

The President's Message



Hello, fellow Boulder Road Runners: It is February already, and with the vaccines rolling out and more people following the simple safety suggestions, it appears we might have turned the corner on the

pandemic. Can we say we have passed the 20-mile mark and are now running through Central Park on our way to the marathon finish line? Or, closer to home, we are making the turn onto Spruce nearing the five-mile mark of the Bolder Boulder. (We'll have a BB update next month from club member and race director Cliff Bosley).

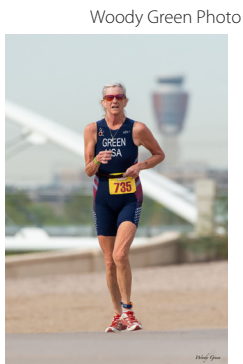
Many of us have continued running through the winter, which comes with its own challenges. Ask long-time club member Lorraine Green about facing challenges. She and her husband, Woody, have been dealing with the passing of Woody's sister. Lorraine then "went flying" after catching a toe on a rock running with

Woody, ending up in the ER with fractured ribs and a concussion.

However, the indefatigable Lorraine is "healing quickly" and is excited for the New Year, focusing on the 2021 Draft Legal Sprint Triathlon World Champs in Bermuda in October. She will be swimming 750 meters, followed by a 12-mile bike ride and a 5K run. "I do love to train, which is fortunate when we are in a pandemic," Lorraine wrote in an email. "I'm goal driven. When I have a major competition I plan training and work much harder. I love working and getting into peak form."

Another club member who loves to train is Ted Kennedy. He had a health issue in January, when he was suddenly tired jogging, after putting in some 7:30 miles a couple days earlier. Turns out Ted had atrial flutter. A visit to the cardiologist shocked his heart back to its proper rhythm, and Ted is running again, replete with his Canadian sense of humor. If any of you have had heart issues you'd like to share, send them along to: president@boulderroadrunners.org.

All memorable novels have attention-grabbing opening lines. Think of Franz Kafka's "Gregor Samsa woke up one morning from a night of uneasy dreams to find himself turned into a giant insect." And so it seems to be the case with the novel, being published Feb. 3 as an ebook, by club members Richard Starks and Miriam Murcutt (www.starksmurcutt.com). Called "In A Town Called Paradox" it opens with this:



Lorraine Green

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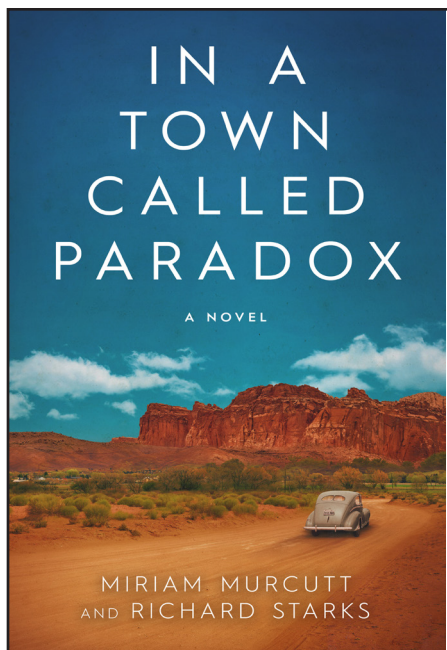
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Lorraine Green, At-Large



President's Message, *continued*



"I wasn't looking for Marilyn Monroe when I bumped into her, even though I knew she was in town filming 'River of No Return'..."

"A Town Called Paradox" is set in 1950s Utah. A description from the back cover of the paperback edition (\$9.95 on Amazon) tells us that was a time "when the Big



Miriam Murcutt



Richard Starks

Five Hollywood studios were lured to that state by the fiery red-rock scenery that formed the perfect backdrop to the blockbuster movies they planned to film."

Here is a good explanation of the novel's title from a Goodreads review: "The

paradox is of a Utah town having a foot in both the rugged American west (bull sperm and all) and – Hollywood. This story shifts back and forth between the two worlds pushing the characters and plot in unpredictable directions. Lots of surprises."

The narrator is Corin Dunbar, a middle-aged woman "still haunted by (a) watershed moment." "A Town Called Paradox" is a story that asks the question: If each of us has a life story, then who decides how it unfolds – and how it should end?"

A good question all of us might want to ask, as we sit and run through this Covid winter, perhaps giving us pause, in one of those quiet moments that are more common now, to reflect on our own lives. Books can give us the space to ask those questions, and sometimes guide us to answers.

Finally, Runners Roost will be hosting Melody Fairchild, author of "Girls Running," Feb. 10 and Feb. 17, and Bobby Reyes, author of "Bolder Dreams," will be leading a 5K run from Runners Roost Feb. 13, followed by a book signing. Both events are free, but Covid safety regulations must be followed. Have a good month, and send along any thoughts, dreams, ideas or gossip.

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2021

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FROM DA' COACH

THE "SECRET" TO BETTER RACE TIMES

from Coach Will Dillard



With the hopes that we will be able to return to "real" racing in 2021 I offer the following advice.

The alarm goes off at 6:00AM. You get out of bed and stumble into the bathroom. You brush your teeth and maybe take a shower, but maybe not since you are about to run a race and will need to shower again afterwards.

If you are accustomed to drinking coffee before your race you might have a cup on the way to the race. When you arrive at the race site you pick-up your race number then head for the portable toilet line. Since it's a cool morning you head back to the car to wait for the race start.

A few minutes before the start you make your way to the start line, maybe do a few stretches before the gun sounds, then all at once you ask your body to kick into high gear and run fast! When the race is over you wonder why you didn't run as fast as you thought you could or you wonder why your legs tied-up just after a mile?

Why did this happen? What should I do to run better? Hire a coach? Do some track repeats?

I'm about to give you the "secret" to better running. DO A PROPER WARM-UP!!! Yeah, I know you have heard this before and thought it wasn't necessary since you weren't an elite athlete, or because you thought it would use too much energy you needed for the race. This is one of the misconceptions about running, like lactic acid causes muscle soreness, but that's a subject for another time.

When you awake each morning it takes



your nervous system several hours before it is fully functional. When you arrive at the start line and haven't done a proper warm-up you "surprise" your nervous system and cardiovascular system by not giving a warning that you are about to ask them to function at a high level, so it's no surprise that you don't perform as you thought you would.

At the next race try this simple warm-up routine and I guarantee that you will have a better race. About 15 minutes before the race start, or a little more if it is a cold morning, do a very slow jog for about 10 minutes. Plan to arrive at the start line about 5 minutes before the start. Stretch the four main muscle groups, hamstrings, quads, calves and shins. Find a clear area and run about 50 meters, accelerating as you progress to race pace. Stop and walk back to your starting point, then do 1 or 2

more accelerations. Do another quick stretch of the quads and the hamstrings then get to the start.

I have had many athletes use this simple procedure then tell me afterwards what a difference it made in their race. You can't expect your cardiovascular and nervous systems to function at a high level unless you make the proper preparations.

If you have any questions or just need some advice send me an email at coachwill@coachwillsathletes.com

See you at the races....

Coach Will

Alastair Norcross



Recreational Runners and Cyclists Should Lift Weights

Do upper body and core weight lifting to preserve muscle and strength.

from Dr. Gabe Mirkin's Fitness and Health e-Zine, January, 2021

Alastair Norcross

To preserve muscle and bone size and strength, recreational runners and cyclists should do upper body and core weight lifting and resistance training. Everybody will lose muscle and bone size and strength with aging. Your bones weaken progressively after age 30, and between ages 35 and 50, about 28 percent of North American men and women suffer from bone weakening called osteopenia (J Amer Osteo Assoc, June 2019;119:357-363). By age 65, 25 percent of women and six percent of men are at high risk for breaking their hips or spine with minor falls (CDC/ National Center for Health Statistics, August 2015).

The people who lose the most muscle are usually the ones who are most at risk for falls and broken bones. Any prolonged period of inactivity, such as bed rest, injured nerves, wearing a cast or even living in a decreased force of gravity, will cause loss of muscle tissue (Med Hypotheses, 2007;69(2):310-21). If you inactivate a leg by putting it in a cast, you lose a significant amount of muscle size in just four days (Nutrition, Acta Physiol (Oxf), March 2014;210(3):628-41). Just one year



of lifting weights can strengthen the bones enough to help protect people from fractures (Bone, Oct 2015;79:203-212).

The hard ground impact of fast running may slow bone loss (BMC Med, Dec 20, 2012;10:168), but cycling does not prevent age-associated osteoporosis. A review of 22 scientific studies shows that adding a resistance program such as lifting weights to endurance sports such as running or cycling can markedly slow this loss of muscle and bone, and actually increase muscle size and strength, with greater benefit from low volume, high-resistance weight lifting than high volume, lower-resistance exercise (Human Movement, July 23, 2020;21(4):18-29).

Strength Training May Not Help Competitive Cyclists or Runners Go Faster

Studies show mixed results on whether runners and bicycle racers can run and cycle faster with added strength training, but most studies show limited benefit of strength training for endurance athletes because strength training does not improve your ability to take in and use oxygen. The limiting factor for how fast

an endurance athlete can run or cycle over distance is the time it takes to move oxygen into muscles, and that is improved only by training that involves creating an oxygen debt (becoming short of breath). Lifting weights and doing other resistance exercises do not increase VO2max, the maximal amount of oxygen that a person can take in and use (Med Sci Sports Exerc, 2002;34(8):1351-1359; Sports Med, Aug 2016;46(8):1029-39). Competitive runners and cyclists can do their leg strength training just by running or pedaling their intervals faster (Scand J Med Sci Sports, Oct 2010;20(Suppl 2):11-23 and Nov 2010;38(11):1965-70).

Leg Strength Training Can Cause Injuries in Runners and Cyclists

Most runners and cyclists should do resistance training only for their core and upper body, and use their legs only for running and cycling. A major problem with adding a weight lifting program for the legs to running or cycling is a marked increase in risk for leg injuries. Ideal training for endurance is to go more intensely on one day, damage your Z-lines in your muscle fibers, and feel delayed



Lifting Weights, *continued.*

onset muscle soreness (DOMS) on the next day. (DOMS is necessary for gaining strength.) The day after you do weight training with your legs, your leg muscles will be weaker and this would interfere with any attempted intense endurance workout or resistance exercise (Sports Med, Nov 2017;47(11):2187-2200). You are supposed to exercise slowly and easily for as many days as it takes for the soreness to lessen before you do your next intense workout. Therefore you should not do resistance training for your legs on a day when your legs are recovering from the previous day's intense workout.

For at least a day after lifting weights, an athlete is at high risk for tearing muscle fibers if he attempts an intense endurance workout. Thus you would need to do your intense endurance workouts and your resistance exercises on the same day, and this increases risk for injuring yourself. If you want to add leg resistance exercises to a leg endurance program, you must learn to recognize the signs of overtraining and back off when your muscles feel excessively fatigued or sore.

My Recommendations

- Non-competitive runners and cyclists should alternate faster and more intense days with slower recovery days, do strength training only for their core and upper body, and not do resistance training on their legs. Combining endurance and strength training on the same muscle groups increases risk for injury. Most competitive athletes should also follow this program.
- Elite runners and cyclists may want to combine leg strength training with leg endurance training, but they should do the strength training not more than twice a week, only on hard days (after an intense endurance workout), and



never on recovery days. They should skip the weight workouts when their muscles feel excessively sore or tight, stop the strength training workouts during their competitive season, and hope that they do not suffer injuries.

- If you are not already doing strength-training exercise, first check with your doctor to make sure you do not have any condition that may be harmed by exercise. I have always recommended joining a gym and using the weight training (Nautilus-type) machines there, but until COVID-19 is under control, you will want to find a way to do resistance exercises at home. Resistance exercise can increase muscle size and strength in older people, but with aging you need to work longer to gain the amount of strength that a younger person would get with the same program (Med Sci Sports Exerc, 2011;43 (2):249-58). Since lifting lighter weights many times is less likely to cause injuries, I recommend lifting lighter weights with more repetitions.
- Stop immediately if you feel severe pain or if you have pain that does not go away as soon as you stop lifting the weight. Pain in a muscle or tendon is often the first sign of an impending injury.
- Take the day off if your muscles feel sore

or fatigued after a 5-10 minute pre-workout warmup.

- Just using and contracting your muscles in any activity offers health benefits, but you can gain additional benefits by adding intensity with some form of interval training.

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

<http://www.drmirkin.com/>

USATF and National Masters News

from Bruce Kirschner

BRR Featured in National Masters News

National Masters News (NMN), the premier publication covering U.S. Masters track & field and long distance running, featured the Boulder Road Runners mid-2020 “Summer Holiday Challenge” virtual race series in their December issue. The article, “Club vs. Club vs. Club: Virtual Races June Through September,” by noted USATF journalist and “Running Professor” Paul Carlin, covered other club virtual race series as well. The BRR series was the brainchild of M60+ team member Roger Sayre and was open to all 60-69 age group men and women teams from across the country. The free registration events were held on during weeks surrounding the Memorial Day, Fourth of July, and Labor Day holiday weekends. The following link provides additional information on the virtual races. <https://boulderroadrunners.org/club-v-club-makes-national-masters-news/>

USATF Masters Grand Prix Status. Events on the 2021 MGP schedule continue to drop off. The USATF Masters Long Distance Running Executive Committee decided to combine the only two successfully held events from the 2020 MGP (Bethlehem and San Diego) into the 2021 MGP. So there may be as many of 6 events (these two from 2020 and another 4 from 2021) comprising the 2020/2021 MGP for scoring purposes. The first event of 2021 will be the 1 Mile Championships in Rochester, NY on June 5, 2021. The current schedule is below. I'll let you know what I know as we move forward in time. Notify me if there are any 2021 events you are interested in going to. In the meantime, just try to stay fit and keep you immunity high. Stay posted!

A New USATF Position(s)

As BRR Men 60+ team coordinator for the last five years and active participant with the team in the USA Track & Field (USATF) Masters Grand Prix (MGP) national championship race series it wasn't hard to see that things were not looking good long-term for the MGP. With perennial races on the schedule, such as the Tulsa (OK) 15K, dropping out and the number of participants dwindling the future was not looking rosy. This was disconcerting because not only did the MGP bring BRR teams national recognition, including the Women 60-69 and the Men 70-79 teams, participation by team members was an absolute blast. Without any prompting, I decided it was time to step up and take action. I conferred with one of my USATF colleagues in the know and he suggested I talk to noted Masters runner Lloyd Hansen. Apparently Lloyd was considering running for Chair of USATF Masters Long Distance Running (MLDR), the part of the organization responsible for putting on the MGP, which historically has featured 8-10 national championship races for Masters (age 40+) runners all over the continental U.S. I knew that Lloyd, a retired Ford Motor Company Comptroller and Vice-President, had all the leadership experience and “the right stuff” to take the volunteer position on and succeed in everything the position entailed. I offered to run Lloyd's campaign to win the Chair election for a 4-year term which would begin immediately following the virtual USATF Annual Meeting at the beginning of December 2020. Lloyd was subsequently elected. I was certainly content to walk away after Lloyd won the election. But he asked me to stay on and serve on the MLDR Executive Committee. It wasn't before long when he also asked me to serve



on the new Championship Subcommittee, which determines the annual MGP schedule, and as the Chair of the new Communications Subcommittee. I agreed to serve in both volunteer positions. The Communications Subcommittee is basically tasked with getting the word out on USATF MLDR and increasing individual and team participation in the MGP. Fellow club member and BRR webmaster Todd Straka has also stepped up to serve on the Communications Subcommittee and to assist with building a new MLDR website.

Both new USATF roles are certainly consistent with my skill set and interests. I have committed to helping Lloyd and the rest of the MLDR organization to bring the MGP to the next level. I am looking forward to these new challenges and hope to bring even more national recognition to the Boulder Road Runners!

MEMBER PROFILE

WILL DILLARD

Jeff emailed a series of questions to Will. Below are Will's responses.

I understand that you are a Georgia native. What was it like growing up in the Deep South?

Hot and humid in the summer, wet and cold in the winter. Spring and fall are the best times for running and also the most beautiful time of the year, unless you have seasonal allergies, then spring is a bear with all the pollen.

We fried everything, an issue I had to deal with later in life.

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

I started running in high school with a classmate that was a long distance runner, but after we graduated and started college I mostly ran on my own. No real training or racing. I stopped running for an extended period and fell into the typical college mindset of drinking, smoking and partying. I started at Southern Polytechnic State University (originally part of GA Tech) studying Architecture/Engineering. Later, I left and attended Georgia State University where I studied Liberal Arts/Journalism. [Note from Jeff: Quite a change in majors. A lot of this sort of switching took place during the Vietnam Draft – to keep those grades up and avoid a tour in South East Asia!]

After a health scare (at the age of 39), partly due to the bad habits I had developed in college and all the fried foods I had grown up with, one night after dinner I thought I was having a heart attack. After three days in the CCU and meeting with the cardiologist he told me, "Change your lifestyle or die." It turns out I didn't have

a heart attack, but I asked him if I could return to running and he wanted to do a Max Treadmill Stress Test before. To my surprise, I passed with flying colors, in spite of my abusive lifestyle. I quit smoking, lost weight and returned to running in mid-1980s. [Note from Jeff: Hopefully, the "hiatus" saved the knees for later in life. Will and I were returning to the road races at about the same time. Alas, the best runners on my Navy teams seem to have become largely bionic -- with new knees and hips implanted over the past several years.]

I believe that you started your coaching career right out of college. How did you decide to follow that career path and what sports did you coach?

I didn't start coaching until I had been running for several years and began to have some success. My running coach at the time, whose nickname is "Mad Dog", encouraged me to get the education needed and think about coaching. At the same time I was having fellow runners ask me for training advice. I began the process of online, self-study and in-person testing. Eventually, I became Nationally Certified with Road Runners Club of America as an Adult Coach, USA Triathlon Level I Certified Coach, USATF Level II Certified Coach, USA Cycling Elite Level Coach and an instructor for American Sports Education Program for teaching high school coaches the necessary safety standards and first aid protocols for their particular sport. [Note from Jeff: Sometimes I wonder if our BRR Boulder Boulder trainees realize what an extraordinary opportunity they have had working with such an accomplished and dedicated coach! To provide a bit of "cache", perhaps the BRR should start charging an exorbitant fee for Will's fine coaching services!]

In 1994 I became involved with the Team in Training Program that was just starting in the US and Atlanta was the first location. After running the Big Sur Marathon in 1995 as part of the first team I became one of the mentor coaches for the program for several years. [Note from Jeff: I have run several marathons as a part of the illustrious "Team in Training" group. Their pre- and post-race tent was a wonderful place to hang out. I had no idea that this vast, nation-wide, very popular and incredibly valuable children's charity program began in little ole Atlanta!]

I became involved with a wheelchair tennis program for a couple of years and that led to me being asked by Blaze Sports, an offshoot of the 1996 Atlanta Paralympics, to become their track & field coach for their wheelchair and physically challenged athletes. I worked with them up through the 2007 US Paralympics Track & Field Championships. [Note from Jeff: My daughter, Becky, was posted with the State Department at the US Embassy in Brasilia during the 2016 Rio Olympics. When asked for volunteers, she chose to work with the US Paralympic athletes in the events that followed right after the Olympic Games. She was incredibly impressed with the dedication, performance, talent and accomplishments of the US Paralympic team!]

Because of my involvement with Blaze Sports I was hired by the Shepherd Spinal Center in Atlanta to work with a visiting group of Egyptian Paralympic athletes at the Roosevelt Rehabilitation Center in Warm Springs, GA one summer in 2009. I still keep in touch with a number of these athletes.

For 10 years I was the club coach for the Chattahoochee Road Runners, second in size to the Atlanta Track Club, and during

continued on next page

MEMBER PROFILE: WILL DILLARD

this time held weekly track sessions and developed training programs for the Peachtree Road Race and other events.

I worked as an Assistant Coach to the Head Coach at Riverwood High School in Sandy Springs, GA with the track and field athletes in the various running, jumping and throwing events for about four years.

I volunteered time to work with young track and field athletes who were members of the Northside Red Runners, a USATF Youth Club that coaches young athletes to compete at the Regional, National and Junior Olympic level.

All during my coaching career, in addition to the groups mentioned, I have coached individual runners, cyclists, duathletes, track and field athletes, both youth and adult, to qualify for and compete in national, regional and world championships. Several of these athletes were successful on the National and International level (but mostly only “famous” locally). One athlete that I worked with is our own Mike Wien, who attended my winter training program for cyclists and qualified and competed in the 2011 Ironman World Championships in Kona, HI and finished 2nd in his age group --and competed in the world championships four times.

When I sent word to my current and past athletes at the end of 2016 that I was officially “retiring” from coaching, I began getting emails and texts asking if I would still coach them. I told all that as long as they competed I would continue to coach them. Happy to say that I have several athletes that I coached for 10-15 years of their competitive career. [Note from Jeff: Ah, the wonders of the modern Internet – no one gets to retire anymore!]

How in the world, as a Georgia native, did you end up in Boulder?

When my son was a teenager, we became interested in rock climbing. We studied the sport, read about famous climbs, trained and hired a professional instructor to teach us the proper safety precautions about setting up anchors and climbed most of the

well known routes in the South for several years. Of course we knew about Boulder being one of the climbing meccas, so when my son graduated from high school, I took a month off and we left for a climbing trip that would include Boulder, Rifle Canyon, Tuolumne Meadows and Yosemite Valley. We knew as soon as we arrived in Boulder that was where we wanted to live. Took some time, but both of us live here now with my daughter-in-law (Colorado native) and my granddaughter and grandson.

Could you please tell us what got you interested joining the Boulder Road Runners?

Because I am a member of the Atlanta Track Club and had friends on their racing teams, including ATC transplant and now very active BRR member Mike Wien, I knew about the Boulder Road Runners and the competition through the years. I had been involved with both the ATC and the Chattahoochee Road Runners and knew some of the history of the BRR so when I moved to Boulder within a short period of time I joined the club, I wanted to connect with the local running community. [Note from Jeff: And we're so glad you did!!!]

Could you please tell us about your long racing career, particularly about your many marathons -- such as how many you have run and what were your favorites.

I had run for a long period of time, mainly for health as I mentioned earlier, so I didn't really track how much I was running and didn't really have an interest in racing. One day I ran into a high school classmate of mine who was a runner and the fullback from our high school football team that I had not seen in years. During our conversation, we talked about running and he invited me to come to a Chattahoochee Road Runners meeting. I did attend and from there my racing career began. Prior to this time I never kept a training log of the miles I had run but when I started working with a coach, Mad Dog that I mentioned earlier taught me that if you



don't record what you do you won't know what works and what doesn't. I began tracking my running miles in mid-1990 and as of the end of 2020 I have recorded 21,505+ miles (not including social runs).

I have run 11 marathons, mostly to support training groups I was coaching, so I don't have a superfast time like some BRR members. There are only a few races that I enjoy running more than once. I have run the Big Sur Marathon three times, first time in 1995, second in 1996 and in 2015. I ran and dedicated the race to my friend who ran with me in 1995 and 1996 but died of a heart attack in 2007. [Note from Jeff: It looks like Will and I went head-to-head across the Bixby Bridge in the 1996 Big Sur Marathon. I remember the dishearteningly strong winds at appropriately named Hurricane Point coming up on the bridge – where it was hard to keep your legs from getting crosswise! After the race, the RD stated that they had recorded 70 mph winds at Hurricane Point - and sustained winds of 40-45 mph elsewhere along the course! I also remember that this was one of the hottest Big Sur Marathons on record – well over 90 degrees at the finish at Carmel High School. I won't tell you

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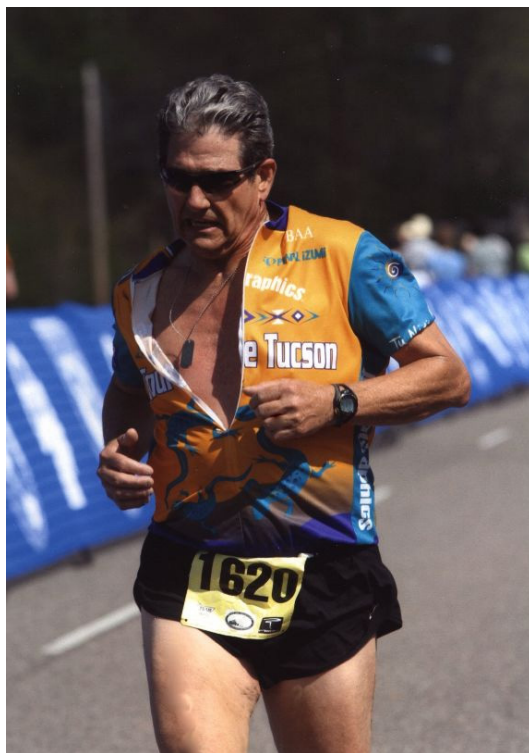
MEMBER PROFILE: WILL DILLARD

which of us crossed the finish line first – but I will state that it was a close run race!]

The only other marathon I would consider running more than once is the Avenue of the Giants Marathon in California, that I ran in 2016, that takes place in the Humboldt Redwoods State Park. [Note from Jeff: And don't overlook the Humboldt Redwoods Marathon which is held in the same state park -- but is held in the fall as opposed to in the spring. It is basically an "achiral version" of the Avenue of the Giants Marathon, run over the same roads. (Per Will: that is to say, using the same roads but the Humboldt Redwoods Marathon runs in the opposite direction than the Avenue of the Giants, this is the unique way to get runners to run both versions) These are definitely two of the most scenic (and level!) marathons in North America. The constant shade provided by the giant sequoias is also a treat!]

I also ran Chicago, Marine Corp, Disney (2 times), Atlanta, Vermont City (Burlington) and Wineglass (Corning, NY). I ran the Atlanta Marathon in 2000. A good 90% of the Olympic Marathon Course was the same as the Atlanta Marathon course with the final loop variation taking the Olympic runners through major sites including under the Olympic Rings. I ran the Marine Corps Marathon in 1995 (the 20th Anniversary).

I have run more than 350 races of all distances with varied success. [Note from Jeff: The only race that is NOT a "success" is a DNS!] In all of my racing career I have only one DNF that was at the Imogene Pass Run in 2016, at the second timing station I missed the time cutoff for the summit by 15 minutes, they said I could continue but why if it wasn't an official time???



2005 Whistlestop Duathlon in Irondale, AL

What are some of your favorite shorter races, both in Georgia and in Colorado -- and elsewhere?

My favorite 5K race in GA was the Cave Springs 5K. It is run on and around the campus of the Georgia School for the Deaf. All of my 5K PRs were set on this course.

My favorite 10K in GA would have to be the Peachtree Road Race that I have run 26 times in person and last year as a Virtual event.

I haven't done much short distance racing since moving to Colorado but some of my favorite races were the Boulder Backroads Half-marathon (2008) Pikes Peak Ascent (2015) and the Bolder Boulder (2016). [Note from Jeff: Wait a gul durn second! What about the Garden of the Gods

10-miler!?!? If you can believe it, I first met Will while we were watching the sunrise from the parking area of the newly rerouted 10-miler back in 2017. We were about the only two people there that early, so we chatted. And, that my friends is how I met Will for the first time – and was much surprised and delighted when he showed up at Avery's a few months later! Incidentally, getting there early was a very smart move -- the chaos in the parking area caused the RD to postpone the start of that race by half-an-hour. A miserable decision for those runners, like Will and myself, who were warmed up and ready for the gun at the appointed hour. Anyway, I deem Will's early arrival as another sign of what a great coach he is!]

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

Didn't do much running outside during the first several months, mostly on the treadmill, but I am beginning to build up my base (like I recommended to everyone in my last "From Da' Coach" column in the January 2021BRR Newsletter) and plan to get back on the trails when the crowds die down. [Note from Jeff: Will's "From Da' Coach" column is probably the main reason that the BRR Newsletter is very widely read far-and-wide beyond the confines of little ole Boulder County!]

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

MEMBER PROFILE

CHUCK SMEAD

Men's 60+ Team Member Chuck Smead Shares His Background

from Bruce Kirschner

Perhaps no other individual on the Boulder Road Runner Men 60-69 team is as internationally well known as Chuck Smead. In the 1970s he was one of the top American distance runners. He was winner of the Pikes Peak Marathon in 1972 and 1973. Chuck went on to win the 1974 and 1976 Pikes Peak Ascent races. In 1975, he placed second in the marathon at the Pan American Games in Mexico City. In 1980, Chuck was runner-up at the Chicago Marathon. He was ranked in the top ten among U.S. male marathoners twice. However, his specialty soon became trail racing. Chuck is credited with being the first American trail runner to go to Europe in 1977 to race and succeed at an elite level. That year he won the Sierre-Zinal in Switzerland, one of the most revered mountain races in the world. The race website bills it as the "Race of the Five 4000m Peaks," heading along a daunting 31 km mountain trail involving a 2200 meter elevation gain and a 1100 meter vertical drop in the heart of the Valais Alps." Spreading the sport of mountain racing to Europe and beyond has also been attributed to BRR club member Chuck Smead.

Bruce e-mailed a series of questions to Chuck. Below are his responses.

Where were you born and where did you grow up?

I was born in Ventura, California and grew up in nearby Santa Paula, California, both in Southern California north of Los Angeles. The 1950s and 1960s were a great time to grow up there. The weather was fantastic and there were a lot of kids my age to play with. Southern California has grown and changed a lot since then. It's totally different from when I grew up there and



Chuck Smead winning Pikes Peak Marathon 1972

crowded as heck now.

What brought you to Colorado?

I got a job offer to teach high school math at Moffat High School just west of Crestone in southern Colorado in 1986. The smog in California was getting to me as well as the school politics there. So we bought a house on five acres in Mosca, Colorado.

Where do you live now?

We're still in Mosca in the first house we bought and have been here ever since 1986. It is located about 16 miles north of Alamosa and about 23 miles due west of Great Sand Dunes National Park. Where we live is pretty remote and it has got to be one of the best places to be right now.

What do you do for a living/professionally?

I totally retired from teaching in 1987. It was time to just do something else. Since then I have kept busy being a philatelist, a stamp collector. I started collecting stamps when I was 9 years old. I stopped in college and started again 8 years later when two U.S. collections were offered to me. I have been collecting ever since and

started selling and trading many years ago and went "full" time in 1988. I buy stamps at public auctions in bulk and then I sell them to stamp collectors all over the U.S.

Tell us a little about your immediate family.

I met my wife Carol in the 6th grade and we started going together in 8th grade after sitting together in Spanish class. We married in 1974 and have now been married 46 years. We have three sons: Isaac, Aaron, and Mark. We have four grandsons now.

Tell us about your running career.

I've been fortunate enough to have run many good races over the years. I was the California Cross Country Champion in 1968. At age 17 In 1969 I became the world record holder in the marathon for my age group with a time of 2:23. That record held for many years. In 1969 I placed 7th in the USATF Open 10K Nationals in Miami, Florida. I think Frank Shorter won that race. I was two-time NCAA 10K track champion and broke the meet record in 1973 and won it again in 1974. In 1975 I won the silver medal in the marathon
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MEMBER PROFILE: CHUCK SMEAD

at the Pan American Games in Mexico. From 1968 to 1978 I never lost a mountain race. I wouldn't have lost in 1978 had I not been injured. I was six-time national road race champion at the 15K, 20K, 30K and 50K distances. In 1976 I set the American record for 50K, which I only ran as a marathon training workout, and it held for 42 years. I was the Pikes Peak Ascent 60-64 age group recordholder in 2011. Then I won the USATF cross country national championship for the 65-69 age group in 2018. In 2017 I was the XTERRA Half Marathon Trail Run World Champion in Hawaii.

When did you start running and why?

I started running in 1965 as a high school freshman to get in shape for basketball and tennis. I was smart enough not to want to play football. I've run ever since, about 56 years now. I only took off four years from running in the early 1990s when I turned 40. I was a little burned out. Also, the prize money races were going away so I decided to focus on playing tennis. Then I had enough of that, quit tennis, and came back to running as my main sport.

What do you consider your favorite race?

I really don't have a favorite race. I had the most success at the marathon. I could compete with the best guys back then. Basically, I love any race that is uphill. That is, if it has hills or mountains involved then it's for me. These kinds of races are way easier for me in terms of competition than racing in track or road events on the flats.

What is your favorite race distance and what is your personal record (PR) at that distance?

In the old days, probably the marathon, with a 2:13 personal record. Now, because of my age, the shorter the distance the better. Again, I prefer trail and mountain races at any distance equal to or less than the half marathon.

What are some future running and racing goals?



Jack Pottle (left) and Chuck Smead(right) at USATF XC Nationals

I'm in horrible shape right now, the worst ever for at least 20 years. I've been injured with iliotibial band problems since last May. Last year I had many weeks of less than 10 miles. Most weeks now are 20 miles or less. Since there will be no notable races for quite some time I may concentrate on getting my 1 mile time down. I ran a "blazing" 7:52 mile last week all bundled up in 20 degrees cold at 7,600 feet altitude and on the flats with no downhill. But at least I'm not injured now.

What are your thoughts about being a BRR Men 60+ team member?

I've been on the team for quite a while,

since about 2012. I'm looking forward to turning 70 years old and running on the BRR 70-79 men's team with former 60+ team member Doug Bell as well as the other 70-79 year-old guys if there are any races by then. The way things are going now with the pandemic I'll be surprised if there any "normal" USATF Masters Grand Prix national championship races until 2022. I like running on a team and do not chase individual results. If there's no team, then I usually stay home. In my opinion it's way better to be on a winning team than win a race as an individual, though it's best to do both!

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