

The President's Message



It's June, which means the annual Boulder Road Runners Summer Track Series is resuming. Under the able directorship of Todd Straka, along with John Bridges and his bevy of volunteers -- thanks, all! --, the series is shaping up to once again

be a fun, fast way to build community and friendship while testing yourself at distances from 100 meters through the 5000 meters, as well in the jumps and throws. A thrower from North Platte, Neb., reached out to Todd asking about the throws part of the meet.

Volunteers are still needed. Please contact John@boulderroadrunners.org for details. Andy and Sandy Edmondson will be back at their traditional spot, helping oversee the throws. It's regulars like Andy and Sandy that keep the meets going. The Summer Series kicks off Thursday, June 10, (delayed a week because of CU scheduling).

Of course, with 2021 being an Olympic year, the big meet nationwide is the Jun 18-27 USA Olympic Team Trials at historic Hayward Field in Eugene, Ore. There is a large contingent of locals racing, headlined by local favorites and Olympic bronze medalists Emma Coburn and Jenny Simpson. Some new names will be in there as well, such as Team BOCO's Carrie Verdon, Maddie Alm of Team Boss, and marathoner Nell Rojas in the 5000 meters; Frank Lara of the Roots Running Project and former CU star Joe Klecker in the 10,000 meters, and Val Constien, Maddie Boreman will be racing in the Olympic

Trials steeplechase, along with Emma.

A highlights of the June 17 BRR meet will be a masters mile set up by Todd to give local masters ace Dan King -- he holds three American track records -- a chance to turn in what we think will be the first sub-5 minute mile by an over 60 runner at altitude. King, a CU alum, last year also ran a track mile of 4:49.08 for the mile, which is the unratified M60 world record. His three American M60 records: 4:52.7 mile; 9:58.7 3K; and 16:48.7 5K. King will be in Lincoln, Neb., July 11 to take a shot at the M60 American Road Mile record of 5:03.

Said King, "The BRR Summer Track Series is a great community asset. Todd and the BRR crew do a fantastic job with the series. In fact, it was Todd's work in promoting the mile over the past few years ("Bring Back The Mile") that swayed me

David Albo



Nell Rojas, 5000 meters

continued on next page

Contents

President's message	Look left
No Days Off: a 21,679 Mile Streak	4
Muscles make your heart stronger	5
Member Profile: Ray Eck	7

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

JOIN YOUR CLUBMATES FOR THE JUNE 7 BRR FIRST MONDAY. AT THE POST, 13TH STREET AND THE PEARL STREET MALL, 5:30-7:30 P.M.



President's Message, *continued*

David Albo



Dave Goodman in Steeplechase

to broaden my thinking and start training for that event. It got me excited about the mile. It is a totally fun event now, a different kind of race. Just go out and hammer and run hard.”

The BRR track meets are a prime example of patulous effects of the club, with branches spreading out in all directions. In a nice synchronicity, Trials qualifiers Verdon and Rojas will come to pace King, unless they are already at the Trials. Club member Chris McDonald, a top M50 racer, said “We are fairly certain it (a sub-5 by King) would be a new Colorado masters record for M60.”

To register for the Summer Track Series: www.boulderroadrunners.org. Track continues to grow, as evidenced by the launch of a new national track series. Called the American Track League, it brings several existing track meets together under one name and circuit. McDonald will be racing the mile in Los Angeles, looking to break 4:40.

Back on the roads and trails, a contingent of club members took advantage of the Memorial Day weekend BOLDER on the Run to race 10K on the Firestone course. Race Director Cliff Bosley is hopeful that

the Labor Day FORTITUDE 10K will be back to normal capacity ... BRR Sunday club run regular Rich Sandoval is helping organize the Eldorado Run for the Cure, one of the oldest local road races. This year it is a virtual race, called The Close to Home Run by Eldorado Springs Water, “starting and stopping wherever you happen to be.” Registration is open and the virtual run begins on June 10, going on for three weeks. Details: coloradocancerfoundation.org.

Welcome to New and Renewing Club Members: Mary Katherine Reilly, Peg Millican-Shaffer, Jon Probst, Robert Spell, Elizabeth Kandel, John Borthwick and Kim Pierpont. I’m looking forward to connecting, and reconnecting, with all of you and hearing your stories. New Boulder Road Runner Pierpont was willing to share her story. After retiring from CU three years ago, she started a company called Prickly Pear Sports. <https://pricklypearsports.com>. Here is Kim’s story:

“I arrived in Boulder in 1976 at age 24. I had stopped in Boulder midway through a TransAmerica bicycle tour to interview for a job, then continued west
continued on next page



Boulder Road Runners, Inc.
Officers and Contact Information
2021

ELECTED OFFICERS

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Lorraine Green, At-Large
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President's Message, *continued*

not knowing if I'd been hired. Happily, I was, so I moved here permanently after the trip ended. Fast forward a few decades after grad school, marriage, and kids to 2007. My daughter roped me into doing a sprint triathlon. I could still bike, but the swim and the run were a disaster! It was so much fun though, so I decided to do it again the following year and to actually train. I've been doing sprints ever since."

"My 5K pace is usually around a 12+ min mile. I was thrilled to set a PR at the Eisenhower track last summer when I completed a 5K at about a 11:30 pace. So at 69 I'm still improving! I don't push myself as much when I run alone. I just joined the Boulder Chamber runners that meets once a month. I'm only running about 6 miles/week. I'd like to up that to 10 for starters. I might be a turtle runner, but I absolutely love to run."

Well put, and that love of running binds us all together. Thanks, Kim, and welcome. And also thanks to new goodie sponsor Bobo Bars. Come to the Sunday run, now at 8 a.m., for the summer, to grab a couple. See some of you Monday, June, 7, from 5:30-7 p.m. for First Monday at The Post on 13th Street just off the Pearl Street Mall. Send any news items to president@boulderroadrunners.org:



New member Kim Pierpont



Some of the M50 team raced the Bolder on the Run 10K in Firestone on May 29

No Days Off: a 21,679 Mile Streak

from Ryan Root

Way back at the end of 2016, a year fraught with injury and setback after setback, I resolved to become a better runner through consistency. The ensuing four-plus years brought some of the highlights of my career to be sure. I really took some steps forward in developing as a runner and a person through it all. I religiously got up and ran everyday for 1,585 days; 21,679 miles. Even the mornings following a marathon -- six of them over that stretch-- I would hobble through a mile to keep the streak alive. Some of those post-marathon jogs were filled with hope for the future, like the one following the 2:15:22 personal best at 2020's Marathon Project; some of those trots were a painful 10-minutes of reflection on catastrophe, as following a 2:24:42 on the heels of the U.S. Olympic Trials.

In any case, the daily ritual of lacing up my trainers and doing something became the steadiest part of an ever-changing life.

I can still remember some of the most insignificant runs, because they happened on significant days. For instance, the day of my wedding, I was running through the woods around the lodge where our ceremony would take place. On that eight mile recovery run I ran into two unleashed, unfriendly dogs and remember thinking about how I was about to spend the rest of this day in the hospital. Running became a coping mechanism that I could rely on, like the midnight run after I got off the phone with my best friend after his father had passed away from cancer. The idea and exercise of the running streak snowballed on itself; I got to the point where there was no question about "if" I would run, but rather "when." I enjoyed the intrinsic consistency in the endeavour and only became aware of what day I was on when I would cross a 100-day milestone on my calendar.



For 99-percent of the previous days of the streak, there was no problem getting out the door, and I generally enjoyed putting in the work day after day. Tides change, however; injuries are a natural part of the sport, and tend to happen when you start to address weaknesses that have been neglected for years. I ran up against this over in March coming off of the Gate River Run 15k, and after bulldozing ahead and trying to balance a consistent string of days of running on top of managing the pain in my pelvis, it has become apparent that the cost-benefit analysis weighed in the direction of rest. If I were to fracture the bone, the consequences could result in surgery and/or at least 12 weeks completely devoid of running. The recent occurrence of an achy feeling in my sacrum has carried over throughout the day, and I would rather miss this time now, sacrificing the streak, and be able to give myself a chance at success later on.

This isn't a choice I've taken lightly, especially considering the fact that I've been able to continue to run without limping at all. I'd love to just run a mile a day until I am pain-free, but I fear making things worse even through a small amount of running. There have been plenty of runners that have had longer streaks than mine, many by literal decades. I see the streak as a personal journey, and I can package the previous four years, four months and three days as just a chapter in the book. I'll pour one out for the past 1,500+ days, and look forward to what comes in the next streak.

Take what you will from my experience, but I would urge anyone to challenge themselves daily. If a predisposition to injury makes running every day too risky, try doing a minimum of 10 minutes on the bike, or in the pool. Either way, find a way to get better each day, even if in insignificant amounts, because it adds up quicker than you realize.

Ryan Root works at Runners Roost and competes for Roots Running Project.

Your Muscles Make Your Heart Stronger

from Dr. Gabe Mirkin's Fitness and Health e-Zine, June, 2020

When you read about people dying of “natural causes,” it usually means that they died of heart failure because they spent too much time lying in bed. When you become inactive, you lose your skeletal muscles at an alarming rate, and losing skeletal muscle causes loss of heart muscle until your heart can become too weak to pump blood to your brain and you die.

In 1914, Dr. Ernest Starling described what is today known as Starling's Law, that strengthening skeletal muscles strengthens heart muscle and not the other way around (Circulation, 2002;106(23):2986-2992). When you contract your skeletal muscles, they squeeze the veins near them to pump extra blood back to your heart. The extra blood flowing back to your heart fills up your heart, which stretches your heart muscle, causing the heart muscle to contract with greater force and pump more blood back your body. This explains why your heart beats faster and harder to pump more blood when you exercise. The harder your heart muscle has to contract regularly in an exercise program, the greater the gain in heart muscle strength.

Inactivity Damages Brain and Nerve Cells

Preventing mice from using their hind limbs for just 28 days interfered with normal function of mitochondria in cells so that blood levels of oxygen dropped, preventing the sub-ventricular zone of the brain from maintaining normal nerve function and making new nerves (Frontiers in Neuroscience, May 23, 2018). Many studies show that physical activity is necessary for the healthy growth of new nerves during a human lifetime (J Neurosci Res, 2016;94:310–317). On the basis of these and many other studies, this means that not using your legs and arms causes loss of nerves, which causes loss of muscles (particularly heart muscle), that can

eventually lead to heart failure and death.

- The larger your skeletal muscles, the stronger your heart and the lower your chance of suffering heart attacks and heart disease (J Epidem & Comm Health, Nov 11, 2019).
- The less you exercise, the weaker your heart and the more likely you are to become diabetic (Diabetes Care, 2002; 25:1612–1618).
- The larger your muscles, the less likely you are to die of heart diseases (Am J of Cardiology, Apr 15, 2016;117(8):1355-1360).
- A study of almost a million adults with no history of heart disease followed for 10 years found that those who did not exercise were at 65 percent increased risk for strokes and heart attacks, the same rate as that found for smoking (Euro J of Prev Cardiology, Feb 10, 2020).
- A study of 900 heart failure patients found that those who did not exercise were twice as likely to die within three years (Am J Cardiol, 2016 Apr 1; 117(7): 1135–1143).
- A study of 51,451 participants, followed for 12.5 years, found a strong association between exercise and decreased risk for heart failure (J Amer Col of Cardiol, Mar 2017;69(9)).
- A study of 378 older adults showed that the smaller the muscles in their arms, legs and trunk, the smaller and weaker the upper and lower chambers of their hearts (J Am Geriatr Soc, Dec 2019;67:2568-2573).
- Low skeletal muscle size predicted death in people who had chronic heart failure (Cardiology, March 25, 2019).

Severe Loss of Muscle with Aging is Common

Between 25 and 50 percent of North Americans over the age of 65 suffer from

severe loss of skeletal muscle (sarcopenia) that is significant enough to limit their daily activities (J Am Geriatr Soc, 2004;52:80–85). A regular exercise program is the best way to slow down this loss of strength and coordination, but even if you exercise regularly, you will still lose muscle as you age (Aging Male, September-December 2005). After age 40, people lose more than eight percent of their muscle size per decade and by age 70, the rate of muscle loss nearly doubles to 15 percent per decade, markedly increasing risk for disability and disease (Am J Epidemiol, 1998;147(8):755–763; Nutr Rev, May 2003;61(5 Pt 1):157-67).

The people who lose the most skeletal muscle are usually the ones who die earliest. They are also most at risk for falls and broken bones. Muscles are made up of hundreds of thousands of individual fibers, just as a rope is made up of many strands. Each muscle fiber is innervated by a single motor nerve. With aging you lose motor nerves, and with each loss of a nerve, you also lose the corresponding muscle fiber that it innervates. For example, the vastus medialis muscle in the front of your thigh contains about 800,000 muscle fibers when you are 20, but by age 60, it probably has only about 250,000 fibers. However, after a muscle fiber loses its primary nerve, other nerves covering other fibers can move over to stimulate that fiber in addition to stimulating their own primary muscle fibers. A regular exercise program can help to slow the loss of muscle fibers and improve mobility (Physiol Rev, Jan 1, 2019;99(1):427-511). Lifelong competitive athletes over 50 who train four to five times per week did not lose as many of the nerves that innervate muscles and therefore retained more muscle size and strength with aging than their non-athlete peers (The Physician and Sportsmedicine,

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Your Muscles Make Your Heart Stronger

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October 2011;39(3):172-8). Lifelong competitive runners over 60 can have almost the same number of muscle fibers as 25-year-olds.

Researchers reviewed eight studies using accelerometers to follow 36,383 adults, 40 years of age and older, for six years and found that exercising regularly in adulthood, regardless of intensity, is associated with reduced risk for early death, while sitting for more than nine hours a day is associated with increased risk for premature death (Brit Med J, August 21, 2019). The death rate dropped progressively as light physical activity increased up to five hours per day and moderate activity increased up to 24 minutes per day. Examples of:

- light intensity included walking slowly, cooking and washing dishes;
- moderate activity included brisk walking, vacuuming or mowing the lawn; and
- vigorous activity included jogging or carrying heavy loads.

Lack of physical activity doubled a person's chances of suffering a heart attack, while a regular exercise program helps prevent it (Eur Heart J, January 15, 2019).

Preventing Muscle Loss

Resistance exercise increases 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). Competitive masters athletes, 40 to 80 years old, who train four to five times per week, lose far less muscle size or strength than their non-exercising peers (The Physician and Sportsmedicine, October 2011;39(3):172-8). Eighty-year-old

men who still compete in sports have been found to have more muscle fibers than inactive younger men (Journal of Applied Physiology, March 24, 2016). Inactivity causes rapid loss of muscle size and strength. 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). Prolonged periods of inactivity due to bed rest, injured nerves, casting or even decreasing the force of gravity (in astronauts) causes loss of muscle tissue which leads to insulin resistance, higher blood sugar levels and increased risk for diabetes (Med Hypotheses, 2007;69(2):310-21).

My Recommendations

A key to prolonging your life and preventing disease is to keep on moving. Lying in bed for many hours each day is a certain way eventually to kill yourself. Each day that you spend not moving your muscles weakens your heart until eventually you can die of heart failure.

• Exercise will prolong your life, but you do not have to have a specific exercise program. You just need to keep on moving for a large part of each day. It is harmful just to sit or lie down all day long. It is healthful to mow your lawn, wash your dishes, make your bed, vacuum your house, go for a walk, and participate with your friends in activities in which you are moving your arms and legs — dancing, cycling, swimming, running, nature walks and so forth.

• To gain maximum health benefits from your skeletal muscles, you should include some sort of resistance exercise. 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. Caution: Exercise can cause a heart attack in a person who has blocked arteries or heart damage.

Then join a gym and ask for instructions on how to use the weight-training machines. Since lifting heavier weights is far more likely to injure you than lifting lighter weights, I recommend that you lift lighter weights with far more repetitions. Older people, in particular, can use each specific weight machine and lift and lower a lighter weight up to 100 times in a row. Stop that exercise when the muscles start to feel tight or hurt.

MEMBER PROFILE

RAY ECK

Where were you born and where did you grow up?

I was born in St. Louis, Missouri. The area was known as the “Southside Dutch” because of the many German immigrants that settled there in the 1800’s. It was a great place to grow up as it seemed like in every other house there were kids my age to play with. At times we would terrorize the neighborhood. [Note from Jeff: Ah, the blessings of being a Baby Boomer – lots of kids to befriend and lots of (unsupervised) freedom!]

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

Growing up I used running as a means to play other sports. I loved soccer, baseball & football. I never got involved in track or cross country in high school because they conflicted with the other sports. I played organized sports until I had to work for a living. I traveled extensively in my job, so I could not play team sports. So, running enabled me to stay in shape.

What sort of an academic and career path did you follow -- and how did you end up living in Colorado Springs?

In 1965 while I was a freshman at a local junior college, I dropped a five hour biology course because it was interfering with my social life. I had a high B -- almost an A -- according to my bewildered instructor. But, I also had the keys to the fraternity clubhouse and a very amorous girlfriend. Next thing I knew, it was “Good Morning Vietnam!” When I returned with my Purple Heart and the most memorable year of my life, I returned to school and earned a business degree from the University of Missouri. [Note from Jeff: Okay, it’s Memorial Day today, so let’s look a little closer at Ray’s tour in Nam. It turns out,

Ray was drafted into the Army and eventually joined up with the famous “Lightning Brigade” (1st brigade, 25th Infantry division) in Tay Ninh, which was situated deep in the “Parrot’s Beak” near the southern terminus of the Ho Chi Min Trail and only a few miles from the Cambodian border. Since absolutely nowhere was safe for a GI in the Parrot’s Beak, it is no surprise that an NVA 155mm rocket found Ray in his hooch one night. Fortunately the wound turned out to be relatively minor. Unfortunately, to calm his nerves, Ray took up smoking. Hey, maybe that’s why every box of C-rats came with a small pack of cigs... But, of course, Ray quickly broke that nasty habit!]

I had a career in sales and sales management and was transferred to several different states and gradually worked my way to Colorado Springs. After a few years the company wanted me to relocate to San Jose, California. I told them “no way San Jose!” and that I was never moving from Colorado Springs. They tried to force me so, it was “adios amigos” and I quit and got a better job -- in the Springs. [Note from Jeff: Yep, me too! But, alas, not so fast... After two years teaching at the Air Academy, Penny and I decided we’d like to return to Colorado someday. However, unlike Ray, we ended up in Silicon Valley (ie San Jose) for 20 years before we could finally weasel our way back to the Centennial State!]

Could you please tell us what got you interested in running competitively and how it came to pass that you decided to join up with the Boulder Road Runners?

I didn’t get seriously involved in running until 2003, when I retired at age 56. I brought my trashcan into my office and filled it up with all my sales awards. My astonished wife tried to talk me out of it.



But I told her that that part of my life was over – and, I was now going to collect running trophies. A couple of years earlier, at 54, I had started running with Matt Carpenter’s group, the Incline Club. This was the first time that I had any organized run training. I found out that throwing up was a good thing! [Note from Jeff: Hmmm, I thought that throwing up was just for college kids – you know, the runners who had goofed off all summer and had to get ready for cross country meets in the space of about two weeks. To avoid the throwing up phenomena, I thought it was wiser (and easier on the abs) to run a bit in the summer to be ready to confront the coach’s stop watch. Well, that aside, perhaps this phenomenal degree of exertion explains why Ray totally destroys me (and many others) in head-to-head competition!]

After eight weeks of training, my first race was the Garden of the Gods 10 mile run. When I went to collect my first place age group award, I overheard someone say

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MEMBER PROFILE: RAY ECK

“Whose he?” -- and an answer “I never heard of him!” I turned to my wife and said, they’ll know who I am from now on! [Note from Jeff: Yes it was a great boost when I first overheard the words: “Who is Dumas”. Unfortunately, I was probably the guy Ray was referring to when I asked: “Whoa, who is this guy, Eck?!?”]

What are some of your favorite races, both in Colorado and nationally? What distances have you run? And, how about sharing a few of your best finish times!

My favorite race is the Pike’s Peak Marathon. I’ve run 20 and had a 14 year streak at one time. My PR was my 15th in 2006 at age 59 -- when I ran a 5:28 good for 69th overall. I had some of my best races at age 59-60. [Note from Jeff: Well, without knowing it, Ray and I have gone “head-to-head” in several PPMs. Perhaps most noteworthy was way back in 1995, when I finished in 5:34 – just four minutes behind Ray. In that race, I bested Ray to the top by about five minutes. But, Ray left me in the dust on the way back down. When I got to the bottom in just over two hours, I thought to myself that that was about



Winning age group award in 2017 at PP Marathon

the stupidest thing I’d ever done: Running down the mountain at that speed, a single misplaced footstep, a small rock or a root – especially on the switchbacks -- and wham: You’re heading for either the ER or the undertaker! How Ray made it down at his pace in one piece is a marvel! Then in another close matchup, in 2006 I finished in 6:01 – while, as Ray mentioned above, clocked in a mere half hour ahead of me. But, I won my age group and took that grand opportunity to retire from scaling that intimidating Fourteener. Meanwhile, Ray has placed first in his age group in his last four PPMs – and, doesn’t seem at all ready to retire!]

Could you please tell us about your long racing career, particularly about your participation in Colorado and USATF events, especially as a BRR team runner?

My first BRR race was the Shamrock 5 mile race in Virginia Beach, VA in 2018 after being recruited by Jeff. I started too

far back in the pack and ran the first mile too conservatively. I finished 4th in my AG with two fellow AG runners just seconds ahead. Little did I know that my teammate, Bill Dunn was being transported to an emergency room. He was run over by an overzealous young kid. Despite losing our top runner, we



continued on next page

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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

still won 2nd place as a team (other team members were Elliott Henry and Richard Kutzner). My next BRR race was in Dedham, Mass. A hilly 10k, right up my alley. I wasn't going to let the two guys who were 2nd and 3rd beat me this time. They didn't, but there were a few new AG runners to deal with. One was a guy named Gene Dykes (Yikes!) No one came within minutes of him. So once again, I finished 4th in my AG and I believe that we took either 2nd or 3rd as a team. In both races I received a "National Class" medal. I believe that the USATF holds too many races on the east coast and at the worst months to travel. For example, I was stranded in Virginia Beach due to a snowstorm. [Note from Jeff: When Ray states that he likes running "hilly" courses, he's not kidding. In fact, that's how I came to ask "Who in the heck is Eck?!?" After a few years hiatus, I decided to travel down to Colorado Springs to take another run through the Garden of the Gods. I looked at the previous year's times and saw that my AG winner was averaging about 10:15 per mile over the 10 mile course. During



Virginia Beach, team 2nd place



Ray at finish with his 2 daughters, Tressa and Megan in 2019

the race, I was clocking consistent 9:00 minute miles – so, I knew I had this one in the bag. However, when I checked the printed results, I was surprised to find that I had come in second. Looking way up the list of finishers, I saw that I had been thoroughly beaten by an AG peer who had managed about to average an 8:00 minute mile. Hey, I asked around, "Who the heck is Eck?!?" Next thing Ray knew, he was getting a call from the BRR recruiter!]

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

The pandemic and this winter didn't help my running much -- but, I have a great gym setup which takes up most of my lower living space. My mate, Pam, (who some of you may have met at Avery's back in the pre-pandemic First Mondays) and I have workout mats and a big screen TV

for aerobics, an extensive weight station with two weight stacks, treadmill, elliptical, stationary bike, and a step machine. Some of these machines don't help my running, but they do keep me in shape. Consequently the pandemic had little effect on me -- but it has affected Pam, as she is much more social than I. My only goal now is to keep running just as long as I can. [Note from Jeff: Ray has expressed interest in helping to form a BRR Men's 70+ team to participate in the USATF Team Cross Country Nationals in Tallahassee in December. If we can front a solid team, with Ray on the roster, we will stand a good chance of reclaiming the gold -- as we have so many times in the past, in this most competitive of all USATF events!]

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	Post	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			
June 10, 17, July 1, 15, Aug 5, 19 2021	All Comers Track Series	Potts Field and CU	TEAM, BRR
Sept. 27 Nov. 5, 2021	Mountain Lions X-Country Season	Centennial Middle School, Boulder	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!

