

The President's Message



Hello, fellow runners; Summer has slipped by, as is its wont, and while warm temperatures will be with us for a while yet, the cool nights tell us fall is waiting patiently up in the hills. Before we get into the fall racing season, let's take a minute

and thank All Comers track series director Todd Straka and all the BRR volunteers for pulling together the meets in the face of lightning, rain, Covid restrictions and bureaucracy.

With the help of Boulder Wave's Brendan Reilly, the final race of the summer track series was the inaugural Teri Leiker Memorial Mile, which featured a dozen or so runners from the City's EXPAND program, as well as friends, family and King Soopers employees, all bonded together by the March 22 grocery store tragedy. Here is a note from Margie, Teri's mom:

To all of you and all the others involved including the CU girls.

Thank you so much for making this race so special. I know Teri saw it all and was so happy. We miss her so so much. She was always smiling and enjoying life - she was really my happiness.

I know you all worked very hard to put this together in a very short amount of time -- you did fabulous. I think running in the dark was very special because we could see the lights from the runners' phones and those along the track. It was

very heartfelt for Tom and me.

Thanks for the wonderful medals. If we could pay for the cost of the medals, we would be honored.

If there is anything we can do for any of you, please reach out. We love you all and thank you so much.

Tom and Margie Whittington, and family. Daily Camera reporter Annie Mehl did a nice job covering the mile: Memorial Mile honors Teri Leiker, others lost in King Soopers shooting

And here is a note from John, who participated in the mile:

"I was one of the EXPAND/Beyond Limits volunteers who "ran" the mile last night. I want to thank you for your support for our team. Sure, we had to run after dark, but that just made the run more fun, interesting, and memorable. The many people who stayed and lit the way were such an inspiration for us. They could have left, but they chose to stay and cheered us on. Quite a memorable event for us all. Thank you all, John Wallace

ps. Maybe I'll train for next year's run.

And a shout out to All Comers long-time starter Lorraine Green for modifying the start commands in view of what brought everyone together late into the evening. Lorraine and her husband, Woody Green are part of a musical trio playing Sept. 2 in Lafayette. Wrote Lorraine, "We are fairly eclectic covering Blind Faith-Sheryl Crow!

continued on next page

Contents

President's message	Look left
Weight Training for Middle and Old Age	4
Member Profile: Amie & Benji Durden	6

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
 SEPT 13 BRR FIRST MONDAY. AT
 THE RUNNERS ROOST 629 S.
 BROADWAY, 5:30-7:30 P.M.**



President's Message, *continued*



We also perform original and a couple Celtic tunes. A little something for everyone." *****

Club member Cliff Bosley and his Bolder Boulder staff are putting on the Labor Day FORTitude 10K in Fort Collins, with a new course and new start/finish line, just outside the CSU football stadium. Online registration (www.bolderboulder.com) is being taken through Sunday night, Sept. 5, and then race day in person, starting at 6:30 a.m. until the last of the 18 waves goes off at roughly 8:25 a.m. "This is our first event back," said Bosley, "so this is part of a bigger endeavor, getting people back on the roads."

FORTitude can be good a tuneup for the fall marathons to follow. After many cancellations, the fall marathon season will be the busiest ever, with the big spring races -- Boston and London -- moving to October this year, as Covid restrictions are eased. They join the inaugural Boulderthon marathon (Oct. 10/www.boulderthon.org), Denver Colfax Marathon (Oct. 16/www.runcolfax.org), as well as established fall marathons such as Berlin, Cal International and several regional marathons, including the Sept. 25 Monument Marathon ("The Most Beautiful Race in Nebraska") in Scottsbluff, Neb (www.monumentmarathon.com).

And Valerie Minakawa of Mental Health Partner has teamed up with King Soopers to organize the fourth annual Boulder Skyline Traverse trail run, part of The Challenge 2021. "It's a live event in September and we're fundraising to help prevent youth suicide," wrote Valerie. Details: (303) 443-8500.



Boulder Road Runners, Inc.
Officers and Contact Information
2021

ELECTED OFFICERS

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

APPOINTED POSITIONS

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

Boulder Road Runners
PO Box 1866
Boulder, CO 80306
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.

JOIN US!

THE CHALLENGE

for youth suicide prevention

Bike Run Couch



Mental Health
PARTNERS

Healthy minds, healthy lives, healthy communities

PRESENTED BY



THE CHALLENGE 2021 IS DEDICATED TO HELP PREVENT YOUTH SUICIDE



Skyline Traverse LIVE EVENT

The Boulder Skyline Traverse Challenge is for experienced trail hikers and runners, covering 18+ miles of terrain rated as difficult and covering the five peaks forming Boulder's iconic backdrop. Event date is Sept. 11th. Registration deadline is Sept. 3rd, 2021.

Bike Challenge (VIRTUAL)

The Bike Challenge is virtual, participants bike anytime, anywhere. Choose your route, terrain type and distance! Register before Sept. 11th, 2021.



**\$50,000
Goal!**

Couch Challenge (VIRTUAL)

This virtual Challenge takes place from the comfort of your seat anytime, anywhere. The challenge is to raise the most by Sept. 11th, 2021.



FOR MORE INFORMATION AND TO REGISTER FOR ANY OF THE CHALLENGE 2021 EVENTS, VISIT:

OR SCAN QR CODE

<https://runsignup.com/Race/CO/Boulder/MHPChallenge>



Why Participate?

CUMULATIVE EMERGENCY DEPARTMENT VISITS FOR SUICIDAL IDEATION BY BOULDER COUNTY YOUTH AGES 10-17 WERE 47% HIGHER IN THE FIRST 25 WEEKS OF 2021 COMPARED TO 2019 AND 2020*.

HELP REDUCE THESE STAGGERING STATISTICS!

*Source: Boulder County Public Health, June 2021



Contact Us: Mental Health Partners of Colorado | www.mhpcolorado.org | 1455 Dixon Avenue, Suite 140, Lafayette, CO 80026 | Phone: 303-443-8500

How to Become Stronger: Weight Training for Middle-Aged and Older People

from Dr. Gabe Mirkin's Fitness and Health e-Zine, July 19, 2021

Just exercising will not make you stronger. If it did, marathon runners would have the largest and strongest muscles. If you want to make your muscles stronger, you have to exercise them against resistance strong enough to damage the muscle fibers and when they heal, they will be stronger. A review of 22 studies on how to grow larger and stronger muscles found that the best way for untrained people to grow muscles is to use lighter weights with more repetitions, even though most trained athletes gained more strength by using heavier weights with fewer repetitions (Human Movement, July 23, 2020;21(4):18-29). Lifting lighter weights with more repetitions reduces your chances of injuring yourself.

How to Build Muscle Without Injuries

When middle-aged and older people start a weight lifting program, they often get injured, usually because they try to train like young people who pick the heaviest weight they can lift ten times in a row and do three sets of ten lifts. They feel sore for the next few days and when the soreness goes away, they lift heavy weights again, usually two or three times a week. This type of training almost always injures older novice weight lifters and ends their training program. The best way for middle-aged and older people to prevent injuries is to lift lighter weights.

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

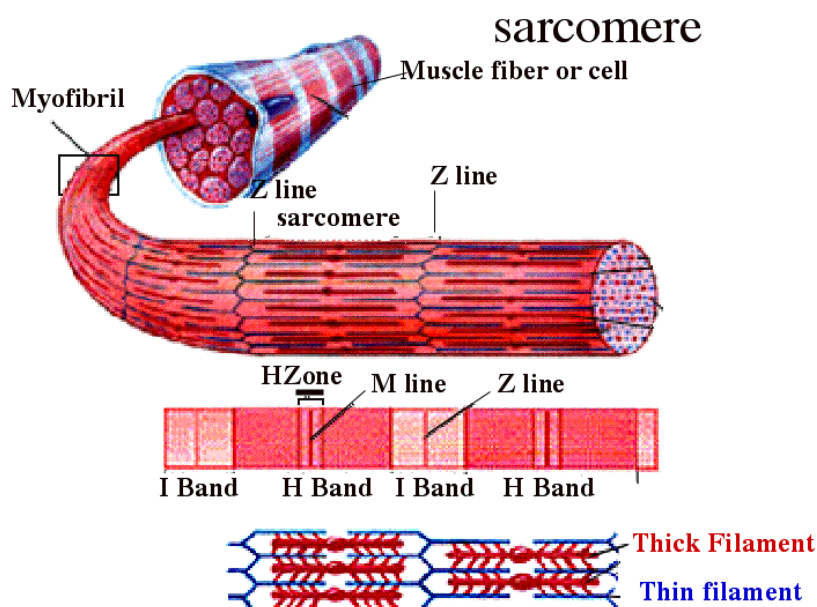
contains about 800,000 muscle fibers when you are 20, but by age 60, it probably has only about 250,000 fibers. However, after a muscle fiber loses its primary nerve, other nerves covering other fibers can move over to stimulate that fiber in addition to stimulating their own primary muscle fibers. Lifelong 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, October 2011;39(3):172-8).

How Muscles Become Stronger

Each muscle fiber is made of a series of blocks called sarcomeres that are lined up end to end. Each sarcomere is attached to the one next to it at a "Z line." Muscle fibers do not contract equally along their lengths; they contract only at each "Z line." To strengthen a muscle, you have to put enough force on the muscle to damage the Z-lines, as evidenced by bleeding and

swelling into the Z-lines. You can tell you have damaged the Z-lines by the feeling of muscle soreness that begins 8 to 24 hours after you have lifted weights or done any form of resistance exercise. That is the time it takes for the swelling to occur in the Z-lines. This is called Delayed Onset Muscle Soreness (DOMS). Exercising your muscles intensely enough to damage them makes muscles stronger so they can withstand higher loads and be more resistant to injury.

When a muscle is damaged, your immune system sends to the damaged tissue large amounts of the same cells (lymphocytes) and chemicals (cytokines) that are used to kill germs when you have an infection. This causes inflammation, characterized by soreness (pain), increased blood flow to the injured fibers (redness), and increased flow of fluid into the damaged area (swelling). The immune cells release tissue growth factors to heal the damaged muscle fibers, and you should allow the muscle soreness to decrease or disappear before exercising intensely again. If you do not



continued on next page

How to Become Stronger: Weight Training for Middle-Aged and Older People, Continued

wait until the soreness goes away before exercising intensely again, the fibers can be torn, the muscles weaken and you can become injured.

How to Start Your Resistance Training Program

If you are not already doing strength training, check with your doctor to make sure you do not have any condition that may be harmed by exercise. Then read my article on [Resistance Exercise You Can Do at Home](#), or — after you get vaccinated and your community is returning to normal — find a gym that practices sanitizing of equipment, social distancing, wearing masks and good air circulation. On each exercise, pick the resistance that you can comfortably move 10 times in a row, without straining or hurting your muscles. End the workout immediately if you feel pain that does not go away as soon as you stop the movement.

If your muscles still feel sore 48 hours after your first workout, wait until the soreness is gone before you try again. As

you become stronger and the resistance feels very easy for you, try to lift 15 times in a row, then perhaps 20 times. Only when you can lift that weight at least 20 times in a row, and not feel sore the next morning, should you try to increase the resistance level.

The key to this program is to avoid injuring your muscles by increasing the number of repetitions gradually so that you do not cause muscle soreness that lasts longer than a day. You should not increase the weight (resistance) until you can lift a set of at least 20 repetitions in each exercise without feeling sore the next morning.

My Recommendations

- Before you start any new exercise program, check with your doctor to rule out any conditions that might be aggravated by resistance training.
- This program is designed for beginners and is intended to prevent injuries that plague older people when they first try to lift weights. It will not build very large

muscles, but it will increase your strength and provide all of the other benefits of a weight training program. After many months (injury-free) on this program, if you wish to build larger muscles, you can transition to a more traditional weight training program; see Strength Training Guidelines. Otherwise, you can continue with this safe and effective program of resistance exercise for the rest of your life.

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



MEMBER PROFILE

AMIE AND BENJI DURDEN

Jeff Dumas has worked with many of the BRR Men's 70+ team members and with other BRR members to provide biographical sketches to this Newsletter, via a "Q & A" format. However, this will be his first attempt at a "dual-biography". Since both Benji and Amie Durden have -- together -- been such long-standing members of the Boulder and Colorado running communities, he felt that this break with precedent is well deserved.

Where were you born and where did you spend your childhood?

AD: I was born in Atlanta, Georgia, and grew up mostly in the Atlanta area. [Note from Jeff: mazing. No accent!]

BD: I was born in Tacoma, Washington, but since my father was in the Air Force, I grew up around the country. A few of the places: Chittenango, NY; Amarillo, TX; Roswell, NM; Lake Charles, LA; North Highland, CA; Odum, GA [Note from Jeff: I was a "Navy Brat". I never heard of any of these places, ever. Well, except for Roswell (a/k/a "The UFO Capital"). Perhaps that explains a lot...]

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

AD: I started running as a formal activity at the end of college (1978 -- the running boom). I played basketball in high school and college intramural football, softball and basketball. And was always active.

BD: I started running track competitively in Junior High (though I was not very fast).

Where did you go to college and what was your major?

AD: Georgia Tech, BS Engineering Science. [Note from Jeff: A "blamin' Wreck! I was accepted as a "co-op" student -- back

when there were no more than half-a-dozen women on campus. Not a fun place back then!] Once we were in Boulder, I got a Masters of Telecommunications from CU.

BD: University of Georgia, BS in Psychology, then three more years there in Grad School. [Note from Jeff: ow that's interesting. The gal is from Tech but the guy is a Bulldog. Ain't that backwards?!?]

Where did you start your post-collegiate career and what did you do -- especially if your work was mostly to support your running or other interests?

AD: Once I graduated from Tech, I started work at Southern Bell, first as an outside plant engineer and then a trunk forecaster and finally trunk servicer. [Note from Jeff: This "trunk" has nothing to do with elephants, I think. But, remember I didn't go to Tech, so I'm really not that sure...]

BD: I worked at the Atlanta Phidippides, then at the corporate office for Phidippides as my running career developed. After I made the 1980 USA Olympic Marathon Team, I focused on my running full time. [Note from Jeff: After running the 10K in the Munich Olympics, Jeff Galloway, who was born and raised in Atlanta, founded one of the very first specialty running stores, Phidippides, in 1975. He still owns and operates two of his stores in Atlanta.]

When and where and how did you two first meet?

AD: We actually first met at an aerobic dance-a-thon on Valentine's Day, 1981. He was there as a featured guest and I got an autograph. He and Lee Fidler advertised a coaching business in the Atlanta Track Club Wingfoot in 1982 and I signed up for coaching that spring, so that's when we got to know each other.

BD: I only vaguely remember the

dance-a-thon, so I actually got to know Amie when I started coaching her. [Note from Jeff: dancing can be dangerous for runners. No coach should permit it. Dancing can cause serious injuries!]

When and where did you get officially hitched?

BD: We went down to the courthouse here in Boulder February 27, 1989, and David R. Torke (a judge) took care of us. Amie took a half day off. We got a laser printer as our wedding present (they were expensive back then). [Now, ain't that the way we do it out West. The cows and the horses and the crops don't take a day off, do they? And, what the heck, if you're already livin' in paradise, where's to go for a honeymoon?!?]

How did you two end up living in Boulder?

AD: Steve Bosley wanted Benji to run in the Boulder Boulder so he brought us out for him to live and train here in February, 1985. By April, we knew we wanted to move here, so as we were heading to Rotterdam for the Marathon there, I went by Nashville and with help from my parents, packed up our stuff and got it on a truck coming this way.

BD: What Amie said.

How did you decide to enter the race timing business and how long did you pursue that interest?

AD: I worked my first finish line in Atlanta with the Atlanta Track Club in January of 1981. I wasn't able to run the race at Stone Mountain so was happy to get to help. Once we were out here, we helped Ken Rogers with some of his races and then after I started working for the Boulder Boulder/Bank of Boulder I was tasked with finding a timing system that we could use

continued on next page

for the smaller events like cross country. That led to timing other races in the area and it grew from there. It eventually grew enough that I didn't have to worry when I got laid off from my "real" job in Telecommunications for GE Access (formerly Access Graphics) in 2001 and could time races full time. [Note from Jeff: Oh, now I remember: John Ramsey was the founder and president of Access Graphics – and father of young JonBenét who was murdered in her home on Christmas Eve 1996. Her (apparently phony) ransom note demanded a payment of precisely \$118,000 – which just happened to be exactly Ramsey's bonus for that year as head of Access Graphics. Anyway, be sure to let us know if you have any leads on that sad case!]

BD: I had experience timing events from the early 70's when I was a hand timer at the SEC Track Championships. Later I was one of the founders of the Athens Track Club and was involved in putting on and timing races for that club. Amie already covered our experiences here in Colorado.

What happened to your race timing business now that you have retired?

AD: We knew in 2019 that we wanted to move away from timing road races but had expected to still time cross country for a year or two. COVID changed all that and we sold our chip timing gear and our van last summer (2020).

BD: I don't really have anything to add other than I am glad to not have to be getting ready for cross country season. [Note

from Jeff: Oh, too! I remember having to help put up and take down that giant erector set scaffolding for the start and finish line of the high school cross country regionals over at Viele Lake -- almost always in the rain, too!]

Both of you have run in a remarkable number of marathons. Please tell us how many marathons you have each completed and describe a few of your favorites -- especially those that you have picked to participate in during your quest for "50 marathons in 50 states".

AD: I have run 151. My 100th was at the Houston Marathon in January of 2015 and my 150th was at Houston in January of 2020. Then 151 was our last live/in person race at Atlanta (the day after the Olympic Trials) in March of 2020. Houston is definitely up there as a favorite for lots of reasons, including the course and hoopla. I'd likely give a different answer every time you asked me as I thought about a different part of the events I liked, but would certainly include the Hawaii Bird Conservation Marathon (Hilo, HI), the Seattle Marathon (WA), King Salmon Marathon (Cordova, AK) and the Bay of Fundy Marathon (Lubec, ME) among my favorite trips.

BD: I have run 136 marathons. My favorites during my prime included Boston, New York, Houston, and of course the 1980 Olympic Trials. But my favorite during that time was the Nike OTC Marathon in Eugene. It was a gentle two loop course with tree cover over part of the loop and finished in Hayward

Field. Houston is my favorite from the last two decades -- and I would add the King Salmon, the Hawaii Bird Conservation Marathon, and the Bay of Fundy Marathon.

Whoa, both of you have identified the exact same favorite marathons. Okay, without peeking, try choosing at least one "favorite" marathon, that differs from your partner's. Why'd you like that particular one?

AD: Any one of the Running the Distance Dallas Marathons around Bachman Lake. Small events with lots of now good running friends. And I actually won one once and won the Quad the last time we were there.

BD: Chasing the Unicorn in Pennsylvania is put on by a friend, Pat McCloskey, and is from Washington Crossing Historic Park along the Delaware Canal towpath out and back twice. It is a smallish marathon/half marathon which means it isn't crowded. The course is shaded most of the way on a soft surface which is easy on the legs.

Question for Benji: You have completed at least two dozen marathons in under 2:20 and were a top-ten, world class marathoner for the better part of a decade. Could you describe some of your most memorable marathons during that era -- particularly international marathons. And, then of course, it would be great if you could share a story or two regarding the US Olympic marathon trials in Los Angeles back in 1980.

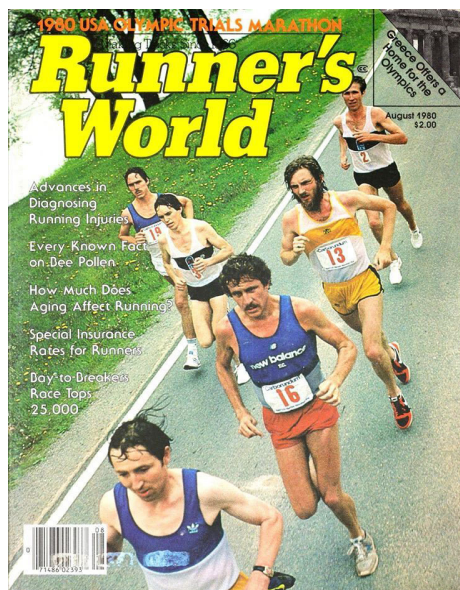
continued on next page

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

On October 16, 1976, I started my 4th marathon in Crowley, LA; the AAU Championships for that year. I had a previous 2:36:19 PR and was not considered to be a favorite by any means. Going out conservatively in foggy, drizzly conditions, I ran alone unable to see the large pack of runners that ran off to compete for the trophies. One by one through the fog, I passed runners whose names I knew from reading about them or seeing them ahead of me at races. There were no splits and I no idea what place I was in until about 20 miles when I passed the last runner I could see ahead of me and was told I had moved into 2nd where I remained finishing in 2:20:23 (behind Gary Tuttle who won in 2:15:15). [Note from Jeff: Gary Tuttle won the national AAU marathon championships in both 1975 and 1976. He and Benji would meet again at the 1980 Olympic marathon trials.]

I had several good marathons after that, even winning a few. My 1st international race was the next summer in Arvert, France. My wife (former, not Amie) and I had been touring Europe for a few weeks and I had planned on a few races while we were over there. That one fit into our travel plans. We started on a track with two laps. I led from the gun. But, at around 20 miles I hit the wall. We had not been eating that well as we traveled and I was out of fuel. A small Citroën car with a radio phone in it came up beside me, said I had a good lead and asked how I felt. I responded "very, very, tired". Somehow, I continued on. When I got back to the track I heard I had a two minute lead. I still had 800+ meters to go and wasn't sure I could hold that lead. I won in 2:22:47 by about 2:30. They gave me some glucose tablets and I was fine. The body kept working while the mind was out of it. [Note from Jeff: sounds like Billy Mills description of the end of his 10,000 meter race in the 1964 Tokyo Olympics!]

The last one of note before the 1980



1980 Olympic Trials

Olympic Trials was the NYC Marathon in 1979. We didn't get any splits until 5 miles. Kirk Pfeffer and I followed a group of Tanzanian runners not knowing our pace. At 5 miles we heard that we were about 23:30 which was too fast. Kirk said to me "We are out too fast, what should we do?" I said "we need to slow down, but gradually". So he took off and I didn't see him again until after the race. I ran alone gradually passing all of the Tanzanians and was 2nd at about 15 miles when Bill Rodgers caught me and we ran together surging back and forth on each other until about 21 miles. There he turned to me and said "We are leading aren't we?" I responded that Kirk was somewhere ahead of us. Bill surged and promptly dropped me and I began falling apart. I think I was out of the top 10 by the time we reached the middle of Central Park and I recovered and started passing runners over the last three or so miles ending up 5th in 2:13:49, just two seconds slower than the PR I had set six weeks earlier. [Note from Jeff: In the 1979 NYC Marathon, Pfeffer led the field until 23 1/2 miles when he was passed by Bill Rogers in Central Park. Rodgers won in 2:11:42, and Pfeffer held on for second place, finishing about 500 yards behind, with a time of

2:13:09. So, Benji finished just two minutes behind Rogers and 30 seconds behind Pfeffer!]

At the US Olympic Trials in Buffalo, NY I was seeded 13th. I had learned from my last two marathons that I needed to go out less aggressively. At the mile, I was last with a split of 5:00. Over the next five miles I slowly worked up to the back of the leading pack. Around 9 miles as we entered the Canadian side, I felt my left hamstring tighten up and concentrated on relaxing and not panicking for about three miles before it loosened up. Around 18 miles the pack had dropped to about eight or so runners. Looking around I thought that they all had faster 10K PRs than me, so I decided to surge. Only Tony Sandoval was able to respond enough to catch me, which he did around 21-22 miles leaving me shortly after he caught me. We finished with a left turn roughly 800 meters, then a right turn and 800 meters to the finish. As I neared that final turn, I began to have tunnel vision and started hearing heavy breathing. I feared someone was catching me and risked a glance back as I made the turn. There was no one there. It dawned on me that I was hearing my breathing. I was nearly delusional. My 2nd place finish was 2:10:41, a 3:06 PR. [Note from Jeff: Sounds like Billy Mills description of the end of his 10,000 meter race in the 1964 Tokyo Olympics!]

Question for Benji: Shortly after you qualified for the 1980 Olympics, President Carter decided to boycott the Moscow Olympics. How did you first learn of that decision and how did you feel about it. Given the "doping" that was going on in the Eastern Block countries (witness the marathon results at the Montreal Olympics), what do you think might have been the outcome if the US had participated?

BD: Actually the boycott had been announced by early April. I wasn't happy

continued on next page

with the boycott, but I kept on training. If there hadn't been a boycott, the Olympic Trials would have had Bill Rodgers (instead, he won Boston four weeks earlier, where I finished in 6th) and the race might have had a different outcome. In fact, I might not have made the team. But I imagine Bill Rodgers and Tony Sandoval would have. Additionally, Toshihiko Seko would have been in Moscow instead of staying home since the Japanese also boycotted the Games. I think Seko would have won and Bill and or Tony would have medaled. Seko beat Rogers in that time frame -- and beat the doped East German at Fukuoka later in 1980. [Note from Jeff: It seems to me that if Tony Sandoval (who won the trials), Bill Rogers and Benji had all three participated in the US Olympic Trials in 1980, there would have been a darn good chance that all three of them would have made the US team!]

That summer, Congress & the USOC decided to honor the full Olympic Team. On July 26th over 400 athletes began gathering in DC for a special week (only the Olympic Swim Team failed to attend since their trials were not yet concluded - they had a mini-event later). Levi Strauss & Co. (the team outfitter) hosted a BBQ with

"bucking bronco" machines and fireworks for our entertainment. There was a bus tour of "Washington After Dark" stopping at the major monuments. At the Ford Theater we were treated to "Joseph and the Amazing Technicolor Dreamcoat" and a party with the cast afterwards. There was a gala at the Museum of History & Technology of the Smithsonian Institute. A riverboat tour visited Mt. Vernon. The National Zoo provided a guided tour. Families and significant others were brought in to celebrate with us. July 30th, we marched down the mall to the Capital for speeches and a medal ceremony; one medal provided by Congress and one from the USOC. From there we went to the White House to be greeted individually by the First Family -- with pictures taken and a meal out on the White House lawn. The day ended with a variety show at the Kennedy Center. Stars included Patti LaBelle, Andy Gibb, the Lennon Sisters, Irene Cara, Peter Marshall, and Jamie Farr. Leonard Nimoy was the master of ceremonies and pulled the marathoners up on stage to be serenaded by the Lennon Sisters. I got to shake Spock's hand. [Note from Jeff: heck, who needs the real Olympics? Incidentally, Moscow at the height of the Cold War was not a



1984 Torch Relay

terribly fun place to visit. The week in DC all sounds like much more fun!]

Question for Amie: As a very interesting aside to Benji's Olympic adventures, I understand that you were involved in the 1984 Los Angeles Olympics. What was your event?

AD: I was lucky enough to qualify for and run for the AT&T Corporate Cup Championship winning team in 1983. Since AT&T was the logistics sponsor for the Olympic Torch Relay for LA in 1984, that meant I had the privilege of being a cadre runner for a week. My week started in Tupelo, MS and finished in Altoona, KS. What an amazing experience to be the face of the Olympics for many people. Signing autographs, getting gifts (a pin from an older woman and an American flag from one town to name a few), to the older man I saw as I was running outside of Saint Louis, standing beside the long uphill with his beagle, saluting us as we went by.

Question for Amie: Of all your many marathons, please tell us a bit about one or two of your more adventurous races; perhaps in foul weather hot or cold, rain or snow -- or maybe one where you were in a close race for the podium.

AD: As we were trying to finish up the 50 states in 2012 and 2013, both falls we were



Kyle Heffner, Tony Sandoval, and Benji, 1980 Olympic Team

continued on next page



2013 Amie running her 50th state marathon

traveling roughly every other weekend to a race, often after timing events ourselves on Friday and/or Saturday. For the Marshall University Marathon in Huntington, WV, we flew into Louisville so that we had a non-stop flight and then drove on to Huntington. Fortunately, Jerry Greenwald was running the race also and picked up our packets since with de-icing delays at DIA, we ended up arriving at our hotel at about 2 am for a morning race. I like to say that race proved I really could run a marathon in my sleep! The Eisenhower Marathon in Abilene, KS was one of my windiest marathons and the second time at the Mississippi River Marathon was one of the wettest. I guess one reason I enjoy the marathon so much is the chance to meet and run with people from all over. Since I'm relatively slow now, I can often learn the someone's life story during a race. Some pretty amazing folks out there if you just get a chance to talk! [Note from Jeff: indeed! Back in 2006, I came upon a runner in the Marine Corps Marathon sporting a white shirt with a large black number "43" on his back. Since, at that moment, our paces matched, we chatted. Turns out the runner was Dean Karnazes and the MCM was his 43rd marathon in 43 days – with a target of 50 marathons in 50 states, and he

was going to finish up the following week-end by running the NYC Marathon. While we chatted, he kept calling me "Sir". I told him to knock it off for I was going to drop him! In any event, we finished within five minutes of each other. Incredibly, almost all of his marathons were finished in under 3:30! Incidentally, for Colorado, he ran the Boulder Back Roads Marathon.]

Question for Benji: Regarding running injuries, if you are a world class runner, you cannot help be on the cusp of an injury at just about any time. And, sometimes, these injuries come in the oddest ways -- like when you were attacked by a boulder in the Swiss Alps. Could you tell us how you have managed and overcome injuries during your extraordinarily long marathon career?

BD: The boulder story: August of 1977, on the same trip where I won the Arvert Marathon, I was in Switzerland hiking up a trail to get a better view of the Matterhorn when a rock smashed into my knee. [Note from Jeff: that's how the Navajo would phrase it – the rock did it!] A hospital stay, a full leg cast, being told by Swiss doctors that I would never be able to run again, and an uncomfortable flight home was the short-term result. At home, I got the

cast off and immediately resumed running. After about a month of dealing with knee pain as I ran, I decided I needed a time out. After a month of rest, I began a comeback. I would run until my knee started to bother me and then quit for the day and take the next day off. Initially, I was running about 2 miles. This gradually increased until I was running 2+ hours every other day by January of 1978. I was no longer feeling knee pain, so I began to add short runs in between my long days. Soon I began to race again and was pleasantly surprised that I was running faster times. At Boston that year I dropped my PR by 4:00 to 2:15:04 for an 11th place finish. I had learned the value of hard/easy training!

Part of my ability to stay uninjured for so long came from that boulder injury experience. I rested between hard efforts and kept the hard efforts from being excessive. I was also very durable. I did finally get seriously injured in the 1983 Boston Marathon when I set my PR of 2:09:57. Because there was slight wrinkle in the lining of my shoe, I developed a huge blood blister under the ball of my foot. It popped

continued on next page



coming off of Heart Break Hill -- and I continued, running on, essentially, hamburger from there into the finish. Trying to avoid landing on the painful part of the foot, I ended up straining my plantar fascia. That led to a full tear later that year as I was finishing the Toronto Marathon. These days I still have times when I have to back off because of hamstringing, ITB, calf, and surgical reasons. I accept reality and walk until I can run again. [Note from Jeff: From half-a-century of observation, any national-class runner in any distance is always on the cusp of an injury. Often the only way to recover is patience. And, alas, it sometimes seems to take a great deal of patience to just walk!]

Question for Amie: How about yourself? Have you had to deal with any serious injuries along the way? After all, running a whopping 150+ marathons has to take its toll!

AD: I've been very lucky to not have a lot of injuries to deal with. The toughest recently was when I fell walking on ice and had a minimally displaced S4 fracture. I didn't want to end my running streak and was able to use an Alter-G treadmill and regular treadmills to make sure I kept my mile a day (or more) streak alive. [Note from Jeff: Beware 'The Ice'. It can take your legs out from under you before you know you've even slipped. Ice can be worse than roots and rocks for sneaking up on you in the shadows!]

Another question for Amie: What inspired you to start running marathons? Was it Benji, or was it something else?

AD: I ran my first half in 1982, mostly just because, and I think I decided after that that I wanted to try a full. Benji was my coach when I ran my first at Huntsville in December of 1982. I ran my second four weeks later and I think it's safe to say I was hooked at that point.

Have either of you participated in more

normal races -- like say more sane distances like 5K's and/or 10Ks? If so, what are some of your favorites -- particularly if they were local to Colorado.

AD: Absolutely. From 100 meters at track meets on up. We did a Benji's Nostalgia Tour in 2019 where we went back to some of the special races of his youth, including the Cooper River Bridge Run 10K, the Reedy River Run 10K, Lilac Bloomsday 12K and the Peachtree 10K. For Colorado races, we've run lots over the years and have to include the Bolder Boulder as a favorite -- it's why we're living here!

How has your running progressed during the long COVID-winter? Benji I understand that you recently had to undergo a second major surgery. Are you back running on the trails already? And, Amie are you still setting the pace for Benji???

AD: We have not run an in-person (i.e. non-virtual) race since Atlanta on March 1, 2020. We hope to again someday, maybe this fall, but have been using virtual races and challenges to keep things interesting. From Racing Underground's series last spring that included a 2 mile "steeplechase" to 30K and even two full marathons. We've also done the Great Virtual Race Across Tennessee both in 2020 and again this year. It starts on May 1st and you have until August 31st to run the distance of a course set by Lazarus Lake (of the Barclay fame) in your own territory. 600 plus miles both years and we did the Across and the Back both times. After doing that as individuals in 2020, we joined up with eight other folks for a team for the Circumpolar Race Around the World. Twelve regions of the globe for a little over 30,000 miles, but we ran as a team so each person contributed what they could. Those challenges led us to 52 weeks in a row of logging over 100 miles between walking and running, so definitely glad we were retired! [Note from

Jeff: Gary Cantrell (a/k/a) Lazarus "Laz" Lake, is an endurance race designer and director living in Belt Buckle, TN. No, I did not make up the name of that town! In 2020, almost 20,000 runners signed up and participated in his Great Virtual Race Across Tennessee! Hopefully, the finishers got belt buckles as mementos!!]

BD: Actually, I have now had three surgeries for cancer (prostate, colon, and on July 7th for lung cancer). We mostly stay on the flat trails. I have returned to running short intervals with walking in between. Today (August 22nd), I walked for an hour, then did 10 x (3:00 running/4:30 walking) and then finished with another hour of walking for 10.3 miles total. I have been doing a workout like this every other day for two weeks now gradually increasing the time and pace but keeping to 10.3 miles for the total distance. [Note from Jeff: Wow! A ten mile day!! Fantastic!!!]

And, now that marathons and other races are starting up again, what are your racing goals for the future?

AD: We are waiting to see what happens with the delta variant and Benji's recovery, but would like to try Fortitude and other local fall shorter races with the intent to be in Houston in January for their 50th and 40 years since Benji won it. [Note from Jeff: Great plan! Hope to see you in The Fort -- and best of luck in Houston!!!!]



2020 Anniversary

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	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
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!

