

The President's Message



Hello, fellow Boulder Road Runners: -- I decided to extend my Florida shutdown sunshine sojourn to include the March 7 Marathon of the Treasure Coast after receiving an email from Smitty, my long-time running partner in Boulder, whom most of you know. He wrote to say nine inches of snow were expected, leading me to stay down here a bit longer. Which means more solo runs and discovering new paths and trails. While I don't know many people in South Florida, I soon discovered (or can we say "rediscovered?") that coming to a race in a new location is an instantaneous way to make new friends and connect with the local running community.

That is what I found out from Willie Savoie, Marathon of the Treasure Coast race director. I met Willie at the Feb. 14 Fort Lauderdale marathon, where she explained how by following strict county

safety protocols, in-person racing has slowly been reopening. Willie put on 10 "live" events last year, and is gearing up for more in 2021. I have been reading accounts of the early Spanish explorers up and down the Florida coasts, and want to check out the Treasure Coast Marathon this weekend (www.GameOnEvents.com) to see where some of them landed in their search for treasure. For every Cortes who conquered Mexico, there was a bunch who did not make it.

The reason was often rash decisions where impulse and greed overruled instinct and common sense. As the Swiss psychologist C.G. Jung put it, "Until we make the unconscious conscious, it directs our actions and we call it fate."

Here is an example of the value of doing so. At a hotel early in my stay, I went to the pool to swim, trying for a workout. A couple was in there, and did not leave (it was Valentine's Day, they were

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The Marathon of the Treasure Coast is set for March 7

**Virtual First Monday,
 March 8 @ 5:30
 JOIN US ON ZOOM!**



President's Message, *continued*

“celebrating”). A bit irritated, I walked inside, saw an empty workout room, with a really nice treadmill. I jumped on the treadmill, and after a warm up got going at a good clip. “Yup, still got it,” I thought, deciding to keep increasing the pace and steepness at five-minute intervals. However, as I reached down to push the arrow to increase the pace, somehow, pumping my arms from the effort, I hit the big, octagonal red STOP button, without meaning to. The treadmill shut down and slowed to a halt.

I reacted by immediately starting it up again, because of course we runners always need to do more, don't we? As the treadmill started cranking up, I suddenly realized that 20 minutes at a decent pace was enough, and so I jumped off. During all the years running on treadmills, many times, I never came close to hitting the Stop button. It was always more, faster, steeper. Our bodies have wisdom, and for sure the message is clear here.

Which means time for cross training. Long-time club member Deb Conley recently illustrated during a Zoom call how she trains on a mini-trampoline, something which helped her recover from her serious injuries. Mike Wein liked the idea enough to buy one for himself. He does not “view it as a workout,” but rather, “I think of it as muscle strengthening.”

Wein bought the Newan model and uses it as part of his quotidian workout routine. “I like it but it was a challenge to put it together,” he wrote. “I run for five minutes and jump for one minute for calf strength. Run with high knees works the minor leg muscle.”

Send along any other cross training method/tips you might have. I would like to train enough to join Bruce Kirschner and the BRR M60+ squad this fall. A big task is coming to grips with the idea that



Mike Wein is using his Newan trampoline daily

my days as a racer are over. Some of you might feel this; if so, perhaps take solace, as I have, in what you have done and your accomplishments. Roman emperor Marcus Aurelius, the last of the “Five Good Emperors,” wrote, “It is a shame for a man to grow old without seeing the strength and beauty his body is capable of.” Stay strong and safe,

Rock



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2021

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FROM DA' COACH

Returning to Running and Racing

from Coach Will Dillard



As I sat down to write this month's column as the number of vaccines has increased and more in-person events have been scheduled for later this spring and summer I began to think about what advice I could give to everyone about returning to running and racing.

Some of the BRR members have been able to continue some level of running but with only virtual events very little "real" training

has taken place. This presents a real challenge about what type of training to do, when, how much, what goal and not get injured.

During the last two years I have written columns on various aspects of training and racing for the BRR newsletter and I think several of these should be revisited now for some direction and guidance. All of these can be accessed through the BRR Website under the News link then Newsletter then click on each relevant month to find the specific column.

<https://boulderroadrunners.org/news-old/newsletter/>

or you can click on this link

<https://drive.google.com/file/d/128vutOrgdtOR0WyGBg536oDgeIcuZuBs/view?usp=sharing>

We will travel backwards through the articles in the process of moving forward because I feel this direction will give the best path to take in returning to running and racing.

In the August 2020 newsletter the column was titled, "Why" Do I Run? This would be the first question you would need to



Marine Corps Marathon

answer to determine what type of training or running you will be doing.

In the February 2020 newsletter the column was titled, Running: How Much is Enough and How Much is TOO Much? This column gave you some tools to make that determination and is something you will need to do again as you return to running and racing.

In the December 2019 newsletter the column was titled, S.M.A.R.T. Training and Racing. This gave you some tools and guidance for establishing what your training and racing should look like.

In the August 2019 newsletter the column was titled, Successful Running & Racing. This covered the need to have a nutrition and hydration strategy for training and racing.

In the July 2019 newsletter the column was titled, GOALS-Why They are Important and How to Establish. After you have returned to running after some time you will need to establish what will be your goals as we move to more in-person events. Just to get back to racing? Qualify for Boston? Compete in a USATF Masters race? This column will give you a blueprint

for establishing what your goals will be.

Finally, and maybe the most important of the columns is the newsletter column for May 2019 titled, The Mind is the Athlete. After you have gone through all of the other stages and recommendations and are ready to toe the line in a race your mental conditioning, probably more than your physical conditioning might determine your race results.

I wish you the best in your return to running and racing and I am available to help anyway I can, just send me an email (new email address) coachwill@trainingformortals.com

I leave you with this final motivational quote: "The thirst you feel in your throat and lungs will be gone minutes after the race is over. The pain in your legs within days, but the glory of your finish will last forever."

See you at the races... Coach Will

Cold Weather Exercise in 2021

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

This winter is more dangerous than previous winters because cold weather increases your risk for COVID-19, since it increases the time that people spend indoors where the virus can accumulate in the air. More than 95 percent of COVID-19 appears to be acquired indoors, particularly where people congregate. The World Health Organization warns that the virus can be transmitted in any kind of weather, and there is no evidence that cold weather will kill the virus.

Even without considering COVID-19, you are more likely to die from cold weather than hot weather (BMC Public Health, January 15, 2009;20099(19)); cold weather kills about 20 times as many people as hot weather does (Lancet, July 25, 2015;386(9991):369-375). Most cases of cold weather deaths are from its effects on the heart and lungs, leading to heart attacks or pneumonia. People who have chest pain from reduced blood flow to the heart are at increased risk for heart attacks in cold weather, particularly when there are also high winds, snow and rain that can lower body temperature, or when they shovel snow (BMJ, Aug 10, 2010). Major risk factors for sudden death in cold weather are:

- elevated blood pressure,
- elevated cholesterol and
- increased clotting.

Clots cause heart attacks, and high blood pressure and cholesterol damage arteries to cause heart attacks.

People who suffer from heart or lung disease are at higher risk for dying in cold than hot weather (Lancet, 1997 May 10;349(9062):1341-6). A 12-year follow up of more than 220,000 cases found that for every one degree Celsius drop in temperature (that's 1.8 degrees Fahrenheit), there is a 0.49 percent increase in deaths from all causes (Circulation, Oct 12, 1999;100(15)).



How Cold Weather Can Cause Heart Attacks

Heart attack risk is greatest on days when the temperature is below freezing (JAMA Cardiol, 2018;3(11):1081-1089). There is a 31 percent increase in heart attacks in the coldest months of the year compared with the warmest months (PLoS One, November 6, 2015). Cold weather:

- increases heart attack risk markers of inflammation such as increased neutrophils, white blood cell count (WBC) and C-reactive protein (CRP), and markers of clotting such as increased platelets (PLoS One, November 6, 2015).
- causes the liver to make more fibrinogen that increases clotting (Lancet, 1994; 343: 435-439). A clot can shut off blood flow to the heart to cause a heart attack (BMJ, 1984; 289: 1405-1408).
- increases your body's production of adrenalin which constricts arteries to raise blood pressure and to make your heart beat faster.

- raises blood cholesterol levels (Am J Med, 1986; 81: 795-800).
- can drop your body temperature to weaken your heart muscle, and people with weak or damaged hearts can go into heart failure.
- decreases exposure to sunlight which lowers vitamin D levels to weaken the heart muscle.

Exercise-Induced Asthma

Almost 20 percent of North Americans have exercise-induced asthma, which usually is caused by breathing dry cold air, not by exercise. When these people breathe dry cold air, the muscles around the tubes that carry air in and out of their lungs can constrict to make them short of breath. Exercise-induced asthma can occur in people who do not have asthma otherwise. It affects almost 50 percent of elite cross-country skiers, ice skaters and hockey players. It is far more common in

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Cold Weather Exercise in 2021, continued.

winter athletes than in those who compete in the summer. Dry cold air also increases risk for common winter infections such as colds or influenza, which cause inflammation that can damage arteries to increase risk for heart attacks.

Tips for Outdoor Exercise in Cold Weather

- If you have heart disease, your doctor probably will recommend that you should not exercise outdoors in temperatures below 50 degrees Fahrenheit.
- Exercising in cold weather can cause chest pain in some people who have no problems when they exercise in warm weather. When cold wind blows on your face, your heart rate slows down. This decreases the blood flow to the heart and can cause pain in people with blocked coronary arteries. While freezing your face slows your heart, freezing your fingers makes your heart beat faster. Cold hands will not cause chest pain, but a cold face can.
- Air is an excellent insulator, and layering clothes traps air. Wear a silk or loosely-woven polyester inner layer that wicks sweat away from your body. Loosely woven wool or synthetic-fiber sweaters or vests are a good middle layer because they trap insulating air and wick moisture to the outside. The outer layer material should be tightly woven so it blocks the wind; a waterproof rain jacket can perform this function. Nylon and Gore-Tex are outstanding because they can be extraordinarily light and still block the wind. Winter jackets do not need to be heavy, they just need to provide insulation and a barrier from wind and rain.
- You feel cold most in your fingers, ears and toes, so be sure to cover these areas. During World War II, gunners on bombers complained bitterly about frozen hands, ears and toes. Special insulation was added to their gloves, hats and boots, and they stopped complaining, but they suffered frostbite on their necks and chests. They had unzipped their jackets

because they didn't feel cold.

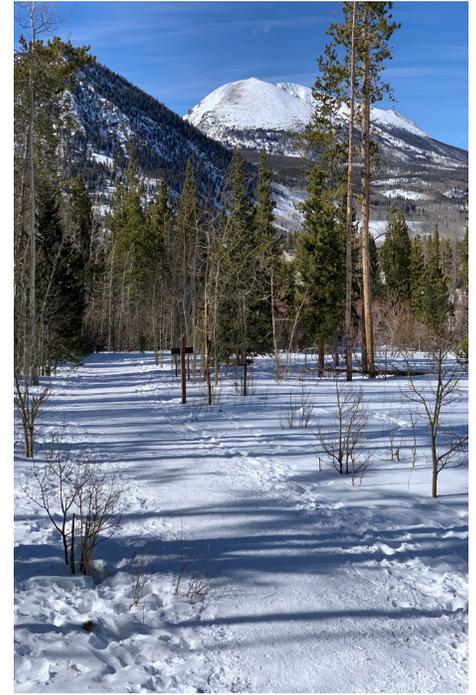
- To help keep your hands warm on cold days, wear mittens that do not let wind or water in. The single compartment of mittens retains heat better than gloves that have separate compartments for each finger. If your hands still feel cold, swing your arms around rapidly from your shoulders with your elbows straight. This motion imitates a centrifuge that will drive blood toward your fingers and open up the blood vessels in your hands. You can buy single-use hand heating packets such as "HotHands," online or in sporting goods stores, and rechargeable warmers are also available.

Frostbite

You should never get frostbite because you get plenty of warning. Get out of the cold if your skin starts to burn or itch. Your normal skin temperature is a degree or two below the internal body temperature of 98.6 degrees F. When your internal body temperature starts to drop, your brain tries to preserve heat by sending a message to the nerves in your hands and feet to close the blood vessels there. With decreased blood flow, the skin temperature of your hands and feet drops rapidly. When your skin temperature reaches 59 degrees Fahrenheit, your brain sends signals to open up blood vessels in your hands, causing your fingers to turn red, burn and itch. This is called the "hunting response" and is normal. You should get out of the cold immediately when your hands or feet turn red and start to itch and burn. If you don't get out of the cold, the blood vessels in your hands and feet will close down again and the temperature will continue to drop even more rapidly to below freezing. You will suffer frostbite and may lose your fingers and toes.

Raynaud's Phenomenon

People with Raynaud's Phenomenon have their hands turn white and hurt when they are exposed to temperatures below 60 degrees because they do not have the



Winter in high country

"hunting response". The blood vessels to their hands do not open as soon as their skin temperature in their hands drops to 59 degrees F and their hand temperature drops rapidly toward freezing. Researchers have tried various treatments, but today the most practical solution is hand warmer packets, available in sports stores and online.

My Recommendations

Since COVID-19 is transmitted mostly from breathing infected indoor air, I recommend limiting or avoiding indoor exercise in groups, and to avoid using indoor exercise equipment that is shared with other people. Until you get your vaccine, it will be safer to exercise outdoors or in your home. Without considering COVID-19, exercising in very cold weather can harm people who suffer from heart or lung disease. You may want to treat yourself to a new indoor exercise device to make your exercise program more fun, challenging and comfortable for you.

MEMBER PROFILE

HEATH HIBBARD

Men's 60+ Team Member Heath Hibbard Tells His Story

from Bruce Kirschner

Heath Hibbard has been a BRR M60+ team stalwart since serving on the USATF Cross Country National Championship gold medal team at Boulder's Flatirons Golf Course in February 2015. A few months later he won Boston Marathon's 60-64 age division in a field of 900 men. But Heath may best be known for his top placings at the infamous Dipsea Race in northern California. The original Dipsea is the oldest trail race in America and the second oldest footrace in the U.S. after the Boston Marathon. Hibbard placed 5th in 2015, 3rd in 2016, 9th in 2017, and 4th overall in 2018. In 2018 he was back on the same grueling course only six days later to overcome twice the adversity for the out- and-back Double Dipsea. This race is described as, "...not just another tough trail run. It's a sadistically designed race, intended to test your patience and perseverance. It rewards those most able to overcome adversity and show grace under fire. It leaves defeated those unable to adapt and quick to give in to frustration." Heath captured first place overall and won by over 11 minutes. This was definitive proof of his overall grit and determination to excel and win. What follows is his story in his own words.

Where were you born and where did you grow up?

I was born in the City of Orange in Southern California, but grew up in nearby Newport Beach, California. My family moved to Cortez, Colorado for 2 years when I was just a child but moved back to Costa Mesa, California when my mother had health issues. Mom died when I was 7 years old. Dad was 53 years old when

I was born and was self-employed fixing refrigerators. He was left with raising 5 kids on his own. Growing up for me was all about survival. I had to buy my own school clothes with money I made as a paperboy. Dad would give Holly, my oldest sister who served in a maternal role, \$3 every day to buy the entire family groceries for that day. As soon as food showed up in our house my siblings and I would grab and eat it right away without even enough time to even chew it properly. I was raised naïve in so many ways. For example, we never went to restaurants to eat. When I got older didn't even know how to leave a tip for a restaurant's wait staff.

I understand that you hiked the Pacific Crest Trail many years ago. Can you share some of that story with us?

I had a carpenter buddy of mine who had a Pacific Crest Trail book on his living room coffee table. We had a couple of beers and I told him, "I'll do this trail with you." Then he took me down to REI and helped me buy a backpack and boots. I thought this was going to be a walk in the park and didn't have a clue. I did one warm up backpack trip up Mount Whitney, the highest mountain in the continental U.S. It was my first ever backpacking trip. We camped out on the very top at 14,505 feet. It was windy, cold, and we had horrible headaches from altitude sickness. We didn't even know what was wrong with us.

My buddy and I started the Pacific Crest Trail at its southern terminus just south of Campo, California by the U.S. border with Mexico on May 2, 1976, which was the Bicentennial year. The trail was only 80 percent complete at that time. There was the smallest snowpack in years and I ended up mailing home the ice axe I had brought along. The problem was there was little



Double Dipsea 2018

drinking water though. Then my buddy bailed out on me after two days. I ended up hiking by myself for a while until I met a couple of guys from Oregon, who I hiked with the rest of the way and became really good friends with. We were also climbing technical peaks along the Trail without the proper gear. It was crazy. I was lucky to survive that.

We arrived at the trail's northern terminus at the Canadian border on October 15, 1976. The next year these guys invited me to hike the new Pacific Northwest Trail with them. The PNWT is a 1,200-mile hiking trail running from the Continental Divide in Montana to the Pacific Ocean on Washington's Olympic Coast. I accepted their offer because I was just after adventure back in those days. It took us two months, but we were the first ones to ever complete the entire trail from end-to-end. I'm still in touch with those guys from Oregon.

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What brought you to Colorado?

After I got married my wife and I moved to Big Bear Lake, California. We went on a two-week ski vacation trip to Utah and Colorado at the end of January 1981. I never dreamed that there would be no snow and every single ski area we visited would be closed. Who would have thought that there would be no snow at that time of winter? There was no Internet back then and we didn't call in advance to ask a stupid question like, "Are you open?". So we just spent our time driving around Colorado and looking at property and ended up buying 80 acres near Ridgway. We really wanted to live in the mountains and the San Juan mountains were grander than the mountains around Big Bear. I also like to hunt and Colorado had better opportunities for that. In July 1991 earthquakes hit just east of Big Bear. My house was the closest one to the earthquake epicenter, which registered 7.5 magnitude on the Richter Scale. Then there were the fires in Southern California, the riots in Los Angeles, and the recession hit hard. So after 14 years in Big Bear we sold our house and left for Ridgeway, Colorado at the right time. I started building our house in 1991 and we moved into it in 1992.

Where do you live now?

I still live in the same house I built on 40 acres on top of Log Hill Mesa, which is about 18 miles south of Montrose.

What do you do for a living/professionally?

I've always been in construction and had been a contractor in California and then in Colorado. But I don't do construction anymore. It's too hard on the body. I just had another joint replaced in December. This time it was my left shoulder. So now I restore vintage 50-year-old Husqvarna motorcycle race bikes for people all over the U.S. I get business from only word of mouth. It's actually more work than I really want to do.

Tell us a little about your immediate family.

I have a twin sister and an older brother



Left to Right : Devin Croft, Bruce Kirschner, John Victoria, and Heath Hibbard at the USATF XC National Championships in San Francisco's Golden Gate Park, Dec. 2015

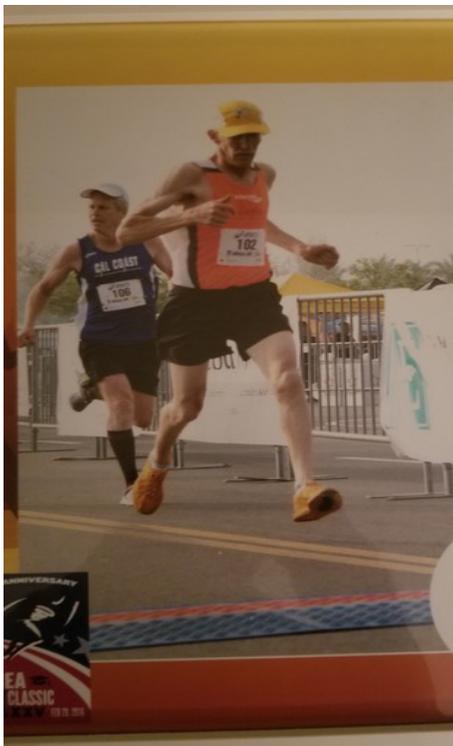
that still live in California. My two other sisters live in Florida and Arizona. I have two very successful daughters. Cristal, the older one, is married and a professional engineer. She lives and works in Rico, Colorado with her husband. Cory, my youngest daughter, is a fashion designer for PEARL iZUMi and is based in Louisville, Colorado. She is going to get married in September of this year (I'm saving up again for that!).

Tell us about your running career. When did you start running and why?

I was the fastest kid in gym class, so the high school coaches were always after me

to be on their teams. But I couldn't go out for any team because my dad was so afraid that if I got injured he couldn't afford to pay for medical treatment.

I didn't start running until I was 50 years old. I had to stop racing motorcycles before I got seriously hurt again and was looking for some other sport to compete in that wasn't as dangerous. I started running to replace the adrenaline rush I would get from competitive motorcycle racing. At first I didn't think I was cut out for running. But I thought I would give it three tries and it clicked my third time out for a
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Brea Classic 8K 2016

run. I got hooked on running races right away because I was successful at it. I won my age group in the Imogene Pass Run less than 4 months after I started running.

It was going pretty good for a couple of years until I started losing the cartilage in my right hip. I initially noticed it in one of the first team races I did with the Boulder Road Runners. My hip gave out on me and I struggled to finish and started limping badly after that. It progressively got worse to where I no longer could run and in the end was having a hard time even walking. Luckily, in 2013 I found out about a medical procedure that is done in Boulder for a lot of athletes: resurfacing hip joints with cobalt chromium. I could not run for a year after the surgery. The doctor who did the surgery said I could go back to doing anything I did before

as long as I didn't have any pain. When I did I come back to running I was faster than ever before. The doctor had told me numerous times that I would never wear my hip out for the rest of my life. I've been trying to prove him wrong ever since!

The truth is that I still don't get pleasure from the practice of running and training. But I really love to race. I would rather run on the treadmill than on the road. I like the treadmill because I'm competing against it and myself. I don't like running by myself. It's still all about the competition, which I guess I got from motorcycle racing years.

What do you consider your favorite race? Why?

My favorite race is the Boston Marathon because it is such a prestigious spectacle of an event. I was fortunate enough to win my age group when I was 62 years old, which was only two years after my hip joint replacement. The weather was absolutely miserable that day. It was 40 degrees and raining at the start. I don't do well in the cold and was all bundled up. There was a cold rain and headwinds. My shoes were squishing in the puddles. I was shooting for 2:52 finish, but my chip time was 3:01. I didn't think I would even make the podium. After the race I huddled around the sewer tops because steam was coming off them and it was keeping me warm. My wife found me and told me I had won the 60 to 64 age group. At first I refused to believe her. Then she showed me the official results on her cellphone. I was the only one in the age group to run sub-7 minute miles that day.

What is your favorite race distance?

What is your personal record (PR) at that distance?

The half marathon is my favorite distance. My personal record is just under an hour

and 20 minutes when I was first overall finisher at the Mt. Sneffels Half Marathon in 2007. I think my favorite half marathon is the Slacker Half Marathon, which goes from Loveland Pass to Georgetown, Colorado. Talk about downhill!

What are some future running/racing goals?

My future running goal is to just get back up to speed after my most recent shoulder joint replacement surgery and to be able to seriously race competitively again. I still have the dream of winning the Dipsea Race in northern California. I would like to try and win the Double Dipsea again too.

What are your thoughts about being a M60+ team member?

It was an honor to be invited to join the Boulder Road Runners 60+ team and to be able to continue to run with them ever since. I can only hope to be able to contribute to the team's success again in the future if my body lets me

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

MEMBER PROFILE

LORRAINE GREEN

Women's 70+ Team Member Lorraine Green Shares Her Background

from Jeff Dumas

Where did you spend your childhood?

I grew up outside of Chicago, on the North shore, in a town called Northbrook. It was a typical suburban community. I had one brother and one sister. My Father, Hugh Albers was a senior Vice President of the First National Bank of Chicago. (that institution is now Chase) My mom, Corrine Albers stayed at home to raise us kids. we were lucky.

When did you start running? Was it in grade school, high school, college or later?

I was very athletic as a kid, participating in whatever activity I could do (as a girl, pre-Title-IX). In primary school, I did a lot of ice skating and even some gymnastics. I really grew to love competitive sports in high school, where I played varsity tennis (doubles), badminton (singles), volleyball and basketball (senior year). At the University of Wisconsin-LaCrosse, I played field hockey, volleyball and fenced (foil). [Note from Jeff: Will someone please explain to me what any of these sports has to do with running!?!]

What was your college major and extra-curricular activities?

I received a BS in Physical Education – and, received permission to add Music as a double major. I was the first double major from the college of Health Physical Education and Recreation and the college of Music Education. As noted above, I played three sports and also did intramural basketball. I was also in Concert Choir, University Orchestra (viola) and Chamber Orchestra. [Note from Jeff: So much for sorority life!] [[Actually, Jeff, I was in Gamma Sigma Sigma Service Sorority.]]

It was while studying for my Masters in Voice at Northwestern that I became



Lorraine #1138, Seattle 2011

involved in running. It was a great stress relief and kept me in shape to play summer softball. [Note from Jeff: Do you have to be in shape to play softball?] While working on my master's thesis (effects of stimulative and sedative music on cardiac patients during training) that I worked with a friend who was in charge of cardiac rehab at a large YMCA in Chicago. He was a marathoner and got me going running 10K's. I ran my first marathon in Chicago The Mayor Daley Marathon in 1978. Yes it was the senior Daley! We had an expression in Cook county, vote early, vote often! [Note from Jeff: That would be The Mayor Daley – the one who gave the “shoot to kill” order during the Democratic National Convention. Hmmm, would he have shot any marathoners who couldn't stay ahead of the sweep?]

Where did you start your post collegiate career and what did you do?

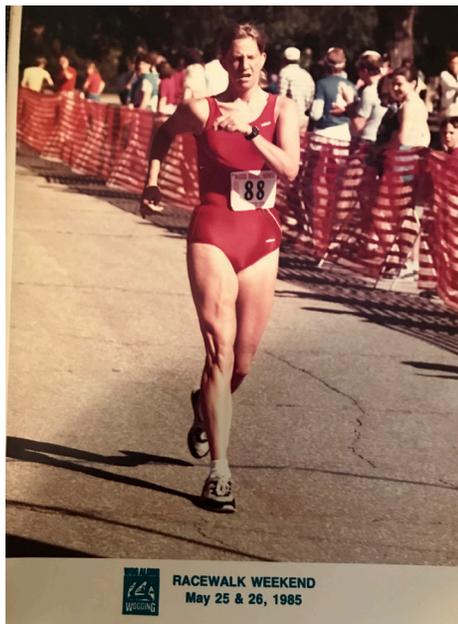
My first job was teaching P.E. at a co-ed boarding school outside of Chicago, Lake Forest Academy. I coached field hockey, volleyball, basketball and fast pitch softball. I kept running and played some post collegiate volleyball. I moved to Milwaukee after I earned my master's degree and taught music to grades 4-8. I started my involvement with track by working with the distance runners at Nicolet High School. With stagflation and the serious recession in the early 1980's, it was a poor economy and pay cuts in the arts that drove me to find a new job. So, I started looking around and ended up in the St. Vrain Valley School District – where I taught for another 28 years. [Note from Jeff: Wow, you must have had to look hard to even find the SVVSD from the far off Windy City. Good thing for us that you did!]

Through the Boulder Road Runners and

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my running club in Milwaukee (the Badgerland Striders), I learned about and started running cross country and lots of road races, specializing in marathons and half marathons. I've run New York (sub 3:20) and Boston twice. I have done 15 marathons including racewalking in Australia. My favorite was New York! The crowds were amazing and I loved being there as an athlete. (I sang in Carnegie Hall four times with the Chicago Symphony and Chorus)

I really got into track and field when I was in a serious car accident in 1984 and had multiple injuries including a broken back. While rehabbing from that, Terry Femmer got me into race walking. I totally embraced the sport and was very successful at a National level. The best race I had was when I came in 8th overall at the National 5K Racewalk Championships in 1985. My two most memorable were walking in Australia and walking on the boards in Moscow, Russia. I continued walking in track meets -- and even added javelin and discus events so I could keep busy, during the meets.



Lorraine National 5K Race Walk

Incidentally, Terry Femmer gets the blame

for getting me involved with the BRR. We were running buddies in the Badgerland Striders in Milwaukee and when he moved to Colorado he invited me to join his summer workouts. [Note from Jeff: As many of you already know, Terry Femmer has been a longstanding and very active member of the BRR. But, he is best known -- far-and-wide -- for his service as a USATF official and professional meet events timer for many high school, collegiate and USATF track and field meets every year -- including the long-running BRR Summer Track Series. For this service, Terry has received numerous community and USATF awards. Oh, yeah, and Terry was also a big-time race walker in the Great Lakes area too!]

I got into Triathlons because time took its toll on my body and I had to have knee surgery. My surgeon recommended cycling as good rehab and I fell in love with it. I used to ride with some guys (including Tom LeMire) and they asked me if I could swim. I said of course I can. They then talked me into Triathlon. This sport has been my athletic passion now for 12 years! I have been fortunate to do several triathlon distances both Nationally and Internationally. They include the Sprint Distance, International Distance Aquathlon, and Long Course Aquabike. Places I've competed include Edmonton ALTA, Canada, Chicago, Penticton Canada, and now COVID permitting Bermuda! [Note from Jeff: Word to the wise: Stay away from Tom LeMire, he will get you into all kinds of trouble -- like participating in the strangest races imaginable!]

I hear you participated in a track and field meet in Moscow, during the height of the Cold War. How did that transpire and what was your event?

It was in 1987 that I met a few of the soviet athletes that were in Eugene, Oregon participating in a World Masters Track meet. We connected through music....There was a piano in our host's home and I asked if anyone played. One of the Russian gentlemen, Vadim, said he did and promptly started playing some Gershwin-- and, I ended up singing some tunes



Lorraine Triathlon

with him.

I received a formal invitation to participate in the CCCP National Veterans Indoor Championship the following March in Moscow. I got my visa, my dad sponsored my trip and I flew alone to Moscow. There, I met seven other US athletes that were also invited. After that, Woody and I went to two more summer meets in Moscow. He did steeple chase (what a hoot) and the 800m. I did javelin, discus and racewalk. The friends we made and experiences we had were amazing. We were there on a business visa, so we had a lot more freedom to move around the city of Moscow. Highlights : seeing the Russian Patriarch at Zagorsk (it's like our Vatican), Mikhail Gorbachev was elected President, the CCCP became the Commonwealth of Independent States -- and, we just got out the day before the coup attempt, just as the tanks were rolling down the main streets of Moscow!

Your name is on the BRR Newsletter masthead as being elected office "At Large"

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Could you please describe that position and could you please tell us what got you interested joining the Boulder Road Runners in the first place.

The term “at large” means that I represent the entire membership, being a “voice of the people”, if you will. [Note from Jeff: Hmmm, sounds a bit like Lorraine may have been “indoctrinated” during her stays in the USSR.] My job is to assist in policy making and club activity planning and helping out wherever I can. I have been both secretary and vice president on past BRR Boards of Directors. Incidentally, I was doing summer work at the YMCA of the Rockies, Estes Park Center and after I eventually moved down to Lafayette, it was a no brainer that I’d step up my activities in the BRR.

Can you tell us about your long racing career, particularly your many USATF races where you were sporting a BRR Team singlet?

I began to total up the National Cross Country Championships that I’d represented the club -- and I’ve come up with 11 different meets! I’ve traveled from coast-to-coast to run for the club – from San Diego to New York City. I loved these meets. We would not only run our own race, but we would watch people we knew in the elite and junior races. It would be very exciting to be in a faraway place, such as Lexington Kentucky, and hear my name be called out a lot on the course. Sometimes it felt like we were running at home! Of course our USATF National meets in Boulder were very special. At the first one back in 2006, I sang the National Anthem, ran my race and started the other women’s races. The second one also had me singing the National Anthem and running the women’s masters race. Lots of fun combining both loves, music and sport in one event! [Note from Jeff: I have participated in many of those USATF cross county meets with Lorraine. It was great to cheer each other on. And, I would also note, that at every one of those meets, Lorraine stepped down from the podium sporting a



NY Marathon 1980, under 3:20

national medal!]

You have been officiating at numerous track and field meets, especially the BRR Summer Track Series. At those meets some call you the gunslinger. What’s that all about?

I became a starter for CU and the high school state meets (and various invitationals). Woody and I knew the head of CU Track and Field officials and he is the one who asked us to join their officiating crew. This was probably in 1984-ish... I grew to love track and field -- and to love starting the wide spectrum of ages that I do at our BRR summer track meets. In fact, I was the starter for the very first summer track meet decades ago and have been the starter ever since. I was one of the starters for CU for years -- starting at both Big 8 and Pack 12 championship meets. I love starting these meets because I know so many people and have watched them progress athletically-- and, I feel I do a service with the youngsters teaching them about racing on the track and not to be afraid of me (or my pistol!). I’ve been known to warn good friends not to “mess with me because I’m packing heat” and I always get a chuckle out of that! Maybe that’s where the handle

“gunslinger” came from. [Note from Jeff: Having worked closely with Lorraine when she was the starter at the BRR summer track meets, I should add that she adds a whole level of “professionalism” to these meets – which has gone far to helping to insure that the participants (of all ages) can earn qualifying times for advancing to regional and national meets. And, it is always great fun to see her working with the youngsters: getting them lined up on the starting line, explaining the lane rules, foot placement, starting sequence and the finish line routine. Then: “Ready, Set, Bang!” And all these lessons are quickly forgotten!]

I understand from the February issue of the BRR Newsletter, that you took quite a spill on a recent training run. How are you doing now and how is your training progressed during your recovery?

They tell me I should always pick up my feet and I don’t always do what I’m told. I was running at a decent clip with Woody when I caught a toe on a rock (it was a well-groomed trail) and went flying! I did hit my head and left side of my body

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hard. I thought I could just shake it off and walked jogged back home. After the endorphins wore off, I was in serious pain. We finally went to the ER. They took of CT scan of my waist up and I had a concussion (no brain bleed) and multiple rib fractures. I've been pretty aggressive in my rehab, and now can swim (limited it still hurts my left shoulder) run, and do yoga. I haven't gotten on the bike yet due to the winter weather. I'm pleased with my progress. It pays that this isn't my rodeo and I knew how to work back into training. [Note from Jeff: Welcome to the COVID Fall-Down Club (a/k/a the "CFDC")! Remember the first rule about the CFDC is that we don't talk about the CFDC. But, that aside, I too tripped on a rock on a downhill segment near Marshal Mesa. It was gigantic – sticking up at least an inch above the trail. In an instant, I was airborne with no parachute. The bad news is that there were multiple huge boulders in that segment of the trail, hence the trip. At least that's how they appeared from nose-to-the-ground level. The good news (if you can call it that) was that I had multiple points of contact with the ground. So, I had banged up both knees and both wrists and one elbow and a hip. This six-point landing probably saved me from serious debilitating damage. But, I swear, I'll never ever jog that portion of that trail again -- ever! Now, please pretend that Lorraine and I never shared this info with you...]

What are your racing goals for the future?

COVID permitting, I hope to race the World ITU Championships representing the U.S.A in Bermuda, in October 2021. I will also go to my old stomping grounds in Milwaukee for the Nationals in July and possibly another National meet when I return from Bermuda. My goal is to train and compete as long as possible. I'd love to achieve another National Championship podium before I hang up my shoes. I will also run on as many BRR cross county teams as my body will allow.

I understand that you and your husband Woody, share your interest in running. Together, for almost two decades you have



Lorraine Green

been organizing and publishing the results for the popular Saturday Purple Runner races. Pre-COVID-19, you two also frequently performed in local establishments as both musicians (Woody on bass) and you singing (mostly) for various worthy fund raising events. Could you please tell us about both shared interests running and singing?

I met my best friend and husband of 37 years when I moved to Colorado and was active in BRR. We trained together and became good friends till we both realized it was more than that, it was Love (sigh...). [Note from Jeff: Happy Valentines Day to both of you! Now get those COVID-19 masks back on!!] We have participated in running and coaching young runners throughout our marriage.

The Purple Runner was originally started by Conrad Truedson and is loosely based on a running group in Boston that is featured in Paul Christman's book "Purple Runner". Woody has been directing that race for the longest of all others. It is very loose and casual and alternates between two cross country sites, the Buff Course and the Boulder Rez. Because of COVID-19 the Purple Run has been on hiatus for a year. Hopefully soon it will return. [Note from Jeff: I, along with a

good number of other BRR runners, have been participating in these Purple Runs for years. Although the Purple Runs do not take place in the summer, they take place each Saturday all through the winter. As the "RD", Woody never cancels a Saturday race, not even in a blinding blizzard. Clearly, he has no heart. But, I would also have to admit that Woody always runs along with everyone else! Tuff dude!!]

A cool part of our story is the music. Never did I think I'd get to make music with Woody! He became an avid student of playing bass and definitely spends more time in the studio than I! I sing mostly lead and play hammered dulcimer, guitar, djembe, and ukulele. We have a third member of our band who also sings lead and plays lead guitar. Our band Wolorikkbo plays whenever we get a chance. We have raised money for cancer research and MS research, and to raise money for individuals fighting cancer. We love to gig -- so this give us ample opportunity to play. We play original tunes as well as cover Sheryl Crow, Grace Slick, Tracey Chapman and many other familiar bands. I hope to see you at a gig soon Jeff! [Trust me, Penny and I are chomping at the bit to join you and Woody again in Louisville, Lafayette, downtown Boulder or wherever – just as soon as the "all clear" siren sounds!]

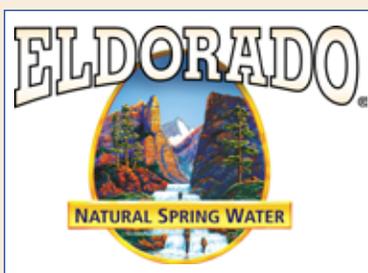


June 10th—June 30th, 2021

In keeping with the Colorado Cancer Foundation's (CCF) 42-year history of athletic-based charitable giving, this year the 501(c)(3) nonprofit foundation is once again offering a virtual run amid the COVID-19 pandemic. Where the traditional Eldorado Run for the Cure begins and ends in Eldorado Canyon State Park outside Boulder, CO, this year's virtual event starts and stops wherever you happen to be in quarantine.

Registration begins on Wednesday, March 10th, and the run officially starts three months later on Thursday, June 10th, continuing for three weeks through Wednesday, June 30th. Like last year's event, the 2021 run/jog/walk is based on a course of your choosing be it a 5K, 10K, a half marathon, or more. Of course, you're welcome to go further, and we encourage you to seek pledges for every mile you travel, raising funds for those that are unable to do so.

Please visit <https://www.coloradocancerfoundation.org> to learn more, thank you.



Sunday Group Runs Now Feature Free Hydration

Eldorado Natural Spring Water is now providing half-liter bottles of their spring water, along with some bottles of their Vitamin Water, for each BRR Sunday Group Run.

If you are interested in office or home delivery of Eldorado Natural Spring Water, simply call Stan at Eldorado 303-995-8130 for further details. The first month is free and this offer is as low as \$21.95 per month for Boulder Road Runners club members.

As Always, Thanks to Our Associates and Sponsors!

