

President's Message



Are you a fair weather member? As days turn into weeks and weeks turn into months I miss all of my running friends more and more. I know small groups have met for the BRR Sunday Social Run and a couple of other loca-

tions during the week so there has been some socializing but with the restrictions in place now we haven't been able to have our regular monthly meeting or gather in larger groups.

If you weren't one of the members who attended the Virtual Happy Hour we had on Wednesday 9/23, then you missed an opportunity to catch-up with other BRR members on what they have been doing to exercise and other activities to stay active. We had several members of the racing teams provide stories of some of the virtual events they have been running. There is a recap in this newsletter from Bruce Kirschner about the Virtual Racing Series that wrapped up with the Labor Day Races (see page 9).

We are in the process of planning another Virtual Happy Hour for October and I would like to see more participation from members so we can connect. This was a happy and fun gathering so watch for info on the next one and get involved.

Even though the election for the new Board of Directors is two months away you need to begin thinking about stepping up and getting involved or nominate someone

for one of the board positions. The club is only as strong as the involvement of the members. The new by-laws require the Board of Directors to solicit nominations and present a list of candidates but don't expect that all nominations will come from the board.

I know it has been difficult to stay focused on the Boulder Road Runners while dealing with COVID-19 but it will take your involvement for the future stability of the club. I am optimistic that races will return next year and that the BRR racing teams will have an outstanding year of racing, but for any of this to happen you have to become involved in YOUR club.

Even though we have had a loss of our revenue streams this year, with no racing on the calendar and the cancellation of the Summer Track Series, the club is in a sound financial position.

I am still on the lookout for a location where we could meet in person while still maintaining all safety protocols, so if you know of a location give me a shout and let me know.

With cooler weather just around the corner it is the time of the year when many of us would begin training for fall events. There have already been some actual races and maybe soon we will see others.

Any club or organization can only survive by involvement of members. We will eventually come through this pandemic but for BRR to survive you need to become proactive, step up, become involved. We are

continued on next page

Contents

President's message	1
From da' Coach: base first, then speed	3
Apes, proteins, and running marathons	4
Member Profile: Bill Buffum	6
BRR racing teams news: Women's and Men's 60+ wrap up the summer	9

Boulder Road Runners

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President's Message, *continued*

known throughout the running community for our volunteer efforts—it's time that some of those efforts are directed toward the Boulder Road Runners.

—Coach Will

Although this quote is from a cycling

legend I think it applies to our combat with the COVID-19 virus:

"It's a little like wrestling a gorilla. You don't quit when you're tired, you quit when the gorilla is tired."

—Fausto Coppi

ALPINE BANK BOULDER THANKSGIVING DAY FUN RUN IS HAPPENING IN-PERSON FOR 2020!



Due to COVID-19, the 2020 Alpine Bank Thanksgiving Day Fun Run, will be moved to the Boulder Reservoir and will meet all CDC and Boulder County Health guidelines, and it is only open to Colorado residents! You can read our race information and event safety guidelines **HERE**.

Unfortunately, the event will be capped at 175 participants, with 15–20 participants in every wave, going off every 5 minutes. Waves will be set up from the fastest runners, to families that want to walk, and this year's event will be 4 miles and not the traditional 5K.

For those that don't feel comfortable with our proposed safety guidelines, we are offering a virtual race component as well.

We all know that Thanksgiving Day is about celebrating with your family and friends and the many positive aspects of our community, but 2020 has been a tough year for many. As we think of those less fortunate, race proceeds from this event will be supporting Boulder's Harvest of Hope Food Pantry. We are also asking all participants to kindly donate non-perishable packaged and canned foods on the morning of the event and at other locations during the month of November.

Registration for this event opened on Monday, 9/28 at 9am, and is being done on a first-come, first-served basis. We apologize that for this year's event, we will not be able to accommodate everyone.

REGISTER HERE.



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Part 2: Speed Kills! – Train First for Distance, Only Later for Speed

from Coach Will Dillard



Since it is always the speed (pace), not the distance, that affects your overall time, it is the distance at speed (pace) that has to be acquired.

As I mentioned in last month's article, ALL of your speed must be built off of a solid aerobic base, if you don't have the base you won't be able to handle the workload for gaining speed, and without the foundation of solid aerobic conditioning any workouts

you perform at the track will not have the desired effect.

If I am training a 10K runner they will do long runs of 10 miles, a half-marathon runner will do long runs of 15 miles, and a marathon runner, depending on level of ability, will do long runs of 20–23 miles.

As I mentioned last month you need a solid aerobic base on which to build speed. During these long run sessions I will have the athletes gradually build up to run up to 50% of the distance at the pace they will run in their event. By doing this we build the neuromuscular pathways necessary to hold the correct pace during the event. If you always train at a slow pace, how can you then expect to be able to run a faster pace in your event? Also during this training we are developing additional mitochondria (the engines that drive the muscles), and laying down additional capillary beds to provide oxygen rich blood to the working muscles.

Your body wants to be in a state of “homeostasis” which means it wants to be comfortable. You have an internal “governor” which regulates your effort. If you

begin to push beyond your comfort zone this governor sees this as a danger and resists by testing your will, trying to convince you that the effort is not necessary or even harmful. If you push beyond this comfort zone slightly you can convince your governor that the extra effort can in fact be accomplished safely and will reset to a higher level.

By continuing to push beyond your current limits with faster pace running and allowing adequate recovery time between hard efforts you will now be conditioned to go to the track and run some intervals. Speed work is not without risks—there are twin dangers of running speed sessions too often and running them too fast. This is a natural trap that many runners new to speed training fall into, they think if one speed workout a week has “X results” then two speed workouts a week will have “2X results,” NOT TRUE!!!

I have mentioned in past articles a quote from the book *The Power of One* by Bruce Courtenay: “The mind is the athlete,” and this is where going to the track can have a big benefit. By pushing ourselves through short intervals of high-intensity work we train our minds to the fact that we can handle a higher physical and mental stress



Track work: Not too much. Not too often.

and the body responds by increasing the amount of endorphins that are released into our body and we get the feeling of being able to work harder and still be comfortable.

As I mentioned in last month's article if you have any questions or you would like my help in developing a speed workout program send me an email: coachwill@coachwillsathletes.com.

Wishing you miles of smiles,

—Coach Will

Why Humans Can Run Marathons and Apes Cannot

What a difference a surface protein makes.

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, September 20, 2020

Tim Dutton, FlickrCC

Extensive research by Dr. Ajit Varki at UC-San Diego suggests that 2–3 million years ago, our pre-human ancestors had a single genetic mutation that could explain why humans can outrun their primate relatives (*J Biol Chem*, 1998;273:15 866-871). Most other mammals did not develop this mutation that:

- helped humans to survive an ancient form of malaria, and
- may have given humans more endurance so they could run great distances.

Chimpanzees share more than 99 percent of their genes with modern humans, but the CMAH gene is one of the areas of difference. Two to three million years ago, gorillas, chimpanzees, and other primates were dying from a type of malaria called *Plasmodium reichenowi* (*Science*, 2011;331:540-542). At that time, all primates had a surface protein called Neu5Gc on their cells that was made from Neu5Ac. Then along came a primate with a gene that had lost its ability to make Neu5Gc from Neu5Ac, so it had only Neu5Ac (*Proc Natl Acad Sci USA*, Sept 6, 2005;102(36):12819-12824). That pre-human did not die from malaria like other primates, his and her children lived and proliferated, and today their descendants (all humans) have a gene that makes Neu5Ac instead of Neu5Gc. As often happens in nature, the malaria parasite then modified its genetic makeup into a variant called *Plasmodium falciparum* which can infect humans, but not chimpanzees, so today humans can be infected only with *Plasmodium falciparum* and chimpanzees can be infected only with *Plasmodium reichenowi*. This same genetic mutation gave homo sapiens greater endurance so they were able to run long distances while



Is it Neu5Gc or Neu5Ac?

the apes could not, which gave humans an advantage in hunting for food (*J Hum Evol*, 2014;66:64-82).

How the Gene for Neu5Gc was Discovered

In 1982, Ajit Varki ground up human muscle and separated around 1450 different sugar-proteins. He did the same thing with cow's muscle and found close to the same number and types of individual sugar-proteins, but he found one sugar-protein in cow's muscle that was not in human muscle. He called this sugar-protein Neu5Gc. In humans, but not in most other mammals, he found a different sugar-protein and called it Neu5Ac. Varki postulated that humans are different from apes because of this mutation, and he has spent most of his research career studying the differences. In 1988, scientists located the function of producing Neu5Gc on the CMAH gene in virtually all mammals except

humans (*Journal of Biological Chemistry*, 1988;273(25):15866-71). The only other mammals known not to make Neu5Gc are new world monkeys, European hedgehogs, ferrets, some bats, sperm whales, and the platypus (*Genome Biology and Evolution*, 2018;10(1):207-219).

Research on Neu5Gc and Endurance

A major breakthrough in Neu5Gc research occurred when researchers developed mice that had human-like Neu5Ac on their cell surfaces in place of their usual Neu5Gc (*Mol Cell Biol*, Jun 2007;27(12):4340-4346). Varki's laboratory compared the genetically-modified human-like Neu5Ac mice with normal mice with Neu5Gc (*Proc Biol Sci*, Sep 12, 2018;285(1886):20181656), and found that the mice with Neu5Ac:

- had muscles that could take in and use oxygen at a much faster and higher rate (the limiting factor to how fast you can

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Humans, Apes, and Proteins, *continued*

People who eat mammal meat regularly are likely to have an immune system that is overactive all the time.

run over distance is the time it takes to move oxygen from the bloodstream into muscles)

- had more capillaries in their muscles to supply extra oxygen during running
- were able to run much longer distances
- were able to run significantly faster
- had a markedly delayed muscle fatigue when they ran
- improved even more with training

This research may someday have application to some human muscle diseases, since mice with a type of muscular dystrophy got better when they had their CMAH gene deleted (*Sci Transl Med*, Jul 28, 2010;2(42):42ra54).

Neu5Gc from Eating Mammal Meat Causes Inflammation

Your immune system recognizes invading germs by the surface proteins on cell

membranes. If the surface proteins are different from your own surface proteins, your immune system makes:

- proteins called antibodies that attach to and kill the invading germs, and
- immune cells that eat and destroy germs.

When humans eat the meat of other mammals, the Neu5Gc from the meat enters their cells. Our immune system recognizes the Neu5Gc as foreign and attacks those cells, just as it would attack invading germs. People who eat mammal meat regularly are likely to have an immune system that is overactive all the time, called chronic inflammation (*Proc Natl Acad Sci USA*, Jan 13, 2015;112(2):542-547). Inflammation can punch holes in the inner linings of your arteries to form plaques, which can break off to cause heart attacks and strokes (*Circulation*, April 22, 2019). Inflammation can also damage your DNA to cause cancers, and damage various

tissues to cause arthritis, fatty liver, diabetes and so forth (*Nature*, 2002 Dec 19; 420(6917): 860-867).

My Recommendations

Be glad you are part of the human race that has Neu5Ac, which might allow you to run further than an ape can. However, this same genetic change means that when you eat meat from other mammals, you are at increased risk for heart attacks, strokes, and some cancers because Neu5Gc turns on your immune system to cause inflammation. I believe that the theory of Neu5Gc causing chronic inflammation is strong enough that you should not eat mammal meat regularly. We do not have enough data to know whether occasionally eating mammal meat is safe.

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

Has your Boulder Road Runners membership expired?

Please renew today!

<http://boulderroadrunners.org>

**Why not renew right now?
JUST CLICK THIS BOX.**

MEMBER PROFILE

BILL BUFFUM FINDS A COMMUNITY IN BOULDER

from Jeff Dumas

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

I was honored to have been asked to provide an interview for the Boulder Road Runners *Running Club News*. I have never been an elite runner, so recognition for running achievements is not a common occurrence in my life, especially in the Boulder area where every other runner has an amazing history. Nevertheless, running has indeed been very important in my life and I am more than happy to share that with you.

Where were you born and where did you grow up?

I was born in Grand Rapids, Michigan and grew up there. In elementary school, I found that I was a little faster than my peers but only in the short run. By middle school, I was an occasional runner but really preferred skiing and cycling for fun. In high school, things did not go well. I was on the track team, but lacked the discipline to train and care for myself. Smoking and running are not a good mix.

[Note from Jeff: Per Bruce Kirschner's bio in the last newsletter, this combination doesn't work!]

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

After high school I attended Calvin College (a great X/C NCAA college) and went on to the University of Michigan for my master's degree in social work. I had stopped running entirely, and did not reenter the running field until I was working towards my Ph.D. in Applied Social Sciences at Case Western Reserve University in Cleveland, Ohio. There I found a group of medical students who ran every noon regardless of weather and soon I was hooked. My first race was the Cleveland Heart-a-thon, a half marathon event in 1977. I had no idea what a half marathon was! I finished in 1:44:27 to learn that my fellow runners did about the same. Maybe I could do this?



Bill clowns with Mike Sandrock and some real Cubans at a First Monday in Avery Brewery.

Please tell us something about your professional career, especially in academia, and how it took you back-and-forth across the country.

For the next 20 to 25 years, my focus was on my academic career, although I did run some for the pure fun of it. After completing my doctorate, I was hired by the University of Houston where I began as assistant professor and left after serving as associate dean and associate professor. I moved to Barry University in Miami Shores as professor and associate dean where I also built a campus in West Palm Beach during the chad era.

[Note from Jeff: in case anyone might have forgotten, "Chad" was the fellow who picked the POTUS back in 2000.]

From there, I became the director of the George Williams School of Social Work at Aurora University outside of Chicago. While I enjoyed this position, especially starting a new degree program at Lake Geneva, Wisconsin, I was offered a position back in Texas as the executive director of Galveston County Family Service Center. Being familiar with this organization, I saw the opportunity as one in which I could approach retirement while working directly

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Bill emceeing at another First Monday.

with the community. I went through two major hurricanes there and assisted with the community rebuilding work as the elected chair of the Galveston Residents Association. I also started a network of local agencies to work collaboratively towards building their capacity for helping in the recovery.

I moved to Boulder County just in time to experience the 2013 floods! What was I doing wrong?

[Note from Jeff: Fooled me too. Being an ex-Navy lad, I thought I was going to be "high-and-dry" along the Front Range!]

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

I was not a serious lifelong runner. Rather, I ran for stress relief and social fun for most of my life until the year 2000. I know this for certain

because that was the year that I received a stage 4 prostate cancer diagnosis with a promise that I could live another 5 years! I said to myself: "Well Bill; what is it that you want to do with the rest of your life?" One of the things that I wanted was to see how well I could do as a master's runner. I found a coach (Calvin Denton) and began training with a serious group of runners in Ft. Lauderdale. Within a year, I was winning my age group in most races. I had run a 3:02:54 in the Houston Marathon in 1985 when I was 41 years old, but what could I do in my late 50s and early 60s while receiving disabling cancer treatments?

I found out at the Hops Marathon by Tampa Bay in 2004 where I took 1st place in the 55–59 age group with a time of 3:10:30. That was a real hoot! Then two weeks later in the Naples Half Marathon, I ran 1:28:29, my fastest half ever. While dealing with work and health stress, I

continued to train through 43 marathons and many halves. In 2006, I enjoyed a 1st place 60+ age group at the Austin Marathon. I ran three Chicago Marathons, three Bostons (including the infamous 2013 bombing year). Needless to say, I did a lot of racing and training, loving all of it. I can say that winning is nice but it is the training, the friendships, and the challenges that are truly the rewards. I completed 20 Houston Marathons to earn my membership in the Houston Marathon Veterans' Club.

[Note from Jeff: Most of Bill's many Houston Marathons were fast enough to be Boston Qualifiers!]

What is your running regime during the COVID-19 pandemic?

Presently in this distancing environment, I am running daily for enjoyment and trying to see some improvement as I age. I run six days per week. Sunday is the BRR social run. Monday is a rest day. Tuesday I run easy with the BRR group on South Boulder Creek Path. Wednesday is a 5K tempo run. Thursday requires intervals of 3:00 + 2:00 X 5 at level 4 or 5 heart rate. Friday is an easy recovery run, and Saturday is long run day. Lately this has been at Teller Farms with a BRR group. I have been running several virtual races like the Bolder Boulder, the Taste of Louisville, and the Bayou City Classic 10K.

It's tough not to get slower, so I focus more on time running rather than pace or distance. I am inspired by runners like Tom LeMire, Johnny Chapin, and David Hardwick. I so admire Verne Carlson and the many others like him. It is a privilege to live in Boulder and to run with these illustrious veterans. This fall, I may re-up with Revolution Running if I feel ready to run harder and faster.

You served as President of the BRR for many years. Could you please tell us what some of the most difficult issues were during your tenure—and what accomplishments you are proudest of.

I moved to Boulder County in 2012. I had retired from nonprofit management and academic social work but found that I really had no roots. I had lived in Houston, Galveston, North Miami, Coral Springs, Aurora (IL), Cleveland, and all

continued on next page

MEMBER PROFILE: BILL BUFFUM

around Michigan, but when my daughter moved to Boulder and invited me to visit, I found a real community of friends that I lacked before. Most of my new friendships were with Boulder Road Runners and their families. While I enjoyed running with this group, the real pleasure was simply getting to know the group of caring, supportive people.

Boulder Road Runners was struggling at that time and needed a leader who knew about running and nonprofit management. Well, here I came with my bureaucratic management orientation and a willingness to micro-manage.

When I was first elected President of the BRR in 2016, I did a quick analysis of the strengths and weaknesses of the organization. With the able assistance of my immediate predecessor, John Bridges and others, we wrote financial policies, started keeping regular minutes of board and annual member meetings, and started paying closer attention to the filing requirements of the state and federal regulators of nonprofit organizations. John and I also focused on increasing membership, and with participation in several outreach programs, such as the Aging at Altitude exposition and "Coach" Will Dillard's popular Bolder Boulder training program, we soon began to see an increase in membership—particularly in the number of younger members. This has produced an experienced core of volunteers who are sought after (pre-COVID) by almost every racing event in the Boulder area.

[Note from Jeff: The "volunteerism" of the many BRR members is phenomenal. And, no one personifies this attribute better than Bill's Better Half, Valerie!]

The most exciting development was building the men's and later women's masters (60+ and 70+) national racing teams. Bruce Kirschner was a delight to work with and to this day I feel that these teams reflect the spirit of the club. As largely older runners, we stand out nationally in USATF competition. The club had the resources to support these teams, and we did that to the extent possible.



Valerie and Bill unmasked.

[Note from Jeff: As a team participant, I would definitely like to acknowledge that Bill and Bruce, working closely together for several seasons, were largely responsible for putting the BRR Men's 60–69 Team at the top of the standings in the highly competitive annual USATF Grand Prix racing series. A very remarkable feat (pun intended), given the smallish size of our club!]

Boulder Road Runners is more than a running club. It is an invaluable support system for many of us which gives us strength and fortitude to overcome and to move forward. I thank the club members for all that they gave to me.

[Note from Jeff: And vice-versa!!!]

Could you please share some insights as to Valerie's important role in BRR with our newcomers?

Valerie, my wife of 47 years, is not a runner and sadly never has been. I think that one of

the strengths in our relationship is that we support each other in our choices, and Valerie has certainly done that for me and my role with Boulder Road Runners. I spent about 50% of my time as the volunteer president of the club, and she never complained. To the contrary, she was typically at my side for events and is to this day a close friend to many runners. Valerie edited newsletters, suggested events, and was a loyal volunteer for many events. She was always at the Summer Track Meet Series. We all owe her our thanks. In her life, she is a talented collage artist who is nationally published. Last, she and I are so happy and proud to be new grandparents to our daughter's first child, Claire Margaret Delahunty. All are members of BRR.

[Note from Jeff: We will be looking forward to having our youngest BRR member join us on our Sunday social runs!]

MASTERS OF SPEED

News from Boulder Road Runners' Elite Racing Teams

WOMEN'S & MEN'S 60+ TEAMS

BRR's 60+ Teams Wrap Up Holiday Weekend Virtual Race Series

from Bruce Kirschner

The Boulder Road Runners Men's 60–69 team wrapped up their Holiday Weekend Virtual Race Series with a third and final event in the 3-race series being held during Labor Day Week (September 4–13). This last event was preceded by the "Memorial Day Weekend Virtual Races," the first event in the series (May 23–31); and the "Fourth of July Weekend" races (July 3–12), the second series event. Other Men's and Women's 60–69 USATF national championship teams from across the U.S. participated in the series.

Participants had a choice of several race distances. Men's team participants could choose from three distances: 1 mile, 5K, or 10K. Women's team participants had a choice of four distances: 1 mile, 5K, 8K (5 miles), or 10K. Scoring for all events was based on USATF age-grading standards. Altitude adjusted age-grading was added for the last two events. To make this last series event even more challenging, series organizer and BRR member Roger Sayre added a new team scoring requirement: no more than three of the scoring team members from men's teams could run the 5K, i.e., at least two of the scoring team members would have to run either a 1 mile or 10K. Similarly, only two of the three women's team scorers could post a 5K time, the third scorer would have to run a 1 mile, 8K or 10K.

Races could be run on any surface, including a track. Courses could have some variability, but drop in elevation between start line and finish line had to be less than 50 feet (16 meters) for 1 mile; 83 feet for 5K and 165 feet for 10K. There were no registration fees or other participant costs associated with the virtual races.

This time around a smaller number of national teams competed. A total of four men's teams (32 participants) and five women's teams (19 participants) competed, including an "A" and "B" BRR Women's 60+ teams. Men's teams were the



Women's 60+ Team members. *Left to right*, Robyn Balsley, Sara Cohen, Virginia Schultz, Cindy Sutton, Lynn Hermanson, and Nancy Antos; and *below*, Lorraine Green.

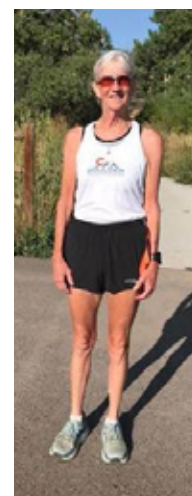
Greater Lowell Track Club (Massachusetts), the Greater Philadelphia Track Club, Shore Athletic Club (New Jersey), and the Boulder Road Runners. Other women's teams were Greater Lowell Track Club, the Greater Philadelphia Track Club, Liberty Athletic Club (Massachusetts), and Shore Athletic Club.

With age grading alone, the BRR Men's team finished in first place and the BRR Women's "A" team was in third place. Doug Bell, Jeff Barros, Benji Durden, Adam Feerst, Mike Fronsoe, Paul Hughes, Jack Pottle, and Roger Sayre served on the BRR team for the last of the 3-race series events. Doug Bell was the team's top age graded scorer at 87.32%. Paul Hughes, who ran a 10K entirely on a track(!) in Pagosa Springs, CO, earned the top altitude adjusted score of 90.55%. The BRR W60+ "A" team was composed of Nancy Antos, Lynn Hermanson, and Cindy Sutton. Lynn Hermanson was the team's top

age grade scorer at 79.21% and an altitude adjusted score of 82.17%. The BRR W60+ "B" team, which finished in fifth place, was composed of Robyn Balsley, Sara Cohen, Lorraine Green, and Virginia Schultz.

In terms of cumulative results for all three races, the BRR Men 60+ was the top performer out of three teams successfully completing all events with an average age grade of 83.65%. The BRR Women's 60+ team was second place out of two women's teams successfully completing all events (73.15% average age grading). Roger Sayre was second

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MASTERS OF SPEED



place overall series scorer with an average age grade of 84.25%. BRR's Lynn Hermanson was top overall scorer among the women for all three events with an average age grade of 79.88%.

As USATF journalist and "Running Professor" Paul Carlin wrote in his online recap of the Labor Day Weekend race, "Despite the Corona Virus, these athletes kept training and the results were virtually impressive! More importantly, it kept morale up and gave everyone just a little bit extra motivation for training. I am sure David Westenberg captured the feelings of most competitors when he sent a note to the organizers at the Boulder Road Runners, 'The series helped give purpose to training in an otherwise race-less period and our team is very grateful for it. One team member noted that this has been one of the very few highlights of this Covid-constrained summer.'" For Carlin's full race recap see <http://www.runningprof.com/2020/09/recap-of-boulder-road-runners-virtual.html>.

Once more, a big thanks to team member Jesse Mayes for serving as the BRR Team Representative and assisting with all men/women overall results. Also thanks to Adam Feerst for course set up during the series. A full listing of results are available at: <https://boulderroadrunners.org/masters-teams-2020-virtual-race-series/> BRR men and women's teams may be participating in additional virtual races for the balance of 2020.

BRR Men's 60+ team members: *left to right*, Jack Pottle, Adam Feerst, and Michael Fronsoe.



Check out some of the competition: Shore AC team members, *above*; and Liberty AC team members (on the Harvard track), *below*. (Photos courtesy of Paul Carlin)



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

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