

## The President's Message



Summertime and the racing season is ramping up. First up, of course, this week is the Tokyo Olympic track and field schedule, and I know many of you have been watching. Coming up is Wednesday morning women's 3000 meter steeplechase final, 5 a.m., featuring Boulder's Emma Coburn and Val Constien. Val, like Emma a CU grad, was unsponsored when she made the U.S. Olympic team by placing third in the Trials. Upon hearing this, the club's Olympic development fund decided to grant its fifth and final \$500 scholarship of the year to Val. A big thanks to all who contributed to the fund. Be sure and let scholarship coordinator Todd Straka know of impecunious athletes who you think would be deserving of a 2021 scholarship.

Saturday Aug. 14, is a big racing day, with club member Lee Troop's Pearl Street Mile set for Saturday evening. Let John Bridges know if you have time and interest in volunteering at the Avery Brewing Company beer garden on the downtown Pearl Street Mall between 4:30-8:45 p.m. All proceeds from the beer garden are being generously donated by Lee to the BRR. Come and race, or at least drink some Avery IPAs. Lee has also set up a BRR discount (BRR2021) for all of you wanting to race. <https://www.teamboco.com/#/pearlstreetmile/>

Earlier in the day on Aug. 14 is the venerable Longmont Sunrise Stampede. The races are set for Silver Creek High School. Longtime Boulder Road Runners Alison

and Peter Richards were involved in putting on the Stampede for many years; Tammy Palombo of the St. Vrain Valley Schools Education Foundation is now the race director. In an email, Tammy said she is hoping for 600 entrants for the 5K and 150 for the kids Mile Fun Run. The last in-person Sunrise Stampede was in 2019. The 5K starts at 8 a.m. followed by the Mile Fun Run. Details: [www.sunrisestampede.org](http://www.sunrisestampede.org).

That's getting ahead of ourselves. This weekend are the women's (Friday) and men's (Saturday) Olympic marathons. There are several local connections, starting with Jake Riley and Maor Tiyouri taking to the world stage. Jake was sent off by a nice crowd at a gathering at Runners Roost, which will also be hosting a viewing party starting at 4 p.m. Saturday. In addition, Ayuko Suzuki and Mao Ichiyama -- course record holder at the Nagoya marathon, (2:20:29) and Osaka (2:21:11) -- have



## Contents

President's message	Look left
July Track and Field Action	3
Runner's Heart	4
Member Profile: Kevin Konczak	6

### Your 2021 Board Members

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

**JOIN YOUR CLUBMATES FOR THE AUGUST 2 BRR FIRST MONDAY. AT THE RUNNERS ROOST 629 S. BROADWAY, 5:30-7:30 P.M.**



## President's Message, *continued*

trained in Boulder for several summers and have top-10 Boulder Boulder finishes to their credit.

In the men's race, Japan's Suguru Osako, with a 2:05:20 personal best, has spent time training in Boulder during previous summers; his coach is former long-time resident Peter Julian.

"Both marathons are wide open," said Brendan Reilly, whose Boulder Wave sports agency represents six Olympic athletes competing in Tokyo. "I would not be picking favorites."

The Tokyo Olympic marathons are being held in Sapporo, Japan. According to Reilly, the Sapporo course "is actually pretty depressing. Very flat and urban, with almost nowhere to use for strategy. The entire course never varies more than 35m from its lowest point to highest point, and the only 'big' climb is over a bridge just 5m/8k into the race. Compared to some of the challenging Olympic courses such as Sydney, Atlanta, Athens, there are virtually no hills to attack or long down-hills to use to try to make a break. And of course it starts and finishes in the middle of the city, with none of the excitement and spectacle of an Olympic Stadium. It should be a bit 'cooler' than Tokyo and hopefully much less humidity than is normal in Tokyo in early August."

Reilly added that all three Japanese women in the Olympic marathon have a chance to medal.

The BRR masters teams captains -- Virginia Schultz, Bruce Kirschner, Jeff Dumas and Chris McDonald -- have been doing good work getting team members geared up for some national events. The remaining masters national Grand Prix races of the year include Sept. 19, Masters 12K in Highlands, N.J.; the Masters 5K cross country championships, Oct. 17 in Boston; and the big one, the Dec. 11 USATF

National club cross country championship. Get in touch with Jeff, Bruce, Virginia or Chris if you are age-appropriate and interested in racing.

Take a look at the in-depth profile of M50 team member Kevin Konzak. Thanks to Bruce K. for getting back in the saddle.

Chris McDonald has been doing an excellent job facilitating new club uniforms. We've decided to go with New Balance as the vendor; watch for a survey asking your opinion on the choices for style, color and logo size ... also, the Sunday group run has moved to Runners Roost, starting at 8 a.m. ... and after a couple of First Mondays at The Post, the monthly social on, yes, the First Monday of the month, is now ensconced at Runners Roost, 5:30 p.m. No food vendor yet, but plenty of cold Avery beer and snacks, as well as good conversation with your friends and club updates. See you there Aug. 2. ... there is a club discount for the "Running with the Mind of Meditation" retreat I will be co-facilitating at the Shambhala Mountain Center over the Labor Day weekend ([www.shambhalaamountain.org](http://www.shambhalaamountain.org)) ... and the big event for Labor Day is the FORTitude 10K in Fort Collins, directed by club member Cliff Bosley. Cliff has set up a new course, which he promised in announcing that the race had been given the go-ahead, would be faster than the initial iteration of this younger sibling to Boulder Boulder 10K ([www.bolderboulder.com](http://www.bolderboulder.com)) ... As always, send notes, reflections, race results and great thoughts to [president@boulderroadrunners.org](mailto:president@boulderroadrunners.org).



Boulder Road Runners, Inc.  
Officers and Contact Information  
2021

### ELECTED OFFICERS

Mike Sandrock, President  
[president@boulderroadrunners.org](mailto:president@boulderroadrunners.org)  
Don Janicki, Vice President  
[djanicki@comcast.net](mailto:djanicki@comcast.net)  
Don Tubbs, Treasurer  
[don.tubbs@comcast.net](mailto:don.tubbs@comcast.net)  
Todd Straka, Secretary  
[toddstraka@gmail.com](mailto:toddstraka@gmail.com)  
John Bridges, Membership Chair  
[John@boulderroadrunners.org](mailto:John@boulderroadrunners.org)  
Lorraine Green, At-Large  
[toucanlorraine@gmail.com](mailto:toucanlorraine@gmail.com)

### APPOINTED POSITIONS

Mike Wien, Advisor to the Board  
[mike@specifiededge.com](mailto:mike@specifiededge.com)  
Todd Straka, Meet Director,  
Summer Track & Field Series  
[toddstraka@gmail.com](mailto:toddstraka@gmail.com)  
Elliott Henry, Newsletter Editor  
[ejhenry@pcsisys.net](mailto:ejhenry@pcsisys.net)  
Ken Thurow, Volunteer Coordinator  
[kdthurow@aol.com](mailto:kdthurow@aol.com)  
Tom Lemire, Historian  
[Tom\\_Lemire@yahoo.com](mailto:Tom_Lemire@yahoo.com)  
Alastair Norcross, Club Photographer  
[anorcross@mindspring.com](mailto:anorcross@mindspring.com)  
Lee Troop, T.E.A.M. Liaison  
[lee@teamboco.com](mailto:lee@teamboco.com)  
Ewen North, Revolution Running Liaison  
[ewen@revolution-running.com](mailto:ewen@revolution-running.com)

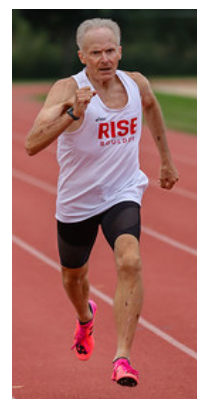
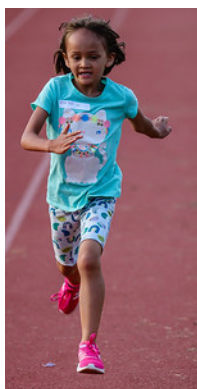
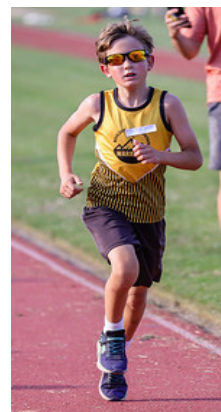
Boulder Road Runners  
PO Box 1866  
Boulder, CO 80306  
[www.boulderroadrunners.org](http://www.boulderroadrunners.org)

---

Running Club News is owned by the Boulder Road Runners, Inc., a 501(c)3 non profit organization with offices in Boulder County, the State of Colorado. The contents of the Running Club News is the property of the Boulder Road Runners and is copyrighted © as such. Content may be reprinted freely by crediting the source of the material.



Track and Field Action at Potts Field, July 14, 2021  
Photos from Alastair Norcross





# Runner's Heart: The Consequences of Competitive Exercise

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, July 3, 2021

Medical researchers agree that exercising from the early years into old age helps to prevent heart attacks, strokes and cancers, but this month a study from The University of Manchester showed that long-term intense training for racing in animals can damage the atrial-ventricular node that regulates the frequency of heart beats to cause heart block (Circulation Research, 2021;129:e1–e20). “Heart block” means that the electrical signals that control your heartbeat are partially or completely blocked as they move from the top chambers of your heart (atria) to the bottom chambers (ventricles).

A training-induced heart block in human athletes is usually harmless and reversible when the athlete stops exercising (Dtsch Arztebl Int, Jan 7, 2013;110(1-2):14–24), but sometimes, such as when competing all-out in endurance sports, heart block is associated with increased risk for atrial fibrillation (J Am Coll Cardiol EP, Sept 2017;3(9):921–928). For example, an 80-year-old non-smoking, non-drinking life-long competitive marathon runner, with a resting heart rate of 40 beats per minute, fell while running and died from a blood clot thrown from his heart to his brain, caused by atrial fibrillation (Am J Case Rep, May 26, 2020;21:e924580). An irregular heartbeat induced by training and racing to an athlete's limits can be detected by laboratory tests and in rare cases, may be an indication for the athlete to have an implanted heart pacemaker.

## *The Difference Between Racing and Just Exercising*

Competing in endurance sports often requires exercising through pain and discomfort. Contracting skeletal muscles send large amounts of blood back to the heart, which stretches the heart muscle to cause it to beat faster and with greater force

(Starling's Law). When you are just exercising and feel some discomfort, you usually reduce the intensity of your workout to get back into your comfort zone. On the other hand, when you are competing in an endurance event, you try to push yourself through pain and discomfort, which can stretch the heart muscle fibers to near their limits.

- This stretching of the heart muscle can cause damage to the muscle filaments that increases stimulation of the vagus nerve that regulates heart rate, which can cause a slow heart rate (bradycardia) that can sometimes cause atrial fibrillation.

- Atrial fibrillation means that the atrium, the upper part of the heart, starts to flutter instead of contracting before the bottom part of the heart contracts. This allows blood to collect and stop moving in the upper part of the heart, which increases risk for forming clots that can pass to the brain to cause a stroke.

## *My Racing History*

I had to work all through high school, college and medical school, so I never trained seriously for racing until I was in a fellowship at Johns Hopkins in 1963 at age 29. I worked up to running three times a day and competed seriously in races until 1974 at age 39. I trained so hard that I became an expert on running injuries because I had experienced many of them myself. Eventually I found that bicycling was much less likely to injure me, so from age 55 onward, I have tried to ride a bicycle seven days a week and now at age 86, average 150 miles each week. I have never raced on a bike, but I ride hard for about 30 miles on Tuesdays, Thursdays and Saturdays and around 15 miles very slowly on the other four recovery days.

This week I have been saddened by the deaths of two of my running

contemporaries:

- Ron Hill, who died on May 23, 2021 at age 82 of dementia and an overwhelming urinary tract infection. He ran every day for 52 years and had a marathon best time of 2:09:28. In 1968, he set the world record for 10 miles twice (46:44.0); in 1969, he won the European marathon championship; in 1970, he set the Boston Marathon record (2:10:30) and won the Commonwealth Games marathon in a European, British, and Games record of 2:09:28 (Runners' World, May 4, 2021).

- Dr. Joan Ullyot, who died on June 18, 2021 in Aspen, Colorado at age 80 of a heart attack. She was a pioneer in women's long-distance running who did not run until she was 30 years old and ran her first marathon in 1974 at age 33. She won the master's section of the Boston Marathon at age 43 (2:54:17), won 10 women's marathons, and at age 48 ran the marathon in a women's masters record 2:47:39. She also wrote and lectured extensively and had several best-selling books on women running in marathons (Runner's World, June 23, 2021).

## *As You Age, Balance Intense Exercise with Common Sense*

The American Heart Association cites more than 300 scientific articles showing that exercising excessively long and intensely may be associated with heart damage, increased plaque formation in arteries, scarring in the heart itself, markers of heart damage in the bloodstream, or atrial fibrillation (Circulation, Feb 26, 2020). However, a review of 48 articles found no reduction in lifespan, no matter how much a person exercises (Br J Sports Med, Aug 12, 2019).

*continued on next page*

# Runner's Heart: The Consequences of Competitive Exercise Continued

## *Can Intense Exercise Increase Your Risk for a Heart Attack?*

Vigorous Exercise Won't Hurt a Healthy Heart

People who suddenly increase the length and intensity of their training may be at increased risk for heart attacks during exercise. This includes people who are starting a new exercise program, or regular exercisers who decide to enter an endurance event such as a marathon or triathlon so they suddenly increase the intensity and duration of their training (Circulation, Feb 26, 2020). CAUTION: Before increasing the intensity of your exercise program, check with your

doctor to see if you have any pre-existing conditions such as heart arteries blocked by plaques, or heart or blood vessel abnormalities.

## *My Recommendations*

I believe that with few exceptions, virtually everyone should try to exercise every day. Older athletes can continue to compete into their later years, but they need to remember that preventing heart problems involves more than just exercising. You can help to prevent heart attacks, cancers, dementia and premature death by following an anti-inflammatory lifestyle:

- Eat a plant-based diet that includes lots

of fruits, vegetables, whole grains, nuts, beans and other seeds

- Avoid or severely restrict sugared drinks, sugar-added foods, red meat, processed meats and fried foods
- Lose excess weight if overweight
- Keep hydroxy vitamin D levels above 30 ng/mL
- And of course, exercise regularly

---

Reprinted courtesy of Dr. Gabe Mirkin. More of his articles can be found on his website, [www.drmirkin.com/](http://www.drmirkin.com/).

---



David Albo lane1photos



# MEMBER PROFILE

## KEVIN KONCZAK

Men's 50+ Team Member Kevin Konczak Tells His Story

from Bruce Kirschner

This is the second in a series of profiles about members of the new Boulder Road Runner Men 50-59 national championship team.

*Where were you born and where did you grow up?*

Alpena, Michigan, which is located in the upper northeast corner of the Lower Peninsula. I went college in Marquette, Michigan, on Michigan's Upper Peninsula (NMU). I moved to Boulder from there.

*What brought you to Boulder?*

I decided that my lifelong dream of writing and editing for Marvel Comics was not as strong of a pull "spiritually" as athletic competition. I sought out better competition and Boulder was the epicenter of the sport of triathlon. If you want to be a bigger fish—and are from a small pond...then it seems you have to get a bigger pond to grow into that fish or you won't swim very far.

*What do you do for a living/ professionally?*

Twenty-six (26) years as a network technician in the telecom industry, specifically with 911 networks as part of our Homeland Security infrastructure. I am also a real estate agent, with the last 4 years working for Veritas Real Estate of Denver, a boutique residential real estate firm. I'm also a triathlon coach and own my own coaching company, Gemini Multisport. So...three jobs. All of my business for coaching has been 100% referral and I've never had to advertise.

*Tell us a little about your immediate family.*

My wife, Michelle is a Canadian citizen

(she has done 11 Ironman branded races) and a son, Mattison, who just turned 15 at the end of July. They are both dual citizens, so I'm the only single nation citizen in the family.

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

I wouldn't say I had or have much of a running career, it was never a focus, just another sport activity to stay healthy. (\*WARNING\*: long-winded story of my start to running coming up...) When I was in 8th grade all my cousins were at my grandmother's house. A younger cousin had roller blades and his mom bragged how fast he was on them. She said all of us should race each other. We all went to the end of the block to race. My cousin David, who was the same age as me, were on foot. So we ran against the cousin with the roller blades. I beat them all. My aunt said we should go out for track or cross country. David had a friend who was going out for the team and said he would only join if I did too. That was the start of my running career. I was second to last all year as a freshman on my high school team of 12. The only person I could beat was cousin, the one who talked me into it in the first place! Our high school was known for producing some fine runners over the years (including USA Mountain Trail Champion Michele [Suzek] Yates now of Colorado) and always sent runners to the Michigan state finals. Our team captain was second at State Finals for Class A (the big schools).

My very first cross country race was in Bridgeport, Michigan my freshman year. I set a course record for the slowest time ever. Not just boys, but girls. I thought this monumental 5k would require some food to power me through it. So I had two quarter pounder burgers with cheese, a chocolate milkshake and fries four hours before



we raced. Our race started before the girl's race. About half way through the race I doubled over in such GI distress I had to sit down under a tree. There were no porta-johns (bathrooms were down the road at the school's gym), so I hadn't been able to go to the bathroom beforehand. Then the girl's race came past. I was eventually able to get up and slowly walk/stop/walk again to the finish line. It was horrible. Needless to say, I have learned a lot about nutrition since.

My coach, Tom Bennett, had produced many high school state champions. I'll never forget his disgust with me. I was sitting on the edge of the school van (still doubled over). He said something to me that would have gotten him fired in today's PC world. First, he congratulated me on being the slowest runner ever on the course. Then he said, "I don't think this running is for you. You'll NEVER be a runner. Continue if you want, but I just don't see it happening." He walked away.

*continued on next page*

It was a real “jerk-wad” thing to say to a 14-year-old. Reverse psychology maybe?

In 10th grade I was the recipient of the “Most Improved Runner” award. Bennett moved on to coach the college team. In 11th grade and 12th grade I was asked to be team captain by our new coach. When it came time for local college, Mr. Bennett, my old coach who said I would “never be a runner,” had to eat his words when he recruited me on a small running scholarship to the NJCAA college of Alpena Community. I was there for two years there before going to run varsity for Northern Michigan University (NMU), a Division II school. We made it to the conference finals. Our team captain was Tracy Lokken—now a 2:20’s US Master Marathon Champion. But to me running was only a means to stay in shape for Nordic skiing.

As a junior, I was the International Ski Federation (FIS) Junior Nordic state champion in Michigan, which is for 18 and 19 year olds who aren’t in high school at that age. I raced for NMU on the Nordic Team and it was stacked with Olympians, state champions, and U.S. development team guys. Needless to say, I was bringing up the rear but over the years eventually went on to hold my own and beat most of my teammates once we got out of college at one race or another. Running and triathlon was always meant to just supplement my skiing. I don’t believe running was my real focus. I went on to compete in the U.S. Junior Olympics as what they call “OJ/ Older Junior” after only a couple years in



Kevin Konczak, head of Gemini Multisport, and clubmates are training for the Dec. 11 USATF Club National Cross Country Championships in Tallahassee, Fla.

the sport. Skiing came pretty easily for me. Those same competitors I had raced went on to become the future U.S. Olympic Ski Team, so it wasn’t like it was just a local level of racing. I also competed as an elite athlete in about a half dozen American Birkebeiner races and raced for Rossignol Factory/USA for a few years.

*What first got you into running in a family that was focused on other sports?*

My cousin talked me into going out for cross country in high school. Before my brother Jeff got overweight, he was a goalie in high school and they were in the Michigan State Finals game (they finished

second). He was also a “center” for the high school soccer team. He was recruited by colleges for soccer and hockey, but decided to not take any of them. He was done. My uncle was all-around state high school gymnastics champion (he has long since died so we are talking like about 80 years ago). My first cousin, Sean Matison, was a professional surfer and was the US Pro Surf Champion. Legendary surfing World Champion, Kelly Slater, was my cousin’s best friend as a kid and they would travel the country to surf competitions together. Now my cousin owns his own company, Von Sol Surfboards. He was

*continued on next page*

Men’s 50+ Team Coordinator: Chris McDonald, [mcdonaldjc@gmail.com](mailto:mcdonaldjc@gmail.com)

Men’s 60+ Team Coordinator: Bruce Kirschner, [bhkirsch@comcast.net](mailto:bhkirsch@comcast.net)

Women’s 60+ Team Coordinator: Virginia Schultz, [Virginia.Schultz@Colorado.edu](mailto:Virginia.Schultz@Colorado.edu)

Men’s 70+ Team Coordinator: Jeff Dumas, [jeff.dumas@comcast.net](mailto:jeff.dumas@comcast.net)



the US Surf Team Assistant Coach as well. So while nobody has any endurance background, I do have a few in the family who were pretty good at other sports. I wasn't one of the early starters, or even "accomplished" in high school -- but eventually, with hard work, made my way to some exciting finishes. I'm proud of happens to include running.

*Are there any early career races or results that served as a defining point that has since shaped you as an endurance athlete?*

Racing on the U.S. Junior Olympic Nordic team for the Midwest Division, even though I finished near the back of the results (I had only been skiing about 2 years at that point). Hawaii Ironman back in 1995, making multiple Team USAs & National Titles for triathlon/duathlon, winning the largest triathlon in Michigan in 1992 as an unknown with over 500 athletes, all are small building blocks on the way to this addiction—all are defining points. To this day, the only reason I got into duathlons again was because legendary Boulder runner Andy Ames kept saying I should do them and he thought I would do well at them. I was just a triathlete when he started in on that around 2013 or so. My competition in duathlon can blame Andy! We ended up doing Nationals and World Championships as roommates since we have a fun time together on trips. He's a cool guy.

*You have accumulated a remarkable list of accolades during your running and triathlon career. Are there any that you are most proud of? Why?*

Competing in the U.S. Junior Olympics as a junior Nordic skier, or having qualifying for Ironman Hawaii 19 times. Few ever get to outright qualify once, let alone 19 times. To the best of my knowledge, I have qualified more than any Colorado amateur



except one (who used to be on the package of a Timex watch when you bought one in running stores).

*What is your favorite race distance?*

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

I don't really have a favorite distance or care much what I race. I do lean towards longer distance because I'm not very fast. I've got 30 full distance Ironman races (9:14 PR) under my belt. 13 of them are Hawaii Ironman/Kona. I've qualified 19 times for Hawaii but passed on the slot 6 times because I eventually realized I was horrible in the heat. I just don't like racing Hawaii much anymore because it is so hot, even to visit. I'm not saying I won't ever go back, but it's just not my favorite place to race (that is, the same for any place humid). So maybe I should just get a new bike and start up again, right? Ha, ha!

*What do you consider your favorite race?*

*Why?*

Any single race I had met my own maximum output expectations. If I can honestly answer an hour after (because hindsight changes immediate perceptions), that I'd raced and given it my 100% all (and nothing more execution wise went bad)—then that is the temporary favorite race. No courses in particular, except maybe the now "defunct" Hubbard Lake Triathlon (my first) in my home town. Just because that's where it all started.

I'm not a high mileage guy. I'm a minimalist. I seem to do okay off 15-20 miles per week (mpw) running (trying to increase that lately though). I've done three marathons off of a peak 40 mpw, my slowest was 2:49 (my last) going in with injury in my early 40s. There is a rule of thumb I follow...do one of the three sports every 3 days at least. Try not to take more than 2 days between a swim, bike or run. Cross-training works the body all around better and I think keeps you mentally/physically fresher, less chance of injury and staying in athletics longer.

*What continues to motivate you to train and compete at such a high level after all these years?*

I come from an obese family. I just don't see how anyone can let the gift of life go to hell and not try to at least maintain what you've been given. I am not going out that way—it's a waste of life (fight the genetics!) It is my duty to try to maximize my health so I can be there for those I love. Health MUST come first.

*What advice would you give an athlete considering competing as a Master (in running or triathlon)?*

First and foremost: BELIEVE in yourself--if that (insert your GOAL here) is what

*continued on next page*



you want. Without believing in yourself, don't bother starting. It's critical you never give up, even in light of setbacks or slow progress. Be the last man standing and never give up.

Eat well, sleep as much as you can, and don't do anything stupid that can injure yourself (says me, the self-proclaimed klutz). ALWAYS warm up, even if you cut the workout shorter.

*What are your goals for the upcoming Club XC Championships in December in Tallahassee, FL as a key member of the new BRR M50 Team and individually competing in the M50 – 55 age group?*

I don't care as much where I finish on the team. Main mission is to contribute with the least points and bring home the gold. I'm only going there to help the team. I could care less if I'm 5th man on the team or 1st, it doesn't matter. We have a mission/job to do. The runners on the team tell me that US Club Nationals is a big deal...a HUGE deal. I don't know. I'm a triathlete and honored they asked me who is not one of their own (a runner) to even participate. I don't want to be last and tack on 100 points to the final score of the team. If I were top 5 on the team, that would be cool, then I would personally feel like I earned my spot--even though we know a 6th and 7th man counts as well. We all count, but top 5 on the team is a \*hope\* for sure.

*What are some future running/racing goals?*

I would love to help BRR M50+ team win the USATF Club Cross Country National Championship title this December. I was on the Team Adidas/BRC 40+ Master's team both years when we won U.S. National Cross Country Men's Masters title by narrowly beating Bowerman



Track Club and many great teams. I was recruited apparently because of my triathlon running. I think I was the only true "triathlete" on the team. Craig Greenslit was a triathlete on the team and got injured and I was someone they thought of to replace him. The team was comprised of mostly "pure" runners: Chris Grauch, Simon Gutierrez, Cody Hill, Art Siemers, CJ Hitz, and Andy Bigelow to name a few-- it was stacked. I was so honored to be part of that team. In high school I had read about Pat Porter and all his titles and thinking, the top race is the U.S. Cross Country Nationals. So, it became a dream fulfilled.

Other (proposed goal)...I have a friend egging/daring me on to look ahead to when I'm over 60 to go for Dan King's mile record...but that won't happen, it's not MY goal. The last mile I ran all out was in high school. I am the type that would get lost

on a track and keep running straight on the turns. I run road and trails, no track (although my team mates have been twisting my arm to do so). You have all those lines curving and going straight...all over the place. I'd need a GPS, ha ha!

*Final profile answer: "What is the ULTIMATE goal?"*

To be an age group World Champion... in anything. It could be a triathlon of any distance or duathlon or basket weaving. I don't care.

Also, I'm a huge joker and 90% of what I say is sarcastic when you talk to me face-to-face. I have an odd sense of humor but some think I'm serious. I'm the opposite. To close, if anyone wants to buy or sell real estate...look me up. I'm ready to help find or sell your home!

# 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
<b>Recurring Club Events</b>			
1st Mondays, 5:30 pm	BRR Club Social	Runners Roost	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
<b>Club Races</b>			
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
<b>USATFMasters LDR Schedule *</b> (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!

