 2020

Fifty-two percent of North Americans spend \$41 billion a year on over-the-counter food supplements. A review of 277 clinical trials on 992,129 participants, using 24 different supplements, found that nutritional supplements were not associated with increased lifespan or prevention of heart disease (*Ann Intern Med*, July 8, 2019;171(3):216-217).

Athletes and exercisers spend more than 14 percent of the \$41 billion, or \$5.67 billion, for supplements that are supposed to make them faster or stronger (*Nutrition Business Journal*, *Supplement Business Report* 2016). For example, supplement sellers recommend that athletes take up to five grams of creatine per day, about the amount of creatine found in 25 three-ounce steaks. Beetroot supplements are supposed to contain the amount of nitrates in a pound of beets, and fish oil supplement sellers recommend a dose of six grams of fish oil that would be found in six servings of salmon.

- Many sports supplements have no benefit beyond the placebo effect that is gained by taking anything, even when the athletes have been told that they are being given a placebo (*J Sports Sci Med*, 2007 Mar; 6(1): 21–28). This electronic survey of competitive, international and professional athletes found that 97 percent reported that placebos could improve sports performance and 73 percent reported that they personally had improved performances from placebos.
- Athletes lifted heavier weights when



Anders Sandberg

A stay here will have you feeling better in no time.

they were falsely told that they had been given anabolic steroids (*Med Sci Sport Ex*, 1972;4:124-126; *The Sport Psychologist*, 2000;14:272-278), or thought they had been given a new breakthrough sports pill (*Med Sci Sport Ex*, 2004;36, Supplement S171).

- Fifteen endurance runners, average age 27, ran 1.8 miles nine seconds faster after injecting themselves with a placebo than they did after taking no injections (*Med Sci Sport Ex*, Aug, 2015;47(8):1672-81). Nine seconds can be the difference between winning and losing many races.

Placebo Effects on Cycling Performance

Six highly-fit male cyclists did two time trials with no pills to establish a baseline for each cyclist, and three time trials where they were given pills labeled either “placebo,” “4.5 mg/kg caffeine,” or “9.0 mg/kg caffeine,” at random (*Med Sci Sports Ex*, Dec 2006;38(12):2159-64). Actually, all of the pills were placebos, with none of them containing any caffeine. Caffeine can

enhance performance, so these experienced bicycle racers knew that if they were given caffeine, it could help them ride faster. On all three time trials the cyclists had their power measured on an objective power meter. The cyclists produced:

- 1.4 percent less power than baseline when they believed they had ingested a placebo,
- 1.3 percent more power when they believed they had ingested 4.5 mg/kg caffeine, and
- 3.1 percent more power when they believed they had ingested 9.0 mg/kg caffeine.

Furthermore, all of the cyclists reported that they felt benefits from the placebo pills labeled as containing caffeine.

How a Placebo Can Help You Move Faster

The limiting factor to how fast you can run or cycle over distance is determined by how fast you can bring oxygen into your exercising muscles. When your muscles start to run low on oxygen, lactic acid accumulates in your muscles which makes them burn and hurt, and you gasp for breath to increase your oxygen supply. You slow down because you are hurting from burning muscles and gasping for breath. People are willing to suffer more after being given a placebo than they are after receiving no suggestion of an advantage. When athletes believe that they have been helped, even though the pills or injections

continued on next page

Dr. Mirkin, continued

People are willing to suffer more after being given a placebo than they are after receiving no suggestion of an advantage.

are worthless, this psychological benefit helps them to work through pain and suffering.

Caution! Your body talks to you and tells you when you are reaching your limits in endurance. If you ignore the warning signs of impending exhaustion and keep pushing yourself, you can pass out and even die. Remember the story about Pheidippides, who died after the first marathon? For the sequence of symptoms of impending doom, as I experienced them in a race, read my report on Heat Stroke (Click [HERE](#)). I am a physician and I wasn't any smarter than Pheidippides.

The Placebo Effect Is Real

In a test of the placebo effect, people who suffered severe migraine headaches were divided into three groups that were given:

- no pills

- correctly-labeled 10-mg Maxalt pills (a recognized medication for migraine pain)

- pills correctly labeled as a placebo.

The patients reported that the bottle clearly marked as a placebo was 50% as effective as the real drug, and far more effective than taking no pill at all (*Science Translational Medicine*, Jan 8, 2014;6(218):218ra5). The researchers felt that migraine sufferers felt less pain because their bodies produced their own pain hormones when they took the pills. The lead researcher said, "Even if they know it's not medicine, the action itself can stimulate the brain into thinking the body is being healed."

My Recommendations

North American athletes and exercisers spend almost \$6 billion a year on food

supplements advertised to make them become faster or stronger. The placebo effect may go a long way toward explaining why these supplements are so popular. It is hard to give yourself a placebo because you know that you are just taking a sugar pill. However, when a nutritional supplement is widely advertised and promoted as something that will help you, you may be persuaded to believe that it will deliver the advertised benefits, and so with the placebo effect, it actually does. Most of these products are of questionable value at best because their benefits would not exceed those of a placebo, but if the placebo effect they give you is real, you may not be wasting your money after all.

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



PRESENTS

The Avery Brewing Company St. Patrick's Day Fun Run

March 15, 2020, 9 am

Boulder Reservoir

5565 51st Street, Boulder, CO 80301

For more information and to register:

<https://www.teamboco.com/st-patricks-day-fun-run>



Boulder Road Runners members:

Come out and support this event either as a volunteer or as a participant. Some proceeds from the Beer Garden will support our Competitive Teams.

The Process Is More Important than the Outcome: How Visualizing the Process Helps You Achieve Your Goals

from Terry Chiplin and activacuity

There is an approach of positive psychology involving the use of visualization that has become very popular, through films and features like *The Secret*.

Visualization is often equated to a focus on a goal or outcome, and that by investing time in focusing in this way, that the goal or outcome we seek will become reality. In sports psychology, athletes will often practice mental rehearsal of a specific play or movement pattern, mentally rehearsing their future behaviors. There is no doubt that this technique can be highly effective, as the mind doesn't differentiate between whether we are imagining the process, or experiencing it for real.

A recent feature from psychologist and productivity coach Dr. Todd Snyder talks about the "psychology of action." He shares a key finding that comes from this field of research:

"Shelley Taylor and Lien Pham, researchers at the University of California Los Angeles, divided a large group of college students into two experimental groups. One group was asked to visualize themselves walking up to a board where their grades on a final exam would be listed. They were asked to visualize an "A" grade by their name. They repeated this procedure several times in the weeks leading up to the exam.

The other group was asked to create a different mental simulation. They were asked to imagine the process of studying for the exam. They were told to imagine going to their dorm room, closing the door, and turning off distractions. Then, they were asked to imagine themselves putting in the time to study for the exam.

Can you guess which group performed better on the real life exam?

It was the group that visualized the process

Deeped Niclas & Amanda Strandh



of studying rather than visualizing the outcome of the goal. Researchers concluded that the mind becomes primed to follow through on the things we visualize. Like an athlete practicing a jump shot in their mind, we can mentally rehearse our future behaviors. Visualizing an action leads to following through on that action. And it's our actions that get results."

This reminded me of a GB athlete who I studied at university back in England when my major was sports psychology. David Hemery was a 400m hurdler—he was an incredible athlete, and was tipped to take gold in his event at the 1968 Mexico Olympics. Having reached the final, he knew exactly who he was up against, and who he would have to beat to win that gold medal. Rather than just focus on visualizing a win, he instead visualized what he would need to do in the race to beat everyone else. He imagined if they ran a similar race to how they had performed in qualifying, then this is what he would need to do to win. Then he imagined if they ran a different race tactically, again, what would he need to do to win. He went through this with each of his competitors, and ended up knowing exactly what he needed to do to win, no matter what any of his competitors did. In order to help him achieve his goal of the gold medal, he visualized, in every detail, the process to deliver his goal. It is actions that get results.

Here are five key reasons for focusing on the process, rather than the outcome:

- 1. Trust that the reward will come –**
Focus on the process with diligence and effortful study, and let the outcome take care of itself.
- 2. Keep relaxed –** Stop worrying about what others will think of your performance.
- 3. Practice diligently –** View each attempt as an opportunity to practice for the next one.
- 4. Choose your own performance measure –** Rate yourself based on the effort, not the outcome. Don't try to win today, try to become a winner. Be happier when your best effort results in defeat than when a weak effort results in victory. Determine what your best effort would look like, and then make it happen.
- 5. Bring awareness to your performance –** so either during or immediately after it, you can learn to identify when bad results follow good processes, and vice-versa. With practice you will build the confidence needed to avoid second-guessing yourself when the results are bad but your technique is good.

We trust that these reasons will resonate with you, and may help you focus effectively on the process, and help you achieve and exceed your goals.

One of the services we can provide is an interview to highlight how you could benefit from a focus on the process. This can make a huge difference in your life. Contact us to find out more. Visit www.activacuity.com, or contact Terry Chiplin at terry@activacuity.com.



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

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

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

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

REGISTER !!



REGISTER !!

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

Free, Open, Weekly Runs in Boulder County

For those who need more!

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

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

2020 Calendar of Running and Fitness Events

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

Date, Time	Event	Location	Sponsorship
Recurring Club Events			
1st Mondays, 5:30 pm	BRR Club Social	Avery Brewing	BRR, FREE
3rd Wednesdays, 5:30 pm	BRR Board Meeting	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

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

USATF 2020 Masters Grand Prix Championship Races

April 26, 2020	USATF Masters 10 km Championships	Dedham, MA	James Joyce Ramble
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	

Next First Monday is on March 2nd at 5:30 pm.



DON'T MISS IT!

- Enjoy free beer compliments of BRR member Larry Avery.
- Make new running friends, reconnect with old ones.



As Always, Thanks to Our Associates and Sponsors!

