

The President's Message



Happy July, fellow Boulder Road Runners: Wow, that was some Olympic Trials, and I know lots of you are following the Boulder County runners, who did amazingly well. Locals joining marathoner Jacob Riley on the U.S. team that will compete in the Tokyo Olympic Games beginning July 23 are Alicia Monson and Joe Klecker of the On Athletic Club; New Balance's Emma Coburn and Cory McGee of Team Boss; and unsponsored former CU cross country and track runner Val Constien.



Joe Klecker

We can discuss the Olympics and all else Monday at the monthly First Monday social, set for a new location at Runners Roost, 629 South Broadway starting at 5:30. The club is trying this out, and thanks to co-owners Tricia and RL for providing the space, and Lee Troop for coming up with the idea. M50 team captain Chris McDonald will give an update on club uniform options, so come by and give your opinion. Congrats to Chris for some good races at the club All Comers meets at Potts Field. Before heading off for a family vacation in Hawaii, Chris posted

top-5 U.S. M50 times in the 800 meters (2:12); Mile (4:57); 3,000 (10:13); and 5,000 (17:52).

We are looking forward to welcoming to the club the Timm family, comprising Jacob, Lucas, Taylor and Anna, as well as new members Timothy Kearley, Michael Reagan, and returning member Diana Shannon, who will not be racing in Tokyo, but who is a champion in our book. Diana is back in Boulder and the club after various adventures. Here's the update on "why it is so great to be back in Boulder and a member of the Road Runners again," as she put it in a recent email:

"I think it was about 1986, when I joined my first BRR club run after fracturing a wrist in pick-up soccer. The club members, seeing me running with a cast, welcomed me and agreed that it was time for me to give up the dangerous contact sport of soccer and join the Boulder Road Runners. After lots of running, a couple of sub-21 minute 5ks, a 7:30-pace Chicago marathon, two marriages, two divorces, and no kids but several dogs, I departed Boulder in 2006 to serve as a Peace Corps volunteer in Mexico (my second volunteer stint as a volunteer). Then beginning in 2009, I started work with the US Agency for International Development (USAID) as an environmental specialist and engineer, serving overseas and in Washington DC." Welcome back Diana.

With the road racing season back, send along any race results (at least the ones you are proud of). The BRR M50 team has been posting some "great results on the

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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

JOIN YOUR CLUBMATES FOR THE JULY 5 BRR FIRST MONDAY. AT THE RUNNERS ROOST 629 S. BROADWAY, 5:30-7:30 P.M.



President's Message, *continued*



John Minen working the Olympic Trials

track, road races, and triathlons,” as team captain Chris put it. Some of those highlights included nine BRR masters runners placing first or second in their age groups at the Memorial Day weekend Bolder on the Run 10K; the group included Nancy Antos, Jack Pottle, Flavio De Simon; Chris McDonald; Tim Geldean; Todd Straka; Mark Tatum; Adam Feerst; and Roger Sayre, who also clocked a 3:03 marathon at Grandma’s Marathon in Duluth, Minn., and who ranks second in the nation for the M60 3000 meters (11:09); former Big 8 champ Charles Trujillo has the sixth-fastest M55 time (11:06).

I just finished local journalist Matt Hart’s book on the Nike Oregon Project, “Win at All Cost.” We’ve invited Matt to come speak at a future First Monday. Former Boulder Team USA runner Abdi Abdirahman has a new book coming out www.soulsticepublishing.com. Abdi will join Boulder’s Riley in the Tokyo Olympic marathon. And thanks to all who contributed to the Boulder Road Runners Olympic Trials Scholarship Fund, including chiropractor John Minen of Colorado Sports Chiropractic. John said he wants to help out young runners, because of what running has done for his life. “I want to give

back, to pay it forward,” said Minen, who worked with USATF treating athletes at the Olympic Trials.

Another local chiropractor at the Olympic Trials was Roots Running coach Richey Hansen, who said: “The Boulder athletes ran incredible and are clearly representative of the level of collective talent in the area now. It was fun to watch and very inspiring seeing athletes have incredible days. Overall the meet organization did a great job screening and monitoring the athletes and coaches for covid. The heat was obviously an issue.” Roots Running’s Frank Lara tried to push the pace in the 10,000 meters, but like many of the distance runners was slowed by the high temperatures. Lara received one of the BRR funding scholarships.



Club members Diana Shannon and Don Hayes out and about on the Pearl Street Mall



Boulder Road Runners, Inc.
Officers and Contact Information
2021

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Track and Field Action at Potts Field, June 10 and 17, 2021
Photos from Johnny Chapin and Dave Albo



Track and Field Action at Potts Field, June 10 and 17, 2021
 Photos from Johnny Chapin and Dave Albo



Are you benefiting from the power of positive reinforcement?

from Terry Chiplin and activacuity



I was recently reminded of how important positive reinforcement is to us as human beings. A recent large MIT study on the use of positive reinforcement and its impact on Covid-19 vaccine take up, found that there was a significant drop in reluctance to become vaccinated when people were presented with positive information on how many people were getting vaccinated. It was further interesting to note that the sample included 300,000 people across 23 countries, and found a consistent pattern of behavior.

How can this help us as runners? Using the power of positive reinforcement can help us turn a situation that you perceive as something from the dark side, or that is pulling you to not get out for a training run because there is a large list of reasons why you don't want to do it, into a situation where you feel motivated, inspired, energized, and ready to get the most from that workout.

Here are 5 key tips to help you not only engage in positive reinforcement for yourself, these will also help with making sure you get the best return for your investment and belief in yourself:

1. Planning - planning helps focus our attention, and enables us work on key components in our running that can help us become more efficient as endurance runners. For example at our recent women's running camps, we spend time

on runs focusing on one factor that a slow-motion video reply had highlighted as being an area that could yield benefits. A common issue for many runners is to have a cadence that is too slow, that then leads to over striding. So planning to focus on that key component, when the terrain and conditions allow, can be an effective method of achieving change through awareness. Further video analysis then providing positive reinforcement of the efficacy of the change in movement pattern.

2. Contingency - the example given in 1 above could also highlight that the expected change wasn't realized on a follow up video analysis. In that case, it could be worth considering how the drill or skill change could be changed up. This gives you an opportunity to play with different modifications and see which one is the most effective for you.

3. Frugality - you don't need to use a lot of words in order to provide effective positive reinforcement. Keep your self praise, objective, simple, and short, just as you would for a training partner or colleague. Non verbal mechanisms can also be highly effective, so a hand clap can be a great way to reinforce you did a great job!

4. Necessity - we don't always need analytical feedback on when we are making progress. Often the task itself and how it feels on a run can be all the feedback we need to let us know that we are making progress, and that it might be time to scale up the difficulty level and upgrade to a longer, tougher climb for example.

5. Be equal in your praise - it helps to be equalized in your own positive reinforcement. This may mean being flexible

depending on the situation. However the key factor here is to remember to always be objectively positive with yourself, and to not slip back into negative self criticism and undo your positive journey with yourself.

One of the services we can provide is to help coach you to become a positive ally to yourself, and to develop your ability to provide positive reinforcement for your own purposes. Contact us to find out more.



Roger Bannister, First Sub-4-Minute Miler

from Dr. Mirken



Roger Bannister was the first human to run a mile in less than four minutes, even though his training was totally inadequate for world-class competition because:

- he was a full time medical student who trained on a single 30-minute workout per day, compared to today's runners who train twice a day for as much as three hours

- he averaged 28 miles per week, compared to 80 to 140 miles per week by most runners today

- he raced in track shoes that were heavy and stiff, with spikes that were heavier than the total weight of modern track shoes

- he ran on very slow cinder tracks instead of the super-fast artificial tracks of today.

He quit racing to become a doctor before he could come anywhere near his spectacular genetic potential to be an Olympic champion. He went on to become one of the world's leading neurologists and treated many hundreds of patients with Parkinson's disease. At age 81, he himself was diagnosed with Parkinson's disease. At age 84 he was unable to walk and had to use a wheelchair, and at age 88, on March 3, 2018 he died from the many complications of the disease.

Road to a World Record

Bannister was born in Harrow, England, into a working-class family and liked to run everywhere instead of walking. At ages 12, 13, and 14, he won his school's cross-country run without any formal training. At the age of 16, he decided to become a runner. He knew that his

parents could not afford tuition at an elite university so he studied very hard and won a scholarship to Oxford University.

When he first showed up at Oxford in 1946, he had never run on a track or worn spiked running shoes. His early training there was one workout a week and a seven-and-a-half-mile cross-country race. On this ridiculously meager training schedule, he ran a mile at age 18 in an exceptional 4:24.6. In 1948, he lowered his mile time to 4:17.2. At age 20, he ran 4:14.2. He was now using interval training under the watchful eyes of coach Franz Stampfl. He improved all the time and in 1950 finished a relatively slow 4:13 mile with an impressive last quarter mile in 57.5 seconds. He came in third in the 800 meters (about a half mile) at the European Championships. In 1952, he ran a 4:10.6 mile and was selected for the British Olympic team.

At the Olympics, he finished a disappointing 4th in the 1500 meter race. Josey Barthel of Luxembourg won that race in 3:45.1 with an incredible sprint at the end and the first 7 runners all broke the previous Olympic record. In that race, Bannister set the British record of 3:46.3 (the same pace as a 4:01.7 mile).

The Sub-4-Minute Mile

After his "failure" at the 1952 Olympics, Bannister set out to be the first man to run a mile in less than four minutes, a feat many people believed to be impossible. He started a training program similar to that used by Josey Barthel, of running very fast intervals two days a week. (Barthel had come to Harvard and convinced runners there to base their training on short workouts of fast intervals. They would run two quarter mile repeats each in 55 seconds, a half mile in under two minutes, and three quarter mile in 3:10 and then go home. I used to watch Nick Costes, a

previously-mediocre local runner, train with Barthel on these incredibly fast intervals and he made the U.S. Olympic marathon team in 1956).

In 1953, Bannister ran a 4:03.6 mile. On June 5, 1953, American Wes Santee ran 4:02.4 and that fall, Australian John Landy ran 4:02.0. Then on May 6, 1954, paced by future Commonwealth Games gold medalist Chris Chataway and future Olympic Games gold medalist Chris Brasher, Bannister became the first person to run a sub-4-minute mile with a time of 3:59.4. The race was broadcast live over BBC Radio and the commentator was 1924 Olympic 100-meters champion Harold Abrahams, of Chariots of Fire fame. As Bannister crossed the line, Abrahams yelled "Three . . ." and the rest of his words were drowned out by the cheering crowd. The record lasted for only 46 days, when Australian John Landy ran a 3:57.9 mile, but Bannister is the name that is remembered because he did it first.

The Mile of the Century

On August 7, 1954, at the British Empire and Commonwealth Games in Vancouver, B.C., the only two men who had run sub-four-minute miles competed head-to-head. Landy led for most of the race, and at the start of third lap he led by 10 yards. At the last turn on the track, Landy turned his head to look over his left shoulder at Bannister as Bannister scooted by him on the right to win in 3:58.8. Landy's time was 3:59.6. A larger-than-life bronze sculpture of the two men at this moment was created by Vancouver sculptor Jack Harman (note Landy looking to the left, Bannister passing on the right). Bannister retired from competition soon after that and published more than 80 papers over more than 40 years of medical research. He continued

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Roger Bannister, First Sub-4-Minute Miler Continued



to run and would take his four children for morning jogs in London's Kensington Gardens, started an orienteering club, and was a regular sailor. At age 46, he had to stop running because of a broken ankle in a car accident. In 2012, he carried the Olympic flame at the Olympic celebration in the Oxford University track stadium named after him. Today the world record for a mile is 3:43.13 held by Hicham El Guerrouj from Morocco, set in Rome on July 7, 1999.

Parkinson's Disease

Parkinson's disease is thought to be caused by a protein, called alpha-synuclein, that

destroys the nerves throughout the body, particularly those in the brain that produce dopamine, a chemical that controls movement and posture (Trends in Neuroscience, Jan. 2017;40(1)). The disease often starts in the gastrointestinal tract, is progressive and has no known cure. A cure may be possible if scientists can develop a drug to destroy alpha-synuclein. Today, the common medical treatment is to take dopamine and dopamine-stimulating drugs to help control muscle function.

Deep brain stimulation: Surgeons implant into the brain electrodes connected to a generator in the chest that sends electrical pulses to the brain to help patients control their muscles so they shake less and have more purposeful muscle movement. This procedure has side effects such as clots and strokes, and does not slow progression of symptoms, so it is only offered to people with advanced Parkinson's disease.

Diet: A major complication associated with Parkinson's disease is constipation, so all patients with this disease should restrict refined carbohydrates such as foods made from flour and sugar-added foods. They should drink lots of fluids and eat a diet loaded with fiber (fruits, vegetables, whole unground grains, beans, seeds and nuts).

Exercise: Studies show that a regular exercise program can help people afflicted with Parkinson's disease control their muscles (Neurology, July 19, 2011;77(3):288-94).

For example, after a half-hour ride on the back of a tandem bicycle, people who were unable to write because their hands shook, were able to write clearly for several hours. Psychological and physical improvement has been reported after activities such as walking, swimming, gardening, dancing or water aerobics.

Other famous people affected by Parkinson's disease include Muhammad Ali, Salvador Dalí, Michael J. Fox, Reverend Billy Graham, Jean Shepard, Pope John Paul II, Robin Williams, Vincent Price, Erich Segal, Linda Ronstadt, Maurice White, John Walker and Mao Zedong

Sir Roger Gilbert Bannister

March 23, 1929 – March 3, 2018

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

Late Breaking News

On May 29, 2021 at the Portland Track Festival, Hobbs Kessler, the 18-year-old from Michigan broke Jim Ryun's American under-20 1500 meter record with a time of 3:34.36. Ryun's mark had been on the books since 1966. This works out to a 3:51:46 mile

The Rime of the Ancient Marathoner

from Dr. Gabe Mirkin's Fitness and Health e-Zine, June 27, 2021

At age 86, I can look back at more than 75 years of daily exercising and can tell you that there is a huge difference between the way that your body responds to exercise when you are young and when you are old. The key to healthy exercising for younger people is to try to put some intensity into some of their workouts. Older people should try to exercise every day and try to use some intensity when their muscles feel fresh, but when their bodies talk to them with discomfort, they should exercise at reduced intensity or take the day off. If you fail to listen to your body, you will soon learn that pain and discomfort are signs of an impending injury. See [Recovery: the Key to Improvement in Your Sport](#)

Exercising Intensely Makes You a Better Athlete

At the 1952 summer Olympics in Helsinki, Luxembourg's unheralded Josy Barthel won the men's 1500 meter race in 3:45.2, equal to a 4:03 mile. He had gone from a virtual unknown runner to Olympic gold by doing all his interval training at sub 4-minute-mile pace. In that same race, England's Roger Bannister set a British record in the 1500 meters, but finished in fourth place. As a medical student, Bannister had little time to train, so after the Olympics, he took shorter workouts, but tried to do his intervals at sub 4-minute-mile pace. Two years later on May 6, 1954, he ran the first sub 4-minute mile in 3:59.4. In the 67 years since then, more than 1500 runners have run faster than four minutes for the mile (Track and Field News, April 15, 2021).

I trained for marathons by running an interval workout of 20 quarter-mile repeats at 75 seconds each. That's a pace of 5-minute miles, which is way too slow, and I was a very mediocre marathon runner. In 1954, Josey Barthel came to Harvard and trained regularly on the Harvard track. At that time, the best marathon runners in

America were training at a very slow pace. Some didn't do intervals at all, while many others were running their intervals at 5-minute mile pace. A relatively mediocre marathon runner at that time named Nick Costes decided to train for the marathon by doing sub-4-minute-mile intervals with Josey Barthel who was training for the mile. He was the first American marathon runner to train by doing intervals that fast. In 1955, after just one year of training that fast, he was the first American to break 2:20, when he finished third in the Boston Marathon in 2:19:57. In the 1956 Boston Marathon, he improved his time to 2:18:01, also won the National Marathon title in Yonkers, and was the top American finisher in the Melbourne Olympics that year. Today virtually all top distance runners are running their quarter-mile repeats in under 60 seconds. That's 4-minute mile pace. Their workouts are often so intense that they have to take two or three days of slower running just to recover. Since "hard day" workouts were less intense in the early 1950s, top runners used to need only 48 hours of easy slow running to recover for their next fast workout.

Why You Lose Muscle Strength and Size with Aging

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.

In one study, lifelong competitive athletes over 50 who trained 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, October 2011;39(3):172-8).

Aging Increases Risk for Injuries

When middle-aged and older people start an exercise program, they are at increased risk for injuries, usually because they try to train like younger people do. The muscles of older people contain fewer muscle fibers and therefore are much weaker than those of younger people. Older people should not try to put as much force on their muscles as younger people do. That means that they should lift lighter weights and run slower because the faster you run, the greater the force on your muscles and the more likely you are to tear them.

If your favorite sport becomes painful for you, it is probably time to switch to another sport or exercise activity. I switched from running to bicycling at age 55 because pedaling is done in a smooth rotary motion instead of pounding on the pavement. Swimming or jogging in water are also usually safe as the buoyancy of the water dampens impact and helps to prevent joint damage. People with cartilage damage in their knees or hips and those with hip or knee joint replacements should never run, jump, or walk fast, because the impact of your foot hitting the ground causes further damage. Your bones also become thinner and weaker with aging, which increases your chances of breaking them. One in three people over 65 suffers major falls, and the United States has the highest rate of hip fractures in the world (Archives of Internal Medicine, September 26, 2011). Diana has such severe osteoporosis that she rides only on a trike, and

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The Rime of the Ancient Marathoner

continued.

our tandem group rides are now done on a tandem trike. A stationary bike or a swimming pool are other good options for avoiding falls or impact injuries.

Lessons from the Ancient Marathoner

If you want to gain maximum training effects and top health benefits from your exercise program, set up your schedule so you exercise more intensely on one day, feel sore on the next day, and then go slowly for as many days as it takes for your muscles to feel fresh again to take your next fast workout. However, be aware that as you age, your muscles become weaker and take longer to recover from each workout so you are at increased risk for injuring yourself and will also take longer to recover from an injury. Always end your workout immediately if you feel pain in one area that does not go away when you slow down or stop.



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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!

