

The President's Message



For nearly four decades, the month of May for the Boulder Road Runners has meant preparing for the BOLDER Boulder 10K. Club members have been involved and raced in it from the start -- our club was founded by former University of Colorado women's coach and long-time intramural head Rich Castro in the months following the inaugural 1979 race. I'm among those who ran the first BOLDER Boulder.

Not this year, however. For the second consecutive Memorial Day, the race was canceled due to the Covid-19 pandemic. It is a bummer and leaves a gap in the entire Boulder community, as the race is a celebration of all that Boulder represents:

health, fitness and a passion for the outdoors. The Bolder Boulder cancellation also leaves a gap in the nation's honoring of its veterans, those who served in the five branches of the military; the race is the largest Memorial Day celebration in the country.

Think how many times you have gazed upwards while sitting in Folsom Field waiting for the elite International Team Challenge runners to finish, searching the sky for the sublime jet fighter flyover. I recall my Dad, "Big Rock," sitting with me and some of my siblings, telling us about his Uncle Victor, whom he never knew. Uncle Victor was my grandmother's only brother. In 1917, he marched down to the Army recruiting station, likely the one on Halsted Avenue in Chicago, to enlist.

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Your 2021 Board Members

Mike Sandroock, President
Don Janicki, Vice President
Don Tubbs, Treasurer
Todd Straka, Secretary
John Bridges, Membership Chair
Lorraine Green, At-Large



Monday 5/31, Memorial Day, at 11:30 a.m. on Denver 7 and 3:30 p.m. on Local 3 for a Memorial Day Tribute hosted by Mike Nelson, as we honor all of our veterans who have paid the ultimate sacrifice.

**IN-PERSON FIRST MONDAY IS BACK:
 5:30 P.M. AT THE POST, JUST OFF THE
 PEARL STREET MALL ON 13TH STREET.
 FIRST BEER GRATIS, DINNER MENU
 AVAILABLE.**



President's Message, *continued*

He was turned down, because he was too young. Later, Victor ran away from home, lied about his age, and made it to France with the U.S. Army. There, he was blown up, I think in the second Battle of the Somme. A front-page story ran in the Chicago Tribune, since Victor was one of the first, or the first, Chicagoans to die in the war.

My grandfather on my mom's side was in the Marines in WWI, and my dad was a WWII veteran. It was the GI Bill that got him to the University of Colorado, where he met my mom, and, you know how it goes, here I am. However, my best family military story is from my mom, who used to tell us how when she was a little girl, "Uncle" Anton (he was a cousin), who fought in the Civil War, used to come for Sunday dinners. It still seems amazing and a connection to our country's history and struggles for freedom. (As E.M. Forester wrote, and I paraphrase, "to connect; to connect; to connect." Learn your ancestry and that connection will build).

Those of you who have traveled to developing nations might agree that there are literally millions of people around the world who would dearly wish to be sitting right where you are. So after you run one of the six Bolder on the Run 10ks taking place along the Front Range Memorial Day weekend (www.bb10k.bolderboulder.com), perhaps stop at a cemetery and visit one of the gravesites of a military veteran. Pause and give thanks, and feel the gratitude for this grand experiment in human rights, dignity and freedom we are fortunate to be living in. It will be easy to find the marker of a military vet; they will be the ones with a U.S. flag flying in the wind overhead.

Welcome to our new club members, **Kelly Joy, Duane Rorie, Geoff Cooper, Tim Geldean, Kevin Konczak** (a duathlon and triathlon national champion), **Flavio De Simone, Chris McDonald, Charles**

Trujillo (past Big 8 champ) and **Craig Pearson**, who also made a generous donation to the club. Welcome to all and thank you, Craig. And welcome as well to the new BRR M50 team, captained by former CU Buff **Chris McDonald**. These guys are good ... Roughly 120 runners competed in the April 24 track meet at Manhattan Elementary (ages 5-65), organized by the BRR's **Lee Troop**. Club members **John Bridges, Bruce Kirschner, Don Hayes, Kelly Joy** and **Tom LeMire** were key volunteers: "Great weather, strict Covid protocols and excellent preparation by Lee," wrote Tom. "Even Boulder PD and BVSD came out to check the protocols and were very pleased." Great job, Lee! ... **Frank Shafer** and **Tom LeMire** represented the BRR on a recent Saturday morning helping prepare BOLDER on the Run race packets. Tom explained that 6000 packets "begin as flat lunchbox sized cardboard boxes which we folded and taped." ... Attendance at Sunday run is increasing; about 20 two weeks ago. Meet at 55th Street and Central Avenue ... Contact annemarie@bolderboulder.com if you want to volunteer on BOLDER on the Run weekend ... Club member **Todd Straka** is once again putting in the Dash-n-Dine5K series at Boulder Reservoir. The three remaining races are May 11, 18 and 25. Stay in touch with any bits of news: president@boulderroadrunners.org.

And see everyone for First Monday at The Post, 2027 13th St. in downtown Boulder, just off the Pearl Street Mall. First round of beer provided, food available to purchase. Johnny Chapin, if he gets back from his optometrist appointment in time, will show some photos from club runs and races over the years. We'll be back at Avery later in the year.



Boulder Road Runners, Inc.
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2021

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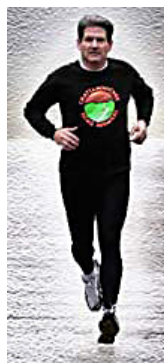
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The "In-between" Years

from Coach Will Dillard



As kids, playing sports was something that was done for fun. As we grew and the years passed we might have discovered the joy of sports or discovered that we have a talent for a particular sport.

By the time we entered high school we had made a decision to try out for a sport that was offered. Most high

schools had baseball, football and basketball as team sports and many would also have cross-country and track teams.

Maybe you participated in several but as you progressed through the grades you might have found a talent or love for one sport in particular. If you were talented enough and trained hard enough you might have received a scholarship to a college or university or would just try out as a walk on.

Beyond college, unless you were particularly talented enough to play professional baseball, football or basketball you probably entered what I call the "In-between" years.

You might have done some running related to your college sport and maybe continued to do so for a while, but starting a job and a family quickly took most of your time and your exercise activity began to wane. Maybe you were still able to do some running but your conditioning and speed had suffered.

When you decided to be more active and run more you had to deal with the mental aspect that you just weren't the same as when in college. This was the time when you had to stop and assess what you can do in relation to what you want to do.

First set some reasonable goals and don't be discouraged at what feels like slow

progress. Depending on how long the in-between years were it can take months to get back to a level of running and fitness that gives you the joy and pleasure you remember from your younger days.

As you continue to run you might decide that you want to push yourself, enter some races and see just what you can do. Maybe you have some success and are able to compete at a high level for an extended period, but what happens when age begins to take its toll and you begin to slow?

Now you are entering the second phase of the "in-between" years. How do you deal with the mental aspect of not seeing yourself as accomplished as you were before? Do you quit? Do you decide to stop competing but still run?

Now is the time to set some new goals. Are you moving into a new age group and have the potential to compete at a new level? Maybe there are some different distances or a different type of race where you could possibly excel. It's great if you had some success in the past and hold on to those accomplishments, but deal with your current abilities and look to the future. The mental strength you developed in sport through the years will serve you now to accept new goals based on your current abilities.

I had a running friend that was a very accomplished athlete. Each 5 years as he moved into a new age group he would work on setting new state records in as many distances as he could. He did this from age 50 to 65 and was successful at several distances. I told him once that I would be glad when I was his age so I could run fast!

At the age of 67 or 68, after he had set records in several age groups for different distances, he took up race walking and

immediately began to win races in his age group and some overall! New goals, new challenges.

Many of us have gone through injuries that resulted in some "in-between" time. To athletes I have coached I have told them to think about this mantra, CFM, Constant Forward Motion. Do what you can, when you can, for as long as you can, but keep moving forward.

I am in an in-between stage right now. I have been fighting some ongoing long-standing issues that have prevented me from running for many months and not sure what the future holds but I will continue to press forward and do what I can.

This will be my last column for the newsletter and I hope that you have gained some guidance and enjoyment from the monthly coach column

I wish all of you miles of smiles

Coach Will

Don't Straighten Your Knees While Running

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

Always try to keep at least a slight bend in your knee when you run or ride a bicycle. When you run, you are supposed to land on each foot with a partially-bent knee. Otherwise you transmit the shock of your foot hitting the ground directly onto your knees, hips and back. Straightening your knees when you pedal markedly increases risk for knee pain by increasing the force on your joints.

Running Injuries

I do not run anymore, and virtually all of the runners who ran with me in the 1940s through 1960s don't run either, mostly because of the very high rate of running injuries. Eighty percent of long-distance runners suffer injuries that force them to take time off from running each year (Br J Sports Med, Aug 2007;41(8):469-80). Most wear-and-tear running injuries are caused by the high impact of your foot hitting the ground, which is determined most by the length of person's natural stride (Scan J Med & Sci in Sports, May 30, 2018). Unnecessarily high impact is often caused by over-striding. Runners who are most likely to be able to continue to run as they age are the ones who take shorter strides (Med Sci Sports Exerc, Jan 2016;48(1):98-106), and you take shorter strides by never fully straightening your knees. Shorter strides help to reduce the tremendous ground foot-strike force that tears muscles and tendons, cracks bones, and injures joints. To convince yourself, place your hands on the huge quad muscles in the front of your upper leg while you run. Each time your foot strikes the ground, you will feel the muscles shake like jelly. This force is transmitted up your legs to your hips and back, and done repetitively, it can cause injuries (Br J Sports Med, Apr 2016;50(8):450-7). Runners who are injured frequently are likely to benefit

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

Why Running Causes So Many Injuries

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

Today's specially-cushioned running shoes were mistakenly thought at one time to increase risk for injuries (Nature, January 2010), but they increase injury rate only

if you also overstride. Specially-padded heels encourage runners to straighten their knees, extend their strides, and land on their heels first. Hitting the ground with the heel first generates tremendous force because it stops the foot suddenly, while landing on the front of the foot allows the foot to keep on moving as the heel is lowered toward the ground to distribute the forces throughout the entire lower leg. You can demonstrate this by dropping a pen on its tip. The pen hits with great force because it stops suddenly when it hits the ground and then falls forward. However, if the pen is dropped at an angle, it hits the ground with much less force because after hitting on that end, the force is distributed as the pen falls backward to the other end. Whether you land on your heel or the front part of your foot is determined by your stride length, which is determined by whether you keep your knee bent or not. Runners get the same benefit just by never straightening their knees, which shortens their stride, without having to give up their comfortable shoes. The bent-knee, shortened stride reduces the injury-causing force of the foot hitting the ground and also causes the runner to land farther forward on his foot.

Barefoot Running

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

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Don't Straighten Your Knees While Running. *continued.*

Shorter Strides Help You to Run Faster

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

Shorter strides help you to run faster because of stored energy. When your foot hits the ground, the tendons in your legs (particularly the Achilles tendon in the back of your lower leg) absorb some of this energy and then the tendons contract forcibly so you regain about 60 to 75 percent of that stored energy. When you try to take a stride that is longer than your natural stride, you lose a great deal of this stored energy, tire much earlier and move your legs at a slower rate.

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

Why Aging Shortens Strides

Your muscles weaken as you age, no matter how much you exercise. Since weaker muscles generate less force, older people

will naturally shorten their strides as they age. Canadian researchers reported on biopsies of the leg muscles of 80-and-90-year-old world champion runners at the world masters track and field championships, and showed that, even though the muscles of the champion athletes were stronger, their muscle fibers contracted with the same speed and force as those of older non-athletes, and with less speed and force than what is generated by muscles of younger non-athletes (American Journal of Physiology – Cell Physiology, December 2015).

How to Make Your Leg Muscles Stronger

The only safe way to increase your stride length is to strengthen your leg muscles to help them contract with greater force. To make a muscle stronger, you have to damage the muscle fibers so they will be stronger when they heal. Competitive runners strengthen their legs so they have longer natural strides by:

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

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

My Recommendations

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

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

MEMBER PROFILE

CHRIS MCDONALD

Q & A with Chris McDonald, Elite Masters Men's 50+ Team Coordinator

Q: Welcome to the Club, Chris. What moved you and the team to affiliate with Boulder Road Runners (BRR)?

Todd Straka and I considered that question really carefully when we decided to collaborate on forming an M50 Team. We believe Boulder Road Runners is foundational to the larger Boulder running community. The Club and its active volunteers are the shoulders on which many of our community running events are produced. The Boulder Boulder, Mile High Mile, Dash and Dine, All-Corner Summer Track Series, Downtown race series and CU track and cross country meets all rely on BRR volunteers.

I have personally benefited in my own running career from the work of these great volunteers. I hopped in countless BRR Summer Track meets for a workout while competing for CU. My kids first track meets at ages 6 and 8 were at Potts Field with BRR. When dipping my toe back into track as a Masters runner, it was a BRR summer track meet. In short, it just felt right to represent a club with a mission of stewardship to our running community for all ages and abilities.

Boulder needs BRR to be strong to support our local events, our youth, and the many Pro and emerging Elite teams that train in and around Boulder. Ultimately under Mike Sandrock's leadership, the club wants to double active membership and grow the financial resources available for training grants to emerging athletes, help youth teams get to regional and national meets, and support our home team – the CU Buffs. Our purpose is to foster the sport in our community cultivating Boulder's role as one of the elite places in the country for endurance sports athletes.

Masters racing happens to be a niche where building our own BRR teams makes sense. We hope to expand BRR Masters teams to eight in the next two years with men's and women's teams competing at the 40, 50, 60, and 70 age groups. The Men's 50+ Team is a step toward that goal and we are excited to be a part of it.

Q: What drew you back into competitive running as a Masters athlete?

Very specifically, Todd Straka and Dan King were the match that lit the flame for Masters running. The sheer joy for running that exudes from them is contagious. It moved me from recreational running to stay modestly fit to remembering the joy of hard training and the thrill of racing.

More generally, turning 50 was an inflection point. Realizing there are as many adult years behind you as remain in front of you causes you to reflect on what gives you joy. What I really got from Todd and Dan wasn't running and racing as much as it was the sense of camaraderie and

community that running provides. My favorite running memories are moments with teammates. As our recollection of races and times fade away, the memory of the experiences we shared intensifies with time.

In the M50 elite Masters team, we have brought together a high achieving group of athletes similarly seeking that connection and camaraderie. Our group immediately clicked over chats, two Zoom calls and a few Sunday long runs together. I know this is a group of guys I will give my all for in training and on race day. Simply put, we will have a great time together. That is what it is all about.

Q: Tell us about the Men's M50 Team. What should we expect?

Honestly, just one month into it, we have succeeded. We already have nine exceptional team members and several more people interested in learning more. Three of us raced in the Boulder Track Series event April 24th to open the season and

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Todd Straka Photo



Chris ran the 800 meters (2:12) and 3000 meters (10:13) to open 2021 at the Boulder Track Series, both results lead the USA M50 age group so far this season.

our new teammates turned up to watch and cheer. We are working toward filling one Elite team motivated to race for USA Track and Field (USATF) titles and a second team for people who are warming up to running again or may have less competitive ambitions. Both are important to the club.

Q: Tell us about the M50 team's goal to race for a Championship.

Our goal is very singular – represent Boulder Road Runners and our community well at USATF Club XC Nationals in Tallahassee, FL on December 11th. If we get to the starting line healthy with a selfless purpose to run for each other, the Title may just be on a plane with us back to Boulder.

XC Club Nationals is the pinnacle of team racing for Masters in the U.S. We expect 400 to 500 M50 runners from over 30 of the top running clubs to show up ready. We have friends and former teammates on some of the top club teams. It will be a lot of fun mixing it up with them.

Between now and then, we have team members racing Duathlon and Triathlon National Championships, an Ironman, Marathons, Masters Track Nationals, and maybe the 12K Road Championships. However, the only “A Race” on our calendar is Club XC Nationals this coming December in Tallahassee.

Boulder Road Runners has a proud history and tradition of winning Masters titles to which we want to contribute. Masters teams are our club's niche in the Boulder community. With success, our membership grows, fundraising and sponsors grow, and the more we have as a club to invest back into the running community.

Q: Tell us a little bit about your early running?

Running called to me as a little kid before I ever knew it was a sport. Running so fast nobody could catch me defined me as a kindergartner. I recall vividly being a second grader pretending to run the Boston Marathon through my local neighborhood streets in North Longmont. My parents enrolled me in Longmont's CARA summer track program to burn off some of that energy. The longest event a second grader could run was the 200 meters. I got smoked all summer by kids from Denver to Colorado Springs but it never quelled my enthusiasm. It drove me to run farther and get faster. By the end of elementary school, my brother Mark and I were the two kids leaving the District Track Meet in Fort Collins with seven blue ribbons between us. We were both hooked.

Q: What is your favorite event?

In high school (Fort Collins Lambkins), it was the 4 x 400 meter relay. Coaches couldn't keep me out of it. I simply loved running with teammates. Relays and cross

country are where you really learn what it means to put it all out there for your teammates. I ran well from 800 up to 3,200 meters in track, did well at state meets, etc. but running the 4 x 400 with my best friends at the Colorado State Meet will always be one of my best memories.

While running at CU, I invested a lot of time in the steeplechase. The 3,000 meter distance and the required athleticism suited me well. I would say I made the steeplechase cool at CU before Jenny Simpson and Emma Coburn, but Dan Reese would rightfully call me on it.

Through the years raising kids and starting a business, I ran recreationally and fell into the marathon like many do. It was an event I did not run in college so there was still room for a PR. After ten marathons and on the occasion of turning 50, I went contrarian however and decided to try and break 5:00 at age

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Joelle and Chris running intervals together on the Niwot High School track in April 2020

Men's 50+ Team Coordinator: Chris McDonald, mcdonaldjc@gmail.com

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

50 in the mile (which mercifully I accomplished last year).

Today, the short, fast, races are my favorite. The 800 and mile are exhilarating. We may not move as fast anymore but the effort is still full throttle. That said, I'm still better suited for the 3,000 and 5,000 meter distances.

Q: You mentioned raising kids and even running them at a BRR All-Comer Meet. Are they also runners?

Yes, my wife Laura and I have two daughters - Hannah and Joelle. We are a very active family and to a varying degree all runners. Our oldest Hannah first chose Gymnastics. She "retired" after fighting through injuries to win a Colorado state title at Niwot High School her sophomore year then "casually" began running cross country her senior year. Her sister, Joelle, ran cross country and track at Niwot High School and joined the CU program as a recruited walk-on after graduating.

Q: What are your personal goals for Masters running?

With Club XC Nationals our focus, my kids have really shown me the way. Our kids become our teachers. Each of them have provided lessons to me through their sports that I hope to apply in pursuit of our M50 team goals.

Hannah took pride in being the reliable "rock" on her gymnastics teams. She is the athlete who could help each teammate deliver their best performance in the biggest moments by showing up for them. That chemistry helped them win the Colorado State Championship in 2016.

Joelle, a consistent top 10 runner in the state, when asked about her goals for a season delivered an answer an incoming teammate, focused on being the top runner, placing at conference, or other



Hannah, Joelle, Laura, and Chris (left-to-right) before the 2018 BolderBoulder. Chris has run the BolderBoulder 32 times and aspires to run it 60 times.

individual goals, might find unexpected: "I want to finish 7th on our team." The inevitable follow-up question, "Why?," gave her the opportunity to define the essence of being a teammate: "Because if we put six girls in front of me, we will win the State Championship and podium at Nationals." Sure enough, the Niwot girls won two state titles and placed 5th and 3rd at Nationals in 2018 and 2019.

So, channeling lessons from my kids, my goal on December 11th is to make my teammates better. If I finish 7th on the team, we will win that Club XC National Title.

Q: Is there any advice you have for others considering Masters running and racing?

Two things: First, throw out all your PRs and start over! It is liberating. You are not the athlete you were 30 years ago. Set yourself up for success and go on a tear for new

PRs!

Second, find your pack. Connecting with like-minded runners like Todd Straka, Dan King, Flavio De Simone, Duane Rorie, Kevin Konczak and Charles Trujillo has provided a wealth of knowledge, boosted my motivation, and kept me accountable. It is the camaraderie we value most in this sport!

2021 Calendar of Running and Fitness Events

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

Date, Time	Event	Location	Sponsorship
Recurring Club Events			
1st Mondays, 5:30 pm	BRR Club Social	Zoom Meeting	BRR, FREE
TBD	BRR Board Meeting	Zoom Meetingr	BRR
Sundays, 9:00 am (8:00 am June-Sept.)	BRR Group Run	BolderBoulder Offices, 5500 Central at 55th, Boulder	BRR, FREE/OPEN
Club Races			
April 24 & May 8, 2021	2 x Boulder Track Series	Manhattan Middle School, Boulder	TEAM, BRR
April 13 - May 20	Mountain Lions Track Series	Boulder Valley School District	TEAM, BRR
May 22, 2021	Frank Shorter Track Classic	Fairview High School	TEAM, BRR
November 25, 2021	Boulder Thanksgiving Day 5K	Flatiron Park, Boulder	TEAM, BRR
USATFMasters LDR Schedule * (For more information, contact Bruce Kirschner, bhkirsch@comcast.net)			
September 19, 2021	USATF Masters 12 km Championships	Sandy Hook, NJ	USATF
October 17, 2021	USATF Masters 5K X-Country Championships	Boston, MAI	USATF
December 11, 2021	USATF Masters Club X-Country Championships	Tallahassee, FL	USATF

*With new COVID-19 cases dropping and the vaccine rollout gaining steam for our athletes over age 65, USATF Masters is preparing to return to competition during the course of 2021. In doing so, our official USATF Masters meets will comply with all USATF's COVID-19 Protocols in effect at the time of the meet



As Always, Thanks to Our Associates and Sponsors!

